



## Her Special Realm

### Two Sides of the Case.

When I urge our women readers to acquaint themselves with the questions of the day in governmental as well as in other affairs, I appeal as a last resource to their self-interest—that it would be to their personal advantage to "read, mark, learn and inwardly digest" the news of the times and form and express opinions thereon. And then I point to the selfishness of people in general and appeal against it.

No selfish life, no thoughtless life, no idle life can be honest. All those who are making no return to the country for the benefits received—protection, education, opportunity—are defrauding the land.

### As to Proper Breathing.

If you want to be fully developed, with an easy grace of motion that tells of the perfect control of every muscle, then take to rhythmic breathing. It will make a new woman of you. The hollows in your cheeks and your neck will fill up as if by magic. The increasing heaviness of your walk will disappear. You will acquire a complete command of your body.

Any flatness or angularity comes from breathing with only the upper part of one's lungs. Double chins and other deformities are due to the same causes.

A clever lady doctor advocates the corset, though she deprecates tight lacing, says Woman's Life. She believes the support helps to educate the muscles. Support where it is needed, no constriction, good food, plenty of fresh air and a complete understanding of how to breathe properly would result in something very nearly approaching absolute physical perfection.

### What Parents Should Guard Against.

Love, faith and confidence should be developed and made permanent in every home. It is a sad day when a child loses faith and confidence in father or mother, and when he can point to the time when he was disappointed and deceived by those in whom, above all others, he trusted.

Children naturally believe that what father and mother say and do are right and true, and no parent can afford to forfeit such implicit trust. Parents should zealously guard their words and actions in this respect, and by so doing they will be able to exert a healthy moral influence which will be to their children in after years a safeguard against impending disaster, says an exchange.

As early as a child can understand anything, his first impressions of his parents should be a trustful confidence. This is the secret of his future self-control and the power by which parents can exert an influence which shall determine very largely the physical, mental, moral and spiritual character of their child.—Indianapolis News.

### Blue Tulle Screens Beauty's Face.

Vells are in a transition state, certain hues rapidly going under the ban, while others are coming into favor. Of one thing be certain—black is doomed. So are white and rose color. Beauty is studying lights and shades more assiduously than ever. Paris, as usual, is in the lead, and all good New Yorkers who hope to go to Paris when they die are following it closely. The dames of the gay capital wear in velling hardly anything save pale blue tulle, and French women living here are paying the new idea the sincerest compliment. Madame Jusserrand, for example, wears tulle of that hue entirely, and one of her vells is a work of art. It is cut in circular fashion, with a frill of the same shade, giving that bunched effect so much desired. Over the whole a golden spider web has been woven so delicately as to look more a shadow than a reality. Other vells of the witty French woman's show silver threads and are fully as effective. The shaded red veil and the hideous greens and purples are making way for the faintest fashion in blue, at least among the wearers of imported goods.—New York Press.

### To Read Aloud Easily.

The demands on the mother in the way of reading aloud to the children often become quite a serious tax on the strength, and especially if she has not learned the methods that best economize effort in this direction. Yet it is possible, with a little care, to minimize the effort of reading, so that the entertainer can proceed for a long time without weariness.

The public singers, speakers and actors have, for self-protection, to understand and practice the art of using their powers with the least wear and tear; otherwise their work would be impossible. Those who are expert in their line utilize every artifice for their labors. For this reason they can endure public entertaining that would speedily weaken or kill those who are untrained in the methods of saving themselves.

The first thing to recognize in preparing to read aloud, for prolonged periods, is the necessity of breathing correctly and easily. This means deep breathing, so-called; that is, from the diaphragm. It is well to practice this for a few moments daily in pure air, either sitting or standing. One should persevere until conscious of using the whole lungs. By correct and deep breathing, the strain of reading aloud for long periods will be

greatly reduced. The voice should be placed against the roof of the mouth, which is the natural sounding board.—New Haven Register.

