WHAT WOMEN ARE WEARING

New York City.—The sleeveless coat is practical and smart, it means the satisfaction of a wrap without appreciable warmth, and it can be made available for a long list of materials. The little epaulette-like portions can be either of the same or contrasting material and can be used or omitted, as liked. The feature of the coat is to be found in its extreme simplicity and the ease with which it can be laundered.

The coat is made with fronts, backs and side-backs. The fronts are fitted by means of darts at the shoulders and the neck edge is finished with a flat collar. The under-arm edges are finished separately and lapped one over the other and buttoned into place and the coat can be opened out flat when laundering becomes necessary.

The quantity of material required for the medium size is four and one quarter yards twenty-one, three and one-half yards twenty-seven or one and three-quarter yards forty-four inches wide with one-half yard twenty-one or twenty-seven inches wide for collar and epaulettes.

A Doubtful Mode.

In their desire to be up to date women are taking tremendous chances with their eyesight and their hair. The double veil is a dangerous article. The inner veil is of net with fine dots, the outer veil of chiffon with large dots. The double set of dots and the effort to see through two meshes form a combination that will boom trade for oculists and opticians.

Housewear Cloths.

Soft cashmere, old-fashioned, lustreless crepe de chine, albatross and nomie cloth are all being revived for housewear.

Eschew Tan.

The sallow woman should be taught to eschew tan, and the ghostly person with dead black hair and a parchment complexion should be told to boycott bright greens.

Narrow Sleeves.

Some of the newest frocks are made with narrow sleeves, sloping shoulders and scarcely any fulness in the bodice. They have turned-down collars, round waists and merely a little embroidery as trimming. With a more or less gypsy-scoop hat, these are sufficiently reminiscent.

Straight Pleated Skirt With Yoke.

Every variation of the yoke skirt is in style just now. This one is simple and very generally becoming, and is adapted to a variety of seasonable materials. The skirt portion is straight, and consequently can be used for bordered materials, as well as for plain ones. The yoke is circular and smooth over the hips. One of the pretty fashionable plaid woolen materials makes the skirt illustrated. It is made in the practical walking length and is serviceable as well as smart.

The skirt consists of the yoke and the pleated portion, the yoke is fitted by means of darts, and the straight pleated portion is laid in backward turning pleats, that are pressed flat

and give long lines. The closing is made invisibly at the back.

The quantity of material required for the medium size is six and three quarter yards twenty-seven, four and one-quarter yards forty-four or three and three-quarter yards fifty-two inches wide; width of skirt at lower edge four and one-quarter yards.

Black Neckties Popular.

Even the unobservant must have noticed the recurrence of black neckties on smart costumes. With the Dutch collars are worn flat pump bows of black velvet or silk. Black ties also give cachet to colored and even white costumes, often one of these crisp black ties being used with dangling jet earrings and a huge black hat. The touch of black just beneath the chin is most becoming and frequently makes a dead white frock possible to even a woman of sallow complexion.

Rose and Poppy Red.

Faded blonds who always seemed to love pale blue would be encouraged to introduce touches of rose and poppy red into their costumes.

Tiger Skin Coats.

Tiger skin coats are being worn by some of the most daringly fashionable women of Paris.

Chiffon Tunices.

Many of the new dinner and evening gowns from Paris show chiffon tunics bordered with fur.

Why Heavier-Than-Air Ships Are Able to Fly

By Edgar Lucien Larken, of the Lowe Observatory, Echo Mountain, Cal.

THE mathematical principle involved in aeroplanes, machines heavier than air, is that of gliding over a fluid. The air under the flat surfaces may be considered as being compressed—that is, a cubic foot of air under a moving plane weighs more than a cubic foot above it because there is more air in the cubic foot of space. And the greater the velocity of the plane the greater the compression.

Thus: Suppose that a horizontal or slightly inclined upward plane is moving in air under the force of a given impulse; it will traverse a much greater distance than a body of any other shape driven by an equal force. I tried this experiment up here by throwing stones and tin plates. Different shapes of stone, pieces of iron, wood, etc., were thrown out over a canyon below the observatory. Smooth stones did not go more than 250 feet, wood and iron bodies less. Then flat tin shingles were thrown horibontally or inclined upward. About twenty were thrown. Upon trial two were sent at the proper angle and speed to "catch the air," and they flew to a distance of not less than 1,500 feet.

