# For and About Women

### CLOTHES AND MORALS.

There is a moral as well as a physical side to dressing for dinner. The evening change of clothes induces a feeling of self-respect. This and similar customs are enemies to depression, to worry, to a moral down-at-heelness.—The Lady.

### TRY TO BE PRETTY.

If you are employed in an office or factory, try and make it a point to open the windows and thoroughly air the room two or three times a day.

Stand straight, hold your shoulders back, and give yourself a chance to be a healthy woman.

Don't be afraid of water. Drink plenty of it, and take as many baths as you can. Learn a few physical culture exercises, and practice them night and morning, says Woman's Life.

This may all sound uninteresting to you, but if you follow these few suggestions you will be healthier, happier and better looking.

### GIRL STARTS GIRDLE FASHION.

As a decided change from the plain belts of evening costume, which so long were in vogue, society women now are wearing girdles of gold and silver lace. The fashion was started by a girl whose mother formerly entertained in society. The mother is a widow now, and the girl has found material enough for a season of belts in the old ball gowns of her mother. She is making a tidy living by changing them to the prevailing mode. Untarnishable gold and silver lace cannot be bought in these days of cheap imitation, and those women who need money for spring finery are lucky if they can overhaul expensive old clothes in the attic.—New York Press.

### ACCESSORIES OF THE TOILET.

It cannot be doubted that a woman is much more fastidious and much more careful of her appearance if she has the proper belongings on her dressing table.

To have to rush around looking for pins, to let the hair go half falling down because no hairpins can be found, to be unable to see the back of one's gown because a hand glass is missing will result in a careless get-up.

It is every woman's business to look well.

It is her duty to be a rest for the eyes of men in general, men who are tired looking at ugly things.

So while a woman need not make her toilet the work of her life, she can easily make it a success.

The quickest and best way to do this is to furnish the toilet table properly.—New York Press.

### EXERCISE FOR GIRLS.

The new Japan, realizing that generations of sedentary life had made the women weak physically, has lately been laying stress upon physical exercise in the schools. The Government now requires that schoolgirls shall wear full, loose skirts over the kimonos, that they may have greater freedom of movement than would otherwise be possible. Schoolgirls, from the little tots in their first grades to young women in the colleges, may be known by the regulation broadly pleated skirt, usually of dark red. In connection with the girls' schools there is now a thorough course in physical culture, including drills and apparatus work, dancing, such as the lancers, running and jumping games, often basketball and a modification of football. Along with this physical development is taught a new and broad education bringing intellectual expansion and development.—Chicago Daily News.

### MOURNING COLORS.

The news that a European has been noticed in Jamaica wearing white as mourning for a relative lost in the recent catastrophe recalls the fact that that color was originally employed in many countries to indicate reverence for the dead. In fact the custom obtained in Europe as late as the reign of Charles VIII. of France, and in Italy, too, it lingered, though for women only, the men wearing brown. In Ethiopia the white soon changed to gray, and in Egypt to yellow. China, however, employs it to this day. Other colors have had their vogue—blue, for instance, which even now is used in Turkey, Armenia, and Syria. The latter signifies the heavenly region—white stands for purity; gray and brown typify our mother, earth, and black, most repellant of mourning colors, would seem to suggest an eternity of night.—London Chronicle.

### EARNS MAN'S APPRECIATION.

A little attention, which counts much in making a man appreciate his home, is for his wife to be always at his command when he has unusual duties to perform. If there is a special piece of business that has to be attended to early in the morning, a wife should be up herself, too, and making sure that his breakfast is served hot and appetizing. Or when the order is reversed, and he comes in late, some dainty left over from dinner never fails to find an appetite, while the attention is much more appreciated than the food. Equally is it true that every one who is busy during the day wants his meals at regular hours, and not served fifteen or twenty minutes later than they expected.

But the wife should not be alone in paying little attentions of this sort. The husband has quite as large a share to contribute on his side. In fact, little attentions are even more indispensable to a woman than a man, says Woman's Life. A most essential thoughtfulness is an occasional present brought home unexpectedly to her, or failing this, a man should make sure that his wife has her recreations as he does his.

