Health and Beauty Hints. Almond meal, instead of soap, used on the hands will stop perspiration. The chest and bust can probably be developed more quickly by deep breath-

ing than by any other method. For burns and scalds-Cover with olive oil, then coat with the white of an egg. This is very beneficial.

For a bad breath hold listerine and water in the mouth as long as possible. Sargle with listerine after meals.

If any member of the family is very sick at the stomach beat up the white of an egg and let him swallow it. It acts like a charm,

Washing the eyes morning and night in water as hot as it can be borne is a wonderful tonic for those useful servants which are so easily injured.

For a slight cut there is nothing bet ter to control the hemorrhage than common unglazed paper, such as is used by grocers and market men. Bind a piece on the cut.

Pincappie juice is good for cleaning stains out of the hands. It should be well rubbed in, left for a few minutes and then thoroughly washed with plenty of soap and warm water.

For thick lids mon the place under the eye with spirits of camphor night and morning, letting it dry on. Also wet the fids, taking care that none of the spirits gets into the eye itself.

To prevent hed sores and to insure a comfortable had for invalids, make a pillow that will reach from shoulder to hips, not too wide, of some smooth material, such as sateen, etc.; till with whole flax-costs. This will never lump or get hot or in any way unconfortable.

Not the least unpleasant, by any means, of the ills attendant upon a cold is the uncomfortable, nubecoming cold sore or fever blister. If taken in time its further development can often be stupped by the application of a bit of alum. Moisten this and rub gently but thoroughly over the spot.

If you have been a victim of colds with the approach of winter stop to coffsider the cause, in nine times out of ten it will be found that you are affeld of fresh air. Keep your windows up as far as they will go at night and the more windows you have the better chance will there be that you rout the cold habit.

A poultice of witch hazel is often very southing to a muscular pain and is simply made. In a small saucepun put a square, folded flannel cloth. Pour over this enough witch hazel to thoroughly moisten it; beat and place the flannel cloth over the pain. Cover it with a dry flannel and pin a towel over It to keep it in place.

New Women in Turkey.

Is the new woman about to capture Turkey? During the recent political agitation the unheard of spectacle was to be seen at Salonica of a woman of rank, the wife of a roung Turk, para ding unvailed through the streets with a banner, to the delight of her husband's partisans. At Monastir many women, bent on political errands, traveled about alone.

If this is to be the result of a con stitutional movement, what is to be come of the prophet's strict command against women showing their faces in public? Gone will be the poet's dream of the dark-eyed beauties of Circassia leading lives of indolence behind the screens of the mysterious harem. I the daughters of the near east, like the daughters of Nippon, are to adopt the fashions of Paris, go in for political economy, suffragism, socialism and small families, like British fashionables, and start women's clubs, plat form campaigns and summer college courses like their American sisters whole world of tradition and romance will soon disappear.

To Get Plamp.

The fat-producing foods are principally milk, cream, eggs, butter, olive oil: the sweets-sugar, honey, sweet lint and dust place it upon the ironing jams, sweet fruits; th board and sweep it with the whisk regetables—potatoes, peas broom, always in the direction of the beans, corn, beets, wheat bread, rye weave, which should be from the band cereals of all kinds, rice, sago, etc. to the hem. Even this process will not Of the fruits, peaches, grapes, bananas, always insure a perfect clean skirt, for prunes and figs are especially recomthe broom and brush scatter dust par mended. The only foods cut out of a ticles, but you will meet with good rethin person's dict are the condimentssults by going lightly over the goods pickles, pepper, mustard, curry, sait, with a dry sponge. This sponge will etc.; the acids, including acid fruits, take up all pieces of lint. It can be the vinegar in salad dressing, etc., and used to brush the collar and cuffs of a the stimulants, tea and coffee. coat and is very convenient for dust-

Soft Leather Belts.

Some of the wide soft leather belts have a line of rather large steel nall heads set along the upper edge only and buckles covered with leather and or namented with steel. Others are tooled in gold along the upper edge in a Greek key or scroll design and have large simple gold buckles curving in to fit the waist. These belts are among the favorite models in many exclusive shops and are offered in many shades or are made to order in almost any shade desired.

