

OF INTEREST TO WOMEN.

She seeks her garden in the morn,
And plans and devises with care;
A gingham bonnet crowns her head
And hides her golden tress;
She's not afraid to soil her hands;
She's busy as a bee;
The spade she handles with much skill;
The Queen of Spades is she.

And later on the links she found,
With skirt to match her hose;
Just note the color of her cheeks,
And watch her graceful pose.
The caddy hands her out her club,
And then he makes her the tea.
She drives, and she concludes at once
The Queen of Clubs is she.

The afternoon will find her out
To see a game of ball;
She knows the fine plays when they're
made,
And does applaud them all.
She's pleased, of course, when her boys
win,
And claps her hands with glee.
You cannot lose her on the field—
A Diamond Queen is she.

At night you see her at the dance,
Bewildering and sweet,
A score of men about her would
Do homage to her feet.
She smiles, and all the world smiles, too,
So it appears to me
With one accord you do proclaim
The Queen of Hearts is she.
—Yonkers Statesman.

OLD-FASHIONED people are fond of telling us that conversation is a lost art, and a young man recently, it may be that they are right; that in former days a group of women chatting together would be discussing literature, the drama, or social problems, but it is not likely. Human nature, whatever may be the world's changes, remains forever the same, and it is always the trivialities of life that interest us and are chiefly talked about. It is quite true, however, that certain subjects that today are paramount used to be considered bad form to introduce into conversation.

For instance, the servant problem that today is one of the chief topics of conversation, was once one of the things unmentioned. They were like any other part of the domestic machinery that, to be perfectly creditable, should be kept out of sight and mind, except during the performance of specific duties. An English author who writes that his hero and heroine lived happily together, for in twenty years the wife never talked about her servants, evidently understood what the domestic ideal woman should be like. To be sure, the old-fashioned servant stayed with one family for years, and was almost as much a part of it as any other member, so that the old-fashioned woman knew nothing of the vicissitudes of the modern housekeeper who is really almost in the position of the woman who said she kept three maids, "one coming, one going, one here." Still one would imagine that she might occasionally suffer in silence and forbear the joy of telling you all her trials with servants.

Almost as bad as the servant girl problem is the money question. The modern woman seems to establish the value of everything on pecuniary grounds. It was an unwritten law in the olden days never to allude to the cost of any article of clothing or personal belongings, and never to discuss the relative fortunes of our friends. But it is a law that the modern woman seems to completely disregard, for the first question now is "How much did it cost?" or "Have they any money?" To my mind it is positively vulgar and distinctly ill-bred.

Among the younger set there are always two things to discuss, clothes and men, and passing a group of young girls, you are almost sure to hear a floating refrain of frills and tucks, habit backs, accordion pleatings, and richings, with a little minor chord of what he said and did, until you wonder if the girls ever talk about anything else but clothes and men.

There is the woman who tells you all about her own personal private worries and grievances, about her husband's imperfections, or her children's faults, or her own, even than that the woman who boasts about her husband's perfections and her children's accomplishments, while you make a brave effort to be either sympathetically grieved or smilingly acquiescent, as the case may be, though in reality you are most horribly bored.

Perhaps I should have said something before this about the woman who inflicts a long account of her physical ailments upon you, who describes her headaches or her blues or her rheumatism to you until you almost imagine you have headaches, blues and rheumatism too.

But worst of all is the woman who goes on the latest delicious morsel of scandal with all the relish of an epicure, and she is the commonest type of all. If every woman who forget herself in gossip could only be fined a small amount each time she so forget herself, what a magnificent amount would be raised for some deserving charity.

Insuperable and backbitings are only too common in modern society, and it lies with the modern woman to raise the tone by the example she sets to the next generation. It is only a habit, the outcome of shallowness of thought, for no woman is vain enough to suppose that she herself will escape criticism. If she would only realize that she is using that wonderful power, the gift of speech, for evil, and that she is lowering her own character, she would surely try to improve in mind and manners. If she would fill her mind with something really worth while, with delicate consideration for the feelings of others, with higher thoughts and nobler feelings, there would be no room for the frivolity and froth of life, and if she would seek for and speak of only the good in others, it would not be long before the gossiping woman would be gone, and the charitable-minded, cheerful and helpful woman would have taken her place.

Ruskin says, in speaking of young women, "Make sure that, however good you may be, you have your faults; that however dull you may be, you are not stupid; and that, however slight they may be, you have better make some patient effort to get quit of them." Therefore, see that in day passes in which you do not make yourself a somewhat better creature, and, in order to do that, find out first what you are now. . . .