### Woman Jury Quits.

Christiania newspapers are much excited over the recent strike of three women jurors, for in Norway, it seems, women are admitted to almost all public offices. At the beginning of the proceedings one day these women surprised the presiding judge with the declaration that under no circumstances could they take part in the examination of the witnesses, alleging as a reason that among the cases on the calendar was one calculated to offend their modesty. After conferring with the public prosecutor the judge adjourned the session and ordered that the three vacant seats be filled by men. The daily press has severely criticised this method of settlement, on the ground that the judge had no right to exempt from duty regularly elected members of the jury because of any such reasons as those alleged, and it is further noted that at the time the question of admitting women to the judiciary arose the leaders of the woman movement laid particular stress on the advantage to the female judge or juror of her feminine delicacy in moral questions. The organs of feminism do not admit the soundness of this reasoning. They say that the sensational strike of the three jury women was due solely to the ungentlemanly conduct of their male colleagues, and that, instead of filling their places with men, the judge should have discharged the men and filled their places with women. They even go further and say that the judge and public prosecutor should have declared themselves incompetent and transferred the case to a court composed exclusively of women.—New York Tribune.

### Mayor Weaver's Secretary.

A precedent in the history of Philadelphia has been created by Mayor Weaver in appointing Miss Margaret Forderer to be his private secretary at a salary of \$3000 a year. Miss Forderer had been Mr. Weaver's stenographer for six years, and her familiarity with the work of his office led to her appointment upon the resignation of George A. Welsh, who gave up the secretaryship to become assistant district attorney.

Although Miss Forderer has held her present position for only a few days, she has already, it is said, proved her entire fitness for it. She knows just how to soothe the ruffled feelings of the fuming, fretting citizens who have to await their turn to see the chief executive and how to lighten their regret if they fail to see him.

"You see," she said, in an interview, "I feel quite familiar with my new duties because I have known Mr. Weaver so long and have been in the office here since the beginning of his administration. I know pretty nearly everybody here, and I can tell instinctively just who should be permitted to see the mayor and others who could come just as well some other day. So many who call really have no need to see him at all, and I can readily direct them properly. I appreciate the responsibilities of the position, and I shall try to fill it acceptably to the mayor and to all others."

Miss Forderer is said to be only 22 years old. She is an attractive young woman, with golden brown hair and gray eyes, and on her first day in office she wore a blue broadcloth skirt with a short sleeved white shirtwaist.

### Fashion Notes.

Black and white is as charming a combination for winter as for summer wear.

Dressy bodices are made almost invariably with very full elbow or three quarter sleeves.

The chemisette is now a necessary part of the hand-embroidered set of accessories for the colored waist.

The fluffy arrangement of the hair about the brow now in vogue is much prettier than the stiff high pompadour of a few seasons ago.

Most delightful combinations for long coats for daytime wear are those of dark cloth, green, blue or brown, with linings of soft, dark fur.

The novelty above all others modish, are the ribbon bands for wear about the top of the collar, studded in rhinestone designs, set in silver.

Groups of embroidered grapes, leaves and tendrils, highly conventionalized, form the heading for a deep graduated flounce upon a dainty gown.

A narrow graduated ruffle attached to the bodice at the line made by the edge of the square chemisette is a new note on some of the late bodices.

Slender girls welcome the dainty plisse bodices, for they are extremely becoming and develop beautifully in the soft thin materials now so much in vogue.

Nothing more charming can be imagined for the decoration of a simple cloth gown than an arrangement of spangles or paillettes above a velvet hem.

Turbans trimmed so lavishly with ribbon as to appear like animated plaid bows when a side view of the wearer's head is obtained, are among the most stylish as well as appropriate hats for tailored costumes.

## The Pulpit

A SERMON BY THE REV. IRA W. HENDERSON

Subject: Representing Christ.

Brooklyn, N. Y.—Preaching at the Irving Square Presbyterian Church on the theme, "Representing Christ," the pastor, the Rev. Ira Wemihill Henderson, took as his text John 13:34-35. "A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are My disciples, if ye have love one to another." He said: "This, to my mind, is one of the broadest, most far reaching, most widely inclusive of the moral duties that our Lord has made obligatory upon those who wish to enter into the Christian life.

The time and the scene are familiar to us all. The Supper is over; Christ has washed the feet of His disciples; the betrayer is named and departed upon his errand of shame. The end is very near. A few hours and Calvary.

With the knowledge of His approaching suffering weighing heavily on His heart, the Saviour, with a more than kingly courage speaks His words of comfort and command. Only eleven men, and they soon sorely to be tried, hear the melody of His voice; but to our hearts He speaks to-day, with those same kindly yet authoritatively tones with which He swept the faithful, fickle, strangely human souls of that little band to whose ministry we owe so much.