New Buttonbole Plan.

The extremely large buttons used on coats and skirts have brought out a new way of cutting the buttonholes, for now, instead of being just a straight slit, vertical or horizontal, they slant upward, and the button is sewed so that the lower end of the buttonhole just reaches. This is quite an improvement, for buttons can not easily slip out of these holes.

Anger Shortens Your Life. Every time you give way to impatience or anger you shorten your life by a calculable portion of time. The next time you get very angry just study rourself during the reactionary period.

TWO STRIKING COSTUMES.



Empire Evening Gown. For this good-looking gown one of the many beautiful flowered robes now chiffon cloth constructed on the popular so much in demand was employed. Our Directoire lines. The cut of bodice is sketch shows the effective tess of design especially smart and the use of real on front of skirt as well as the clever | Irish lace in bertha effect adds a tone arrangement on bodice. The short of decided elegance. Little underpuffs waisted girdle is of soft satin ribbon of sleeves are also of lace, and there fastened on left side under a bow which is a unique decoration of narrow brown has long tasseled ends just below depth. | wivet ribbon put on the skirt in design.

until the overdrawn tissue is replaced.

You will note that people with very bad

tempers never live very long, the ex-

cessive drafts upon the physical make-

up eventually exhausting the latter. A

certain amount of reasonable anger.

however, acts upon the system as a

Blosbing a Sign of Sense.

that he had tried not to blush. No in-

dividual blushes of his own free will,

The blush arises without call instan-

ly. Neither for its coming nor its go-

is controlled. Sir Arthur says, solely

that there is an active brain there.

Brashing a Dress.

ing dandruff from a man's coat collar.

by the present day fashjonables.

of the olden days.

makes a rich trimming.

and Tetrazzinno.

costume herself.

Nothing is more exquisite than the

Satin is the fancy of the season. It

Heavy buillon embroidery combined

with silk embroidery or satin cording

gold thread or colored silk. This is a

modish touch a woman can give her

is named for the prima dannas, Melba

In brushing a garment that holds

veritable tonic.

Here is a charming gown of brown

pressed and sad, that your blood is hance their value as an ornament. sluggish and that your digestion is all wrong. The reason of this is that in voile is shown a plain plum-colored well was found in the center measuryour moment of anger you expended three or four times the ordinary is trimmed from shoulder to wrist in depth. Water rose in it clear and amount of bedily tissue. As a couse, with loops of soutache in figure 8s hor-, cold as soon as the earth had been quence you can not be your normal self | izontally placed with a silk-covered but- cleared away from the bottom. ton in each loop.

> Serge is to retain its restored popularity, and in plain, herringbone and chevron weaves will be much in evidence among the new tailored costumes. on will the wide-wale diagonals, which gained a firm hold upon feminine fancy in the late spring season.

There are many good neck trimmings, chief among which will be Sir Arthur Mitchell, K. C. B., of found the finy thick ruches of tulle, Edinburgh, who knows much that is followed by narrow plaited ones of strange about dreams, laughter and silk, heading silk stocks worn under other commonplace human characterisfragile lace collars. Smart dressers tics, has just advanced the consoling are wearing quilled ones like the Wattheory that blushing is an achievement | teau rucke, and on evening dress will small flowers mounted on tulle,

He says it requires brains to blush. idiots cannot blush, neither can ani- striped materials will protract the ped paying the rest. The greater beneath them and many a plain face mais. Sir Arthur calls attention to the vogue of the stripe, but in suitings the part of the ruin was cleared away has been glorified when crowned by fact that tiny infants do not himsh, ai- rague; indefinite piald and check de- about this time, but as late as 1789 the sheen of silver tresses. The fadthough they learn to at an early age, signs are newer and are receiving more a visitor writing about the place men- ing tints of a well-groomed skin are just as soon, in fact, as the brain be- favorable attention in Paris. Beauti- tions the foundation of the tower as easily concealed by the artifices fagins to exercise its functions. In blush- ful color combinations and designs are visible and speaks of 'he well. Af- miliar to every woman but a wrinkle ing, he says, the mind always must be shown in these new plaids, the blend- ter that it was filled in with earth, is obstinate, a disagreeable, aggresaffected. It is always and only a ing often being so subtle that at a and later the site became part of sive witness, that bears evidence bodily expression of a mental state. It short distance the material looks al- the nuns' garden, and the existence is a natural thing for a blusher to say most like a one-tone color.

