

IN WOMAN'S WORLD.

NOTES AND REFLECTIONS.

A CORRESPONDENT to the New Sun, writing from Munich regarding the peculiar position of Teutonic womanhood, says:—In a place like this, perhaps the most typical of German cities of the old style, one minute's walk from the old hotel shows that the laborers on the street car lines are likewise women, that a large proportion of the conveyances in the streets are small carts pulled by women in partnership with dogs, that most of the wood choppers are women, and that everywhere, under most circumstances in which the labor is rough and menial, the woman is doing the bulk of the work, while the man, even if pre-tending to help, is mainly occupied in watching her efforts with approbation.

A writer in the New York Post refers to a phase of home life which is most important. In every well regulated Catholic household, where the dime and dollars are no regarded as the sole aim in life, a striking feature which is productive of much good is the observance of anniversaries and feast days.

This writer says:—We tend, as the nation grows older and its resources are greater, to give more heed to the beautifying and gladdening of life, and have more frequent feast days on the family calendar. It is the exception now-a-days to have a child's birthday pass without some little celebration, which tells that he is beloved and a part of the family treasure.

When the childhood years are passed, and a cake, with its surrounding candles, no longer suffices to make the birthday conspicuous, it is, however, too often the habit to make a present the chief feature of remembrance. It is a loss not to have the pleasure of one making the pleasure of all; the gay little circle of faces, keeping a birthday festival, is but a symbol of what all such gatherings ought to do for the general joy. The weight and wear and tear of life's burdens and cares swiftly obliterate the power to enjoy simply and freely, and the fret and turmoil make us forget how easily we can give pleasure.

The children's smiles as they look with delight at the blazing, flickering candles, the light from which plays over their flushed cheeks and merry eyes, are but exponents of how readily, if bidden to make the attempt, their elders can find happiness in the cheerful expression of love and good will.

A birthday should at once tell to the individual that he or she is loved, and be linked with the hearty response that the honored one is glad to have had his lot cast among those who constitute the home circle. It should be a day in which faults are shown to be forgotten and forgiven; a time of recognition that life's errors are condoned.

To be glad that you were born, to call the day on which you first drew breath a blessed day, is to imitate you to make yourself more lovable and to urge you to effort for the general good. To the young it is an incentive and to the old a comforting proof that they are not yet outside the circle of the best beloved.

To this latter class, especially, the honoring of those days most important to them is a source of great gratification; the gathering of the scattered children, with their little ones, come to cheer an aged parent as another year is completed, quickens the old heart to healthful exultation, and in her grandchildren's caresses she finds hope that her memory will live when she is no longer seen among her descendants. The last in increasing sense of having "passed our day," as the quaint, expressive phrase states the sad fact of age's idleness, is so depressing and still often an expert once that rejoicing over prolonged life and hearty good wishes for its continuance are like wine to the weary.

It is well, remarks the same authority, to give a passing thought to the great army of women who do not ride wheels, play golf, or drive their husbands to death, or worse, through their selfishness—in fact, who know so little of pleasure that the very word has taken on a foreign sound to them; women whose doing more than their share of the work, who have become servants in the true sense of the word, in order to give their children advantages, and with God's blessing, make them a glory and honor to their country and kind; women who can spare an hour or two from the long, hard day to sew for the poor, and spend the last part of the day in humble prayer for pardon of the mistakes of the day and help before spending five cents unnecessary, and often walk blocks to avoid doing so; women of fine minds, many of them, who have given up all for duty, who have learned even to be ashamed of the pride which causes a blush at the sight of their poor deformed hands, so rough and ugly. Does not "Idler" know that the best men are the sons of these women, and that they quietly lay down their lives to produce such men? And let me tell "Idler's" secret, for he could never learn it otherwise, so obscurely it is guarded by its victims, such women are as little appreciated by their husbands as are the overburdened husbands of whom he speaks by their exclaiming wives. Give them a word of praise as they hurry, and make life a little brighter, for many of them did not even expect the twinkle comes to every mortal at death, for the prospects are they will have no tombstone to be put on.

