



### WOMEN WHO STAMMER.

How many women have you ever known who stammered? A few of us if this question were put could remember one or possibly two; but the majority would have difficulty in recalling a single case.

And how many men? Most persons at even a moment's notice can recall cases ranging in number from one to five.

This divergence is due not to any trick of a defective memory, but to one of the most curious of actual facts.

The truth is that the proportion of those afflicted with stammering or stuttering is one hundred men to one woman. It is one of the most remarkable things in the science of pathology. Even the specialists in nervous diseases seem utterly at a loss to account for it.

An eminent medical authority is quoted as saying that in all his experience he had known of only one woman that stammered. When asked how he accounted for the immunity of the fair sex from this affliction he replied:

"Stammering is an epileptic affection of the organs of speech, and the victim is usually a person of a high-strung, excitable temperament. At the last analysis the cause lies in the mind; that is, the stammerer stammers because he fears he will stammer and thus make himself ridiculous. "Stammering is due to self-consciousness and it has been my experience that women seldom suffer from self-consciousness. Social success is more necessary to their happiness than it is to men's, and if as girls they have a tendency to shyness or timidity they set about overcoming it at an early age, and concentrate their attention upon doing so until they succeed.

"I do not mean to say that all women are totally void of self-consciousness. It is curious, however, that if they have a tendency to shyness or timidity that is so deeply rooted as to make it difficult to overcome, their confusion often manifests itself in blushing rather than stammering. I have known girls who were victims of the blushing habit, and I discovered that they blushed for the same reason that I stammered—fear of doing so."

### REASONABLE MARRIAGE.

It is the habit to say that in its love making the world wags on unchanged in spite of all the talk about the sexes eyeing each other with increasing deliberateness and discrimination. But is this true? Is it not, on the contrary, an established fact that those Americans who have been subjected to the enlightening influences of American civilization long enough to be influenced are, as a mass, less eager to rush into matrimony, and more restless once they are tied? Whether this be well or ill is aside from the present purpose, which is to say that a world where men and women were deliberate about marriage would be worth putting off death a while just to see—as a curiosity, if nothing more. For example, suppose that the men were really critical about the capacities of women as homemakers—added that to their already long list of expectations of the sex from which their wives are chosen, or suppose that the women tried calmly to picture what manner of being candidates for the responsible position of husband would be ten years after marriage—would be physically, mentally, materially. Suppose it should come to pass that man would lose his present advantage, whereunder it is possible for practically any unmarried man to get married at any moment, if he is not particular as to the kind of woman. Suppose that it were as difficult for a man to find a wife as it is for a woman to find a husband. What an all round bracing up there would be in such a society! How vanity would wither! How eagerness to please would thrive.—Collier's Weekly.

### CARE OF THE HANDS.

With many persons abnormally large knuckles are a matter of heredity; in some cases they are the result of outdoor sports or other exercises that brings severe strains on the muscles of the hands. Many persons ruin the shape of their hands unconsciously by sleeping with them under their head. If you have acquired the habit of thrusting your hand under your cheek at night obtain a pillow a trifle smaller than the one to which you are accustomed or use a small pad to thrust under the side of the face while sleeping. This will assist in breaking up the bad habit, and after awhile you will be able to discard the go-between. If this plan does not suffice dab a little strong perfume on the hands before retiring, and if the hands are brought close to the face the strong odor is apt to awaken the sleeper enough so that the position will be changed. After having discovered and removed the cause of the enlarged knuckles it may be possible to effect an improvement, for the red, swollen appearance can be greatly reduced by gentle massage and the application of a whitening lotion. Avoid anything which tends to strain or harden the muscles of the hands and

do not expect a decided improvement in a few weeks—patience and perseverance are required.

### MAKING PIN MONEY.

Whether a woman in moderate circumstances lives in city or country the question rises now and then of how she can earn a little money. Never mind what she wants it for; it may be to help a child along in education, to pay an interest bill or to get herself some better clothes. We all know how these emergencies will rise. If she lives in the city she thinks if she was only on a farm she could sell eggs and flowers; if in a farm house she believes that art needlework would pay if sent to the city. Of both conclusions the latter is the most erroneous.

It is better to turn one's ability to developing something at hand than to seek unfamiliar work in overcrowded markets. A woman acquaintance of mine, who has recently started a business enterprise, has already discovered that professional and business women are more willing and eager to help her with work and recommendations than women living in the seclusion of home. They remember their own experiences.

### DAINTY HOUSE FLOWERS.

The care of flower vases and growing ferns is usually one of the duties of the daughters of the house; if the ferns are tended carefully watered enough but not too much and moved to a dark corner when gas and lamps are lighted, they will last often for years, while flowers will fade far less quickly if their water is changed and the ends of the stalks cut at least every other day.