plain white crepe de chine, cut on the circular style and finished round the taneously and vanishes almost as quick- neck with a white silk cord. If it is necessary to line the cape, nothing ing is there any exercise of volition. It could be better than a liberty satiu in a light shade. The fad for the by the brain, and is a positive sign | kimono and the mikado jackets seems to be going out, and these ornate wraps satin and crepe.

Manners of Good Men. Goodness in itself should be attracman whom we respect rather than love. Too often he is lacking in the minor graces that make so strong an impression upon the hearts of women. Conscious as he is of his own rectitude, he thinks it superfluous to acquire the charm of an easy manner or to perform habitually small acts of courtesy

To Remove Milder.

Should the clothes be mildewed, the stains may be removed by a mixture containing equal parts of soft soap and starch, half as much common sait and the Inice of half a lemon. This may be spread over the spots, and the article should be laid on the grass all day and all right, until the stain entirely disappears.

Simple Dirt Test for Milk. Milk contractors in the city of Boston are to a large extent co-operating with | Utah. -Leslie's Weekly, Antiques in jewelry are appreciated the health authorities in their efforts to improve the milk supply. One firm emplays a rough but effective test for debeaten gold and silver buckles and pins | termining the quantity of dirt. A filter of absorbent cotton is used. This is er in her bat, "and I'm glad held in position by a wire support. | gone. I saw her of with a great Good Housekeeping.

To Make Stockings Durable. will be found that they will last twice lace with the pattern outlined with gether with the wool.

Washing Moldy Walls. If the pantry or the kitchen has Large fabric buttons are trimmed moldy spots on the plaster it will be with embroidery, passementerie beads; well to wash them thoroughly with a sometimes a quilling of satis es mar- weak solution of chioride of lime.

Youth possesses a certain buoyncy and exhilaration which passes for happiness, until the real dispo- died of it. I wouldn't have cared it ition of the individual assert itself she had. I love New York."—New with the passing of time.

Good health and strong vitality are great aids to happiness; yet that they A WELLESLEY WOMAN IN FNDIA. -wealth and honors added-do not mind we have but to look about us to sionary in India, and assistant prin-

needs to toil more assiduously to ac- scription of the Indian variation of quire skill in the art, however strong | the bull fight: his desire or great his taste, than ! the natural genius.

of happiness.

much that has seemed hopelessly dis- contained money. The bulls are let agreeable possesses either an instruc- loose and, excited by the noise of tive or an amusing side.

tomorrow, but discover it in today. sport, of course run hither and thith depths of some despair you will find to get the cloths off their horns. The it if you look for it.

child's plastic mind is quick to reday or an east wind is a disaster.

Happiness must come from within in order to respond to that which comes from without just as there must be a musical ear and temperament to enjoy music.

Cultivate happiness as an art or science.- New Haven Register.

JOAN OF ARC'S PRISON.

The prison of Joan of Arc has just been located near Rouen. The founwork undertaken by the government in the grounds of the Ursuline convent, from which the nuns have recently been expelled.

The workmen in digging for the new foundations came upon a mas-You will notice that you are very de row ribbon is put about them to en-, sive wall inclosing a circular space with a diameter of about 36 feet. Upon a dress of plum-colored silk When this was cleared of earth a net sleeve as prim as a coat sleeve. It ing six feet across and about 30 feet

When the antiquarians got busy dation of a buildiffy which was known for ages as "The Maid's Tower." A document dated back to 1641 was produced, which, taking it for granted that this tower had been the to be selected by the mayor and memprison of the Maid of Orleans, 210 years previously, gave a description the time being in their sole discreand measurements of it, including the | tion "my desire being that two young well, which unmistakably match the girls may each year be thereby made ruing fust exhumed.

