# Interests of Women and the Home. WOMEN BECOMING

STEADILY STRONGER Dr. Savage Declares That They Will

Continue to Do So.

SYSTEMATIC PHYSICAL EXERCISE

The Development of the Feminine Form Under the Physical Training of To-day--Girls and Boys and Their Abilities When Tested by the Same Athletic Tasks .- Dr. Shrady's View of the American Woman's

From the Sun.

"Is woman degenerating physically or is she growing stronger?" is a question often heard. Dr. Savage, the head of the Physical Development Institute. gives the answer that woman is growing stronger, and that the next gener-

ation will give full evidence of the fact, "Health is the essential part of a woman's life as well as of a man's," he said, "Women are taking up many forms of exercise and are playing many games that long were erroneously thought to belong exclusively to men Ten years ago, or even later, it was regarded as most unladylike for a woman to go in for any physical development. Today she moves better and walks more freely, as if she had some life and vim in her. A generation will show a vast difference in the development of the sex. Recently I saw an exhibition given by a crowd of girls in Boston, and I was delighted by the strength and freedom of motion demonstrated. What those girls did hundreds and hundreds of girls and women are doing, and it is a hopeful sign. Take the matter of games. Women play golf and lawn tennis with as much enthusiasm and benefit as do men. They wheel, though I don't think much of bleyeling for women, and every-where they are playing basket ball. They certainly could not do all this unless they were strong and healthy.

"The girls and women who come here want to do everything that the men do, They can't yet, however, for they have lost too much time. My experience is that the difference that has been made in the physical training of men and women is far greater than necessary. Boys and girls should be brought up alike as to active life. We find that the healthiest girls are those who have followed their brothers.

"A great improvement in dress has done much to better woman's physical condition. The wasp waist is a thing of the past, looked on with contempt rather than admiration. Soon people will come to admire the healthy form of Venus de Milo, The cards of examination in the leading female colleges and schools show that woman's form is approaching that type. To my mind there is no doubt that women as a class are growing stronger individ-

#### ONE WOMAN'S OPINION.

principals of the New York School of Expression, has given the best years of her life to the study of the physical culture of woman. Her pet scheme has been to combine the various systems of gymnastics, from the Swedish movements of "Ling" to the aesthetic exercises of Delsarte, so as to give the highest possible results in health, strength, and grace. When asked whether she thought woman was growing stronger or weaker physically. Miss Stebbins replied:

"I've had pupils from every state in the Union. They go out and secure pupils for themselves, and I keep in constant touch with them, so I feel prepared to make a sweeping answer to this question. I'm not speaking now of my pupils alone,nor even confining myself to New York women. I'm speaking of the women of every one of the United States when I say that the middle class and the higher classes are growing stronger, but there is a class between these two that is growing weaker and more nervous. Physical development is a fad with the rich and fashionable; the middle class have found it a necessity, and both are stronger for it. The class between, the women who live in boarding houses and she even goes to excess in taking exerfamily hotels and have nothing to do but stir around and envy the rich and or 'let's wheel a few more miles,' or strive to be fashionable, are degener-