This is the principle elaborated by Langley in his basic experiments. The reaction pressure of the air under the gliding plane was against gravitation and sustained all that part of its weight in excess of that able to be kept up by the air in its natural state.

With enormous speed a velocity theoretically, if not actually, could be reached where the air under the plane would be as a solid, be a road for the flying plane. Thus the air in front of a rifle bullet is very dense and has been photographed as a dark mass.

In front of lightning the air becomes solid and turns the electricity aside in zigzag paths. The air above and around melinite approaches a very dense state when the explosion occurs. Meteors, when they move with their maximum speed of forty-two miles per second, compress the air in front. The aeroplane rides on air which itself compresses. The greater the speed the greater the weight sustained.

How To Get It

A Few Rules that May Help You to Contract Nervous Dyspepsia

By Joseph Fitzgerald

NERVOUS dyspepsia, like that kindred ailment neurasthenia, is very prevalent in our progressive modern life; in fact, an observer at our lunch counters and dining tables might become convinced that it was a fashionable disease with symptoms of popularity that may tend to an epidemic.

For the benefit of those who have so far failed, after strenuous efforts, to contract the "classy" ailment, I append a few simple but effective rules which I am sure will not fail to make the user eligible for the "groucher's" list after a little practice.

Concentrate the mind continually on the stomach and articles to go therein. A healthy stomach works automatically. Your true dyspeptic should be able to draw an exact diagram of his digestive tract.

Subscribe to all the "health" magazines.

Take daily cold spray baths before breakfast and be massaged twice daily.

If, after the morning spray, you practice fasting until lunch hour, you can soon eat sufficient at that meal to hold you for a few days. If you can succeed at this, your progress will be rapid, and a timely economy will reward you also.

Do not, under any circumstances, rest after meals, as this is only the habit of very healthy people. Worry as much as possible. If you have no business of your own to practice this on, get busy on some one else's.

If you are married and cannot coax your wife to join you in your dyspeptic fads, rehearse your symptoms to her at every chance. This is guaranteed to make a hypochrondriac of the most cheerful optimist.—New York Sun.

The Natural Life

By David L. Brown

LIFE is an investment. You get out of it what you put into it in increased measure.

The music is not in the piano—it is in the soul of the player. The picture is not in the colors of the palette—it is in the artist's mind.

Moreover, you get out of life what you pay for.

The investment does not have to be in dollars. It is made daily in effort, in sacrifice, in love.

It is put in the Bank of Humanity, deposited to the credit of your neighbor—for the world begins in yourself and ends in him.

The thing that pays best in life is to be natural. And this means: Let your real self show through all exterior coverings. Let your own personality color your environment.

Let every noble thought in you have expression—put each high resolve to the test of actual experience.

Let the life in you—vivacity, appreciation, enthusiasm, affection and spiritual impulses—bubble over in natural and frank manner.

For thus only can you be yourself. If you are anything else, you have nothng to invest in life, you have no principal—you are speculating on borrowed money.

Be natural!—New York American.

How Laughter Makes Fat

By Dr. J. E. Kennedy, Editor of the Iowa Health Bulletin

"LAUGH and grow fat" is as old as the hills, and every bit as true today as it ever was. Laughter is not only a remedial agent, but is also a valuable preventive against a host of diseases. Here are the physical effects of laughter, and they explain for themselves why a good hearty laugh is the best kind of tonic for the system:

Laughter increases the blood circulation.

It expands the lungs.

It enlarges the heart.

It jiggers the diaphragm.

It promotes the disculation of the spleen.

Laughter stirs up the vital regions of the body, gives them healthful exercise and produces a mental exhilaration which acts upon the system much as a brisk walk in a crisp atmosphere does upon the appetite.

Beware of theologians who have no sense of mirth; they are not altogether human.

Keep your chin up.

Don't take your troubles to bed with you; hang them on a chair with your trousers or drop them in a glass of water with your teeth.

He Was No Steeple-Chaser.

A New York boy brought home with him from college a friend who had not visited the metropolis for ten years. After a day of sightseeing, the two were walking down Broadway near Twelfth street.

"Oh, Jack," said the guide suddenly, "you remember Grace Church, don't you?"

"Let's see," replied the other with signs of interest, "what company was she in?"—Everybody's.

Went to Rome.

