66666666666666666 Of Interest to Women

are apparently well-bred, wear such extremely inappropriate costumes. This thought came to me the other morning shirts?" when I met down town a girl who was "Here they are."
"Put the shirt studs in it, will you? apparently a "lady" in the best sense of that much-abused word, yet topping rather rumpled. I must have tossed it off a plain and rather shabby blue suit around in the drawer. You are rather with a huge pale pink chiffon har, load- handy at those things, Henrietta ed with pink roses. The hat was pret-shape?" ty and becoming, but it was positively "All right, dear." funny on top of that suit, and for "And, while you are at it, fix the morning wear.

girl who always wears the most beauti- and willing hands, gathered the masful gowns and hats. She was looking calmly dressed himself in the intervals particularly well that day, when she of his rapid-fire questions. "Got my happened to put out her foot, and I top hat?" he asked. am quite sure her shoes had not been please fix my necktie and-why-erpolished for a month, while the laces were knotted in two places. She at the clock hands, which pointed to laughingly apologized a minute later 8, and then surveyed the flurried little for the hole in her glove, saying that

Women never seem to realize that it isn't just like a woman!" is these little accessories to the toilet that really count Well-brushed clothes. polished boots and mended gloves look well, no matter how old and shabby oped on Fifth avenue the other day. A

A skirt and waist that are bidding to be a big bunch of jonquils. each other farewell, shabby shoes, worn | As each smart vehicle passed he such offenses. Even the young girl who printed with the advertisement of the depends on her fresh, young beauty fails unless she is clean and neat.

tailor-made suit, short skirt, not more than two inches from the ground, shirtwaist of same color, or of white, jacket of same color; a hat, not too large;

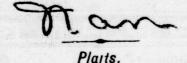
a long skirt on the street, she should, at least, hold it up, for nothing looks skirt. It scares one to think of operation seem particularly funny. the dust and germs it must accumulate

cheap material in an elaborate fashion, streets these days. They find a ready and it is equally foolish to put expens- sale for this first spring shrub in the ive trimming on cheap goods, or viceversa. It is also bad taste to wear ex- of folks who like to see a vase of it pensive jewelry, or, still worse, cheap on their tables, as it is one of the first jewelry, with tailored suits for street harbingers of spring. wear. If one has a perfectly fresh handkerchief, shirtwaist and neckwear, one has at least three absolute essendown in Houston street. It takes contial accessories to the toilet.

In the summer, on informal occasions, and even on the street, many be a wax figure establishment and not women now carry their gloves instead a branch of Miss Elizabeth White's of wearing them. In fact, the glovewearing habit does not seem so strenuous as it used to be. We seem to be becoming more comfortable and less conventional every year, in spite of crown out of your last year's hat and

After all, appropriate dressing is to dress in such a way as not to be "different" at any function or any place, and there wasn't a girl in the room had on evening dress, consequently evening dress was manifestly incor-

It does not seem possible that a woman can ever be so spirituelle or so careless as to be oblivious of her appearance, even though the right-minded woman prefers to be noticed for herself rather than her dress.



In making plaits of any kind for trimming, the fact should be borne in mind that it is good policy to leave the bastings in the plaits until the garment is entirely finished. Many home half, and there with her secretary, her dressmakers are in too big a hurry to take out basting threads. In buying a lives a quiet rural life. ready made box plaited or plaited skirt, it will be noticed that when it reaches stitched down with bastings, and that up by the Salvation Army leader. One ought to be hint enough to induce the till she is almost ready to wear the Of course, this does not or hems, but just for those which are put to hold certain things in place and garment till such time as it is com-Plaits in waists, especially sleeves, can be left in, though the temptation is strong in the amateur to remove them and "see how it looks." But the exercise of a little patience in this respect means added comeliness of the completed garment.

The "Late" Woman.

"It's just 7 o'clock," said Squilbob, "and so you have plenty of time to dress yourself carefully for the theater. With this margin of time, Henrietta, you can surely have no excuse for being unprepared at the last moment, a trait wholly confined to your sex.' "Yes, dear, I'll start dressing right said his helpmeet dutifully.

