

# IN WOMAN'S WORLD.

## NOTES AND REFLECTIONS.

THE admitted advantage of an out door life in many morbid conditions, notably in consumption, says a medical authority, seems to point to the conclusion that there is something definitely injurious in the indoor life which is now the common mode of existence among civilized people. It is a striking and startling thing that the mere removal of a patient into the open air should lower his fever, should remove his night sweats, and take away his hectic, and it is difficult to avoid the conclusion that if these symptoms are removed by the purity of the air outside they must have been largely caused by the impurity of the air within the house. Nor have we any right to assume that it is the consumptive only who suffers. Doubtless the healthy struggle against and overcome evil influences before which those who are tuberculosis succumb, but that is not to say that in the struggle we do not suffer, and, indeed, the facts recently brought forward are sufficient to show that the stuffy life of warmth and comfort which civilized man now "enjoys" is bad for the health even of the healthiest. We make our windows shut, we pad our doors, we shiver at a draught, we surround ourselves with woollen curtains, dusty carpets, and fluffy luxurious upholstery; we breathe the same air over and over again, and then we wonder that we are not strong and vigorous. The fact is we are daily using up the exuberant vitality with which nature has provided us in struggling against artificial conditions. How powerful for evil, how deteriorating these conditions are, is shown by the fact that their mere removal gives back to the consumptive that vitality which enables him to overcome the seeds of disease within him. Fresh air is not a thing to be taken in little doses once a day, but a thing to live on.—London Hospital.

According to the Pittsburg Dispatch, bad temper is beauty's greatest foe. It curdles the blood and brings wrinkles, and a bad complexion is the result. The following advice is given to women who wish to preserve their good looks or to prove their bad ones:

"Take a wholesome delight in physical exercise. The pale, delicate girl is no longer interesting."

"Have freedom and comfort in dress at all times."

"Decide upon a definite aim in life, and choose one that is worthy of an immortal soul."

"Be superior to envy, jealousy and uncharitableness."

"Control your temper for the sake of your good looks, as well as for your health. It is not enough, either, merely to keep from giving anger its outward expression. A smoldering fire is far more dangerous to health than that which comes to the surface and is quickly extinguished. A disposition which continually 'boils' within often finds physical expression in boils and ulcers. Wrath has a natural tendency to curdle the blood, and the continually curdled condition is bound to show itself on the surface sooner or later. It is an old story that anger interferes with the digestion, a fact which is nevertheless frequently disregarded, as more than one irascible dyspeptic can testify."

"Live above worry, care, fear, and all other corroding and inharmonious thoughts."

"Finally, cultivate a sweetly serene frame of mind under all circumstances. Do not allow yourself to be a creature of moods, in depths of gloom and depression one day and on the heights of hilarity and mirth the next."

A New York widow is suing the estate of her departed husband for \$9,000 salary for services which she rendered him in his business. A journal of that city in commenting upon the case says that the widow makes the claim under a specific contract, so that may give her standing in court.

Otherwise the court would be in duty bound to dismiss the suit with such a severe rebuke to the plaintiff that it would never again enter a wife's or widow's head to think of claiming salary for services.

For think what would become of the males if the females of their family had a legal right to compensation or what they do! If woman's work in the household were paid for on anything like a just scale husbands and heads of families would all be in pawn with no hope of escape.

"Anything to make time," is the cry of the new woman, who wants to spend days in the prosecution of her club room fad. Advancement in one line leads naturally to advancement in many lines, and the more clubs a woman joins the more she sees that she wants to join, and really feels the need of joining.

One of the busiest of these new women, says a writer on social reform in an American journal, has solved the question of simple living and the consequent economy of time by adopting a diet which does not require cooking, although it will admit of it for variety's sake. This wonderfully accommodating club-woman's diet consists solely of fruits and nuts. She claims that nuts take the place of meats and fruits form a complete substitute for everything else.

To a woman encumbered with a husband and large family of children the adoption of this simple regimen is a great boon. Just think of the many, many hours spent each day by the average housewife in cooking, to say nothing of preparing vegetables and meats, and drinks, the great bulk of which is injurious to the strong stomach, and eventually ruins the digestion!

Scrofula, hip disease, salt rheum, dyspepsia and other diseases due to impure blood are cured by Hood's Sarsaparilla.

## HOUSEHOLD NOTES.

IT SEEMS that man is not only sustained, but also anchored, by his three daily meals, says a writer in the New York Sun. At least that is a Brooklyn lawyer's idea. The statement was made in a conversation with a young woman.