In winter, when flowers are scarce and dear, much can be done with a sprig of ivy or handful of leaves, while holly looks really well in vases, and if the leaves are washed free of dust occasionally will last at least a month. A few pennies spent on bulbs at the season will provide plenty of sweet smelling flowering plants if the bulbs are planted judiciously so as to secure a succession.—New York American.

### NEW IDEAS IN BEAD PORTIERES.

When the craze for bead portieres began to wane, a novel idea was introduced in their manufacture, which has resulted in adding greatly to their popularity, as well as their beauty. Instead of using long glass beads entirely, tiny shells in the natural mother of pearl colors were combined with them, and now the shells are dyed in solid colors to match the color scheme of the room. For instance, if the room is red, the shells are dyed the same shade, using green and white and pale yellow beads to carry out the pattern in the center.

Sometimes rope portieres are attached to the grille over the beads to give a heavier appearance to the hangings. The green shells with the green, pink and white beads make a lovely combination.—New York Press.

### A GOOD SKIN FOOD.

Take one ounce of best nuttall talow, one ounce of coconut oil, two ounces of oil of sweet almonds and one ounce of lanolin. Heat thoroughly in a double boiler and when cool beat to a cream, then add, gradually, one ounce best witch hazel and one tea spoonful of simple tincture of benzoin perfume. All the ingredients are obtainable at any drug store, and the compound is readily and easily made. The preparation is especially soothing to the skin, and is just the thing for winter weather. It also whitens the skin. Rub a small quantity into the skin after first washing the face thoroughly with soap and warm water and drying well.—New Haven Register.



Inner sleeves are fitted into the broad kimono sleeves of heavy winter coats.

Silk is frequently made into separate skirts for wear with various blouses.

No separate light waists with black skirts are acceptable for evening wear.

A short coat, for street wear, but handsome enough for any occasion, is a blouse jacket of baby lamb, belted at the waist and having a short skirt of the fur below.

Gloves knit of white angora and other soft wools are not as smart as they were a few years ago for city wear. The style has been on the wane for the past two seasons, and while not absolutely past, is no longer fashionable.

One thing should be remembered by the wearer of a tea gown. Not every woman is blessed with a pretty throat, and the slight décolletage so attractive upon the right person, should be avoided by the woman whose neck leaves anything to be desired.

## HOUSEHOLD.

### A STEAM COOKER.

Not long ago I was called upon in an emergency to officiate in the kitchen of a relative who was not well provided with up to date cooking utensils, and whose stove was of too small area to admit of many things cooking at one time. There was a good sized boiler of granite ware with a well fitting cover, and I succeeded in finding a little tin pan, which exactly fitted in the top of it. I put potatoes in the boiler to cook, and in the pan I put the pudding for dinner, then set it over the boiler and covered it with the boiler top. Both potatoes and pudding were done to a turn at the right time. I always steam my rice at home, so I managed about it here by bringing it to a boil on top of the stove in a tight covered tin bucket, and then set it in the oven to finish. Every grain came out distinctly. One never knows, until one tries, how true it is that necessity is the mother of invention.—The Epitome.

### CARE OF HANDS.

Most housekeepers who do their own work suffer more or less in winter with chapped hands, as dish washing, taking up ashes, etc., are especially irritating to them. If oatmeal is kept on the washstand and a little used every time the hands are washed it will do much to keeping them in good order. A preparation that will counteract the effect of ashes or alkali soap is made of common vinegar and cream or milk in equal parts. The hands may be saved a great deal by wearing heavy gloves when sweeping and doing many kinds of work, and there are close fitting rubber gloves that may be used in washing dishes, etc. An excellent lotion to use after taking the hands out of hot water is made as follows: Honey, one ounce; lemon juice, one ounce; borax, one ounce; eau de cologne, one ounce.—Lizzie Althus, in Connecticut Farmer.

### HINTS ON DYEING.

A woolen dress often becomes spotted with rain or in other ways. We know of nothing that will restore the color, but it can be dyed any dark color you wish with very little trouble. Navy blue, brown, dark red or black are good colors for this work. Take the dress apart, wash and rinse it. If the skirt is an unlined one, it will not be necessary to rip the seams. Dissolve one or two packages of dye of the color chosen in cold water, pour it into a large dishpan or porcelain kettle, then add enough boiling water to cover the goods. Put the goods in while still wet and stir it constantly so the dye will penetrate all parts of the goods. It should be allowed to boil half an hour, then take it from the dye, and rinse through three or four waters. Hang it up until about half dry, roll it tightly, and after an hour, iron it on the wrong side. The details of the work are given because a great many women have dresses that might be dyed and made to look like new, but they are afraid to undertake to do the work at home. There is nothing easier when you understand how. Simply follow the directions and there is no danger of spoiling the dress.—E. J. C. in Detroit Free Press.