HOUSEHOLD NOTES.

A REVISED and enlarged edition of Sir Henry Thompson's book, "Food and Feeding" has been issued. In one of the chapters he says that more flesh is consumed by a large part of the inhabitants of the United Kingdom than is either necessary or desirable. Especially is this the case among those who possess ample means, and whose vocations do not demand great muscular exertion or exposure in all weathers, or, in other words, do not subject the animal tissues to wear and tear. Where a great deal of exercise is taken, or where manual labor is hard and prolonged, the concentrated and easily digested proteids of flesh are the most valuable food for man's purpose. Where there is but little physical activity a smaller proportion of these is advisable and a better state of bodily health may be secured by eating not beef or mutton, but those forms of animal food which are less rich in proteids, and especially in fat, such as fish, poultry and game, for instance.

To sedentary persons a considerable proportion of vegetable products is also recommended. Theoretically, indeed, the rigorous vegetarian can find in his dietary all the principles adapted for the growth and support of the body, as well as for the production of heat and energy. The vegetable products, however, must be selected with care in order that the total sum of food consumed per diem may not become too bulky; otherwise one may have to swallow and digest an inordinate weight of vegetable matter containing at least one necessary element in large excess for the sake of obtaining all the elements he needs.

Thus the Irishman, if he were confined solely to a diet of potatoes, which consist chiefly of starch, would require for his support from twelve to fifteen pounds daily in order to get a barely sufficient quantity of nitrogen, whereas this tuber contains very little. It is also to be noted that in potatoes there is scarcely any fat. Hence the Irishman makes good the deficiency, when he can, with milk, lard, bacon or herrings.

The Highlander, living mainly on oatmeal, requires a very much smaller weight, because this grain contains not only starch, but a moderate amount of nitrogen and fat, although not sufficient for his purpose. The oatmeal is supplemented with milk, and where it is practicable, with fish and bacon.

As regards the quantity of food that should be consumed in twenty-four hours, the author concurs with Dr. F. W. Fawcett in recommending 23 ounces of dry, solid food for a person of average height and weight who is exposed to a temperate climate, and who performs a moderate amount of muscular work. Of the dry, solid matter about 14 ounces are assigned to carbohydrate, 4 to proteids, 3 to fatty matter and 1 ounce to salts. It is further to be noted that, as our ordinary food contains about 50 per cent of water, these 23 ounces correspond to 46 ounces of nutriment in the condition in which it is usually consumed. To complete the alimentary intake an additional quantity of from 50 to 80 ounces of water should be taken under some form or other daily.

Typhoid fever, which is so prevalent in Montreal, is attracting the special attention of leading physicians in the United States and other countries. The hope is now entertained that vaccination against typhoid will some time be an accepted benefit. Pasteur's faith that it would come was undoubted, and frequent experiments continue and spread such belief in the professional world. If, as a physician points out, it were possible to secure even a short immunity through the years from fifteen to thirty, when the system is most liable to attack, an enormous saving of life would result.

The young woman who takes a laundress's course at any of the domestic science schools, remarks an American authority, learns speedily about sanitary washing of the household linen. She is taught that handkerchiefs should be soaked for two or three hours in strong salt water. If any have been used by a person suffering from catarrh they need longer soaking in a stronger solution—four tablespoonfuls of salt to a quart of water.

Don't think because you have good eyes that they will bear all kinds of abuse.

Don't make a practice of reading type too small to be seen readily at eighteen inches.

Don't use the eyes continuously at close work without occasionally resting them by looking off at a distance.

sufferers from neuralgia are warned by a medical writer not to drink tea, but to partake freely of coffee into which the juice of a lemon has been squeezed.

A SUBSTANTIAL GAIN.

"I was very weak and hardly able to walk. My blood was thin and I was as pale as death. Being told about Hood's Sarsaparilla I began to take it and in a few months I had gained twenty pounds in weight. I kept on with it until I was as well as ever." ARTHUR MILLS, Dresden, Ontario.