"I can't imagine what's the matter with Archie," she said, with a regretful sigh. "He is the most changed person I've ever seen. Why, he isn't at all the same man he was when he had an apartment in a family hotel. I don't believe that bachelor apartment life agrees with him. I never, with emphasis, saw such a crank as he is now."

"In what way?" asked the lawyer.

"Oh, you never know where you will find him, physically or mentally," promptly answered the girl. "It used to be that I could always count on old Archie, and so could all his girl friends, but none of us can now. He floats in when we least expect him, never comes when we really need him, and, worst of all, disappears altogether for weeks at a time, and when he turns up again, is no more capable of giving an account of himself than a babe in arms. How is it with you? Do you ever see him? And don't you think he has changed?"

"Yes, I see him frequently," answered the lawyer, "and I know he has changed; but, you see, I know the cause."

"In love?" asked the girl, with an attempt at playful indifference.

"Bosh!" exclaimed the lawyer. "Archie is about as much in love as you are, and I won't say how much I think that is. But it isn't love that ails him. It's running here, there and everywhere after something to eat three times a day, and that's what ails him out of ten young and old bachelors."

"What can you mean?" asked the girl.

"Simply this," answered the lawyer. "Eating around is ruining him, as it will ruin any man. You know we brothers have a great way of saying, 'Now, my sister shouldn't associate with a man who gambles,' or 'I wouldn't allow my sister to go with a man who drinks, and so on. I've never been blessed with a sister, but if I had one I should have put my foot squarely down on her associating with men who eat around. It is thoroughly demoralizing, mentally and physically. I know, because I've tried it. It is really better for a bachelor to take his meals at a poor boarding house than to eat around at the finest restaurants in the city. Did you stop to consider that a man's three meals are a great anchor? If they call him to the same place at about the same hours every day, unconsciously he gets into communication with himself at these stated times, and this is always good for one. It steadies him; it keeps him from becoming a wanderer on the face of the earth."

"Take two men, bachelors, one who eats around and the other who takes his meals at a fixed place. The former soon becomes—well, just like Archie. He cannot be relied upon in any way. First of all he begins to eat at irregular hours. He says to himself, 'By Jove, it doesn't matter what time I breakfast, lunch, or dine, for my dining room is open at all hours, and nobody will kick if I am early or late.' And then he goes for a meal when the spirit moves him. Soon after he begins to eat at odd hours he finds himself eating all sorts of odd things. In fact, he soon begins to search the menu for queer dishes, and of course queer dishes in time, and a short time at that, have their effect not only on his manners, but also his morals. This doesn't mean that the man who eats around grows actually bad mannered, but he becomes careless and unmindful of others."

They are better off when they get that something at a regular place and at regular hours. Look at the man who does that. If he is in a boarding house or a family hotel he sees a semblance of home life at least three times a day, and that sets him to thinking. A woman once said, and I think she was an old maid, that nothing can be so frankly prosaic, so flatly antique, as an old bachelor. I think she only knew those who spent a good part of their time going from place to place in search of meals. I know of nothing that makes a man so stupid. Eating becomes a business with him then. He no sooner finishes one meal than he begins to wonder where he will go for the next. If a man knows where he is going for the next and the next and all of his meals, he doesn't think of eating at all, and this leaves his mind open to more elevating things."

"But to get back to Archie as a fair example of the restaurant hunter. Don't you remember what a steady chap he was when he had an apartment in that family hotel? He kept regular hours, spent a good deal of his spare time in the society of his women friends, read a great deal, and took an interest in everything that was going on. Now he acts in a way that would lead one who did not know him to believe that he gets on a spree, and yet we know he never touches anything stronger than ginger ale. Really, I think eating around is a worse form of dissipation than drinking, almost. Archie keeps miserably hours, has indigestion, is cross and irritable one minute and winsome and gay the next, has grown a trifle cynical, isn't as stable in the matter of friendship as he used to be, and is altogether a changed fellow. If you could persuade him to anchor himself to some one place by his meals he'd soon be the same old Archie. Instead of being off his feed, his feed has made him slightly off. This eating around business has thoroughly demoralized him, as it will any business man, and I'd like to see a sister of mine trying to go with a man who indulges in that habit."

A STORM IS BREWING.

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## WHIMS OF FASHION.