### BISHOPS' SLEEVES FOR WOMEN.

"To make women look attractive," was the sarcastic whisper from a young woman, "and to give them at the same time an air of religious quiet the latest perpetration of that creature Madame Mode is what will be known as the bishops' sleeve shirt waist. All the old love for the long gloves, the bare white arms, the bracelets which fall so beautifully over the arms of the glove, will be a thing of the past. The bulky sleeve of the bishop has been copied and has found favor with those whose arms are not as well rounded as they might have been. Red bands, instead of the usual colored ribbon, will be worn, and this, with the fashionable stoic countenance, ought to make Fifth avenue look like a religious seminary. But women are erratic and the craze for a certain fashion lasts only an hour and a day, much to the regret of certain men. Therefore it may be that before the spring is passed long gloves and short sleeves will have dawned again."—New York Press.

### A SIN NOT TO TALK.

The woman who talks too much may be guilty of "the sin of speech," as Ruskin says, but according to the Rev. Hugh Black, of the Union Theological Seminary, who addressed an audience of women at the religious conference at the University of Chicago last night, the woman who does not talk enough is equally sinful with her loquacious sister.

Dr. Black admitted that some women and girls talk too much, but he maintains that talking too little, or at inopportune moments, is a fault that should be corrected by women as well as by men.

"The tongue can sin in a far more subtle way by keeping silent when speech is imperative," resumed Dr. Black. "Ignoble silence is a far greater sin than ill-advised loquacity. We all are guilty of this sin at some time or other in our careers. The mother who withheld words of encouragement to her children does them more harm than she could do by overpraising their youthful efforts. Words judiciously spoken are golden, but ill-timed silence often is a calamity.

"How many mothers have died without hearing their children whisper to her that they loved her. Women and girls keep words which ought to be spoken and utter those which should have remained unspoken. If one must speak, let it be in the spirit of charity and love for one another. Then there will be little sin of speech."—Chicago Examiner.

The newest shirtwaists are very broad shouldered.

A novelty is the white waist with collar and cuffs of color.

Puffs are very much in vogue in arranging the hair for either day or evening.

Wool taffetas make pleasing house gowns because they are light and drape well.

Of course you will have some of your blouses made with link cuffs this season.

A handsome mourning street suit is of very fine cloth very severely, but perfectly tailored.

Remember in making the slips for frocks that those of batiste launder much better than those of silk.

White is extremely fashionable, but the pastel shades have entirely taken the place of the gay colors.

The newest belts are neither extremely wide nor extremely narrow, but rather strike a happy medium between the two.

Some handsome toilettes have little chiffon roses placed as buttons would be; these are soft and very decorative in effect.

The woman who is always looking for effects in dress will wear boudoir gowns that harmonize with the color scheme of her room.

A new way of wearing the soft Windsor tie is to run it through several long perpendicular buttonholes made in the stiff linen collar.

Blue serge walking suits are very smart with their mannish little square cut jackets, this being a popular style for knockabout costumes.

Oriental ideas in embroideries still reign, and some new waist patterns show distinctively Japanesey designs of the chrysanthemum, the iris or the aster.

### An Aerial Propeller.

An aerial propeller working on a novel system has been invented by Major Hoernes, an aeronaut, says the Cologne Gazette. In his new contrivance the inventor takes advantage of the fact that the screw to be used in air has a wholly different medium to encounter to the ship's propeller working in water, since air is capable of compression. He has, therefore, made use of a screw which is driven in a series of impulses, and not at one continuous speed, as is usually the case. He affects this by means of a system of screws, which not only revolve round their own axis, but also rotate round a common axis, planet fashion. The screw is thus driven alternately fast and slow.—The Engineer.

### Birds All Valuable But Sparrow.

Professor Forbes, the State Entomologist of Illinois, has estimated that the meadow lark as an insect destroyer is worth ninety cents a year to the farmer, and that of all birds common to that State the only one which has nothing to be said in its favor is the English sparrow. This is pretty hard on the sparrow; he is the only bird we have that has no redeeming trait. Recently we read a statement to the effect that the poor Italians, that are now coming to be so numerous in all our large cities, are glad to get these birds to eat, in pies, soups, etc. Let them have all they want, and we'll help them catch the pests.