In a London drawing-room the hostess said to a comfortable looking widow of a wealthy manufacturer, who had been touring during the winter in the sunny South: "Of course you went to Rome, dear Mrs. Dash?" "Rome!" replied the widow, vaguely and meditatively. "Did we go to Rome, Ethel?" Daughter Ethel dutifully answered: "Yes, ma, you know we did; that big place where I bought those lovely silk stockings."

IN THE PUBLIC EYE.

J. AUSTEN CHAMBERLAIN.

(Mouth-piece and Successor of His Invalid Father as Leader of the British Imperialists.)

Sandpaper Plane.

Another invention of interest to carpenters, joiners and men of kindred trades is the sandpaper plane designed by a Louisiana man. This

implement, as shown in the illustration, closely resembles an orthodox plane, but instead of having a blade underneath it has a smooth base covered with a layer of sandpaper, which polishes off rough surfaces with great rapidity and absolute uniformity. It also has the advantage of doing the work without polishing the skin off the knuckles of the person using it. The two knobs seen in the cut unscrew and the baseboard, which fits in grooves in the body of the plane and slides backward and forward when released, can be taken out and covered with a fresh piece of sandpaper when the old piece is worn down. Thus recovered the base is put back, the knobs screwed up tight again to hold it firmly, and the carpenter scrapes away with ease and rapidity. —Boston Post.

Hammer Holds Nails.

Who has not pounded his thumb in place of a nail while trying to hammer the latter into some place difficult to reach or some corner where it was hard to get both hand and hammer? A North Dakota man has gotten around this difficulty with an ingenious invention of an attachment for the heads of hammers which holds the nail just beneath the head and drives it into place without difficulty.

The attachment consists of a loop of metal and a slight groove and recess under the hammer head. The nail fits in this, and all that need be done is to give one blow as if the nail were held in position with the fingers.

This blow will suffice to fix the nail in place, and the hammer can then be withdrawn, the loop in the head being large enough to permit of the passage

of the head of the nail, and the nail can be pounded all the way in with no trouble at all. In this way the thumb and fingers of the carpenter are in no danger.—Boston Post.

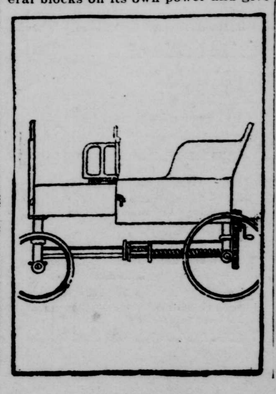
ARSENAL OF A PARIS APACHE.

Armed like the porcupine, but invisibly, their arms and shoulders studded with sharp metal spikes beneath their coats, the young brigands of Paris, known as Apaches, have recently defied the police and frightened the public, which used to regard their pranks with some indulgence. The other day two detectives went into a wine shop to arrest an Apache named

Liaboeuf. As soon as they had seized him their hands were frightfully torn by the hidden spikes on the miscreant's arms and they were forced to let go. The Apache then stabbed one of the detectives eight times and shot the other dead. The police will be chary about laying hands on Apache prisoners hereafter for fear of the porcupine equipment.—Le Monde Illustre.

Wagon Winds Up.

If children cannot have automobiles of their own to run, they can at least have a wagon that will run several blocks on its own power and give



them all the fun of speeding for a little while. This vehicle was invented by an Ohio woman, and its motive power is a spring. The wagon is a strongly built affair with two seats and a steering apparatus to be operated from the front seat. Underneath the body is a strong spring, which is wound from the back by means of a multiple gear. After the spring has been wound tight the boys get aboard and release the brake which keeps the wheels still. Instantly the vehicle shoots forward at an exhilarating speed and runs for several hundred yards before it slows down to a stop. The brake, before mentioned, enables the occupants of the wagon to stop it in a short space if there is any danger of running down a poor old apple woman or butting a trolley car off the track.

Canada has 100,000 Indians among her population of 6,000,000. The government has isolated them, as wards of the nation, in reserves, which are scattered all over the Dominion.

THE HOUSEKEEPER

Coffee Cake.

This can be made almost while you wait. Take two scant tablespoonfuls of butter, or one of butter and one of lard, one-quarter cup of sugar, one egg and three-fourths of a cup of milk. After this is well mixed add enough flour to make a batter about the same as for cup cake. It will require about two cups of flour, sifted with a teaspoonful and a half of baking powder. Stir to a soft dough and spread in a dripping pan. Sprinkle with sugar, mixed with cinnamon and fine cut almonds. Little lumps of butter about the size of a small marble may also be added at intervals. Bake in a moderate oven and serve hot and fresh.—Washington Star.