The structure appears to have stood unchanged from the death of Joan in 1431 to 1590, when it was reduced to ruins in the course of a siege. In 1769 the city leased the her first wrinkle. Gray hairs m of which every one who can blush be found a cleverly arranged ruche of site on which the ruin stood to Louis be tolerated; often their framing and Monchard.

> Charming evening wraps are made of ing to it were forgotten .- Philadelphia Telegraph.

POLITICAL EQUALITY

Women in the four States of the Union in which they are allowed full privileges that are the envy of their progressive sisters in the other secare replaced by simple capes of silk, tions of the land. One of these is the possibility of being chosen as a delegate to a national nominating convention. A number of women in year been mentioned for this honor year been mentioned for his hono: and at least two have had it conferred upon them. The latter are residents of Utah, one being Mrs. Lucy O Clark, of Brigham City, and the other one Mrs. Susa Young Gates, of Salt Lake City. These ladies were se lected as alternate delegates to the Republican National Convention in Chicago. Mrs. Gates is the daughter over it, of the late Brigham Young, and is one of the most prominent adherents of the Mormon Church, of which her father was the head. She has made her mark in her own State as an educator, editor and author. She foun! ed a successful journal and has writ ten numerous biographies of leading Mormons as well as fiction, etc. She is a member of the National Council of Women and of the National Press Club, and is connected with a number of important organizations

THE PAINED CULTURINE me," said the woman with the feathbig sigh of relief. She's one of those by the milliners both on their handglasses and teaches in a school, Sho practical wear. When knitting stockings or socks it I was perfectly shocked at everything she saw in New Yorks It was dread- is one of the new things in bows for as long if a strand of silk or thread, ful, she said. She dined with me at Among the fashionable trimmings is be knitted into the toes and heels to- ! a cafe, and saw a pretty girl flirt with a fellow across the room to soft shade when brought out in the whom she had not been introduced, stiken fabrics. She nearly fainted. She thought the i disgrace, the way they showed their season, and the materials, velvets, feet, their independent way of walk- chenfile, ostrich and silk are such as ing, their saucy manner. She saw to bring out their richness with ex a woman order a cocktail. She turned cellent effect.

pale. I wonder what she would have done if she had seen one smoke a cigarette. I suppose she would have York Press.

Miss Helen E. Chandler, a graduate produce that much-desired state of of Wellesley College, '97, now a miscipal of the Girls' Boarding School One who is not born a musician of Madras, sends the following de-

"While taking my afternoon tea today I was startled to see a gayly So the man not endowed with joy- adorned bull rush into the school ous impulses needs to set himself | yard. It was a racing buil, finely the task of acquiring the habit of formed and well fed. The Hindus happiness. To the sad or restless have no national game, but they all or discontented being this advice is do love the excitement of one of offered: Begin each morning by re- these bull-baiting festivals, when well solving to find something in the day fed and sleek bulls and oxen are to enjoy. Look into each experience | brought together at the end of some which comes to you for some grain good road. These animals usually have an expensive cloth tied about You will be surprised to find how their horns, and some of the cloths the bystanders and by the drum-Do not anticipate the happiness of ming of those who are eager for the

Unless you are in the profound er. Young men chase them and try young men are seldom hurt, bu A child should be taught from its | sometimes a bull will charge into the earliest life to find entertainment in crowd of bystanders, and then there every kind or condition of weather. are fatal injuries. The one that sur-If it hears the elders constantly prised us today jumped the school grumbling about such matters, the wall, which had been put up to keep out thieves, but it fortunately did ceive the impression that a rainy no harm, though the girls were greatly frightened.-New York Tribune.

> RUBBER SOLES AND SORE EYES The seaside doctor looked at his sunburnt little patient's red and in flamed eyes. Then he looked down at the sneakers, or rubber-soled shoes, on the youngster's feet

"Sneakers give a great many chil dren sore eyes," he said, "just at crab meat gives a great many per sons a kind of nettle rash. This chap must give up sneakers forth dations of the ancient tower in which with. Every summer mothers bring it has been discovered and opened little children to me with blood-shot up through some new construction and painful eyes, and on the children's feet I observe always the sneakers. Why rubber applied to the sole of the foot should affect the vision I can't tell you, but the fact remains that it does affect it-that there are people, a great many people, who can't wear rubber shoes without a rather painful eye affection,"-New York Press.