THE TASTE of lovely woman in the matter of apparel and millinery is always correct, and the hat of the season is no exception to the rule. It is more beautiful than ever, because there is more of it; it is also more instructive, illustrating as it does the triumph of fashion over the puny efforts of man to check its development.

For some time past, says a writer in an American journal, the efforts of argument, science, humanity and religion have been largely directed to dissuading lovely woman from encouraging the slaughter of birds for her personal decoration. The pulpit and the press have joined forces with the Audubon Society and other humane associations in setting forth the cruelty of the fashion and the wrong done by the extermination of bird life to decorate the female head with feathers. And what is the result?

The hat of the season is a fabric of feathers. Where one or two modest

much liked for the transparent effect. They come in dark colors, with brocaded designs in black and white, or a lighter shade of the same color as the ground and in light tints with dark colors in the pattern. The dark grounds are effectively made up over white and trimmed with black lace floancess.

Irish lace is very fashionable this season.

Some of the new French hats show a bow of black velvet spotted with white and a bunch of cherries, fruit as a hat decoration being the latest novelty. Very dainty hats to wear with thin gowns are made of black tulle shirred into tucks, and turned back from the face, with black ostrich tips and a rhinestone buckle for trimming. Tulle rosettes in any fancied color, tucked in at the back, enhances the effect.

Hatpins headed with pretty enamelled flowers and leaves, insects of various kinds, and tiny birds with cut-glass wings add to the variety in this useful little necessity of dress. Irregular pearls set around with diamonds are also very fashionable.

Round ground Valenciennes lace is coming into favor as a trimming for lingerie of all kinds and children's clothing as well. The patterns are almost exact copies of the old antique Valen-



ONE OF THE LATEST PARISIAN STYLES OF DRESS.

feathers sufficed last year, the hat is now an all-pervasive of plumage. Where the birds were once killed by thousands they are now killed by millions.

The summer fashions afford every opportunity for flower-like shading, as the fashionable materials are thin and more or less transparent, showing a tinge of color through the meshes, which necessitates some thought as to the tint of the lining. Some of the prettiest gowns are of grenadine in tiny open checks of blue mixed with so a bright color, blue being especially pretty, and are made up over a shade of blue silk, which brings out the blue in the material. Narrow ruffles of net and chiffon and trills of ribbon are popular trimmings, and a pretty effect for the blue and black gown is a frill of half-inch black satin ribbon with a row of blue velvet baby ribbon sewn plain on one edge. These little frills may edge the ruffles, which are almost invariably cut circular, and get on quite plain in front, whatever the width may be. The same ribbon frills may encircle the sleeves for their entire length.

Back is especially fashionable this season, and the nets and fancy grenadines are in greater variety and more beautiful than ever. It is the mode of treatment which gives them style, however, and color comes in again for the lion's share of importance. Red moiré is the foundation dress of another black grenadine, while still another gown of jested net is made over a rich nasturtium yellow with yellow velvet collar and belt. Black tulle is the most chic of all materials for evening, and made over black with a bunch of pink carnations at one side of the bodice the effect is very striking.

The amount of work in the season's gowns is the most surprising feature. The stitches necessary to accomplish the infinity of tucking, shirring, frilling and ruffling are beyond estimate. Besides the grenadines so much worn there are gauzes of various kinds, very

ciennes, and it is recommended as almost indestructible, which is the highest possible praise for anything that adorns the undergarments, subjected as they are to the wear and tear in the laundry.

Comet ribbon, which is a new edition of baby ribbon, is shirred into the innumerable little frills that adorn our gowns.

The Parisian sailor hat is much more ornate than the variety generally worn here. Bouillonnes of chiffon or silk surround the crown, and large white wings are set in front or at one side. Chiffon is wired into bows for a side trimming, and plaid ribbon is very much used.

The plain silk parasol has no place in fashion this season except as a run umbrella, for whatever the material of a parasol may be, it is more or less an elaborate production of tucks, hemstitching, ruchings, plaitings, and insertions of lace. It is made of every sort of silk on the list, and of Swiss, mull and pongee as well.

White veils of circular shape, with a patterned border, are very popular, and something still more pronounced is a rose-colored net spotted with white chenille.

The whole theology of the grand dogma of the Eucharist is nothing less than angelic music made audible to mortal ear; and when our souls are attuned to it we shall the better understand the sweet secrets which it reveals to our delighted minds.

All false practices and affections are more odious than any want or defect of knowledge can be.—Sprat.

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