"If you do not dare do this, find out why you do not dare, and try to get strength of heart enough to look yourself fairly in the face, in mind as well as in body. . . ."

"Always have two mirrors on your toilet table, and see that with proper care you dress both the mind and body before them daily." . . .

Keep in mind the fact that to realize the necessity of trying to discover and overcome your faults is the first step toward building, broadening and strengthening your character.

A really intelligent mind desires to grow out of its faults and does not resent it as a personal insult when one points out any blemish in its attributes.

During her visit to Europe this summer, says an American paper, Madame Modjeska will return to her native Poland, if permission can be obtained from the Russian government.

There is a Polish actress in her life than is known generally to those who know only of her brilliant career as an actress in this country. She became a refugee before the Russian revolution, that phase of her life which placed her in the list of American actresses. What she sought here was freedom from Russian rule, and her artistic ambitions were a subsequent development. Not that the life was new to her, however, for in Poland she had trodden the boards of the stage with success. She was born in Poland, and her maiden name was Modjeska.

At the age of seventeen she married her guardian, whose name she retains for professional use. The two joined a band of strolling players. Later she became the wife of Count Rozewicz, a Polish nobleman and a prominent actor in the theatre. The count and actress were included in a society of young men and women who formed a club in Cracow devoted to literature, music and art.

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No sooner is that little one comforted and sent once more upon its way than a collector appears with a bill to be paid. Down goes the glass towel, or the broom, whichever it is, which was just reaching for attention, and the hurried house mother has to take some more of the flying money to pay the bill.

Then back to the housework once more, to the dusting and cleaning in the two precious hours before the children come running in for their luncheon.

After that comes the evening meal, and a dozen small demands on one's time and strength, and so the day goes and night comes once more, and the mother does it all amount to a day of unceasing toil and care to be repeated tomorrow, and on other mornings after that, and so on and on, for weeks and months. The discouraged mother says, "nothing."

But wait—

Is it "nothing" that your little helpless children have some one to come to with their childish griefs and joys? It is nothing that your husband feels that no matter what emergency arises in the home during his absence your calm hand and head are there to control and direct?

Is it "nothing" that his day's work done, he closes his door behind him, breathes that long breath of glad content because he is free to come "home," to the home which you have made a refuge, bright, restful and refined?

Oh, faithful, weary, oft-discouraged mother, you little know your power when you say, "another day gone and I have done nothing."

If you believe in that book called "The Book of Life," you must believe when you stop to consider that it is far better to record that "Nothing" is written against your name.

Beauty Culture.

Round Shoulders.

It is safe to assert that two women out of three are round-shouldered. The habit begins early in life and gradually grows upon its victim. The child who is destined to be round in the shoulders will exhibit that tendency before the age of 10. At that time shoulder braces are frequently resorted to, and the admonition to "sit up straight" is given often, both at home and at school.

At 15 the round-shouldered girl has a decided stoop at 25 there is no doubt of the bend. At this age the shoulders turn slightly in, so that the back is very broad across the back, and narrow across the front, and at 40 the entire figure is deformed.

If you have any doubt of this, or if you wish to point a moral for these arguments, take the first round-shouldered girl you may come across and stand with her at one of these public crossings, or at a crowded place, just note the large percentage that show round shoulders. Of course, a big abdomen always goes with the stooping figure, for how can the head of lettuce droop and hang forward, without bringing the stomach up into prominence.

When a child of 10 shows the first symptoms of stooping it is the proper time to begin the correction of the fault. Usually the trouble will be found with the child's stomach. The child is subject to constipation, usually stoop. The feeling of soreness across the stomach is caused a little by the position and a little by the fact that the child feels less irritated than when the figure is erect.

A Diet for Round Shoulders.

Treat the child to plenty of liquid.

food, soups and broths of all kinds. Feed him or her upon fresh eggs, and let all food, so far as possible, be cooked and served warm. Even fruits are better cooked, and the child's three meals should be hot ones. Cold food will often cause indigestion and, remotely, the stoop shoulders. If the stomach is warm, and the child still stoops, it is time, not for shoulder braces, but for exercises. Let the child play in the open air, give him certain things to play with. He will soon carry his shoulders straight, invigorated by the air, and assisted by the long breaths which are necessary in outdoor exercise.

The girl who at 15 stoops badly, or the woman who at 20 is ruined so far as her appearance is concerned, can both be treated by exercises, the simplest and prettiest of which is found in the exercise of dancing.

One of the most famous of Spanish dancers had a class of wealthy young women who were taking the steps of the most intricate dances known to the Spanish woman. Their object was not to go upon the stage, but to acquire grace for the evening dance, and also for the ordinary social duties of their station. They found that Spanish women, in dancing and in moving about a room, were infinitely more graceful than they, and they wanted to make such a graceful study.