"We teach society work and normal work for teachers and platform readers, and in this way have opportunity classes. For five years I've taught an is degenerate, but because she doesn't immense class of society women from forty-five to sixty years of age, and the first thing that I teach them to do is is the most perfect home keeper. Her to lie flat on the floor and learn how to breathe. All of our pupils are taught healthy and happy for herself and to how to breathe, walk, talk, and sleep, give health and happiness to her childand when they know how to do those four things they know how to do a highest function, she enjoys the pleas-great deal. Now the fact that the feet ures that come to such a home rationand waists of the women of these two ally, and does not throw the harmony classes are much larger shows that of her physical and mental being out they are taking more exercise and do- of gear. The mediocre woman is on a ing more breathing. Emotional breath- level physically and mentally with the ing is done in the upper chest, but or- mediocre man. He makes the home and dinary breathing comes from below the she gets the pleasure out of it for bust line; therefore a woman must be the family. He is the worker; she is properly clothed to breathe properly, the general sympathizer. The greatest As I went through the art galleries of need in the nature of man is the com-Europe I wondered what the statues plemental support of a true woman, did to get into such positions. I made and that of woman is the help of up my mind after imitating them and strong man. Women are intuitive; men taking the statue poses that their mag- reason. Women develop him by opponificent poses all came from the trunk sition, John L. Sullivan told me, when of the body and that they could not he held the championship of the world, possibly be assumed without proper that the first success of a prize fighter breathing. So, ever since, I've gone on increasing my chest work, for, after all, the chest is the wal storehouse of vital- is a prize fighter in the sense that his ity. We think as we breathe and success depends upon his ability to breathe as we think. Women are take his punishment in this world, and breathing better and they are thinking many who have succeeded would have better. Therefore, they are growing stronger, not only physically, but mentally. Every woman who increases her siveness and natural intuition, to turn lung capacity, making the lungs hungry for air, will reach better habits of thinking. Fear, anxiety, and nervous- the man. That's an old figure about ness have very little breath. Courage, the ivy and the oak, but it's a good hope, ambition, heroism, philanthropy, and altruism are full-breathed. In the strong cak trembles and would fall thinking there is hardly any breathing. were it not for the delicate byy twined Every exercise that a woman takes around it, steadying it until the storm ould be breathed even if it is no more has spent itself. than lifting the leg. She would be as-

is that life is artificial with them. There an be no physical or mental growth under such a condition. The contented and a race of strong women, in the women are those who belong to the aristocracy of thought, and look at things as they are and are not envious. Such a woman is the real American woman; the future of our race lies in her. Where does she come from? From the ranks of the very rich? No. Nor does she come from the next rank. She omes from that great middle class, and every day finds her growing stronger in every way.'

ANOTHER WITNESS.

"Indeed, I do believe that women are growing physically stronger every year," said Mrs. Lawrence, who is at the head of the physical culture de partment in the Horace Manual school the Teachers' college. "Physical culture is compulsory in this institution. No one is excused except, the girls who are not physically able to take the training, or those who come very long distances. Every girl is subjected to a very severe physical examination every year; that examina-tion extends even to her ancestry. I find individual girls improving every year, and they are able to stand much harder physical and mental work. A woman physician connected with the college assists me in examining them, and she says also that the improve ment from year to year is wonderful A number of my pupils have been with me three to five years, and I give them lessons three times as hard as the beginners of their own age can take. This is the only gymnasium in the city where boys and girls can be seen working together, and it gives us a good chance to judge of their relative physical powers. We find that the girls do more accurate work, but the boys are quicker and stronger This is true even of the very young children in the primary department. These little boys and girls do all their work together, and one would think that there would be no difference in relative strength, but the boys are stronger. This is because no matter how small a boy is he is allowed t play outdoors. Then even very little girls are hampered with dress,

"Physical culture is supposed to b taught in the public schools, and it is taught in nearly all fashionable boarding schools. True, in some of the latter the teachers permit the pupils to take their exercises in long skirts and corsets, but most of them give the les sons in the evening and require the girls to wear 'gym' suits. Here no boy or girl is allowed on the floor of the gymnasium in other than gymnastic Women are dressing much dress. more hygienically than they did, anyhow, and this, with increased outdoor and gymnastic exercise, is gradually giving them strong physiques. ambition is that this college shall not accept a candidate for a teacher's diploma unless she comes up to the physical requirements. Let the sick teach ers go somewhere else for their diplo-

## DR. SHRADY TALKS.

"There is no reason why woman shouldn't be as healthy as man,' Miss Genevieve Stebbins, one of the Dr. George F. Shrady, "but she is not, The majority of sick people are among women. They have earned for themselves the title of the weaker sex. Wo man is far more responsive and consequently more excitable than man, and loss of vitality always follows undue excitement. This very responsiveness in her nature, which makes her so dear to man, invites fatigue instead of satisfactory exhibaration. Take the society woman, for an example. She goes to excess in everything. Pleasure becomes the hardest kind of work to her She goes all day and far into the night, and the next morning she is ant to waste hours in bed when she ought to be up getting the fresh air. She turns night into day, cheats herself out of her breakfast, and compromises by taking a meal at midnight, upsetting the rhythm of nature. The best sleep is obtained before midnight, between the hours of 10 and 12, and food is at the bottom of all regeneration. So what

right has she to expect anything but physical degeneration. "On the other hand, the shop girl is anxious to make a record, to be promoted, and she overstrains. The intellectual woman works inordinately, and so it goes. She is so responsive that