The Modern Mother.

Children shudder at castor oil, and youngsters splashing in the surf. with good reason. Castor oil is a relic of old-time tarbarism. Not only is it repulsive to the taste, but it gripes and tortures delicate chil-Modern mothers use Baby's Own Tablets a gentle laxative which does not gripe; a comforting medicine which may be given to a new-born babe, without fear of harm. Tablets cure all the minor ills of little ones, and promote natural sleep and repose. Mrs. R. H. James, ghvale, Ont., says: "I find satisfaction in the use of some Tablets, and do not how I could get along without They make children well and them well." And you have il at 25 cents a box by writing the Dr. Williams M

pearls in my shirt front. Ginger! In the afternoon I met, at a tea, a wish you'd chase up my cuff button."

Mrs. Squilbob flew around with deft

> Squilbob gasped in surprise, looked "Ginger!" he said in fine scorn.

she was really too busy to mend it. "aren't you dressed yet? Well, if that

Modern Women.

A new method of advertising develyoung negro stood near the curb at Forty-second street with what appeared

gloves, and untidy hair denote the stepped up and thrust a small cluster sloven, whenever seen, and no really of the blossoms into the open window of the carriage. About the stems of well-bred woman would be guilty of the flowers was wrapped a folder company he represented.

The occupants of the carriages were for her attractiveness will find that she so surprised that they had no time to reject the folder, with the consequence Nowadays for shopping, traveling, in- that they undoubten, Moreover the that they undoubtedly read it before formal calls and even for church, wo- flowers were fresh and sunshiny, and men wear the "trotter" costume; the no one would have the heart to cast them aside. So, altogether, the plan worked very well for the time being.

A portly woman came down Broadway during the recent hot spell fanning herself vigorously. Like a ship under dark gloves and sensible-looking shoes. full sail she swept along, intent only If a woman finds it necessary to wear on getting all the breeze going. The fact that she was using an Empire fan of quite diminutive proportions which couldn't at the best have reduced the so filthy as a "street-sweeper" temperature many degrees made the

Men bearing huge bundles of pussy It is extremely foolish to make up willow are a common sight in the schools, where it is used for the nature study work, and, besides, there are lots

"Old figures made over equal to new" siderable rubbering to discover what or whose figures the sign has reference to. Investigation proves the shop to

Some women think that the nev polo hats are extremely economical. As

one woman said: "All you've got to do is to cut the stick a shaving brush in it, and there you are."

But, as a matter of fact this very practical young woman would change her mind about the mode being ar and "when in Rome do as the Romans economical one if she priced certain do." I remember going to a dance in a specimens in some of the Fifth avenue small town to which printed invitations shops. She would have to part with had been sent out some weeks before, two goldbacks at least for the privilege of wearing one with the name of certain smart hat makers printed in gold letters on the inside.

True it is that the human shape divine conforms to every fashion in figures. First there was the hourglass shape, then the style that accompanied the kangaroo walk, and now there is the woman who wears the shirred skirts with the habit back and holds herself very straight and moves along like an automaton.

She can't do anything else, as the shirrings are as frequent as barrel staves and quite as confining. Nothing but a moving sidewalk will accom modate fair woman if her garments continue to decrease in girth.

In an old-fashioned, red painted house in the village of Chappaqua lives Evangeline Booth, the new com mander of the Salvation Army. She dogs and her adopted children, she

Possibly the most interesting members of the family are the children home the garment still has the plaits three in number, who are being brought amateur to leave her bastings in place wreck that killed the wife of Commander Booth-Tucker. A second was picked up here in New York, and the apply in the case of bastings for seams third is a waif whose home was in

Chappaqua. Eighteen dogs form another lively which can just as well remain in the factor in the Booth menage. Irish terriers, St. Bernards and English bulls are among the number. Miss Booth drives a good deal, and several of the occasions.

Miss Booth maintains the strictest seclusion when in her country home In fact, there is a rule that no one of her staff shall give any information as to her place of residence—a rule that not even the highest of her officials to break. For the new leader is said to be a disciplinarian of a stricter sort than the late army commander.