This "new commandment" that our Master enjoins upon the disciples demands equal obedience from us. In it is embodied the essence of the whole moral law. To be true sons of the Father we must exemplify in our own lives those very qualities of love and of lovelessness that are the secret of the Saviour's draw men, everywhere and at all times, and Hisself. With our every thought and word and act must we represent the Christ. With all our moral and spiritual forces, given to us of God and dedicated to His service, must we represent the message of salvation.

Let us look for a moment at the character of the love which Christ demands of us who would serve Him. Trust Him, either in degree or in kind, Christ asks of us; the same ideal love that He spread wide about Him whithersoever He went. "Even as I have loved you," so shall ye love one another. "Not a simple comparison, but a conformity; the love is to be of the same nature," the commentators tell us. Thus we see, that, in short, we are, in our love, to be Christ-like. No mere sentimentality, no passing fancy or passion, is this love of which the Christ is typical. It transcends and includes all our personal passions. All the heart's emotions are at their best when, the love of Christ reigning within us, they are expressions of that altruistic, world-including affection which the Nazarene calls forth. The influence of the Christ makes for greater beauty in all the gardens of the soul. Everywhere in life we find it to be so. The gentle light that glances from the mother's eye becomes a holy, steadfast glow when once the power of the loving, living Christ is felt within the soul. All love that is worthy of the name is beautified, enabled, sanctified by the incoming of the Spirit of Almighty God, the Comforter from Christ. The Christ life without the Christ love cannot be. The life implies the love. The incoming Christ, compels us to give love; and only in the measure that we pour out our love upon our fellow men do we live truest for Christ and closest to His side. Thus, we see that, in essence and in sum, our love as Christian men and women must measure true to the character of the love which was in Jesus Christ Himself.

A cursory examination of these words of the Master would lead the reader, perhaps, to conclude that this love that the Saviour showered upon His disciples and to which He bade the eleven to conform was to be confined in its application to themselves only, or at best to those who would accept the Gospel and its messenger. To be sure, there is a mighty element of truth contained even in this limited view. Christ did mean and does mean that Christians should practice all the arts of love within the circle of those who have heard the call and have answered it. Perhaps it would be better, not perhaps, but certainly it would be best, for the Christian household of faith, individually and collectively, to make effective in their lives the highest principles of ideal love laid down by Christ. But as we read closer and enter more fully into the mind of the Master we see a deeper and a grander message in these parting commands. Listen once again to His words: "Even as I have loved you." Do you not see the great, world-wide principle lying just within the shadow of the sentence? "Even as I have loved you." And how had He loved them? Moses, you know, brought the children of Israel up from the torrid lands of bondage, up to the confines of the land of Jehovah's promise. And the name of Moses is held in reverent memory by the host of that scattered people of God everywhere to-day. But this Christ, this despised Nazarene, had found these men struggling not only with unwholesome economic and ecclesiastical conditions, but with inner and spiritual distress. True to the purpose and motive of His life Christ had given them the way unto spiritual salvation and, with it, the means to the cleansing of the entire civil life of the world. He had come down from the Father's house beyond the immeasurable blue and, taking upon Himself the burdens and the sins of human kind, had started these men out upon the sun highway that leads to spiritual brightness and all temporal joy. He had found them in deep darkness and had shown them the light. There was no question in Christ's mind as to the depth of their philosophy, or as to the bulk of their purposes, or as to the fit of their

clothes. He did not inquire, so far as we have record, into their ancestry, so to be sure that they were worthy to be in the social set of one who was of the line of David. Ah, no! Christ took them, one and all, at their face value—as men and sinners. He saw in them only men waiting and longing for the touch of a loving hand and the comfort of a sure salvation. He called them and they left their work, their families and their friends, and they followed where He led. And, as they followed, He taught them, and He showed them how, by the power that He alone could give, they might work social and spiritual miracles and transformations in their own lives and also in the lives of other men and of nations. And, withal, He loved them with that mighty, godly love where-with none other had ever loved them before. Such was the love of Christ to His disciples. Such was the character of the affection, in the broadest interpretation, that He lavished upon them. Such was the love which, in its fullest application, He wished them to manifest to all men. He had loved them as sinners. They must love other men in sin. He had dealt kindly and patiently and with all forbearance with them. They must do the same with their fellows. To be sure, they were to strive for harmony among themselves at all times that they might be known and read of all men as His disciples. Only thus could their teachings gain or retain a merited respect. But the wider expression of the love of Christ that was spread abroad in their hearts demanded, as it demands to-day, that they look upon all men in sin, as well as upon all Christians, as brothers—and love them.