Apple Charlotte.

Peel, core and cut in thick slices one quart nice, tart, mellow apples. Put over the fire, with three tablespoonfuls butter, and cook five minutes, stirring constantly. Take from the fire, add three tablespoonfuls water, half a teaspoonful vanilla or grated orange rind and three tablespoonfuls sugar. Return the saucepan to the fire and cook ten minutes more, closely covered, until the sauce is thick and tender. Take from the fire and cool. Butter a quart mold and cover the bottom with a round, buttered slice of bread to fit. It should be about an eighth of an inch thick.

Garnish the sides of the mold with thin slices of buttered bread, overlapping each other. Turn in the cooked apples to one-third the height of the mold, and put in the center six tablespoonfuls hot apricot marmalade or cooked sweetened rice. Fill the mold with the remaining apples, cover with another round slice of bread, put the mold over a round pie tin and bake in a hot oven for half an hour. Turn on a heated round platter and serve at once with sugar and cream.—Washington Star.

Mangoes.

These good, old-fashioned, home-made pickles, which our grandmothers patterned after East Indian preparations, are again in the height of gastronomic style, and the woman who knows how to make them may be sure that they will never go to waste on her hands. They may be made from small green melons, water or musk melons, green tomatoes, large cucumbers, peppers, peaches—any fruit, in fact, from which the inside seeds or stone can be removed, the cavity filled with a sweet or sour pickle mixture and the opening closed so as to give the appearance of a whole fruit. When melons are used, cut out a wedge large enough to scoop out the seeds and soft portions.

For peppers or green tomatoes, cut a circular piece from the stem end and remove the seeds. Then put the pieces in place again and soak over night in brine. In the morning drain, taking pains to keep the separated parts of the same fruit or vegetables together. For the filling use firm white cabbage, chopped very fine, with a quarter as much celery, cucumber, green tomato or green peppers. Sprinkle well with salt and stand aside for several hours.

Drain, and to each pint of the vegetables, add a small onion, a few nasturtium seeds, a teaspoonful of mustard seed and salt, pepper, ginger, cloves, allspice and cinnamon to taste. Mix thoroughly, fill the cavities, packing in closely, fit in the pieces that belong in and wrap firmly with twine. Cover with vinegar and let the pickle stand over night. In the morning heat all together and simmer for half an hour. Remove carefully, put in a stone jar and cover with cold vinegar. The next morning pour off the vinegar and allow a half cup of sugar to each quart of the vinegar. Scald and pour over the mangoes. Repeat the scaldings for several mornings, and when quite cold cover and set away in a cool place.—Washington Star.

Hints.

If a little soda water is taken it will relieve sick headache caused by indigestion.

Cut skirt long enough to turn hem and chalk around bottom; never fails to hang perfectly. If shorter length be desired, measure one, two or three inches from chalk mark.

To serve the yams that one finds in the fine grocreies, wash and bake them with their skins on and then peel, cut into convenient lengths and send very hot to the table.

Grease on a kitchen floor can be softened by pouring kerosene over it and letting it remain 15 or 20 minutes. Later scrub with hot soda water or borax and water.—Selected.

Many women waste gas and fill the air with poisonous vapors by turning the gas too high when cooking. The food cooks no better, often burns, or dishes are injured when cooked over the high flame.

Hominy given long cooking and served as a vegetable with butter, is one of the standbys of North Carolina tables, being used in place of potato. The cereal is cooked in a double boiler for an hour or two.

The famous Southern flapjack is nothing more or less than the Northern apple turnover fried instead of baked. It is made with apple sauce, not the uncooked fruit, and is seasoned to suit the family taste. Ordinary pie paste is used.

Woodwork which has been finished in dull black or other dark, dull colors can be cleaned to look like a new finish by simply washing with cold black coffee and rubbing with dry cloth. Every finger mark is removed and the woodwork appears as though newly finished.

See to it that your liver is kept in good order by right diet. Unless the liver works well you will have cold hands and feet, and will feel chilly even in a warm room. Avoid animal fats and pies and cakes, also coffee and beer. In place of animal fat use corn meal and ripe olives and nuts.

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