The Small Unwashed.

New York Sun.

At one of the Fresh Air Homes by the sea, where New York tenement children are taken for a few days of every summer, a young woman stood one day be side a little fellow who sat digging his toes in the sand as he watched the other

"Don't you want to go into the water?" she said to him politely.
"No, ma'am," he answered, with public school politeness. He did not need to add that he was afraid. "You're not afraid, are you? Don't ou bathe at home?"
"Yes, ma'am." he answered, proudly.

"I get an all-over every week in the washtub."
"G'wan!" said a bigger boy, who had "G'wan!" said a bigger boy, who had run up dripping and shivering, just in time to hear the little fellow's answer. "Yez means the dishpan."

Whichever the boy meant—and he undoubtedly meant one or the other—he is no worse off than 100,000 other children of the tenements. And he is better off than thousands of his elders, who, if they bathe at all at home, must bathe in this same dishpan or stationary washtub, or the kitchen sink. There are districts in New York where among 2,500 families there are but 36 baths, where in a single block there are as many as 800 families without a bathtub of any sort.—

NEW WAYS TO COOK RICE

ninutes. Have on the fire a pot conwater. Put in a full teaspoonful of salt for each quart of water. The water broiled chicken. It is surprising to see women who | "And I myself will show you a good should be at a furious boil when the rice goes in, and this must be kept up all the while it is cooking. Leave the pot uncovered and do not touch the rice with a spoon. At the end of twenty off. Stir into it a great spoonful of minutes take out a few grains with a butter, a teaspoonful of onion juice fork and bite into them to try if they and the beaten yolks of two eggs, with are tender. They should be by now. salt and pepper to taste. Stir over the if the test is satisfactory, drain off fire in a bowl set in boiling water for every drop of water. Turn the rice in- two minutes, using a fork, that you to a heated colander and set at the may not break the rice to pieces. Turn back of the range or in the open oven into a round-bottomed bowl wet with for a few minutes to dry, as you would cold water and press down hard. Repotatoes. Every grain should be plump, verse the bowl upon a fireproof platwhite and tender, yet whole. Send to table in a hot, open vegetable dish, and eat with meat, as you would any other eggs beaten stiff, and set upon the top vegetable.

BUTTERED RICE (No. 1.) Boil a cupful of rice and dry. Heap in a deep dish and pour over it this sauce: Fry a sliced onion in two tablespoonfuls of butter to a light brown, strain it out and add to the hot butter a small half the water and add a good tablegreen pepper, seeded and minced fine, spoonful of butter with a pinch of cayand when this has cooked tender a teaspoonful of lemon juice. Pour over water should be absorbed and each

BUTTERED RICE (No. 2.) upon a platter and set in the open oven, tablespoonfuls of that every grain may dry. Meanwhile Turn into a deep dish and serve, heat a little butter in the frying pan and fry a sliced onion in it. When the slices are brown remove them with a perforated spoon and lay the rice by perforated spoon and lay the rice by hot, salted water. Drain and dry, and the spoonful in the pan. Stir until each while hot work into it a teaspoonful of grain is coated with the butter; turn butter, a tablespoonful of grated the rice into a heated colander, shake cheese, the yolk of a beaten egg, pephard and set at the side of the range per and salt to taste, and set aside to for five minutes. Serve in a deep vegetable dish.

BROILED RICE.

Bail as usual, and while hot stir in gravy, seasoning to taste. cupful of rice and a beaten egg for two an inch thick and cut into round cakes broad, shallow dish with it and press about it in an egg-shaped ball. Egg and the bottom of another, or a large plate, crumb them, leave on the ice for two upon it until it fits down firmly upon hours or more and fry in deep, hot every part. Set a flatiron or other olive oil.

Wash a cupful of rice in three heavy weight upon the upper dish and waters, leaving it in the last for ten chilled throughout cut into strips or squares or triangles and broil upon a taining at least two quarts of boiling buttered gridiron until lightly browned. Serve hot and dry with game or

> SWEDISH DISH OF RICE. Boil a cupful of rice in plenty of hot, salted water until soft. Drain and dry

> grating of the oven for three minutes to form. Eat with drawn butter.