But, I hear some one ask, suppose Christian men to-day do love, specifically and generally, as Christ commanded that the disciples should love, what then?

That is just the point that I wish to consider. This command of Christ, in its application both to the Christian and to the other, faithful and to the world of men in sin about him, is just as imperative upon us as it was upon any of the eleven. And the outworking of that Christ principle in all the departments of human activity will ensure the final solution of all difficulties that now perplex and distress us and the consummation of the Kingdom of our Lord. It is so perfectly easy and so very simple that the ease and simplicity of it all astound us. We have become so accustomed to think of our problems as exceptionally hard to solve. We seem to take much joy to assure ourselves of the almost insurmountable difficulty to set the world right with the eternal plan of God. We would much rather, so it would seem, that the whole matter remain complex. We think, perhaps, that God will be easy or us if we fall in a difficult task.

Beloved, it is difficult, it is well-nigh, yea actually, insurmountable, this sin in the world, when squared to the possibilities of our own unaided powers. But did we open our hearts wide toward Heaven once, and let the power of the Spirit of the living Father fill us to the full; did we but empty our Spirit-filled hearts in love upon our fellow men; did we but put into action once this simple plan of God toward the rehabilitation of the world, we would learn, and that quickly, what are the possibilities of the power that cometh from on high. And the only way to rectify the results of the spiritual, moral, economic and political sins of this world, individual and social, is to let the love of God fill you and through you the world of men about you. This done, the task is light, for our basis of action is changed. We no longer rely upon the wisdom of the philosophies of men and their theories, but we clutch tightly to the power arm of that Ruler of us all to whom all things are possible—and we seize the first thing first.

Now this command of Christ to love one another even as He has loved us, is imperative. It is mandatory and not permissive. If we would be good Christians of full and regular standing in the household of faith we must obey. It is not for us to decide whether or no in our case the law shall be valid. Christ commands, and only by obedience to His demand do we so live that all men shall know that we are His disciples. The test of fidelity is in obedience. Lip testimony is judged by fealty in service. Some one has said: "What you do speaks so loud that I cannot hear what you say." It is this central fact that Christ recognizes when He commands a loving ordering of our outward life. We are Christians, but do we live the life of love?

These words of Christ should come home to each of us with more than usual force at this season of the year. Christmas is over; shortly we shall be face to face with those sadder days which are so full of memories of Him who, for our sakes, suffered even ignoble death. It is fitting that we should re-dedicate ourselves to the work that He so dearly loved. In His own good Providence God has seen proper to make use of us to redeem the world. It remains for us to decide to co-operate with Him and to do good work for the kingdom. Shall we put our shoulders to the wheel or shall we add weight to the load? Shall we not drink deep at the fountain of God's love; shall we not be messengers of His healing love unto this weary, sin-crushed world?

Only as we breathe the Spirit of His love do we represent Him. Let us open then our hearts both God-ward and man-ward; and fill the world with Christ's uplifting, sanctifying love.

"A new commandment I give unto you, that ye love one another; even as I have loved you, that ye also love one another. By this shall all men know that ye are My disciples, if ye have love one to another."

### The True Church.

There are some few churches left to show the type to which all churches must return. Next to the home and the family the true church represents to its members helpfulness, sympathy and every gracious and homelike virtue.

Heavenly activity is fruitless without heavenly attributes.

## A NEW BRITISH MILITARY EQUIPMENT.



The entire equipment, invented by Captain Henderson, who served with "Kitchener's Scouts," can be put on in less than a minute. It consists of pouches to hold 120 or 240 rounds of ammunition, bayonet, haversack, coat and water bottle, boots, leggings and spurs, and can be adjusted to any rank or branch of the service.—London Black and White.

## COOKING WITHOUT FIRE.

BY GEORGE J. JONES.

The fireless cookstove is not exactly a new thing, for its economies and conveniences have been known to the people of an out-of-the-way portion of the German Empire. Only a year or two ago some ladies of that country had their attention attracted to the fireless cookstove, and they became so interested in it that an organization was effected for the purpose of making the women of the country generally familiar with it. In this manner one of the United States representatives in Germany heard of the scheme, and reported on it. This attracted general attention in this country, and the supply of Government pamphlets was soon exhausted.