Exercise for the Stoop.

The girl who stoops, and who knows it, should, first, be made to see how wretchedly her attitude affects the good looks. If she will stand in front of a mirror, by the side of a girl who stands straight, she will observe the great difference between herself and her companion. One has a graceful look; the other is spoiled.

But, unless the girl who is stoop should get into the habit of turning back her shoulder blades and to keep them back she will accomplish nothing in the long run. When left

side of the front is very artistic and in the new ones it is seen with small bows of ribbon fastening it, and the buttons are only a bluff, the real work being done by small pearl ones set underneath and buttoned invisibly.

The summer shirt waist, when not trimmed with lace, and sometimes when it is lace-trimmed, is hand embroidered. A little hand embroidery, no matter how little of it there may be, adds a touch of distinction to a waist not to be gained in any other way.

Tall, slender women can wear shapely flounces which would be fatal to one threatened with embonpoint. The young girl, with light hair and tender coloring, may adopt the fashionable greens, without fear. Everyone nowadays is so careful not only in her coloring, but in hats, for there is so much variety in them and they are so unusual as compared with the old-fashioned ones, that it is a matter of importance to set them at the right angle in order not to overstep the narrow boundary which divides the sublime from the ridiculous.

The simple gown of linen, pongee, lousine or other material, is the leader for exclusively morning wear. Tailor made in effect at least, they stand out in strong contrast to the other styles. The simple gown of linen, pongee, lousine or other material, is the leader for exclusively morning wear. Tailor made in effect at least, they stand out in strong contrast to the other styles.

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Many of the fashionable separate bodices of evening gowns have simply a suggestion of a sleeve which reaches half-way to the elbow and takes the place of the fall of lace or bands of strong veal, for the last season or two.

There is one kind of lace trimming which is very dressy upon the summer shirt waist. It consists of a wide band of lace, sometimes six inches wide, and this is put around the waist directly under the arms, fastening in the back.

The waist that buttons a little at one

THINGS WORTH KNOWING WHILE WARM WEATHER RULES

Some Ways of Preparing Delicious Summer Foods—A Few Good Recipes.

LEMON SQUASH.

One lemon, two small teaspoons sugar, soda water, chopped ice. Fill a tumbler half full of chopped ice. Add to it the juice of one lemon and the sugar. Then fill the glass with soda water. Mix all together and serve.

CHING CHING.

One orange, four lumps of sugar, two drops essence of peppermint, three drops essence of cloves, ice. Slice one orange into a large tumbler. Drop on it the peppermint and clove essences, add the sugar and fill up the glass with thin pieces of ice. (Some three for those who prefer alcoholic drinks one-half glass of beer is added.)

GINGER BEER.

One and a half pound of loaf sugar, broken, three ounces strong white ginger, grated peel of two lemons. Put these together in a large stone jar and pour over them a quart of boiling water. When it becomes milk warm, strain, and add the juice of two lemons and two large tablespoons of strong yeast.

If made in the evening and allowed to stand over night it will be ready to bottle the next morning. Tie down the corks with wire.

CHERRY SALAD.

Take one pint of cherries. Morello and white cherries mixed make a pretty salad. Remove the stones from the cherries as carefully as possible and fill them with peanuts, fibbers, chopped English walnuts or almond paste. Separate and wash a bleached head of lettuce. Wipe each leaf dry and fill with the cherries, sprinkling a little finely shredded white celery

alone, she will sag down again and look worse than ever because of little relaxation that follows exercise. One of her motions must consist of waking with her hands upon her hips with her elbows to the back of the head. The red, creased look of the one hand at her side and of balancing herself, thus, with her opposite foot lifted as high as possible. Let the foot be raised for three or four minutes at a time, or as long as it is possible to hold it there. This will lift the lungs and hold the shoulders back.

Another exercise for the stooping girl is that of bending forward at the belt line, and of lifting one arm high over the head, while the other is held as low as possible. This is one of the positions in the Spanish dances and the hand dancer plumes with certain facts. You must have the art of seating yourself and of rising, of moving about and of making simple motions with the hands without appearing to do so by blank work.

And this you cannot do unless you practice and exercise for it conscientiously.

In reply to the query: "Can you tell me what will close the enlarged pores of the nose?" I would say, abstain from overeating and use a good facial soap. After the hot water bath go over your nose with a lotion of hot water and benzoin, using a teaspoon of the tincture to two quarts of water.

