

REDUCE STOUTNESS.

Superfluous Flesh About Hips Worn Away By Using Certain Muscles and Regular Exercise.

It seemed to me at one time wholly unnecessary to say anything more about exercises that would reduce hips and abdomen, for I thought every woman must know what they were. Yet repeated letters asking how the result can be achieved make it evident that many are either ignorant of the method, or have forgotten it, and for the benefit of those it is given again.

Before saying anything describing the exercises I would make it as emphatic as I could that unless they are done faithfully, at least once a day, and preferably twice, and unless all the physical strength one has is put into them they will be useless. Spasmodic effort is time thrown away, as is also half hearted action. There must be force and swing. Not before a month of daily exercise has elapsed can one expect to see a change, but if one has courage and patience, success will follow. These are the exercises taken several years ago by Lillian Russell to regain her youthful figure, and she is surely a personification of the efficacy of physical culture.

In beginning the exercises it is probable that five minutes will be exhausting and in that case they should be stopped, and resumed later in the day. Persistent effort will make it possible to do them fifteen minutes and later even half an hour. The last is the proper length of time. The subject should in the end be tired, but not exhausted.

Deep breathing is a necessary part of all exercises. Of course no corsets are worn.

Begin by standing firmly on both feet, draw in the muscles of the abdomen and inhale a deep breath as the arms are raised high above the head till the thumbs meet. Bend back from the waist with the arms still raised, resume natural original pose, and while exhaling bring the arms down with a sweep until the finger tips touch the floor without bending the knees. A stout woman will not be able to bring her fingers to the floor until she has tried many times, but by degrees she can accomplish it. When she does she may know that already the abdomen is decreasing. Do not hurry with the exercise, and under no consideration bend the knees.

Repeat at least five times, and as many more as you can. Then, still standing, make the arm limp, or "devitalize" as it is technically called, and bend first one side and then the other from the wrist as far as one can. In all these exercises keep the hips rigid.

The next motion is to twist the body around first one side and then the other as far as one can without wincing, and without allowing the hips to move. This is well called a "wringing" exercise, and is excellent to cure indigestion and wear away flesh. It should be done so that the muscles and cords stretch.

More difficult, but not to be neglected, is the effort to stand on one foot raising the other, then clasping the hands about the knee to draw it as close to the chest as possible. This may not be done at all until after many fruitless endeavors, but it is worth persisting in. Do it with one knee and then with the other.

The last exercise is one to be specially recommended to business women who sit much at a desk. The constant weight of the trunk on the hips instead of the feet, is likely to develop them to undesirable size, and this exercise taken twice a day will keep them down:

Sit with the torso held comfortably erect. Draw in the abdomen, inflate the chest and put the finger tips to the shoulders. Then twist the body from the waist up as far as possible, first to right and then to the left without moving the hips. It is the "wringing" exercise done sitting.

All this is troublesome and takes time, I know, but a woman cannot expect to change her figure without work. This is safe and sure, and it depends upon herself whether she will be slender or through lack of effort have a homely figure that deserves the name—Telegram.

Essentials of a Successful Kitchen.
The essentials of a successful kitchen department are: "Order, which is heaven's first law," Cleanliness, which is next to godliness" and "Eternal vigilance, which is the price of success," and the time-worn adage, "A place for everything and everything in its place," is especially applicable to the kitchen and pantry, where there should literally be a particular hook, drawer or definite part of a shelf for every utensil and for all articles of provisions and cooked food; these places should be ample and convenient for their own articles and should be reserved exclusively for them and for nothing else. The articles in the pantry naturally divide into certain groups; stoveware, cooking dishes and utensils, groceries, staple articles, provisions, daily supplies and cooked foods. The different articles of each group should be kept together as far as possible and each separate article should be arranged in the most systematic and businesslike order according to its use size or shape, and it should always be kept in mind that it requires no extra time to put an article in its proper place, provided that the place is ready for it. Therein lies the whole secret of success.—Good House-keeping.

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SOUTHERN RAILROADS.

Effect on Them and the Public of Regulation for Political Purposes.

The halt which has come to railroad construction in the South in consequence of agitation threatening investments in railroads promises to occasion serious hindrances to agriculture, manufactures and commerce. At the very time when industry in all its branches was expanding with wonderful vigor and rapidly, demanding greater and greater facilities for traffic, and while the railroads were doing their utmost to meet those requirements, came the flood of legislation to cut down the profits of the corporations just when they were most needed; needed, too, for expenditures to supply necessary track equipment and other facilities for transporting people and freight in the advancement of the business interest of the country.