> > RICE A LA GENEVE.

Boil a cupful of raw rice in a quart and a pint of hot water lightly salted. At the end of fifteen minutes drain off When the rice is done all the grain stand out swollen and whole. Let it dry out for five minutes. Shake up the saucepan lightly-not to break the Spread three cups of cold boiled rice | rice - and stir into it with a fork three Parmesan cheese.

SAVORY RICE CROQUETTES. Boil a cupful of raw rice in plenty of

get cold. Chop and rub the boiled giblets of chickens, ducks or geese smooth, and work to a paste with a very little gravy, seasoning to taste. Flour a teaspoonful of white sauce for each rolling pin, roll out the rice paste half cupfuls. Season with pepper, salt and In the center of each lay a spoonful of a few drops of onion juice. Fill a the giblets, inclose it and roll the rice

LITTLE THOUGHT BUBBLES

 \Re occoopposes occoopposes occoopposes occoopposes \Re young thing we know. Watch her bank. when she puts on her Easter "bunnit" mortal funnier than the man or woof purple lilacs, spreads out in a gown man who, during a slight illness, of young grass and then smiles at you plunges into bed and melancholy lamfrom her sky-blue eyes. She knows she's fine and splendid and that the whole world admires her mightily.

up the windows to behold her? Even Mr. Sun lingered as long as he could before continuing his western journey. I shouldn't be at all surprised if he'd forget all about his engagement over in China some of these fine April days. The way he's flirting with this fickle roung woman is "sum'p'n scand'lous." Winter is a fussy, worrisome, old out and catches a fly on the windowdame, who makes us wear flannels, pane, murmurs a few meows to the and ties up our throats, and keeps us in stiff, heavy, old shoes, and we are glad to break away and to become devotees of the muslin-gowned spring lady who lets us do as we please and catch colds in our noses. She is a disciple of the ife of freedom and complete emancipation from shackles of every make We dash out of our winter prisons like chicks from a shell, and narbles and be "chillens" again. How unpleasant it would have been ad the springtime been left from the

calendar! There are plenty of things that might have been worse. What if ful and a sliver calls for an amputated the sky had been made purple or gray arm and an ambulance ride, instead of hopeful blue? And what if parks grew any color other than green, who, just before going to the hospital which so rests the eye, calms the soul and makes you glad you're living? When you stop to think of it you realize that Mrs. Nature, architect extrardinary, knows her business.

In one more week or two, perhaps, or windows out of business. flowers and stuffed birds may look the part at long distance, but they don't amount to much when brought in to the light and compared with the real things. Wouldn't it be fine if we could If Mrs. Nature had known that we who watched by his side were to bedeck ourselves in flowery ranged to have had her flowers less substantial than silly fears and

Miss Spring is about the vainest we'd all have money in the savings I wonder if there's any breathing entations, but goes on eating eight round meals a day? When some folk are ill they want

the Government to stop business and She was out walking for the first officer up prayers, of the streets with placards of If you don't take "keer vo'self" you are going to be ill, and there's no sense wailing about something which you've brought down upon your own head. When our John Rastus has a pain he curls up in a warm corner back of the kitchen range, and we don't hear meow out of him After a time he walks

cook, which means "Some fried liver, if you please, a la cream on the side, and that's all there is to it. John Rastus is fit to be a human being, instead of just a fine, sleek, black cat, and his example is good enough for the multitudes. He doesn't demand that you telephone for the doctor, sit up all night when you're dying to sleep, cook broth and tea and toast ve want to buy skipping ropes and and other things at all hours of the day, and then sit down while the patient shrieks and moans and raises th disturbing elements generally

Such mortals think a cowlick is painwoman who is sleek and catlike in the everything about them beautiful and radiant, splendid and entrancing—in-We often think of a man we knew tiger at the zoo. No matter how he I like the woman whose mind and stands or lies or sits or walks, there is body are equally alert whose thoughts that soft, velvety grace, that delicacy are filled with sincerity sympathy, wrote to a friend:.

