

OF INTEREST TO WOMEN

FATE OF THE LAZY GIRL.

The lazy girl will not obey the promptings of Nature to use her limbs and faculties as it was intended that she should use them. She infinitely prefers to loiter about reading rubbishy books which make no call on her mental faculties, absorbing caramels or chocolates she does not require, thus starving her mind and overfeeding her body at one and the same moment. By doing this she tends to lay on an excess of fatty tissue which soon robs her youthful figure of any dainty charm it might possess, her digestive organs become deranged, the liver becomes sluggish and her complexion assumes a sallow tint that adds years to her looks.

A vacant mind gazes abstractedly through the lack-lustre eyes of the girl who is too lazy even to think, and adds still further to her prematurely aged and world-worn appearance.

Her heart and lungs get lazy, too, her circulation is barely brisk enough to keep things going—hence she is often a martyr to cold feet and an over-heated nose—and she is apt to be scant of breath. Thus she becomes a sort of bad caricature of old age; she has all its defects with none of its redeeming qualities.

The lazy girl must set her bodily temple in order. She may not have a motor, a carriage, a bicycle or a horse, but she can always use her feet. She must walk and walk with a will, and with a purpose in view. She should adopt a hobby, no matter what; painting, music, poultry keeping, rowing—anything, in short, that will give her bodily and mental employment.

It has been well said that the body must either wear out or rust out, unless it is well preserved. Overwork and no work are equally destructive; but just work enough is Nature's plan for keeping the human machine running in perfect condition to the natural limit. The girl who cultivates the mental and physical elasticity of youth will begin to grow old only at the right time, and not twenty years before it. —New York News.

BAD TEETH.

"Many people who come to me to have their teeth attended to complain incidentally of falling eyesight, and when I tell them bad teeth in nine cases out of ten are the cause, few feel inclined to believe me," said a well known New York dentist.

"Bad sight is generally attributed to overstudy, debilitated constitution and a hundred and one other causes, but have you ever heard any one place the blame on the teeth? Bad teeth are the direct result of insufficient application of the toothbrush, and bad eyesight resulting from the decayed molars, exciting disturbances of the ocular nerves, is the next inevitable penalty. That is a fact which seems to be little known.

"The other day I extracted four decayed teeth of a young girl who was almost totally blind; her pupils were dilated and insensible. A week after I had pulled her teeth her sight was practically restored. Two months previous to this cure the girl had been examined by an expert oculist, who, after putting her to various eye tests, designated the case as hysterical amblyopia, and I guess that's about all the satisfaction the girl got, judging by her condition when she came to me. In saying this do not think for a moment that I am in any way prejudiced against oculists. I merely cite the instance.

"In the course of a year I attend to the teeth of scores of people with impaired vision, and in every case where the teeth are drawn the sight is soon after either greatly improved or entirely restored."

SHORT SKIRTS IN FAVOR.

One point is settled, and for some months to come. The short skirt for morning wear and for all walking gowns, is the only skirt to have. An extraordinary degree of perfection in the making of these skirts has been reached, which is one reason, by the way, for their popularity. They now hang back instead of forward, and flare well below the hips, and fit close to the figure. This is accomplished solely by the cut and fit, and not by the flounce, stiffening, or trimming. In fact, some of the very smartest skirts are absolutely plain, and yet would be noticeable anywhere for the way they hang. Inverted box-pleats at the back of the plain skirts, strapped seams or plain, as desired, are also rules to be followed, and the skirt must fasten at the back, but with the placket hole well hidden. The front breadth is one of the principal parts of the gown to demand attention. It is, or should be, shaped in accordance with the figure; it is usually as narrow as possible at the top, widening toward the foot; but to some figures this is not becoming, and for these there is no marked difference in the width of the front breadth at the belt or hem.—Harper's Bazar.

THE LINEN COLLARS ADORNED.

The stock is disappearing before the inroads of the linen collar. This very neat article of dress is back again and will be seen this winter in many guises. The plain high, straightband, turnover collar is fashionable and wo-

men are running to the collar departments to get it.