But that was not all the evil wrought by such laws. They checked in its few toward the South, money so much demanded for development of new railroad and other enterprises and have caused a halt to progress. Had there been any general and substantial outcry against the railroads for widespread injustice in their freight or passenger traffic some excuse might have been found for the passage of regulatory acts, but there was little such agitation, and therefore the conclusion is forced upon the observer that the responsibility for the passing of such laws lies mainly with the comparatively few politicians, inspired by selfish motives, perhaps of a retaliatory nature.

Yet it is to the future that one must look for the worst effect of these laws. Commerce and industry are making greater demands upon the railroads for adequate facilities, but the companies are hard pressed for money, and orders for new cars and engines have fallen off tremendously as compared with last year, although there has not been any let-up in the rush of freight, and most of the roads are handling more business than ever. Necessarily there must come a time when another great congestion of traffic will occur, causing both embarrassment and loss to various branches of human enterprise and labor. The money to provide these things which the railroads need is not to be had except at prohibitive rates of interest, and borrowing has to be done by means of short time notes for meeting pressing requirements. The outcome of such conditions is plain enough. It might be easier had not labor and everything else which the railroads need advanced in cost, but these increases in operating expenses, coupled with decreased earning power under the new laws, have put the companies at their wits' end for the banking of their finances.

To sum it up the situation is this: The railroads need more funds to meet the needs of their patrons. Rates of interest demanded by capital are higher than ever for railroad enterprises; too high for the railroads to afford. How, then, can they prevent another congestion of traffic and loss to business?—From the Manufacturer.

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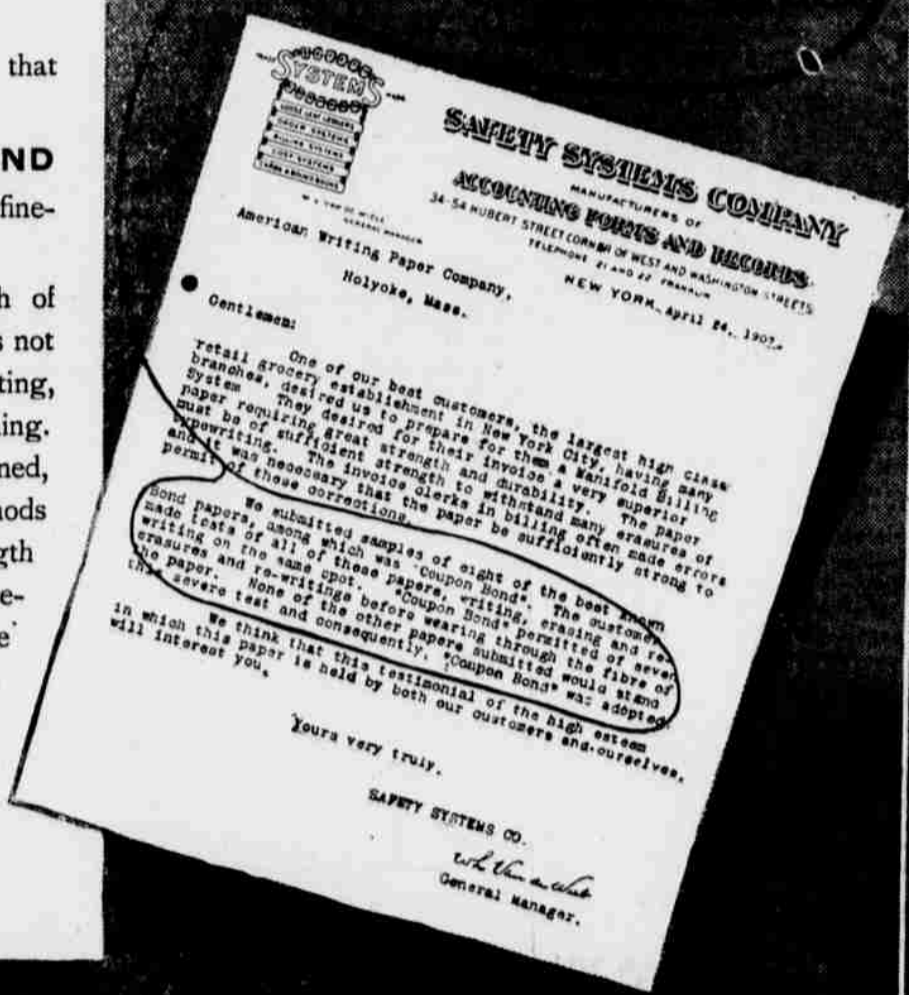
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