"They're going to put me on the chopping block tomorrow and saw holes in me. If I get well, I have everything to live for. If I die, that's all there is to it, and it won't be my maybe three, she'll put all the show- fault, you know, so I haven't anything to worry about.' The poor man did die after eleven

days of intense suffering, which was endured with such courage and bravery that those who knew him marveled He choked back every moan because pick hat trimmings from our gardens? he wished not to give pain to those Oh, it's worth while to be that kind. ixings, no doubt she would have ar- Then you're made of something more perishable. With hats at \$7 per hat, weakened heart.-Mme. Qui Vive.

HOUSECLEANING HINTS

Veteran housewives can tell you for over a decade. A blanket is part that the task of putting away the winter furs and woolens grows less formidable with each year. Our summers day's sunning, are pinned up, first in newspapers, then in sheets, and ittle attention to the fact until it is to call. brought home to us by comparison of warm weather wardrobes with what

were a positive necessity of endurable existence thirty years ago. Fashion decrees that grenadine and lace be worn as evening gowns throughout the winter. Conveniences and comfort dictate that a tolerable supply of thicker mother. Heavy "combinations," really gowns be kept on hand throughout the Ithick cloth and merino, cashmere and year. The still popular shirtwaist lends itself amiably to fashion and convenience. The summer days in which musins and tissues are essential to comfort are few by comparison with the weeks one can wear a silk or delaine.

or even a white cloth skirt with a sucession of thin waists. The nights in which the sleeper in town or country is not glad to draw up a blanket to his shoulders in the chill of approaching by ripping up skirts which you have ordays are reduced to a low percentage. dawn are reduced to a low percentage. In my country home the demand for an extra blanket is so frequent that a supply is kept on hand throughout the summer. The big cedar chest which has held moths at bay for forty years has not had a blanket committed to it

Cured Cancer of the Breast

Send for particulars of lady who was cured permanently of Cancer of the Breast by our Constitutional Remedy. The disease was so far advanced that an operation was advised immediately by two leading physicians. She was cured without this however, by our pleasant remedy and that was six years ago. Since then there has been no return of the disease. Send six cents for our booklet, "Cancer its Cause and Cure." Our remody removes the cause and hence, all effects of the disease. It can be taken in the privacy of home and without the knowledge even of your family. Mention this paper.

are cooling so gradually that we pay laid away upon closet shelves, subject

After eliminating these, and lighter cloth skirts, with medium weight and gauze underwear, there remains enough things that must be secured from insect ravages for four months to come to dismay the ease-loving houseserge gowns and furs of every description must be looked after, and the look must be vigilant. Always select a sunny day for the

work, Inclination would appoint stormy weather. Sun and air are absolute essentials for the right performance of the disagreeable task. Moths love darkness rather than light, made over in the autumn Remove waistbands, loosen gathers and plaits, and rip off trimmings. Then sponge thoroughly with a mixture of alcohol and ether, and spread upon a line cohol and ether, and spread upon a line to dry in the hottest sun you can find. If the fabric be colored, and you mean to turn it, see that the side which is to be uppermost is not exposed to the light now.

"Last spring I was seized with nerv-ping district every day—you become the fabric be colored, and you mean to ous weakness. I was completely fagabsurd and resemble nothing quite so uppermost is not exposed to the light now.

"Last spring I was seized with nerv-ping district every day—you become uppermost is not exposed to the light now."

"Last spring I was seized with nerv-ping district every day—you become uppermost is not exposed to the light now."

"Last spring I was seized with nerv-ping district every day—you become uppermost is not exposed to the light now."

Beat flannels on both sides before hanging them in the sun. Beat cloaks, jackets and coats, then go over each with a stout whisk broom, getting all the dust out of seams and under collars and cuffs. urn every pocket inside out. Dust is the favorite incubator and breeder of the deadly little destroyer against which you Cross, who was cuted by Ferrozone. are warring. Sponge all spots with al- It invigorated me in a few days. I loon out. Fill them with fine, fresh,

are warring. Sponge all spots with alcohol and ether. Grease and stickiness gather dust and hold it.