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WHIMS OF FASHION.

THE variety in dress surpasses all other seasons, writes the Fashion authority of the New York Sun, and it is perhaps quite as noticeable among the cloth gowns as in any other department. Despite all the differences, however, between the new gowns and those of last season, many of them are very similar in general style. The most tell-tale feature is the length of the skirt which never trails a little at the back and rest on the floor an inch or two around the front and sides, but with all the many ways of trimming this is not such a stumbling block a ter alii. Entirely plain skirts are rarely seen. Two shades of the same color are combined in one cloth gown, or a contrasting color may be used as a trimming. For example, cream with brown put on in a narrow band heading the circular flounce, and (dead with a band of the brown cloth lapping over on either side where it is stitched. Too much cannot be said about the value of stitching as a means of decoration for cloth gowns, as it is quite the smart thing.

The latest skirt for cloth street gowns has a decided little train and clings to the figure above the knees like the traditional vine while the coat, which is distinctly new, is a long-tailed affair rarely becoming to any woman, but it strengthens the scheme of elongation. It requires an expert hand to manipulate the new bastions, as the fit must be as perfect as the figure to give any kind of a satisfactory result. Fortunately there is variety in the skirts, but the one which is especially designated as new is entirely plain and the hips and practically seamless, except in front, where there is a narrow gored breadth. The skirt hangs in one of these seams, and a deep, circular flounce is attached to this at a yoke top. Cloth is the material best adapted to this style, as the perfection in fit is made by pressing and shrinking the cloth below the waist to give it the required shape and perfectly smooth fit. It is the question whether or not women can sit down in this clinging skirt, but fashion does not trouble herself with trifles.

There are, however, various modifications of this skirt which are very graceful, a little fullness at the back being so much more becoming than the entirely plain effect.

Sleeves are decreasing in size as rapidly as possible, as there must be a limit, and the newest sleeve is minus any excess at the top (except some very scant gather to make it fit over the shoulder). Women do not take kindly to the close sleeve, so it is rarely seen. As yet we are favored with some little compromise in the way of fullness, or the appearance of fullness, and several tucks are run in across the top, either plain or drawn into gathers. Other sleeves have a small puff of lace or chiffon directly at the top and still another concession is the tiny epaulette which conceals the joint of the shoulder.

But if you want the latest edition in sleeves, make them fit the arm so closely from shoulder to wrist that it is necessary to open them on their side seam in order to get into them at all and close them with small buttons and loops.

At all the leading importing houses are now exhibited a great variety of winter coats, capes, jackets and cloaks differing greatly in both make and style of trimming. Although many quaint and pretty little shoulder wraps are still very fashionable, interest concentrates chiefly upon the newer and much more pretentious models, which are shaped in a deeply curving outward sweep from the neck sometimes to the hem of the dress skirt. These have a decidedly old-fashioned appearance, and well they may, for many of them are modeled exactly after garments worn during the early years of Victoria's reign.

Some of the newest fashions are made esquis shape and so long that they reach within nine inches of the bottom of the skirt. A fichu shaped collar and cuffs of fur are the finish. French women are wearing pointed wraps of cloth to match their gowns. Fur and bands of velvet are the trimming.

Whole volumes might be written about the variety in neck gear in sight, but the latest is a small edition of the crinkled bow made of black velvet and pinned to the collar band in front. Ribbon four or five inches are very pretty.

The man who stands idly by and sees the life fading out of his wife's face, sees her health going, sees her becoming old and faded and wrinkled when she should still be in the perfect enjoyment of vigorous, useful health, is either less than a man or else does not know of the one remedy which will bring her back to health and strength. Perhaps her husband cannot persuade her to go to her doctor, because the naturally dread of the inevitable "examinations" and "local treatment." He can persuade her, if he needs persuasion, to take Dr. Pierce's Favorite Prescription. This truly wonderful medicine has cured hundreds of women after the best physicians have failed. It has been in constant use and tested every day for thirty years. It isn't an experiment; there are no chances about it. It is a certain cure for all derangements, weakness, irregularities and displacements of internal organs peculiar to women.

