



THE NORMAL WOMAN.

Her Exact Proportions in Plain Figures, with Some Notes on the Cultivation of Beauty.

Female beauty according to famous artists and sculptors is a question of proportion merely, and, since this is so, a large number of women will be surprised to see how nearly they conform to physical perfection by finding a striking similarity between the sculptor's ideal and their own forms.

Let the length of the head be what it will, a woman's height should be seven and a half times its length, or ten times the length of her face, or nine times the length of her hand, or six and a half times the length of her foot, or with arms outstretched, from finger to finger exactly as she does from head to toe.

The exact proportions for a perfect woman should be five feet four inches; weight, 135 pounds; bust, 36 inches; waist, 25 inches; hips, 37 inches; thigh, 23 inches; calf, 14 1/2 inches; ankle, 8 inches; hands, 7 inches; feet, 10 inches. The distance between the temples should be the exact length of the face; the arms should be three times the length of the head, and the shoulders should be two heads in width.

Beautiful eyes are wide open with heavy lashes and delicately penciled eyebrows. Beautiful ears are set close to the head and must be small and delicately shaped. The perfect hand need not be small—it must be in proportion to one's height—but it must be well shaped with gradually tapering fingers and curved nails. The perfect foot has a high instep. This is the possession of but few women because of their badly fitting shoes.

The normal woman should reach the perfection of her beauty at the age of 25, and it is the normal woman who alone is beautiful.—Mrs. Mary Easton, in American Queen.

AN EVENING BODICE.

Ornamented with Some of the Dainty Trimmings That Will Be Popular This Fall.

Ultra-fashionable novelties in jewelry for coiffure and bodice decoration still run to animal and insect designs, and many unique fancies are worn by the girl who has the means to support her luxurious ideas in this direction.



DAINTY EVENING BODICE.

most as good effect as the genuine articles.

A very pretty evening bodice made of figured silk is trimmed upon the shoulders with butterfly bows of striped ribbon caught in the center with butterflies of topazes and brilliants.

A large sized butterfly executed in the same stones rests upon the coiffure.

To Keep Ribbons Smooth.

Here is a simple, home-made device for keeping belts, ribbons and stocks smooth and as good as new. Many department stores carry the little toy pie rollers, with handles at the ends, which children carry into the kitchen baking days and want to help cook make the crust with. Take half a dozen of these little rollers and on them roll your ties or belts, and, lo, the "crush" vanishes.

Hand-Painted Linen.

The latest craze is to have your walking gown set off with hand-painted collar and cuffs. It originated in Paris and is really an extension of the fancy for hand-painted ball gowns, fans, shoes, etc. At the drawing rooms this season sprays or trails of hand-painted flowers have been in pretty general vogue for the corners of trains and the edging of over-draperies.

Superstitions About Babies.

In Spain the infant's face is swept with a pine-tree bough to bring good luck. In Ireland a belt made of woman's hair is placed about the child to keep harm away. Garlic, salt bread and steak are put into the cradle of a newborn babe in Holland. Rumanian mothers tie red ribbons round the ankles of their children to preserve them from harm.

WOMAN LEGISLATORS.

Idaho Has Three in the Lower House, and They Have All Made Good Records.

A woman suffrage amendment was carried in Idaho in 1896, and in 1898 three women were elected to the house of representatives, Mary A. Wright, Clara L. Campbell and Hattie F. Noble, all of whom have fulfilled their duties to the complete satisfaction of their constituents and with credit to themselves.

Mrs. Wright, the representative from Kootenai county, the extreme northern part of the state, is a teacher by profession and has long been recognized as one of Idaho's most successful educators. Both herself and husband are heavy taxpayers. She has always taken a lively interest in educational and other public affairs and while she has made a study of public questions and is well posted—as any gentleman will learn who undertakes to argue politics with her—she is not a professional politician in any sense of the word.

The nomination came to her unsolicited, and it was only after persistent argument that she consented to become a candidate. She received her



MRS. MARY A. WRIGHT. (Member of the Idaho House of Representatives.)

nomination by a two-thirds vote of her party, and while she spent her campaign in the schoolroom, making but one campaign trip, and that when she was invited to meet the people in the remotest part of her county, at Boomer's Ferry, she was elected by a large majority.

