

**THE OUT DOOR WOMAN.**

Although directions are given regularly every winter about the kind of shoes which are best for skating, the information on the subject does not yet seem to have penetrated into the minds of many people. I do not think it is an exaggeration to say that fully half of the complaints of weak ankles would disappear if the disparaged ankles in question received a reasonable amount of support from the shoes worn. Women are of course the chief offenders in this matter, because men habitually wear heavier and more squarely built shoes. One point to remember is that the shoes should always be laced, never buttoned. This rule holds good even if the skates have no straps, because a skating shoe, to give the right support, must fit very snugly, and if it does, buttons are likely to hurt the feet. Besides the shoe even fit along the whole height of the shoe can never be so well obtained with buttons as with laces. The leather should be both heavy and pliable—box calf is satisfactory, because with the foregoing qualities it combines that of being almost water proof—and there should be no hard seams to hurt the feet. It is better not to have the toes too pointed, though that is not so important a consideration as the others. The heels should be square and not high, otherwise the skates will not stay on securely. Cold feet while skating are often caused by the wearing of straps, which impede the circulation to a certain degree. If one can get along without them, it is much better, but if she cannot, she will find that a felt or lamb's wool inner sole will make the shoe much warmer, and do something to improve matters. It would seem that few people would think of skating in low shoes, but one often sees it attempted. An instructor in one of the rinks declined to try to teach a pupil the other day because she was wearing "ties." He told her frankly that her ankles had no support, and that, as a beginner, she could not control the movements of her feet sufficiently to take the stroke in the right way.—Harper's Bazaar.

The land of Jersey is in the hands of frugal and industrious people, worthy descendants of the rural populations of Normandy and Brittany. Not a square inch of ground that does not produce a potato or a cabbage. Prosperity reigns on all sides. Not one dilapidated house. In this bee hive of an island everything speaks aloud of cleanliness, comfort, and even of riches, to those who can understand that real wealth does not consist in the quantity of things we possess, but in those that we can do without, if need be. Jersey is a kitchen garden of about seventy square miles, picturesque, healthy, fertile, strewn with cottages that are wrapped in roses, and when I have told you that the cultivation of the potato alone brings in from twelve to fourteen millions of francs annually, that is to say about three millions of dollars, I shall have no trouble in convincing you that poverty is practically unknown in Jersey. Happy Jersey! Add to this that, with the exception of wine and liqueurs, which pay a light duty, all kinds of merchandise enter Jersey untaxed; that living is consequently very cheap; that the income tax collector is unknown; that a crowd of tourists visit the island during four months of the year; that activity reigns everywhere, not the feverish activity of the Americans, but the regular, intelligent activity of the French; that the soil is so fertile that flowers and fruits seem to spring from it as by enchantment; that the landscape is most picturesque and varied; that the climate is delicious; and you will conclude that Jersey is probably the Eldorado of the world, and the Jersey folk, as I said before, the richest and happiest people on the surface of the globe.—North American Review for January.

**HOW TO BUY CHEAP THINGS.**

"What a lovely pitcher!" said one woman. "Only ten cents," replied the other, laughing. "Yes; but then you know how to buy," sighed the first. To know how to buy, then, means an ability to resist the temptation of buying a pitcher simply because it is cheap, and taking it only when, while cheap, it offers with itself some beauty or quaintness of form, some honesty or integrity of purpose, and this without pretending to be anything which it is not.

Never buy colored glass simply because it is cheap. You introduce into your house a discordant note which will destroy the peace of mind of those who are sensitive, and contaminate the taste of growing children. Color costs more than anything else, and if fine shades and tones are sought for they must be paid for, whether in glass, in ribbon, in silk, or any manufactured article. To remember this is to save one's self and to spare one's friends.

If cheap things are to serve an ephemeral purpose, as a ribbon for an afternoon, for instance, or for a fancy dress, and one cannot afford to buy the better kind, then buy the cheap, use it with discretion, but feel no disappointment or chagrin if it does not outlast a neighbour's more expensive purchase. And do not make the cheap price a standard for all the nicer ribbons to be bought in future.—Harper's Bazaar.

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