'skate around a few more times,' and instead of stopping when they are merely exhilarated and in a condition to be physically benefited, she goes on until she is almost exhausted. Woman watch the development of the two | isn't weaker because her constitution

take care of herself. "The most perfect woman physically only worry is to make her home ren. When she sticks to that, her depended upon his ability to take blows, not to give them. Every man failed if they had not had women, with their wonderful sympathetic responto. This takes as much strength from voman as the punishment does from one. A big wind storm comes,

"It requires a woman of steady nerve onished at the wonderful amount of to keep healthy in the enticing environ-hest development that follows the ments of today, and women generally oftest motion if it is first breathed. As | are becoming more rational. They are said before, women of the higher class | beginning to see that it is worth while and the middle class are giving heed to to be healthy. They see that they can their physical well being, and the ideas enjoy themselves better if they are given them by teachers who have the well; that they have more applifte for subject at heart are founded on physiology and psychology. Life is being cally sound. If a woman wants any

made real to them; they are looking at everything from its real aspect.

art, let her mix the colors of her home picture. That's what the women of The trouble with the class between America need-to look after their homes, take the pleasures and exerelses that come into a rational lifetruest sense of the word, will follow."

#### GOOD BOOKS FOR CHILDREN.

From the Philadelphia Times, Boston Collection of Stories, Elizabeth Harrison-In Story Land, Mrs. Molesworth-Four Winds' Farm, The Cuckoo Clock, Emily Poulson-In the Child's World.

Mrs. Burnett-The Proud Little Grain Mary Mapes Dodge—The Silver Skates, E. E. Hale—Bodley Family Telling

tories. Wiltse-Morning Talks. Andersen's and Grimm's Fairy Tales, Arabian Nights-Robinson Crusoe. Stories from Fairyland-The Children's

s Fabies-Alice in Wonderland-Black Heauty. Kingsley's Water Bables and Greek He-

Kipling-Jungle Books-Man and Beast n India. Hawthorne-Wender Book, Tanglewood Tales, Grandfather's Chair, etc.
Andrews-Seven Little Sisters, Each and
All, Ten Boys on the Road from Long Ago to Now

Baklwin-Old Greek Stories, The Story f Siegfried, Stories of the Golden Age. White-Plutarch for Boys and Girls. Eugene Field-A Little Book of Profable Tales-A Second Book of Tales. Church-Stories from Homer, Herodo-

is. Virgil and Livy. Lamb—Tales from Shakespeare, Ruskin-King of the Golden River, Stories of the Nations (30 vols.) (Persia, adia, China, etc.).

Yonge-Young Folks' Histories, The Little Duke, Dove in the Eagle's Nest, Daudet-Letters from My Mill. Coffin-Boys of '76, Story of Liberty,

Donald Mitchell-About Old Story Tel-Dickens-Child's History of England. Ewing, Kate Fiction-Alcott, Mrs.

Douglas Wiggin, Scott, Dickens, Cooper, Bulfinch-Age of Fable, Tales of Chiv-

Hamilton Mable-Norse Stories M. E. Litchfield-The Nine Worlds, Keary-Stories of Asgard. Lanier-The Boy King Arthur, etc. Irvinig-Sketch Book, Alhambra, etc. Bolton-Famouos Leaders Among Men. amous American Statesmen, Poor Boys Knox-The Boy Travelers.

John Burroughs' Essays, Signs and Sca-Bass-Nature Stories oung Readers (Plant and Animal Life).

Hale-Family Flight Series, Big-Bag

Buckley-Fairy Land Charles Abbott-Rambles of a Naturalst. Travels in the Treetops, etc. Johonnot-Feathers and Fur, etc.