Even the most truthful of women can't help calling the milk "cream," when the minister stays to dinner.

When one remembers that Solomon was the fellow who had so many wives he can't help thinking that a good deal of sympathy was wasted on old Job, who had only one.

Women have no real sense of humor. When you tell them a joke they give you a blank stare, but if you happen to fall off a stepladder into the tub while papering the bedroom, they stand around and cackle like a lot of hysterical hens.

A sharp wife and a dull razor are the principal causes of profanity.

The extreme penalty for bigamy is two mothers-in-law.

The first requisite to a happy marriage is a husband's ability to make satisfactory explanations.

The bride is given away by her father. The bridegroom can be depended upon to give himself away before long.

A good wife is one who lets her husband tell his friends in her presence that he is the head of the house.

Wives don't bother about getting the consent of the governed.

If talk wasn't so cheap my wife would be running up some pretty big bills.

No loaf is better than half a loaf if it is the kind most brides bake.

My wife says an awful lot of married men fool the insurance companies by getting insured for more than their real value.

Changing minds and dresses occupies the entire time of some women.

Good to Know.

An orange eaten the first thing in the morning is an excellent cure for dyspepsia.

To clean white corsets brush over with a nailbrush dipped in a solution of soap water and ammonia.

A good way to prevent lamp glasses from cracking is to put them in cold water, bringing it to a boil and let it cool gently.

Old newspapers, smoothly folded, make a good substitute for regular padding paper to use under a carpet.

Common wrapping paper soaked in vinegar and applied to a bruise will rapidly reduce the swelling and discoloration.

Light kid gloves can sometimes be cleaned quite satisfactorily by rubbing with dry bread crumbs. The bread must be stale enough so that it is quite dry.

The best way to remove marks made by hot water on polished trays or tables is to make a thin paste of salad oil and salt, leave it on the mark or ring for an hour, then polish with a dry cloth, and the mark will have disappeared.

Hot Weather Hints.

We need as much meat in hot weather as in cold.

Cream is one of the most easily digested of fats.

Hot baths make a person cooler than cold baths.

More sleep is necessary in summer than in cold weather.

Remember that not much water should be taken at meals.

Buttermilk agrees particularly well with those who cannot easily digest fats.

Unripe fruit is generally indigestible, and cherries and peaches are quite harmful.

Strength is supposed to increase as the sun rises, and in general one is strongest in the middle of the forenoon, or just before noon.

Ice cream is often most grateful to invalids and is quite nutritious. If it is eaten slowly and allowed to melt in the mouth and become warm before it is swallowed, it can do no harm.

When you are thirsty, very weak tea is better than cold water. Oatmeal water, either uncooked or made into a thin gruel, is more sustaining than plain water and makes a pleasant drink.

Never take a long walk, and never do any hard work before breakfast. A long time to lay off in the early morning, and it is always better to take a cup of coffee before going out of doors when you first get up. The body is not entirely able to withstand fatigue and disease until breakfast of some sort has been taken.

If you are fond of drinking ice water and other iced drinks, it is the time to break off this pernicious habit. Although hot food is cooled and cold food heated in their passage to the stomach, nevertheless when you eat or drink anything cold you not only shock the gastric nerves, but you also retard digestion until the food or drink is warmed to the temperature of the stomach.

EMMA WALKER, M.D.

When preparing your breakfast cereal cook enough for the pudding, leaving it in double boiler until after breakfast, and while it is still hot stir in a quart of milk, a cup of sugar and set away to cool next day; then mix to a batter with an egg custard prepared as usual and bake just long enough to set the custard. Fresh fruit may be used, but should not be put in until the custard is added and on account of its juiciness the batter should be made thicker.

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TIGHT GLOVES.

Tight gloves are worse than tight shoes. The shoes may give a dainty look to the foot in spite of the tortures endured, but tight gloves make the hands flat and red and ugly. The flesh bulges out and wrinkles form. Gloves should be worn so easily fitted that rings may remain under them. The red, creased look of the palm when gloves are too tight is abominable. The maiden who wears the glove is the only one who is deluded into the belief that her hand looks well in it.

FAVORITE ROYAL PERFUMES.

Alone among royalty the carolina is a great lover of scents, but she has no particular favorite and tries all the bottles that are sent for her appreciation. The German empress is faithful to "new moon hay," which is made for herself alone in a special manner under the form of scent, soap and toilet water. The young queen of Italy is very mysterious about the perfume she uses, which is prepared by the princely hands of Milena of Montenegro.

A Married Man's Musings.

Man may be the lord of creation, but he hasn't learned yet to talk 50 words a minute, with his mouth full of halpkins.

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