It is only a year ago that such a thing as the straight linen collar could hardly be bought, and women who were devoted to it were obliged to buy boys' collars. But now fashion's wheel has revolved and the linen collar is the thing again.

They are buying these collars and washing the stiffening out of them. With an embroidery needle the woman of nice tastes now embroiders a pretty vine around the collar and then, when it is completed, she has the collar laundered again. This gives her something handsome and smart in the neckwear line.

Collars are made up in blue linen as well as in white, but there is a something about white that recommends itself above all other colors. The daintiest of the linen collars have the vine embroidered in colors.

BROWN TOO PRONOUNCED.

Tobacco brown seems to be one of the most fashionable colors of the season. One sees many of these all-brown costumes in the avenue, yet few of the really well dressed women wear them. "They admit of no variety," said one woman. "I had a brown frock once and I rejoiced when it was worn out. Nothing kills on one so much as brown." Most of the brown dresses are made along one line. There is the inevitable trimming of Irish lace, dyed brown, and the brown beaver hat. Usually brown chiffon forms the chief trimming. But a really striking brown frock was shown one day last week. It was a voile, and the skirt was accordion plaited, as was the waist. These plaits were tucked at intervals. The gown had an admirable swing and the simplicity was marked.

HOW TO MOUNT STAMP PHOTO GRAPHS.

Since stamp photographs have become a fad, new ideas for mounting them have been devised. One of the quaintest methods for the Western girl, or girl who has returned East with souvenirs from the Western woods is to mount her stamp pictures on the brown bark of the eucalyptus, or on yucca or orange wood. The beautiful birch bark is also excellent for mounting these miniature pictures —New York Press.

CO-OPERATIVE PRESENTS.

Co-operative wedding presents are now quite the fashion. When a couple are about to marry their friends combine forces and give them one or more handsome presents instead of a number of smaller ones. To avoid duplicate the bride-elect is often asked to say what she would like to have.



Hats covered with black moire are as effective as they are novel. A pretty high crush girdele is of chine Dresden lousine, with a deer cream ground.

Delightful to relate, stock collars are no longer lined with iron. The ruffy brim of the ping pong hat appears even in fine felts.

A new species of sandal has appeared for bedroom use. These novelties, which come in red and other bright colors, go by the very descriptive appellation of "scupperns."

With ermine hats pale blue and a touch of gold seems the favorite combination, and with sable or mink the violet shades of flowers and heavy cream laces are most used.

A lace collar has to be something exceedingly fine and rare to be much longer tolerated as an outside garniture for day wear. The over doing of this pretty adjunct in the coarsest and cheapest of laces has driven the real beauties into a protective obscurity.

Mohair, white and pink, is looked upon with great favor as a house-dress material. It should appeal to the girls with a moderate income, as mohair wears forever, cleans well and does not crush or rumple.

Quite the easiest manner of covering a flat crownless hat is to take a velvet ribbon, four inches wide, and with it strap the brim all around, being particular to have the edge meet, and to turn the strap ends under the brim, for fully an inch. Five inches is about the length required for these straps.

Coque feathers, natural or dyed, are much worn on black or colored felts and beavers. For a serviceable feather trimming they have no equal. A pretty idea to ornament taffeta or cloth, which is to be used for the covering of a hat, is first to take a heavy chenille in colors or black and embroider it on the surface in an enlarged vermicelli design.

The recent report of the British postmaster general shows that picture cards to the number of 488,000,000 have passed through the office in a year.

Seamen on native river craft in China get \$3 a month; on sea-going Chinese vessels, \$8. They furnish their own food.

PRETTY THINGS TO WEAR

New York City.—LONG, loose wraps are necessary for evening wear and are seen in cloth, zibeline and silk, in white and all colors. This one, de-



EVENING COAT.

signed by May Manton, is essentially smart as well as absolutely satisfactory to the wearer, and is adapted to all the materials in vogue, although

sleeves makes all the difference in the world in the appearance of the waist, and often it can be used for second best for another year after such treatment.

The Pretty Fichu.