Olive Thorne Miller-Little Brothers of the Air. Morris Thompson-Stories of Nature and

Julia McNair Wright-Seaside and Way-McCook-Tenants of an Old Farm, Old

Farm Fairles Thorea 1-The Excursion, etc. Poems of Longfellow, Whittier, Lowell, Bryant, Holmes, Lucy Larcom, Cella-Thaxter, Mary Heltt, Alice and Phoebe Cella Cary, Tennyson, Jean Ingelow, Margaret Estes and Lauriat (Pub.)-The Little

Ones' Annual. Grandma's Rhymes and Chimes Stevenson-A Child's Garden of Verse Frank Dempster Sherman-Little Folk The Children's Garland,

The Children's Treasury, Whittier-Child Life, Ellot's Poetry for Children. Eugene Field-Love Songs of Childhood,

## Washing Flannels.

From the New York Tribune, Regarding the washing of flannels, the first care is that they do not shrink. They should be washed on a bright day and dried as quickly as possible. Shake all dust and lint out first. Prepare two tubs of water as hot as hand can bear comfortably, putting enough dissolved cap in one to make a strong suds. To every three gallons of water allow one ablespoonful of borax or two tablespoonfuls of household ammonia, which, al-though equally cleansing, is more apt to save a yellow tinge. Put the flannels in the suds, and wash by sopping up and down instead of rubbing. Squeeze from this and rinse in second tub, whose water must be of the same temperature. If you like a little bluing this may be added to third tub of water, also of the same temperature. Put through wringer and dry in open air. Before quite dry take in, fold and roll in a clean cloth and iron as oon as possible with a moderately hot fron, depending more upon a good deal of pressure.
For colored flannels have fresh, hot

suds. Never use yellow soap on flannels on account of the resin. Colored calicoes should be washed in warm water, not hot, The ideal way to treat delicate colors or mourning goods is not to use soap at all, but a starch mixture which cleanses and stiffens at the same

## The Turn-Over Collar.

The turn-over inch of linen collar has een fashionable on "tailor-mades" and louses, and the idea is now carried out in velvet and lace. Apropos, chokers are less elaborate even on dressy costumes than they were, but there is still a great ope for original effects.

## An Odd Story.

Ob, bright was the day when they salled BWBY On the matrimonial seaf They were happy as they could be, and from the distant isles in a far-off bay The wind blew strong and free.

Sweet sprays of orange-bloom hung or And the sails of lace were made. While these were the stores, 'tis said: Cream puffs and angel-food, honey and

Kisses and marmalade The spars were silver, the decks were pearl. The anchor a wedding-ring of gold, 'Twas a beautiful craft, I'm told, and life was fair for the slim young girl,

And the husband brave and bold. ut a cloud, alas! came o'er the sky, And a storm on the sunny seas, (All meatphors, if you please) When the husband wished that instead of

They had brought some bread and

And he thought he could manage the tiller best, While she wanted her own sweet way, And yowed that no man she'd obey Of course, they quarreled, and as for the Go ask the ocean spray,

But I heard today (ob, this gossipy place!) That the beach is strewn clear down, From here to the nearest town Vith orange blosoms and tattered lace And bits of a satin gown!
-- Pacific "Town Talk,"

# WHO WOULD BE A GIRL IN GERMANY?

They Don't Enjoy Themselves of All, It Would Appear.

NOT FROM A YANKEE STANDPOINT

Something to Be Read by the Young American Miss Who Is Inclined to Resent Parental Restrictions on Her Social Freedom .- Alas, Poor Fraulein!

How would you girls like to change places with your staid German cousns? You who find life just a trifle dull, despite lawn tennis and golf parties bicycling and walking expeditions, perhaps even an occasional run up to town for a peep at the new fashions and to see the latest success on the boards! You would find a German girl's country life tedious to a degree, writes a orrespondent to the London Chronicle. On the other side of the German ocean flirtation must not be dreamt of. Golf, with its happy wanderings o'er hills and dale, is unknown; lawn tennis, if played with mixed couples, must have strigt chaperons; bleyeling is an all but unfathomed mystery, and a run to Berlin beyond the wildest dreams of the German provincial, whose fondest hopes carry her no further than the earest market town.

The life of the average provincial girl is but at best a state of vegetation-a daily round of little nothings, insignificant and constantly recurring, make up the sum of life. Pleasures are few and far between, and sought almost entirely among her own sex. She is very lucky when she succeeds in persuading her chaperon to take her to the regimental Exercirplatz-of course nearly every little German town is garrisoned.