She is an active worker in primaries, county and state conventions and has served on some of the most important committees in these conventions. While in the legislature she was chairman of the engraving committee, a member of the committee on education, and of the committee on privileges and elections; she was also appointed on a number of special and honorary committees, and was appointed to preside over the house while that body was in a committee of the whole, and is said to have wielded the gavel with dignity, fairness and impartiality.

Mrs. Wright is a refined and cultured woman, performing her political duties in a quiet, dignified manner, that completely silences all opposers. She has made hosts of friends during her stay at the capital.

She began her political work in 1894 and worked hard during the campaign. During the campaign of 1896 she worked for the suffrage amendment, not as a political issue, but as an act of justice to women, appealing to all parties. She says that it is so difficult for them to understand the prejudice that exists in the east and says:

"I only wish the eastern states could see us enjoy our freedom, and we are just as feminine as though we had never exercised the franchise, and our husbands, fathers and brothers are just as fond of us as they ever were. Oh! how I wish the east could understand as we do."

THE CHILD'S MIND.

Broaden It by Letting Him Look Into Every Phase of Life as a Part of His Education.

Expand the child's mind by showing him from time to time scenes from all sides of life. Take him to-day to studios and let him see how pictures are made; next week to silk factories, to learn the poetry of labor, and afterward to a brick-yard and an iron-foundry, not forgetting the claims of great churches and monuments upon an elevating education. The alternation of city and country is a delightful stimulant. When travel is possible we should give the child glimpses of mountains and sights of the sea, and let him become acquainted with mountaineers and fishermen, even as he ought in town to know something of the ways and thoughts of the workmen, so that he may come to feel sympathy with all sorts of people and understand the merit of labor. Actual experience of this kind is worth infinitely more than the theorizing in school-books. It is not particularly interesting to a child to read that he should be grateful to all the people who supply him with his daily comforts; to the farmer, the baker, the manufacturer, the builder. But when he sees how grain grows and is converted into flour; how furniture is wrought from blocks of wood, and threads woven into cloth, the whole history of the objects about him is revealed. The different parts of life become connected and he gets a sense of the thread of harmony that runs through it all. And he has a moment of satisfaction, coming through a feeling of kinship with the world, which is more useful than gratitude upon general principles.—Florence Hull Winterburn, in Woman's Home Companion.

Oldest Gate in Britain.

Lincoln, England, has, in Newport arch, its northern gate, the oldest gateway in the kingdom, which is also the only remaining Roman gateway left.



CHURNING MADE EASY.

To Change an Ordinary Dash Into a Crank Churn Is Not a Difficult Matter.

There are a large number of butter makers who will use only the old-fashioned dash churn, believing that it gives the best results, quality and quantity of butter considered. The great fault of the dash churn is the labor of operating it, so much of the exerted force of the operator being lost on account of no machinery to

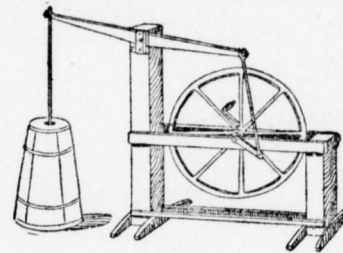


FIG. 1.

utilize it as in the crank churn. In Figs. 1 and 2, dash churns are converted into crank churns. In the device shown in Fig. 1 an old buggy wheel can be used for the fly-wheel. All the iron work, such as the crank shaft, bearings, pitman, etc., can be made by any blacksmith at a small expense.

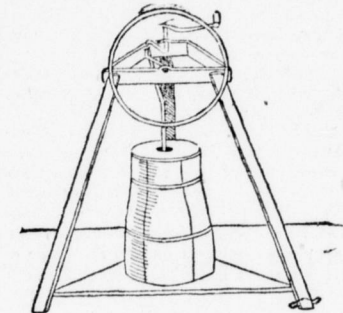


FIG. 2.

The framework any farmer will be able to make himself. The two posts used in the first device need not be very large or heavy, but just wide enough to permit the wheel to turn inside of the two supports on which the bearings rest. In the second figure an iron fly-wheel such as is found on an old cider press is used. It is adapted to a small churn.—Orange Judd Farmer.