### Diamond Key Rings a New Fad.

Women whose brothers, husbands or sweethearts are so wealthy that to remember their birthdays with the ordinary gifts of silver match boxes or cigarette cases is out of the question have taken to presenting them with little key rings, incrusted with diamonds, says the New York Press. Any one in doubt as to what to give a man friend will find these attractive although not inexpensive trifles exactly fill the bill. "Of course," said one young woman who had just purchased one for her fiance, "he will think more of the spirit of the gift than its actual value."

Some forms of animal life are so tiny that 2,800,000,000 could be put in a space of one-thousandth part of a cubic inch.

# Around the Household

### DEALING WITH REFUSE.

Refuse should never be allowed to remain in the kitchen all day; it is a great menace to health to do so. It is better to get a pail and hang this on a good strong staple driven in the wall just outside the window, says Woman's Life. Vegetables can be placed in baskets lined with manila paper.

### TOO PARTICULAR.

The overparticular housekeepers should not be too severe in keeping the house in order.

Let it be kept clean and orderly, so that no one will suffer discomfort for lack of these things; but it has been observed that "a home is not rightly governed and quite fails in its true mission when conducted in a spirit of combat, even against dirt.

"Cleanliness does not stand next to godliness when gained at a constant expense of nerves and temper, at the cost of every other comfort."

### BEDROOM DRAPERY.

Four country house bedrooms that are furnished in colonial style no fabric approaches more closely the old-time dimity, of which our foremothers made their bedspreads, than the fleeced-lined or other heavy striped or barred piques found on the modern counter. These materials are used by decorators who are given carte blanche in carrying out their schemes for bedspreads, bureau and stand covers, etc. The edges of all the pieces are scalloped and buttonholed or are finished with a narrow white cotton fringe.—Indianapolis News.

### BUY GOOD LEATHER.

No amount of up-to-date frills and furbelows will make up for a belt of poor leather that is much the worse for wear or a handbag that fairly rises up and shrieks that it is imitation, and the woman who wears a $15 hat and carries a 98-cent bag is the woman who is making a large mistake.

An expensive bag may seem an extravagance in the beginning, but it is economy at the end, for it not only outlasts four or five "near-leather" ones, but it adds to a woman's well-groomed appearance and speaks for itself as does almost no other article of dress.

Money spent on leather trappings of the best quality, is one of the most satisfactory ways in which a woman who always wants to look well-dressed can economize.

### A RENOVATING HINT.

The business of relining a coat, which is so often necessary at this time of the year, can be very simply achieved in the following manner: First remove half the old lining to use as a pattern by which to cut out the new one, leaving the other half stitched to the coat to act as guide.

The next process is to unpick the piece of lining which has been detached. Lay it flat on the new material and cut round the pattern, leaving enough for turnings. Sew up the seams, leaving the arm seam open. Lay the new lining over one side of the coat, and baste it into position, unpicking the remaining half by degrees, and basting the new in its place, says Woman's Life.

The bottom, front and neck must now be neatly hemmed, and the armholes and under-arm seams sewed up. Any material which is over should be gathered or neatly pleated into these two seams. Lastly, the linings of the sleeves must be sewn up and stitched in.

# Good Things to Eat
## AND HOW TO PREPARE THEM

Pumpkin Pie—To one quart of new milk add eight teaspoons of stewed pumpkin, two of flour, four of sugar and four of molasses, a half teaspoon each of ginger, salt, cassia or nutmeg to taste. Bake slowly one hour.

Tomato Soup—One quart of tomatoes, one quart of milk, one pint of water; boil water and tomatoes together twenty minues, then add milk and a half teaspoonful soda; let it boil up after adding milk and soda. Season with butter, pepper and salt; pour through a colander into a tureen. Serve while hot.

Cream of Rice Soup—Two quarts of chicken broth, one teacup of rice, one quart of milk (half cream is better), one onion, one stalk of celery, salt and pepper to taste. Wash the rice, add the onion and celery, and cook two hours; then strain through a sieve; add the seasoning and the milk or cream, which has come to the boiling point. If milk is used, add a little piece of butter.