A shopping expedition in the after noon is an exercise for a further glimpse of the officers on their way to their "casino," where they mess at 5 p. m. This does not forward friendship greatly, for no man would dare to speak to a young unmarried lady, however well acquainted with her he might be, unless she were accompanied by a chaperon.

ONE SOLEMN FUNCTION.

Sometimes the afternoon may be varied by a kaffee klatsch (literally meaning a "coffee clash, or noise")-a some what mysterious term, which describes the affairs most adequately and excellently. A prim little invitation is sent to perhaps half a dozen unmarried girls, who reply with due regard to the strictest rules of a kaffee klatschen etiquette. At 4 o'clock precisely the vis itors arrive. After divesting themselves of hats and cloaks they are ushered into a big, bare and somewhat dingy room of which the principal piece of furniture is a large, funereal, and distinctly awe-inspiring sofa with no softly-cushioned corners or back such as our modern Chesterfield boasts to lure the weary visitor to sinking far in its luxurious depths. No, this is rather a disciplinarian sofa as well as the place d'honneur! On it is always to be found the giver of the entertainment and with due solemnity the eldest and most honored guest is installed by her side. Woe to the unwary foreigner who unwittingly usurps the seat!

Now the fun begins-a bright-faced little Dienstmadchen who probably answers to the name of Doretta, appears carrying the steaming coffee and an array of cakes calculated to strike a chill to the heart of the most courageous sweet tooth. "Baumkuchen, 'Apfelkuchen," "Priaumtorte," und so weiter are handed around until each guest's plate is stocked with a specimen of every kind-it is counted breach of courtesy to decline any one of the collection. The tongues wag fast and furiously, since for once the little German girl is free from elderly supervision, even the young old mais having been rigorously excluded from these gatherings. No sooner is the first installment of cakes and coffee consumed than there arrives as an other course warm custard with compotes and more kuchen. Further relays follow with but little pauses until a quarter before 8, when, as a stirrup cup, the company is invited to take sweet home-made wine. At 8 o'clock, with many expressions of good will and gratitude, the party disperses, and the guests depart and take their several ways home-to bed and billious attacks? No; to supper of uncooked fish and pumpernickel.

## ON SUNDAY.

As on the continent generally, so !r Germany, Sunday is the day par excellence for merrymaking. The quaint little Lutheran church, with its green needlelike spire and handsome majoli-ca tiles and dados, claims attendance but once a day. When service is over all adjourn to the Marktplatz, where the regimental band discourses sweet music to an admiring throng com posed alike of military grandecs, burghers, and tradespeople. Then is the little German girl's heart in a wild flutter of excitement, for Herr von Lieut. Kraussmann may be there, and, since the sun shines brightly and the skies are blue, it is possible that he may ask mamma's person to invite a few young people to a picnic under her protection. A picnic is but a simple matter. A dozen of the officers, perhaps, arrange to walk out of some little restaurant prettily situated in the woods, taking with them a young assessor and rechtsanwalt (advocate) or so. Arrived at the rendezvous, they do their part of the catering, which consists of ordering coffee and chocolate, to be ready at the coming of the ladies. These arrive in a large wagonette, every girl generally being attended by her own special chaperon, except when some more than usually lenient mother has entrusted her daughter to a

neighbor's care. The ladies supply the substantial part of the feast, bringing with them sweet cake and fruit tarts, etc. At the end of this al fresco meal the picknickers rise and stroll generthrough the wood, homeward bound. No delightful little solitude s deux, such as is the custom at English picnics, and no lagging behind are ountenanced by those sternly conscientious German matrons. It requires great dexterity to exchange a whispered word that is not overheard

by those sharp-eared duennas. To conclude the entertainment the vening is perhaps spent in a little biergarten, where, seated on little wooden benches at small wooden tables, ladies as well as men enjoy their sidel

(tankard) of lager. At first it certainly strikes one as somewhat incongru-ous to see a well-dressed, dainty-looking girl lifting a huge tankard with both hands and with much gusto taking a long draught from its foaming

contents. So ends one of the few exciting days in a German girl's calendar. From the biergarten the ladies are ceremonic ly escorted to their homes, and with profound bows, salutes, and sharp clicking of heels the German officers bid adjeut