NEW PAVING MATERIAL.

Oakland, Cal., Is Trying an Experiment with Asphalt and Redwood Blocks Combined.

Fifteen or twenty years ago a good deal was heard of wood pavements for streets. They were quiet and smooth and fairly well suited to the residence districts of a city, but did not stand the wear and tear of heavy traffic very well. Then, when the blocks became worn and rotten, as they did, they absorbed disease germs and lessened the salubrity of the neighborhood. Of late wood pavements have gone out of fashion almost entirely. Something new in this line is now reported from Oakland, Cal., however, and it may prove so successful as to revolutionize the ideas of civil and sanitary engineers.

In Oakland the wear and tear comes on a layer of asphalt which covers the road and not directly on the latter. The blocks are six inches square and four inches deep. They are laid on a bed of concrete, after having been soaked in hot asphalt. A mixture of hard asphalt and California liquid asphalt, in equal parts, raised to a temperature of between 350 and 400 degrees Fahrenheit, is employed. The interval during which immersion lasts is from three to five minutes. This treatment renders the blocks waterproof. They are then laid from curbstone to curbstone.

A mixture of asphalt and carbonate of lime is heated and poured upon the wood pavement. This is so soft a liquid that it runs down into all the interstices, and even works its way under the wood, if there are any holes there. Not until the fluid has been poured on three successive times is the surface properly covered and the spaces between the blocks well filled. Sand to the depth of a quarter of an inch is rolled into the asphalt when the last application has been made of the latter. The carpet thus formed has so hard a surface that it withstands ordinary light traffic for two or three years. It can be renewed at an expense of less than half a cent per square foot. Renewal seems to be necessary where redwood is used, but hard wood can remain bare for a longer time without injury.—N. Y. Tribune.

To Keep Out Tuberculosis.

In keeping the herd of dairy cows free from tuberculosis a few general rules at least should be observed. First, know that the herd is free from the disease. Then do not bring a new cow into the herd unless she has been first tested by tuberculin. If milk is taken to a creamery and skim-milk brought back, do not permit it to be used till it has been pasteurized. This will not only make it safe to feed to calves, but if it is fed to pigs will also prevent the disease being spread in that direction, which means its getting a foothold on the farm. Do not under any circumstances permit strange cattle to run in the pastures or occupy the stables. Above all, do not permit a consumptive person to take care of the cows.—Farmers' Review.

FIFTY CENTS FOR NOTHING.

What will the inventive brain of man do next? This is a question some one asks almost daily. There is one, though, who leads all others, who for a quarter of a century has been making fine laundry starch, and to-day is offering the public the finest starch ever placed on the market.

Ask your grocer for a coupon book which will enable you to get the first two packages of this new starch, "RED CROSS" (trade mark brand) also two children's Shakespeare pictures, painted in twelve beautiful colors, natural as life, or the Twentieth Century Girl Calendar, all absolutely free. All grocers are authorized to give ten large packages of "RED CROSS STARCH" with twenty of the Shakespeare pictures or ten of the Twentieth Century Girl Calendars to the first five purchasers of the ENDLESS CHAIN STARCH BOOK. This is one of the greatest offers ever made to introduce "RED CROSS" laundry starch, J. C. Hubinger's latest invention.

Preaching and Practice.

The man who invented a perfect method for the culture of the memory forgot his hat. The man who wrote a book instructing mankind how to live a hundred years died at 88. The woman who wrote a book to prove that there is no death has buried two husbands.—Christian Register.

Many People Cannot Drink.

Coffee at night. It spoils their sleep. You can drink Grain-O when you please and sleep like a top. For Grain-O does not stimulate; it nourishes, cheers and feeds. Yet it looks and tastes like the best coffee. For nervous persons, young people and children Grain-O is the perfect drink. Made from pure grains. Get a package from your grocer to-day. Try it in place of coffee. 15 and 25c.

English as Written in Austria.

This curious attempt at English was copied the other day from the label of a bottle of kummel at Kitzbuhel: "This fine aromatic liquor of cummin being carefully distilled by me from exquisite green cummin seed is recommended at the best as an excellent and savory hygienical middle."—N. Y. Tribune.