Stewed Beefsteak—Put a little fat or butter in the frying pan and heat it thoroughly. Take a pound or little more of lower round of steak, cut in five or six pieces, put in pan and brown well on both sides; salt and pepper and fill the pan with boiling water. Add two or three sliced onions and cover; let boil for a time, then set back and simmer for two hours. It will need water added occasionally. Ten minutes before using add a flour thickening and make plenty of gravy. Nice without onions, if they are not liked.

### Worn Off.

One day, after the brakeman had been pointing out the window and explaining the scenery, one of the passengers whispered to the conductor: "Conductor, can you tell me how that brakeman lost his finger? He seems to be a very nice fellow. It seems a pity he should be crippled."

"That's just it, ma'am. He is a good fellow. He is so obliging that he just wore his finger off pointing out the scenery along the line."—Denver News.

### Depended on the Piano.

Father—"My daughter has studied music for a year now, and has not made the least progress." Music Teacher—"It is the fault of the piano, my dear sir. There is one in the shop near here that the signorina would learn to play in a short time." Father—"H'm! What is there special about it?" Music Teacher—"Well, to look at it, it is like this one, but you play it by turning a handle."—Mondo Umoristico.

# Merry Side of Life.

### A DEFINITION.

A stick and a ball and a wee, small boy,
A whack, and the ball is off;
A walk of a mile; then do it again,
And that is the game of golf.
—Lippincott's.

### A MIND'S-EYE VIEW.

"And is your castle in Spain a skyscraper?"

"Yes; fourteen fairy stories high."—Harper's Weekly.

### ALL HE KNEW ABOUT IT.

Knicker — "You can't paint the lily."

Subbubs—"Never got a seed catalogue, did you?"—New York Sun.

### SUMMER GIRL.

He—"Darling, have you ever loved any other man as much as you do me?"

She—"No; not in the winter."—Chicago News.

### A LONG FELT NEED.

First Millionaire—"What are you going to establish?"

Second Millionaire—"A fund for the promotion of the forgetting of education."—New York Sun.

### QUITE A DIFFERENCE.

"Did Howard's rich uncle's death make much difference in his style of living?"

"Decidedly, yes. He changed from hardpan to Panhard."—Judge.

### REMINISCENCE.

Mrs. Jawback—"I married you because I pitied you. Nobody else would."

Mr. Jawback — "Well, everybody does now."—Cleveland Leader.

### MOTHER KEPT THE SECRET.

Father—"Doh't you know that it hurt your mother as much to punish you as it did you?"

Son—"Yes, but I'll bet the neighbors ain't certain of it!"—Florida Times-Union.

### BETWEEN THE ACTS.

"Just as Jack was about to kiss me last night father walked into the room."

"What did you do?"

"I gave Jack a rain-check."—Milwaukee Sentinel.

### OLD MAN'S TOE-SUITOR'S HEELS.

Pater—"Well, my boy, so you have interviewed your girl's father, eh? Did you make the old codger toe the mark?"

Son—"Yes, dad. I was the mark."—Boston Transcript.

### A MARINE TRUISM.

Bacon—"I see in a Western town a Mrs. Kraft has married her family physician."

Egbert—"Well, it's only to be expected that a Kraft should tie up to a Doc."—Yonkers Statesman.

### A SURE SIGN.

Elders—"I guess I'm getting old."

Ascum — "What's the matter now?"

Elders—"I notice I don't laugh as heartily as I used to over jokes about death."—Philadelphia Press.

### WELL BEGUN IS NOT HALF DONE

"How does your speech begin?" asked the interested friend.

"It begins 'Mr. Speaker!'" answered the new member of Congress, "and that is as far as I ever get when I try to deliver it." — Washington Star.

### NONE LEFT TO LEND TO MUSIC.

"Have you an ear for music?" asked the society maid.

"No," replied the matter-of-fact young man. "I use one of my ears for telephone communications and the other for a penrack."—Chicago News.

### ENTERTAINING.

"Is your family entertaining this season?" inquired thesociety devotee.

"Well," answered Mr. Cumrox, "mother and the girls seem kind of amusing to me, but everybody else seems to take 'em seriously."—Washington Star.