#### NEW RECIPES.

TO TAKE OUT GREASE.-To take grease out of dress goods get from your druggist a piece of French chalk-with a penknife, scrape off enough of fine dust to cover well the sciled spots, and lay to cover well the solled spots, and lay the garment away carefully for some urs-a day or two, perhaps-then shake brush it off gently. If the spots are ot entirely removed, repeat the process

HICKORY NUT CAKE .- Two cups sugar, one cup butter. Cream, butter and sugar together. One cup sweet misk, four cups flour with one teaspoonful sods, one teaspoonful cream tartar sifted in the flour; one pint nuts, one cup raisins, whites of six eggs; add the eggs last of all. You can omit the raisins and put more nuts in if liked.

ICE-CREAM CANDY .- One cup granulated sugar, one-third cup water, teaspoonful butter; boil all together fifteen minutes. Do not stir. Take from fire, add teaspoonful vanilla and beat till like

TO STRETCH A SHOE .- Put the shoe on, and with a brush dipped in very hot water wet the portion that hurts. Do not teep them on long at one time at first, SHOEFLY PIES.—One cup molasses, one and one-half cups water, one teaspoon of soda, stir altogether and pour in the crust. Have ready mixed one cup of sugar, three of flour, two table-spoon-fuls of butter or lard, mix together and crumb in the first. CREAM TOAST.—There are mapy reci-

s, but if it is to be palatable care must taken to toast the bread just right. Cut from a stale loaf five slices of medium thickness and place them in a hot oven, allowing them to remain until heated through and almost ready to brown; then take them out and brown them quickly over a bed of coals. While the bread is heating in the oven put six tablespoonfuls of thick sweet cream over the fire to scald. Lay the bread as it is finished on a hot dish, spread evenly over it the hot cream, sprinkle over it one-third smitspoonful of salt and send to the

TAPIOCA JELLY.-Wash one-fourth of a pound of taploca in cold water, put it over a slow fire in sufficient water to reach 2 inches above it. Cook slowly, stirring oven to prevent burning. If the water is absorbed before the tupleca is cooked add a half cupful of cold water, a little at a time, so as to keep it moist. When only very small particles, white are visible in the grains of tapioca add one pint of any kind of fruit juice or the syrup from canned or preserved fruit. When this has been absorbed turn the tapicca into a jelly bowl and set on ice. If the fruit juice is not sweet enough add sugar to make the taploca palatable.-Philadelphia Prezs.

#### MOTHERHOOD.

Good-by, little boy, good-by, I had never thought of this, That some day I'd vainly sigh For the baby I used to kise; That into his corner a man would grow, And I should not miss him nor see him go, Till all of a sudden the scales would fail. And one be revealed to me straight and Then I should be startled and sadly cry; "Good-by, little boy, good-by!"

Good-by, little boy, good-by, You are going despite my tears. You can not, and neither can I, Successfully cope with the years; They fit for the burden that all must bear, And then, at their pleasure, they place it

there. I love you, too, but my heart is sore For the child who has gone to return no And deep in my bosom I sadly cry:

"Good-by, little boy, good-by!"

—Isabel Richey, in the Omaha World-Her-

## WHAT IT COST TO DRESS A WOMAN

The Average Expense of Her Clothing for One Year.

THE BILL AMOUNTS TO ALMOST \$300

Of Course Some of the Garments Mentioned in the List Can Be Made Over Next Year, Thus Bringing the Total Amount Down Somewhat.

Jennie Wren, in the Pittsburg Daily Post, gives the following estimate of cost to dress the average business

One business suit ... One dress to be used for office wear.. 15 00 One house gown of dark red serge with ribbon trimmings. Three flannel underskirts, at \$1.25.... One elderdown lounging robe. Three black union suits, \$3 each ....

One heavy pair of shoes for rainy days .. Two pair of medium weight wlater

Two pair of rubbers, 45 cents a pair... Six pair of woolen hose, 50 cents a

patt

One pair of leather leggins ..... One hat for work, wister..... One feit sailor ..... mings One pair of bedroom slippers......