MAKING GIRLS HAPPY.

The provision in the will of Mrs. Waldo Sibthorp, a generous English woman, which provides a sum of £4,000 for wedding dowrles for poor they identified the wall as the foun- girls says that the amount is to be invested and the income paid each year as marriage portions to two deserving poor girls residing in or near Sleaford on their marriage, such girls ber of Parliament for Sleaford for very happy."

THE ABOMINABLE WRINKLE Nothing is more fatal to a woman's peace of mind than the discovery of tens the complexion, giving depth The beauty of many of the new! In 1780 he appears to have stop and brightness to the eyes that flash age in unpicturesque language, as

> convincing as the family Bible. ACCORDING TO AGE.

In Japan women have to admit their true age. A woman dresses according to her age. She wears gold of the helpless variety? pins until she is twenty-five. thirty the pins are white, merely spotted with gold, and at forty she wears plain shell combs. Her shoes are also changed as the age changes.

FASHION NOTES

The sash is usually of a bright hue but is toned down by lace. Wonderfully effective is the nev late-string ribbon embroidery.

Soutache is used extensively and large handsome buttons are added as decorations. er odd effect by having geometricai

figures in cut-work, distributed all decoration for velvet, silk, linen and all other materials. The big spots his strength and bigness and viking-

are called pennies. In place of the much-used lace coat there sprang up late in the season a fitted shape with flat bands of lace | minds never to be caught again with down both sides of the front and everything done. They register a row around the bottom of the coat and of that if it is as easy as it looks they

Silk roses are used in abundance for decorating the new directoire hat The bridge stocking is a fad. has open-work designs over the inster and ankle showing hearts, diamonds clubs and spades. These stockings are she's worn in black and in tan.

the sleeves.

Wings and quills are being used kind, you know, that wears nose | some hats and on those for more

Mushroom color is an exceedingly in a cottage?

The butterfly of Irish crochet lace

The new colorings in mulinery short dresses of the women were a were never richer than they are this house. Detroit Free Press.

WEALTHY MAN SHINES SHOWS. Obiosa Worth \$50,000 Still Sticks to

Old Trade-Cooks for Vacation. If you had \$50,000 stowed comfortably away in a bank, would you shine shoes at 10 cents a clip seven days, year in and year out? It is not very likely you would, but that is just what Al Shartle, one of the unique financiers of Dayton, is doing, and, moreover, he is happy and can't be induced to quit his job, says the Ohio State Journal. The only time Shartle gives up his "shine box" is during the autumn, when, accompanied by his brother, he makes the rounds of the country fairs of Ohio. This week he is at the State fair, conducting a restaurant under the grand stand. This is his vacation. It gives him a rest from bending over the muddy boot and at the same time he is adding to his fortune and having a good time, which means something to a fellow who is making thousands of dol-

lars, 10 cents at a time. Shartle began his moneymaking career in Dayton in 1867, when he discov ered that there was more money in pol ishing a pair of shoes at 10 cemathan in cooking meals for which some one else obtained the profit. He had been a cook in his youth. When he changed his trade business was small at first, but gradually he increased it, until at the present time his clientele is suffcleut to keep him busy all day-every

When Shartle shines your shoes they reflect your face and the heavens above. Most of his trade is confined to office buildings and large stores. Moneymaking is a habit with him. He likes it. He says he does not care to amass a blg fortune like some of the money kings of the country, but he wants to get what he can. When asked why he continued to shine shoes after becoming weil to do, he replied, "To make another fortune." Shartle will not tell what he is worth, but it is stated in his home city that he has \$1,000 for every year of his life. He is 57 years old. His money is invested in real estate, from which be receives a good re turn. He was never known to specu-

Shartle is married, and his wife entertains frequently. Her wardrobe is in strong contrast to the simple things which satisfy him. The Shartle home is more than comfortable and has been the scene of many a gay gathering.