After a day's sunning, bring in the clothes and spread upon a disused bed or table or floor, laying newspapers under, between and over them.

Next day have in readiness a paper of stout pins, plenty of camphor balls, a big pile of newspapers, and a dozen or fifteen yards of unbleached cotton or cheese-cloth. Strew the mothballs between the folds and in the pockets. Envelop each article, first in newspaper, carefuly arranged to leave not a crevice through which a moth can creep. Pin the cotton health above the newspapers; with blue or black pencil Trile upon each the name of the folds.

After a day's sunning, bring in the clothes and spread upon a disused bed or table to the back to health.

(Sgd.) "JENNIE L CAMERON."

With Ferrozone the cheeks redden makes a kink in your neck, and throws the shoulders into a stooping posture.

Very high heels put the entire body out of line.

Very high heels put the entire body out of line.

Very high heels put the entire body out of line.

Telegraphics stretched to floor out. Fill them with fine, fresh, bubbling air. Keep your chest up and your hips back.

A large hat that drags at your hair will interfere dreadfully with graceful actions. It sends the head forward, makes a kink in your neck, and throws the shoulders into a stooping posture.

Very high heels put the entire body out of line.

Very high heels put the entire body out of line.

Very high heels put the entire body out of line.

Very high heels put the stooping that the shoulders into a stooping posture.

Hairpins that dig and hurt will have an effect to a certain extent. Anything the shoulders in a certain extent. Anything and the proving that the shoulders into a stooping posture.

Telegraphical makes a kink in your neck, and throws the shoulders into a stooping posture.

Telegraphical makes a kink in your neck, and throw the shoulders into a stooping posture.

Telegraphical makes a kink in your neck at the should mes without a bathtub of any sort.— Storr & Jury, Bowmanville, Ont.

trunk lounge of good proportions and tightly-fitting joints; dust it scrupulously and, just before packing your parcels in it, swab well with gasoline, leaving no crack unvisited. Lay in the parcels quickly, cover all with newspapers and close at once.

If these directions be obeyed implicitly I should be willing to stake my housewifely reputation upon the assertion that you would find no moth in that trunk if were not opened for ten years.

Unless you have a cedar chest, select :

Furs are a more serious problem. For nany years I sent mine in the spring to professional "storers," and as regularly paid ruinous prices in the autumn upon aking them out of storage. For the last six years I have put them up myself, and sustained no loss thereby. In the out-set, make sure they are clean. Brush them scrupulously, sun them until they them scrupulously, sun them until they are heated to the core; then wrap in newspapers, with plenty of mothballs in and about them. Have a box with a close top for each piece. Crush a dozen or more camphor balls with a roller, put into a quart bottle of gasoline, and let all stand over night. Do this the day before you put up the furs. Wet the inside of the box well with this mixture, and sprinkle the furs plentifully with the same. Shut up tightly and at once, when same. Shut up tightly and at once, when you have laid a sheet of butchers' paper saturated with the camphorated gasoline

over the contents. Before putting away white furs-mouf don, ermine or white fox—clean them.

believe this process to be, in part, my invention, but I hold no patent upon Dip a perfectly new and clean woroom in pure alcohol and swab the well with it, rewetting often, until the fur is soaked. Have ready an abundance of powdered starch, and, with a flour dredger or other perforated box, fill the wet hairs full of starch, working it down to the skin with your fingers. When dry, powder again, and thickly, and shut up the box for two days. Beat out the powthe box for two days. Beat out the powder then, in the open air, with a whisk; shake and toss and punch the articles until clear of starch, and put up as you would nack away other fure. would pack away other furs.

The result of the treatment will be eminently satisfactory.

Carpets and rugs should be beaten with he side that has been next the floor or top. In this way the dust that has worked into the pile is loosened.

Tryina a Bride's Temper.

On the day of a Chinese marriage unnyited friends and neighbors, or even perfect strangers, are allowed to come

does everything she can to show him he is unwelcome without openly telling him so. Her performances are many and

First, she pleads other engagements.
Her next dodge is to "big brother" him.
The third scene is to act natural, so quarter of a ton of weight, Mrs. Redline idiot would take the hint.