One pretty silk waist 

One dozen handkerchiefs, 25 cents

ne mackintosh Heavy storm umbrella..... One medium-weight silk umbrella A pretty little toque for theater gloves

Eight shirt waists for the summer, \$1 each .... One white flannel outing dress with

blazer for summer wear .. One pretty challi house gown with ribbon trimming . One wash dress of lawn and lace .... One wash dress, plain blue gingham, with belted waist. One pink gingham dress, with em-broidery garnishings. One white Swiss dress, with white valenciennes lace trimming

One large shade hat, with flowers heaped on ..... One straw sallor One white straw sailor for light dresses One good hat for "dress up" affairs. extra fine shirt waist for special occasions .....

Two summer wrappers, one a dotted lawn and the other plain ...... One plain blue silk sunshade..... One white silk shade ... Nine night gowns, 75 cents each. .... Four short underskirts, 50 cents each Four white top skirts, \$1 .....

Undergarments
Six corset covers, 50 cents each..... Six Cheviot skirts, for rough wear, 0 cents each .. Six pair of lisle thread stockings, 50 cents a pair......ne pair of fine shoes, \$5......

Ane pair of ties ... One pair of white Oxford ties, for One pink and white striped dress, trimmed with lace ... One dozen turn-down collars, 121/2 Eight pairs of cuffs, 25 cents a pair...

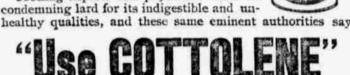
One pretty yoke, for wear with wash Six gauze vests, 50 cents each. Four neckties, for the waists, 25

2 00

#### cents each ..... Total ..... . 8270 15

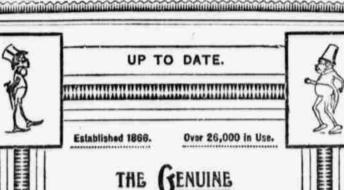
Marion Harland says:

"Lard unadulterated is less wholesome than vegetable oils, and absolutely pernicious to most stomachs."—National Cook Book. Cooking experts and physicians unite in



that pure, healthful vegetable food product. Containing only refined cotton-seed oil and choice beef suet, Cottolene is wholesome, nutritious, and easily digestible.

The genuine is sold everywhere in one to ten pound tins, with our trade-marks-"Cotto-lene" and steer's head in cotton-plant wreath—on every tin. Not guaranteed if sold in any other way. Made only by THE N. K. FAIRBANK COMPANY, St. Louis. New York. Montreal. Chicago.



THE GENUINE



At a time when many manufacturers and dealers are making the most astounding statements regarding the merits and durability of inferior Pianos, intending purchasers should not fail to make

critical examination of the above instruments. E. C. RICKER

General Dealer in Northeastern Pennsylvania. New Telephone Exchange Building, 115





Putting the baby to bed is the good-night joy of a hap-py day to a healthy mother. Many mothers delegate this motherly duty to a nurse. mothers hardly see their baby the live-long day. This is not because they er-love or the nat-ural impulses of a womanily woman.
It is because of
their own illhealth and broken
nerves, and because baby is also
sickly and peevish.

This unfortunate state of affairs might have been avoided had the mother, during the period of expectant motherhood, taken the right care of the delicate organs that make maternity possible. A woman should al-ways keep these important organs well and strong. Her own health and that of her

strong. Her own health and that of her child depend upon it.

The best medicine for prospective moth-ers is Dr. Pierce's Favorite Prescription. It makes healthy and strong the organs that makes healthy and strong the organs that bear the burdens of maternity. It cures all disease and weakness. It makes comfortable the period preceding motherhood and renders the advent of baby easy and nearly painless. It insures a healthy child. The pains and suffering that women endure, as a result of weakness of the distinctly womanly organism, vanish under its use. All good druggists sell it. There is nothing else "just as good."

"I want to tell you," writes Mrs. N. A. Thomas, of 400 Pullaski Street, Little Rock, Ark., "that my daughter, Mrs. Lawrence, who lives in Texan-kana, Ark., had been under the doctor's care for four years. I lately sent her word to try the medicine which cured me, Dr. Pierce's Pavorite Prescription, and I have just heard that it has done her more good than all the doctors."

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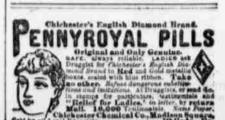
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