Do Your Feet Ache and Burn?

Shake into your shoes Allen's Foot-Powder for the feet. It makes tight or New Shoes feel Easy. Cures Corns, Bunions, Swollen, Smarting, Hot, Callous, Sore, and Sweating Feet. All Druggists and Shoe Stores sell it. 25c. Sample sent FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Its Effect on Trade.

"How are things moving along in the restaurant business these days?" "Well, I notice that since the Dreyfus verdict came in I don't have any more orders for fried frogs' legs."—Chicago Tribune.

Lanc's Family Medicine.

Moves the bowels each day. In order to be healthy this is necessary. Acts gently on the liver and kidneys. Cures sick headache. Price 25 and 50c.

Crowded Out.

"Crowded out to make room for more interesting matter," remarked the editor, as he shoved aside a plate of beans and tackled pie.—Ohio State Journal.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c.

She—"Did you ever kiss a girl when she wasn't looking?" He—"Yes; but only once. She made me do it over again when she was looking."—Town Topics.

I have found Piso's Cure for Consumption an unfailing medicine.—F. R. Lotz, 1305 Scott St., Covington, Ky., Oct. 1, 1894.

Bill—"Did you ever know an amateur fisherman to tell the truth?" Jill—"Oh, yes; I heard one tell another that he was a liar."—Yonkers Statesman.

Hall's Catarrh Cure.

Is taken Internally. Price 75c.

God gives a man his tools, but he must acquire his trade.—Ram's Horn.

No man can make anything until he is something.—Ram's Horn.

A big idea may occupy but little space, while a little idea may take up a whole column.—Chicago Daily News.

An Atchison young man will shortly do a very risky thing—take on a new wife and a new job at the same time.—Atchison Globe.

Maud—"Major, is it true that once during the war one of the enemy died to save my life?" Maj. Bluntly—"Yes." Maud—"How noble! How did it happen?" Maj. Bluntly—"I killed him."—London Tit-Bits.

Not Inclusive.—Featherstone—"Come, Bobby (handing him a quarter), how many fellows have called on your sister, this week?" Bobby—"Let's see—five." "That doesn't include me, does it?" "Oh, no. Sister says you don't count."—Brooklyn Life.

Her Father—"Before I consent to the betrothal of my daughter I desire to know what your resources are." The Suitor—"Oh, as to that, they are splendid. There isn't a wealthy man of my acquaintance from whom I haven't succeeded in borrowing money."—Philadelphia North American.

Tom—"Let's see. I believe you owe me a tenner. You remember when you borrowed it you said you had just written to your father for money?" Bill—"Yes; that was the reason why I borrowed it. I knew he wouldn't send any; I haven't heard from him yet. When I do I'll let you know."—Boston Transcript.

Tabley—"The amount of time you have put in dodging that fellow you owe the five is worth more than the money." Mudge—"I know it is, but I have a hope that some day I will owe an amount worth dodging for."—Indianapolis Journal.

Under the New Order.—Relative (from beyond the suburbs)—"Mandy, who's that young fellow snooping around in the kitchen?" City Niece—"Never mind him, Aunt Ann. He's the hired girl."—Chicago Tribune.

Advertisement for Ayer's Pills, featuring an illustration of a woman's face and text describing its benefits for constipation and other ailments.

Advertisement for 'Practical Help for Suffering Women' featuring a testimonial from Mrs. Mabel Good and an illustration of a woman.

Advertisement for John M. Smyth's Mammoth Mail Order House, featuring a list of addresses and a testimonial about a skirt.

Advertisement for 'Fashionable Autumn and Winter Skirt' by John M. Smyth, featuring a detailed illustration of a woman in a skirt and a list of prices.

Advertisement for 'Our Mammoth Catalogue' listing wholesale prices for various goods.

Advertisement for 'Rheumatism Cured' by Tablets-Lithos, claiming permanent relief.

Advertisement for 'Tape Worms' and 'Cascarets' by W. L. Douglas, featuring an illustration of a man's face.

Advertisement for 'Carter's Ink' and 'Fits Permanently Cured' by W. L. Douglas, featuring an illustration of a man's face.