

OF INTEREST TO WOMEN.

HAVE you ever chanced to meet a friend or an acquaintance several times in the street on the same afternoon? Sometimes these meetings are almost embarrassing. The first time you meet, you perhaps stop and shake hands; the second, you give a quick glance and say, "Oh—ah, again;" the third time, you rush by with a hurried step and forced smile, while the fourth time you look the other way.

As fall advances, the girl who stops in the street to fasten her shoe ties will be missed. She herself may be met, but her occupation will be gone. How many a man has been stopped while walking with his wife or sweetheart by the exclamation: "Please wait a moment, my shoe is untied!" There is nothing to do but find a step somewhere, upon which the foot is placed, while the owner, with a scarlet face, ties the shoe herself, or else is assisted by her gallant swain. People who pass look amused, and this adds to the embarrassment.

All women need a certain amount of exercise daily, which will bring various sets of muscles into play. The woman who writes or sews, the woman who stands in a store all day, requires physical culture for health as well as grace.

The busy woman may say, "Oh, I have no time," but listen a moment. When you are mounting those tiresome stairs to the second story, instead of thinking "I wish I did not have these stairs to climb!" have you thought, "I am almost there," or think of something else that is agreeable. But you must do more than think. When you climb the stairs, hold your body erect, have your chest expanded and let the entire foot be placed on the stair, but the force rest on the balls of the feet, and these should touch the stairs as lightly as possible.

While waiting for a train or street car, or while standing anywhere, think of your position. Do not throw back your shoulders, but expand your chest. Stand on the balls of your feet. Keep your knees straight. Do not attempt too much, but practice a little thoroughly.

In sitting at work, keep an erect position; but not the stiff one.

If leaning against a support, be careful to have the lower part of the spine well back in the chair.

Notice the women you meet on the street. How few have a graceful poise. Someone has said, "Grace shows the strength and vigor and wise use of all one's powers." Walk up the street any fine afternoon and notice the women and the way they walk.

You will meet the woman who is very stout, and who waddles from side to side; she is very red in the face, and has a distressed look as if she were trying to get somewhere in a hurry and knew she couldn't. Then you pass a younger woman who knows she can reach her destination in time, but does not care how she accomplishes her purpose.

Her head is extended beyond her body, and her hair is coming down, but she does not mind this. Behind her is a tall girl, very thin, who is swinging both arms and

keeping time with her head to the air of a new opera she is humming. She is put together in a slipshod sort of fashion, and seems contented and happy as she swings along. She is careless in walk and dress, and will probably go through life in a haphazard way. When you meet the trim, well dressed woman, who walks with erect and graceful carriage, you experience a sense of relief, and breathe a sigh of contentment to think all women do not tire you with their nervous energy or untidy appearance.

Now, all women, no matter how hurried they may be, should take time to think how to walk, and then do it correctly. There are excellent books on the subject of physical culture which contains rules that every one can follow if they will, and, when one reflects that health depends in a large measure upon the correct use of exercise, it should be considered a subject worthy of time and thought.

"Oh!" said a tired housekeeper yesterday. "I am so tired and I never can find anything when I want it!" This is the cry of many a weary woman, but in almost every case the blame lies with her. It may seem hard to say so but on whom should the blame rest? Suppose the husband and children will not learn to put things where they belong!

Is it not the duty of the wife and mother to see that it is done, either by doing it herself or overseeing it. Day by day without ceasing little duties have to be done by the housekeeper. How they are done has much to do with the family harmony. Put the wraps and hats away with a pleasant expression and arrange the house with just as much pride and content as you did the first time you went into it.

The Duchess d'Aosta, who has been riding on a bicycle, is undergoing one of the penalties one has to pay occasionally for belonging to royalty. In punishment for her breach of court etiquette, she is not allowed to appear at court or in court dress for two months.

It seems that in England fathers of infants are becoming more helpful. Ever since the Duke of York carried his baby downstairs to show to a visitor, immaculately dressed fathers have taken to dangling their babes upon their knees in order to be in fashion.

Quite an interesting story from Ischl. It chanced that recently a tourist who had just arrived there from Roumania took a walk to the celebrated point of view, Sojus Doppel Blick. While there she saw a little girl wearing a gown exquisitely embroidered with forget-me-nots. The woman tourist, with an air of assurance, approached the child's mother and inquired where she had bought the garment. The answer, smilingly given, was: "I embroidered all her gowns myself; it gives me such pleasure." At this the vain tourist said in a contemptuous manner: "That is only possible with a very small household."

"People like myself, who have so many visitors, and move in the best society, have no time for such middle-class pleasures." At first the mother of the child did not reply, but as the woman went on with her boasting she gently said, "I also have to play hostess oc-

asionally. My father, the Emperor, favors us from time to time with a visit, and the Empress often comes to see her grandchildren, as well as many other members of the Imperial family; but all the same I have invariably leisure in the morning hours to do embroidery for my little girl." The Archduchess Valerie and her child then quietly left the scene.
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