EASY. GRACEFUL MOVEMENTS

 $\frac{1}{2}$ decreases a constant de constan

What is there that can give to a the masterpieces. It is as if the Lord

oom such light and beauty and charin had placed men in the world for the

and o nament as the figure of a grace-ful woman? And what is there that

detracts more from feminine beauty -bless you, no-but it does mean that

than awkwardness? We all like the women have the possibilities of making

and swing, that is charming. The woscul and tenderness and whose grace man who is blessed with these gentle diffuses itself in her daily existence.

like elegance of manners, sweetness of symmetrical.
voice, nicety and clearness of speech. We all know the tall, ungainly crea-

It is doing something well. It is being ture who resembles nothing so much

complete, perfect, magnetic, beautiful, as a perambulating catsup bottle. She

When women plod along like steam has in her height all the possibilities

ollers or hump along like camels they of a queen, but, not being familian

cse all the charm and sweetness which with her own possibilities, she cannot

re men enough to furnish common- properly and forgetting to stand with

caricature.

to them.

Morning tiredness is more be continuous, never ceasing and with

this: The appetite falls off, What created inside of one's head. One must little you eat isn't satisfying. The first get the intelligence, the thought,

nerves seem tired and exhausted. Con- the understanding, and with these sequently you don't sleep in the same school the body. This schooling must

and determination, little things cause open and see how this woman and that

An ordinary nostrum won't do at all, out and do befter. If she looks dainty

You must use an honorable and time- and lithe and graceful, shake yourself tested tonic like Ferrozone, which is together and brace up and see what you

known to all registered physicians as can do in the imitating line. What she

the one true medicine for spring fever, can do is possible to you, and ever it revitalizes the blood, rebuilds the more, perhaps.

nerves, increases the appetite and brings To be graceful does not mean to

sound, refreshing sleep.

For instilling into old people the fire and to pad out your shirtwaist. It does

and snap of youthful virility, nothing not mean that you should strut like a can possibly surpass Ferrozone, which peacock with your hat on top of a wild

nourishes the vital forces back to pempadour like a chicken on a pole. health in a permanent manner that It means first of all that you must

challenges comparison. appear the lady. An air of good breed-From Upper Hampstead, Queen's ing is a certain kind of grace. A look

County, N. B., comes the following let- of simplicity, of modesty, of general

ter from Mrs. Jennie L. Cameron. It all-round womanly sweetness imparts tells in forcible style how weakness is loveliness. When you overdo—and

supplanted by strength with Ferrozone. many do, as you observe in the shop-

appetite failed. I seemed to be sick unconscious of the fact that the world and ailing in every organ of my body. is full of people and that each indivi-

frequent, and attacks of rheumatism Comfortable dress will help you to

well till I read of the recovery of Mrs. Besides, there's nothing pretty

"I had about given up hope of being ly laced moves around with difficulty.

Headaches and neuralgia became very dual has a pair of eyes.

great annoyance, nerve force is burnt woman walks and moves along.

noticeable, you feel blue, lack courage you every moment.

weren't made to be plodders. There dame, who, failing to draw in her

place pictures. It is for women to be her hips back, makes of herself

ways is wonderfully attractive. It is making every movement perfect and

way she moves about. Watch the cluding themselves.

s woman's right inheritance. Women use them.

AFFECTS THE AGED

When Old Folks Feel Tired and De-

pressed They Must Beware

of Spring Fever.

How does the fever begin? Just like

SPRING FEVER

occurred quite often.

out.

When millions of experienced housekeepers have been using Sunlight Soap

for years, for their every requirement, why should not you use it? Try it next wash day, and if you do not find it better than any other soap you have ever used, your grocer will refund your money. Sunlight Soap washes equally well with hard or soft water.

No scrubbing, no boiling.



and refuses to see him, the desired result feel beautiful as well as look beautiis generally accomplished, even where all ful. Dragging skirts for walking, long other methods have failed. other methods have failed.

If he still comes, she can either ask her father to hit him in the head with an axe, or she can ask him why he doesn't get married, so he will have some place to spend his evenings. Then he will either propose or quit. If he proposes she can refuse him and he is superposed.