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A DUEL IN THE SEA

moment Lambert had done the same. He was seated in the direction of the other, but they did not meet, and they were so near, striking the sea water from their hair and eyes.

Then they rested on the sea for an instant, as if they were waiting for a signal to them. They had played with the waves and in the waves from their earliest childhood; it had almost been the cradle of their infancy. The breast of the great deep was to them almost as safe as their mother's bosom; they could lie upon it for hours upon hours, motionless, or cleave the waters with the lightest touch of either hand.

And the deep blue water seemed to love them, for it bore them up and gently rocked them. So subtle was the mystery of its mysteries that it would have no dangers for them—none, but what were of their own seeking. They could not sink save when they chose to penetrate the depths in the diving, and they buoyed their bodies on the surface without an effort.

Presently Lambert struck out toward his rival, and the latter, seemed to wait for him. But just as Lambert had come within arms' length, Bahstrier suddenly turned and fled, or seemed to fly. It was a ruse which Lambert did not at first perceive. Bahstrier made for one of the anchored boats and craftily hid behind it from his enemy. Lambert followed, and in the moment that he was reaching Bahstrier, changed the breast for the side stroke and soon the positions were reversed. For the pursuing the pursued, the latter did not expect the ruse. Bahstrier's hand was on his gun, it was but for an instant, for Lambert quickly shook off his enemy's grasp and describing a wide circuit, turned and faced his pursuer.

And now, indeed, there was a terrible struggle for life or death. Once more the waves grasped them. They clung each other round the neck, each striving to get the upper hand. "Hold on!" cried Bahstrier, "please you to hold, we are both sinking."

"I can hold as well as you," replied the other, "it is a question of endurance."

Bahstrier made no answer, but with a tremendous effort broke away, and as he did so, swung round his powerful arm and struck his enemy in the face.

"You have played foul," shouted Bahstrier.

"Be it so," replied the other, setting his teeth.

Then, swiftly as a serpent springs, Lambert darted at his enemy, clutching him by the throat. Bahstrier seized his arms, but even with all his strength could not tear them apart. He was choking, and his eyes started in their sockets. Lambert, however, could not long keep his hold. He was sinking, and was compelled to release his enemy. In a moment Bahstrier was upon him, to grasp his foot and drive it under water. But Lambert was too quick for him. During up, he seized Bahstrier round the waist, to drag him under, while his foe struggled in vain to shake him off.

It was the last effort. Lambert had twisted his right leg around his rival's left, and held it fast. The powers of both were falling, and each would have released the other.

"Let go your hold!" cried Bahstrier.

"I cannot, my God! I cannot!" exclaimed Lambert.

And so it was. A terrible cramp, stiffening his limb and rendering it rigid and powerless, had seized him, forcing him to retain his rival's leg entangled by his own.

CONTINUED FROM SIXTH PAGE.

and sketches for recitation as well as private reading, musical and dramatic instruction, etc., and to judges (sheet music size) of new music in every issue. The music of this number includes a beautiful little duet for children, "What I'd Do If I Were You," the children's play song, "London Bridge," arranged by Saenger; a fine solo by M. Antyre, "For Cuba and for You," a striking little solo in an entirely new and very catchy vein by Louis Jordan, "I Love You Cause I Do," and a zither solo and song in one by Stern, "The Girl Who Sang of Carter." These make up the vocal music. There are, besides, the following purely instrumental pieces: Rondo characteristic, "The Lily Sailor," by W. F. "Indus"; a bright new Cuban waltz, "La Verbena," by Kretschmer; and a most melodious march by D'Amico, "The Fairy." Music Song, and Story is a thing of great beauty along with its other joys, being profusely illustrated with the finest half-tone cuts and printed on elegant enameled paper. It costs only 10 cents a copy or \$1 a year, and is published monthly by S. W. Simpson, 70 Fifth Ave., New York.

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