

OF INTEREST TO WOMEN.

NOTHING on earth will help a woman more to preserve her general health and good complexion than a daily scrub bath. Get enough Turkish toweling by the yard (you can get remnants) to make two pairs of thumbless mittens just large enough to slip over the thumb and allow the hand to stretch flat; also a large, rough towel and a generous supply of tepid water and of coarse soap, and either another towel to stand on, or a piece of oilcloth four feet square.

It is very important to have a warm room, so that the body may not be chilled when you doff your garments. After taking everything off stand on the oilcloth or towel in front of your basin, slip your mittens on and dip them in the water, squeeze the drips from the mittens, soap well and rub the body all over, beginning at the neck and ending with the toes. Take off the mittens, lay them down beside the basin; all the soil of the body will be in those mittens. Take your second pair of mittens, slip them on and go over your body again, rinsing the mittens several times, thus. Take the soap off the arms, then rinse the waist, etc. Bathing thus rests and strengthens a tired body.

It takes from eight to ten minutes to wash from top to toe and to rinse the mittens in a second water ready for another day. It is well to put them in the air to sweeten and to have them boiled once a week to keep them pleasant.

The spirited rivalry between Mrs. Lynn Linton and Lady Florence Dixie as to which shall paint the future woman in the darkest tints still continues. Lady Florence has made a sensation by her latest article, in which she claims that there is only one way now in which poor, down-trodden woman can assert herself. She must disguise herself in man's clothing! "Patriot mothers" are urged to "train up their girls" with this solution of the problem in view. Lady Florence regrets that she cannot set the example as her two children are boys, but she "points with pride" to the fact that the great work has been begun. She knows a woman who is captain of a ship, "her sex being unknown to her employers," and she is well acquainted

with "two disguised women pilots who carry on their calling with skill." She is rather vague as to detail, but very hopeful as to the results of her agitation and ability of women to appreciate a good thing when they hear it.

Young women who are about to be married and who dread the duplicating of their wedding gifts may find a valuable suggestion in the example of a recent bride. She drew up a type-written list of the things she would prefer and forwarded it to those who were likely to give. As the presents came in she scored them off and sent revised lists around to those who had not given. At first glance the scheme is not attractive, but, divested of its apparent sordidness, it would mean a saving of any amount of time and worry to all kind friends of the family.

ELECTRICITY AT THE WORLD'S FAIR.

Special correspondence of THE HOME JOURNAL.

One of the biggest undertakings at the Fair grounds was the lighting of the buildings, driveways, promenades, fountains, etc. More than 6,000 arc lights and over 100,000 incandescent bulbs will be used for this purpose. Seventy miles of wooden ducts will be strung with 250 miles of wires. These wires will tap the wires in the main conduit. The arc lights will be of 2,000 candle power each. Every drive and promenade will be thus illuminated. The lights will be mounted on neat iron posts twenty-three feet in height. Wires from the wooden ducts will pass into the post through a vitrified tubing. So far as possible, these posts will be ranged in straight lines, so that in looking down the long perspectives of the driveways they will seem to converge into a point of light. The Manufactures building will be lighted by candelabra containing 100 arc lights each, depending from the central arch, and in other portions of the building single lights will be placed wherever required. There will be 4,500 of these lights in the various buildings. A force of 75 men will be required to supply these lights with new carbons daily. Eighty-six dynamos will supply the power.

About the ground basin, the incandescent display will be greatest. This central quarter of the great park will be a blaze of light. Along the banks of the basin, just where the walls rise

from the water, lights will be placed eighteen inches apart and four feet above the water line. Every bridge will be outlined in the same way, and about the McMonnies fountain they will be especially numerous. On all the buildings facing the basin, lights will be fastened in the cornice outlines two feet apart, in such manner as to reflect into the water, and along all the flower beds about the basin lights will rise out of the grass one foot apart. In fact, lights will blaze everywhere, many of them all night long.

The great main conduit, or subway, through which all the electric power is conducted from the dynamos in Machinery hall, is square in form, and big enough for a man to walk through. It is divided into five sections, each distinguished by the nature of service required by the electric conductors supported therein. The carrying capacity of the subway is far in excess of any possible demand, and 240 large wires can be supported on glass insulators in either of the main sections; while, in addition, provision is made for telephone and fire alarm service. The subway itself is lighted by incandescent lamps. The wires will be put in some time in March.

To any person interested in electricity and its wonderful development, the Electricity building will be an Aladdin's palace. It is 750 feet in length and 300 feet in breadth, divided by systems of arches 105 feet high and 115 feet span into two naves crossing at right angles in the centre, the whole interior tinted a delicate blue—just blue enough to correct the yellow of the myriads of incandescent lamps. As a basis for the illumination of the building, the Exposition authorities have provided 450 two thousand candle power arc lamps, or one to every thirty feet radius of floor space, but this will be insignificant compared with the vast amount of light furnished by the exhibitors.

One attractive feature will be the exhibit of the Phoenix Glass Works—a colossal structure of glass seventy feet high and situated directly beneath the arch formed by the intersection of the naves. It is said that nothing more brilliant, more gorgeous than this will be has ever before been attempted.

The efforts that will be made by individual exhibitors to outdo each other cannot but result in a multitude of splendid effects that will be simply bewildering.

To speak here of the mechanical devices that will be shown will make this article too lengthy, and it will therefore be left for a future occasion.

S. K. PARKER.

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