World's Fattest Woman. Mrs. Annie Redline, of San Diego, Cal.,

world. Mr. Burnett, who is aboard the United States flagship Chicago, in writing home to some friends, told them of

day of a c...
friends and neight.

At strangers, are allowed

Ad see the bride, and they may manemark about her, or to her, they ase. Sometimes things horribly rude and disgusting are said. To try her temper a man will say: "Fetch your husband a cup of tea." If she does so, all will say jeeringly: "What an obedient wife you are!" If she sulks and does not do as she is told, they remark: "That is a pretty vixen with which to fin married life. We cannot congratuate man married life. We cannot congratuate man married life. We cannot congratuate man that tartar," and other words and does not suffer from any heart trouble, as many fat people do. Again, unlike most fleshy persons, Mrs. Redline can stand hot weather, and prefers it to cold the most fleshy persons, Mrs. Redline, and when the has to hire an other words are no cabs large enough to a men on the hast to hire an other words.

Mrs. Redline, and when the hast to hire an other words are no cabs large enough to a men has to hire an other words. Her Ways and Means.

The girl who wants to get rid of a persistent and tiresome caller usually three men to help for interest. interesting.

First, she pleads other engagements.

weak to carry her weight.

In order to be sure that

The third scene is to act natural, so quarter of a ton of weight, Mrs. Redfine always natural than anybody but a born diot would take the hint.

That failing, she takes to palming him off on her family.

Then she gives away his flowers and a music teacher. She has four daughters. Inen she gives away his flowers and a music teacher. She has four daughters, insists upon her small brother gobbling this chocolate creams under his very former. Many physicians and scientists from all over the world have examined Mrs. Redline in the hope of ascertaining a reason for her extraordinary weight, to keep them. She gives his dances to someone else. She goes off rowing with a rival when she has promised to go driving with him. that is all there is to it.-Chicago Chron When she shuts herself up in her room icle, <u>, დინებები მემინი მ</u>

We also know the squatty

laughable picture and sometimes

We all can make of ourselves what

asily as the mind or the character. If we permit ourselves to stump

we will. The figure can be modeled as

around and stamp along, plowing in-

stead of walking, racing and galloping

instead of gliding, we soon form regu-

its change our bodies and become

part of ourselves. It is all a matter of

lassoing the right ideas and hanging

Easy, graceful movements are really

she is ungraceful, straighten voursel

be graceful. The woman who is tight.

squeezed-in-ness. Let your

trails that namper the free use of the to come no more—at least, for a while.—

Pittsburg Dispatch.

In the proantifyour lessons are not lessons at all,
but uncomes on are not lessons at all,
but uncomes of the proyour lessons are not lessons at all,
but uncomes of the proyour lessons are not lessons are not lessons at all,
but uncomes of the proyour lessons are not lessons are a jack-knife and do not make a four-in-hand of yourself, but bend forward as if your best sweetheart were watching with a critical eye,

Have your stays and bodice loose s said to be the fattest woman in the enough that you can lift your hands above your head with absolute com-

Right now, this moment, get up from your chair, walk across the room and place your hands on a picture as if you were about to straighten it. this. Be your own critic and see that you make a pretty picture of yourself. and around her chest she measures 7 feet 1 inch. Around the largest part of her arm Mrs. Redline measures one inch were adjusting your sidecomb, and no-Lift your hands to your hair, as if you ice whether you do it gracefully or the other way.

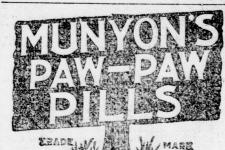
When you have an hour to spare, move about the room, sitting down, standing up, walking slowly, then moving faster. Spend half an hour, if you an give the time Keep these things in mind:

That you must always have your head erect, and the back of your neck very straight.
That your hips must be back, your

bdomen held in and your shoulders in place, your chest always being up high and fine. That, when you put your foot to the

gracefully posed for pretty hands are as attractive as a pretty face, except that they can't glorify one with

With these directions ever concealed And awkwardness in a awkward. woman is as frightful as disrespect in



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