### CLEANING RIBBONS.

I want to tell household people my way of cleaning ribbons, which differs from most. For the white ribbons every one uses so much nowadays I prepare a suds of warm water and a good white soap, and wash the ribbons in it just as I would a handkerchief. Rinse them in clear water of the same temperature as the suds, hang up until partly dry, and while still damp roll it smoothly over a wide card or piece of pasteboard rolling a piece of clean white cotton with it. The latter must be long enough to cover the ribbon; then place under a heavy weight. Let dry before unrolling. The cloth absorbs the moisture and the ribbon comes out looking like new.

Colored ribbons that are soiled may be cleaned by putting them in a fruit can, filling up with gasoline, and after screwing the cover on tightly, leaving over night. Shape it up occasionally. Next morning take out the ribbons, hang them outdoors, and leave them until the gasoline odor is removed. It is not necessary to iron them. By pouring the gasoline of the sediment in the bottom of the can a part of it can be used again.

To clean gloves I fit them on my hands and wash as if washing my hands in gasoline, then hang in the open air. Choose a sunny, windy day for work of this kind.—Alice, in Detroit Free Press.

### RECIPES.

Mock Suet Pudding.—One cupful of bread crumbs, one cupful of cold water, half a cupful of molasses, one egg, one cupful of fruit, two cupfuls of flour, one teaspoonful of soda, half a teaspoonful of salt, two level teaspoonfuls of cinnamon and one-fourth teaspoonful of cloves; mix well and steam in a buttered mould one and one-half hours.

Amber Marmalade.—Peel and remove the soft inside of a pumpkin; then chop quite fine; to six pounds of pumpkin add the rind of two lemons, peeled very thin; then chop it, then add the juice of lemons, five pounds of granulated sugar, two ounces of green ginger, or one ounce of dried ginger, chopped, simmer slowly three hours.



New York City.—Long shoulder effects always are becoming to young girls, and are seen in the latest models for odd waists as well as frocks and



MISSIE'S SHIRT WAIST.

coats. This stylish May Manton shirt waist includes a novel yoke collar that gives the desired drooping line, and also a narrow vest effect at the front. As illustrated it is made of white mercerized vesting and is unlined, but all waisting materials are appropriate and the fitted foundation can be used whenever desirable. At the neck is a fancy stock and deep pointed cuffs finish the sleeves. When a plainer waist is desired the yoke collar can be omitted, and the waist made with yoke fronts and plain back as shown in the small cut.

The waist consists of the fitted foundation, fronts, back and yoke collar. The fronts are gathered at their upper edges and again at the wrist line and meet the yoke, but the back is plain across the shoulders. The yoke collar is quite separate and is arranged over the waist, the closing being made invisibly. The sleeves are the favorite ones that form full puffs below the elbows and are finished with deep pointed cuffs.

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

the shops, but these must be bought with discretion. A great deal of money can be wasted in this way, and a good frock ruined by inferior accessories. The study of dress is a very difficult subject now, even for the rich, while ordinary folk have much to grumble about.

### Lace Veils.

Long lace veils are becoming draped over hats and tied at the side. These are forty-six inches long, and only as wide as the ordinary tulle or net face veil. Dotted net veils of the same size are edged with lace, and are very pretty.

### Summer Fabrics.

Sheer cottons in dainty dimities in quaint, old-fashioned cross-bar designs, the finest of batiste, closely akin to organdy, and printed cottons in pompadour designs are the smartest wash fabrics for the summer of 1904.

### The New Skirts.

The new skirts are to be of two lengths, either just touching all around or escaping the ground by two inches.

### Hoppe Linens.

Hoppe linens are to be used to create the elaborate linen costume of the fashionable woman.

### Girl's Suspender Costume.

Little girls are always charming and attractive when wearing guimpe frocks. This one is among the latest designed by May Manton, and is made with novel suspenders that form epaulettes and so give the broad shoulder line of the season. As shown the dress is made of dotted blue henrietta stitched with corded silk and held by gold buttons, the guimpe of Persian lawn with trimming of embroidery. All simple dress materials are appropriate, however, with guimpe or cotton or China silk as may be preferred. The costume consists of skirt suspenders and guimpe. The guimpe is tucked to form a yoke and again at the upper portions of the sleeves and is fitted by means of shoulder and underarm seams. The skirt is straight and

## A Late Design by May Manton.



inches wide or two yards forty-four inches wide.