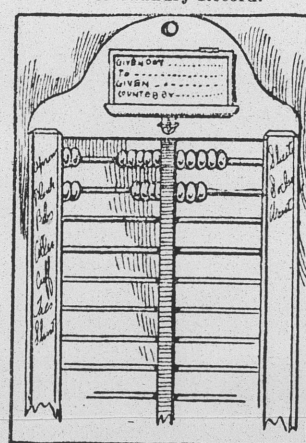
The system is based on the fact that a perfectly insulated vessel containing the hay box be experimented with by the Commissary Department. This was done at Fort Riley, Kansas, under the direction of Captain M. S. Murray with the assistance of Latrobe Bromwell, instructor of the school of army cooks at that place. These experiments were very successful, and the scheme was heartily indorsed. A box suitable for army use has been designed, and it is likely some great changes in the conduct of the company kitchen are about to be made.

This method of food preparation has been recently made available for domestic use by the introduction of the cooking cabinet. In the main this is nothing more or less than a well-constructed box of oak, thoroughly insulated to keep in the heat. It is thirty-six inches long, fifteen wide and seventeen deep. It is equipped with three enamel vessels of a construction especially designed for this character of work, having covers which are clamped on to further facilitate the retention of the heat. The lids of these vessels are held on by a revolving bar-lock taining meat or vegetables and a proper supply of water will continue

eight quarts capacity, and the other two four quarts each. After the viands in the kettle have been exposed to the heat of the stove until boiling has taken place for a minute or so, the lid is clamped into place, and the whole pot transferred to one of the pockets of the cooker.

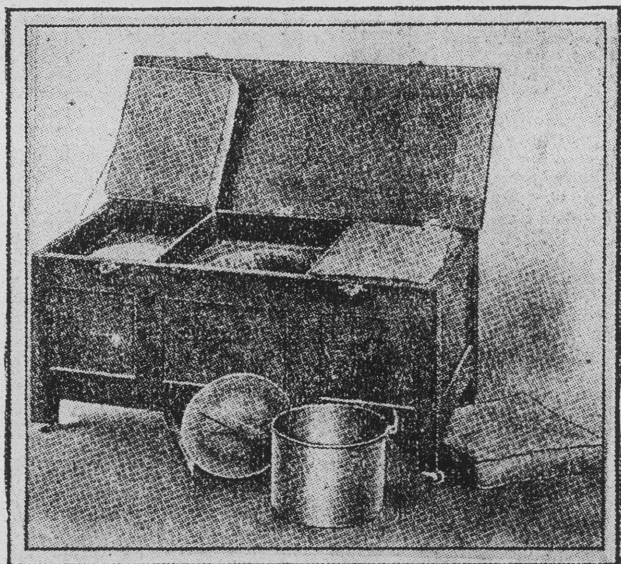
The actual time consumed in the preparation of food by this process is about double that ordinarily required, but the food may be left in very long and will not be overdone. The saving of fuel resulting from the use of the cooker is considerable, and the burdens of the housewife are about halved.—Scientific American.

### Novel Laundry Record.



### Metal to Replace Nickel.

A new metal called momei, which is expected to cause something of a stir in the industrial world, is being produced at the works of the Canadian Copper Company at Sudbury. It consists of a compound of copper, nickel, iron and one or two other minerals which are found in the district, and its importance lies in the fact that it is much less costly than nickel, is less liable to rust and will



LATEST FORM OF THE FIRELESS COOKER.

to cook for a long while after having once been brought to the boiling point. The operation of cooking proceeds just the same as if it were directly over the fire, except that it is much slower.

This apparatus was known as the hay box in Germany, and consisted of a crudely constructed box, which was insulated in that it was lined with some cloth or other material which happened to be convenient and then filled with hay. The article to be cooked was placed over a fire for a short time, a minute or two, and then quickly transferred to the hay box, where it was placed in a sort of pocket made in the hay. Here the cooking continued slowly without any further application of heat or any attention.

The subject was called to the attention of the President, and he directed a device, which not only makes a hermetically tight joint, but also acts as a handle. One of these vessels is of

serve all the purpose that is served by that metal in the industrial world.

The new metal is said to be of equal ductile strength with nickel and to possess all its other essential qualities, but it is not claimed that it would serve the purpose of nickel steel used as armor plate.—American Metal Market.

### Individual Cup.

The latest design of individual communion cup sets include a chalice provided at its bottom with a multiplicity of apouts by which it is possible to fill several dozen cups in one operation by simply placing them in a tray which contains a separate ring or holder for each cup.

Some scientists believe that North America was in contact, during prehistoric ages, with Africa and with Europe, the former connection coming first.