THE HELPLESS FLUFFY.



There is a sort of woman whom all women despise and most men adors, and that is the bit of fluff who can't

a man around. She is not always a pretty woman If she were, women would forgive her. She is not always a little woman. If

she were, women could stand her. But sometimes she is old and big and fat-but helpless. Helpless, too, in maddening ways. She can't get up a flight of steps alone, or over a muddy crossing. She never can swim, so she requires all the men on the beach to pull her up when she falls down the water. Then she generally weeps and does kittenish things that make other women long to slap her.

The men may regard her as a nulsance, but they bear with her and wait on her until self-respecting women, who can tle their own shoe laces and button their own gloves without calling out the fire department, wonder if it pays to be self-reliant and strong.

Did you ever take the trouble to watch one of these women? A small, rather pretty woman, I mean, who was

She watches men as a cat watches mouse-hole. She never gets helpless when there are only women about. She can stir around quite nimbly when she has to. But wait until the mouse pushes his first whisker out of his hole; wait until she can see a little black speck on the horizon which her instinct tells her will resolve itself into a man. Presto! Both her shoe laces come untled, she drops her handkerchief, and everything in sight becomes unbuttoned. Yes, I said everything in sight.

The man appears, and no matter how much the other women may want him, A white linen cost is given a rath. he finds himself hooking and buttoning and tying the helpless woman, retrieving her handkerchief and parasol, fetching and carrying for her like a Spots and dots are a fashionable white slave, and and believing what her timid, upward glances tell him of | 8 on the materials used by milliners like qualities of mind and soul and I

Meantime the properly hooked and buttoned women have to stand around and grit their teeth and make up their will come undone somewhere and make a man tie 'em up. Oh, the motor veils which have to be

kept in place-by a man !- for the helpless woman! The way she can stumble over her own feet, if there are no rocks handy, and the fool way the men fall into her traps Helpless women are regular man

They ought to be regulated by the police.—Chicago Journal.

Williag to Try. He-Do you think you could love me

She-Possibly not; but I might be able to put up with you till you could make money enough to buy a larger

Never look backward-unless rout by the mistakes you

Girl's Dress. This girl's dress is absolutely a the blouse being cut in one with leeves and is finished with the low or Dutch neck that is so deligi ly comfortable on a warm day. As I



trated the material is one of the inerpensive printed wash fabrics trimmed with bands of the plain color matching the design therein, but all the simple materials of the warm weather-ginghams, batistes, lawns, linens and the like-are appropriate.

The above pattern will be mailed to your address on receipt of 10 cents. Send all orders to the Pattern Departs ment of this paper. Be sure to give both the number and size of pattern wanted, and write very plainly. For convenience, write your order on the

tonowing coupon;	
No. 6028.	4.
81ZE	
NAME	
ADDRESS	*****

Misson' Nine Gored Skirt. Skirts that include plaits used in moderation are among the prettient and best liked of the incoming season. do anything for herself-when there is and those designed for young girls are offered in a variety of attractive strict. This one is graceful, of moderate full-



PATTERN NO. 6104.

fulfilling all requirements of the mement. It can be made from saifing material with cost to match or from lighter weight fabric and utilized for the indoor frock, for it is just as agpropriate for one as for the other. The above pattern will be mailed to your address on receipt of 10 cents. Send all orders to the Pattern Departs

To. 6104.	Order	Coupon.	
ITE			
BWA			
DDRESS			

ment of this paper.

UNFAMILIAR FACTS. The average depth of the English channel is 110 feet. It is easier to get divorced than man

ried in Switzerland. Deprived of food, the mole will starve to death in a day.

A first class glove cutter can earn as much as \$50 a week in Paris. The number of new building

Buenos Ayres has almost quadrapled The wholesale price of cocoanuts Cuba is only from \$10 to \$18 a th

A race horse galloping at full a clears from 20 feet to 24 feet

The natural gas

ses to 87.9 cents in