### An Interior Gown.

An interior gown of pastel bellotrope crepe de chine has a narrowly gored princess front. Above the waist this is accordion pleated, with a yoke collar arrangement of broad Alencon lace, and a bertha of the same quite laid down on the shoulders, so that in effect it forms epaulettes. The princess panel is embroidered down the front in wistaria flower and foliage design, outlined in silver thread and pansy purple chenille appliqued down on the bellotrope crepe. The full sleeves are gathered into a broad cuff of Alencon lace. The edges of the side gores which come over the princess front are embroidered with the flowing wistaria pattern, continued as a border around the gown's hem all the way across to the other side and up again. This is in purple chenille, silver thread and shaded green embroidery silks for the foliage.

### A Dawn-Cloud Effect.

With this most unusual blouse is worn a very full white silk net skirt, shirred down half way to the knees. The bottom has four two-inch tucks, each edged with narrow point d'esprit. A long fitted petticoat, which shows plainly through the net, is of rose satin the exact shade of the velvet in the blouse. A panne velvet girdle is worn with a buckle of rose stones and old silver in art nouveau jewelry.

The Selection of Dress Trimmings. Many lovely embroideries, particularly in gold and silver, are shown in

laid in deep, backward turning pleats and is joined to the belt. The suspenders are made in three portions, those over the shoulders forming epaulettes, and are held together and attached to the belt by means of buttons.

The quantity of material required for the medium size (ten years) is four and one-half yards twenty-one inches wide, three and seven-eighths yards twenty-seven inches wide or two and



GIRL'S SUSPENDER COSTUME.

one-half yards forty-four inches wide, with one and seven-eighths yards thirty-six inches wide for guimpe, and seven-eighths yards of insertion for collar and cuffs.

## COMMODORE NICHOLSON OF OUR NAVY

Recommends Pe-ru-na—Other Prominent Men Testify.



Commodore Somerville Nicholson, of the United States Navy, in a letter from 1837 R St., N. W., Washington, D. C., says:

"Your Peruna has been and is now used by so many of my friends and acquaintances as a sure cure for catarrh that I am convinced of its curative qualities, and I unhesitatingly recommend it to all persons suffering from that complaint."—S. Nicholson.

The highest men in our nation have given Peruna a strong endorsement. Men of all classes and stations are equally represented.

If you do not derive prompt and satisfactory results from the use of Pe-ru-na, 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, O. Ask Your Druggist for a free Peruna Almanac for 1904.

Almost 7 per cent. of the cost of operating a railway is for coal.

Teosinte and Billion Dollar Grass. The two greatest fodder plants on earth, one good for 14 tons of hay and the other 24 tons green fodder per acre. Grows everywhere, so does Victoria Rape, yielding 60,000 lbs. sheep and swine food per acre. [A.C.L.]

JUST SEND 10c. IN STAMPS TO THE John A. Salzer Seed Co., La Crosse, Wis., and receive in return their big catalog and lots of farm seed samples.

When you hear that people have recovered, either they are pretty sick or very old.

### Gentle Hint.

Wife (reading).—Here's an alleged joke about a woman who scolded her husband because he accidentally sat down on her new bonnet. Now, I fail to see anything funny about it.

Husband.—Oh, you do, eh? Wife.—Yes, I'm sure I couldn't scold you for a thing like that.

Husband.—You couldn't? Wife.—Of course not. How could I when I haven't a new bonnet?

### The B's Hope.

"Yes," said the letter B, "I'm greatly in favor of this movement for phonetic spelling. I'd like to see it generally adopted."

"Why?" queried the interrogation point. "I'd have some chance of getting out of 'debt.'"



Miss Alice M. Smith, of Minneapolis, Minn., tells how woman's monthly suffering may be permanently relieved by Lydia E. Pinkham's Vegetable Compound

"DEAR MRS. PINKHAM:—I have never before given my endorsement for any medicine, but Lydia E. Pinkham's Vegetable Compound has added so much to my life and happiness that I feel like making an exception in this case. For two years every month I would have two days of severe pain, and could find no relief, but one day when visiting a friend I ran across Lydia E. Pinkham's Vegetable Compound,—she had used it with the best results and advised me to try it. I found that it worked wonders with me; I now experience no pain, and only had to use a few bottles to bring about this wonderful change. I use it occasionally now when I am exceptionally tired or worn out."—Miss ALICE M. SMITH, 804 Third Ave., South Minneapolis, Minn., Chairman Executive Committee, Minneapolis Study Club.—\$2000 full if original of above letter proving genuineness cannot be produced.

Lydia E. Pinkham's Vegetable Compound carries women safely through the various natural crises and is the safe-guard of woman's health.

The truth about this great medicine is told in the letters from women being published in this paper constantly.