Picturesque fichu figure prominently both as a waist drapery and as separate dress wrap. Taffeta capes and fichus are worn with thin woolen gowns to match, and are trimmed with ruching of self material.

Tucked Blouse.

Blouse, or shirt waists made with tucks arranged in groups—are among the designs shown for the advance season and are admirable for the new cotton and linen waistings of spring as well as for the wool ones of immediate wear. This one, after a May Manton design, is made of mercerized cotton showing lines of blue on white and is unlined, but can be used either with or without the fitted lining and is available for all materials in vogue. The full length tucks, at each side of the centre, with those at the shoulders, which extend to yoke depth only, make a most desirable combination while those at the back give the tapering lines that always are becoming.

The waist consists of the fitted lining, fronts and back. At the centre front is a regulation shirt waist pleat that meets the groups of tucks at each side. The sleeves are tucked to the elbows but are full below and are gathered into straight cuffs. At the neck is worn a fancy stock of silk, with a turn over collar of white lawn.

A Late Design by May Manton.



shown in white cloth with collar and frills of lace, trimming of ermine and stitched bands. The shaped collar, with its long stole ends and the wide, full sleeves with turnover cuffs are new as well as handsome and give a distinct air of elegance to the wrap.

The coat consists of fronts and back, the former loose, the latter laid in an inverted pleat, and is fitted by means of shoulder and underarm seams. The sleeves are generously wide and gathered into bands that, in turn, are covered with the cuffs. The collar is carefully shaped and fitted and arranged over the shoulders, the stole ends finishing the fronts.

The quantity of material required for the medium size is ten and one-fourth yards twenty-one inches wide, five yards forty-four inches wide, or four and one-fourth yards fifty-two inches wide, with two and one-fourth yards all over lace, six yards fur and six and one-fourth yards of lace to trim as illustrated.

The Lace Bolero.

The all lace bolero comes in nicely for bodices that have seen a season's service. The addition of a few velvet ribbon bows about the neck front and

The quantity of material required for the medium size is four yards twenty-one inches wide, three and one-fourth



TUCKED BLOUSE.

yards twenty-seven inches wide, or two and one-fourth yards forty-four inches wide.

MRS. COL. GRESHAM Was Given Up BY THE DOCTORS. Pe-ru-na Saved Her Life

It was catarrh of the lungs so common in the winter months.



MISS JENNIE DRISCOLL

Miss Jennie Driscoll, 870 Putnam Ave., Brooklyn, N. Y., writes:

"If people knew how efficient Peruna was in the cure of catarrh, they would not hesitate to try it. I have all the faith in the world in it as it cured me, and I have never known of a case when the person was not cured in a short time." — Jennie Driscoll.

Mrs. Col. E. J. Gresham, Treasurer Daughters of the Confederacy and President Herndon Village Improvement Society, writes the following letter from Herndon, Fairfax Co., Va.:

The Peruna Medicine Co., Columbus, Ohio:

Gentlemen—“I cannot speak too highly of the value of Peruna. I believe that I owe my life to its wonderful merits. I suffered with catarrh of the head and lungs in its worst form, until the doctors finally gave me up, and I despaired of ever getting well again.

“I noticed your advertisement and the splendid testimonials given by the people who had been cured by Peruna, and determined to try a bottle. I felt but little better, but used a second and third bottle and kept on improving slowly.

“It took six bottles to cure me, but they were worth a King's ransom to me. I talk Peruna to all my friends and am a true believer in its worth.” — Mrs. Col. E. J. Gresham.

A PLAIN TALK

On a Plain Subject in Plain Language.

The coming winter will cause at least one-half of the women to have catarrh, colds, coughs, pneumonia or consumption. Thousands of women will lose their lives and tens of thousands will acquire some chronic ailment from which they will never recover.

KEEP PERUNA IN THE HOUSE.

will be one of the unfortunate ones. Little or no risk need be run if Peruna is kept in the house, and at the first appearance of any symptom of catarrh taken as directed on the bottle.

Peruna is a safeguard, is a preventative, a specific, is a cure for all cases of catarrh, acute and chronic, coughs, colds, consumption, etc.

If you do not receive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

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