### A MATCH GAME.

"Didn't that new nurse come that I engaged for little Reginald?" asked Mr. Stiles.

"Oh! yes!" replied Mrs. Stiles, "but she wouldn't do. She had nothing but blue dresses to wear, and blue, you know, is only for girl babies. Pink's for boys." — Catholic Standard and Times.

### LIGHT COMEDY.

Vaudeville Female—"Hasn't that literary duck got that sketch done for us yet?"

Vaudeville Male — "Yep, but it won't do. He had the nerve to call it a refined comedy act, an' there was only three chances in the whole piece fur you t' knock me down. What'd yer think of that?"—Puck.

### OUT OF SIGHT.

Gunner — "Splasher, the artist, says he is going to get a gun after the hanging committee."

Guyer—"No wonder, after the way they treated his picture entitled, 'At the Depths of the Deep Blue Sea.'"

Gunner—"What did they do with it?"

Guyer—"Why, they 'skied' it."—Chicago News.

### As the Message Read.

"It certainly is not difficult to make a mistake with the Morse code, the dot and dash system," said Mr. John Ardron, C. B., who has lately retired from the Postoffice. "I remember one amusing mistake being made, where a nobleman, having gone into the country, wired to his valet in London to the following effect: 'Send me tin box.' The message was delivered to the valet in the following words: 'Lend me ten bob!'"—From T. P. O.

### Epigrams.

Egotism. — Belief that we are necessary while living, and shall be remembered when dead.

Religion.—With some a hope, with others a belief, and with many a fear that the injustice of this life will be remedied in the next.

Wealth.—The modern standard of success. Fools worship it; ascetics despise it; wise men use it.—The Century.

MRS. A. M. HAGERMANN

## ALL WOMEN SUFFER

from the same physical disturbances, and the nature of their duties, in many cases, quickly drift them into the horrors of all kinds of female complaints, organic troubles, ulceration, falling and displacements, or perhaps irregularity or suppression causing backache, nervousness, irritability, and sleeplessness.

Women everywhere should remember that the medicine that holds the record for the largest number of actual cures of female ills is

## Lydia E. Pinkham's Vegetable Compound

made from simple native roots and herbs. For more than thirty years it has been helping women to be strong, regulating the functions perfectly and overcoming pain. It has also proved itself invaluable in preparing for child birth and the Change of Life.

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### Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female illness are invited to write Mrs. Pinkham, at Lynn, Mass., for advice. She is the Mrs. Pinkham who has been advising sick women free of charge for more than twenty years, and before that she assisted her mother-in-law Lydia E. Pinkham in advising. Therefore she is especially well qualified to guide sick women back to health.

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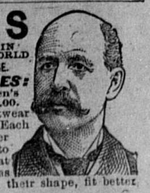

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Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle

How the henpecked man does crow when he is away from home!

H. H. Green's Sons, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

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### GOOD NATURED AGAIN.

**Good Humor Returns With Change to Proper Food.**

"For many years I was a constant sufferer from indigestion, and nervousness amounting almost to prostration," writes a Montana man.

"My blood was impoverished, the vision was blurred and weak, with moving spots before my eyes. This was a steady daily condition. I grew ill-tempered, and eventually got so nervous I could not keep my books posted, nor handle accounts satisfactorily. I can't describe my sufferings.

"Nothing I ate agreed with me, till one day, I happened to notice Grape-Nuts in a grocery store, and bought a package, out of curiosity to know what it was.

"I liked the food from the very first, eating it with cream, and now I buy it by the case and use it daily. I soon found that Grape-Nuts food was supplying brain and nerve force as nothing in the drug line ever had done or could do.

"It wasn't long before I was restored to health, comfort and happiness. Through the use of Grape-Nuts food my digestion has been restored, my nerves are steady once more, my eyesight is good again, my mental faculties are clear and acute, and I have become so good-natured that my friends are truly astonished at the change. I feel younger and better than I have for 20 years. No amount of money would induce me to surrender what I have gained through the use of Grape-Nuts food." Name given by Postum Co., Battle Creek, Mich. "There's a reason." Read the little book, "The Road to Wellville," in pkgs.