

Woman's Realm

Feminine Preference.

It is doubtful whether any woman to-day would be particularly elated at hearing herself vaguely labelled as "charming," says Ladies' Field. She prefers to be known instead as "a good sort." The former to her mind is an illusive term, signifying the approval of elderly relatives, while the latter implies affectionate toleration on the part of the eligible man.

To Be Pretty.

If you are employed in an office or factory, try to make it a point to open the windows and thoroughly air the room two or three times a day.

Stand straight, hold your shoulders back, and give yourself a chance to be a healthy woman.

Don't be afraid of water. Drink plenty of it, and take as many baths as you can. Learn a few physical culture exercises and practice them night and morning, says Woman's Life.

This may all sound rather uninteresting to you, but if you follow these few suggestions you will be healthier, happier and better looking.

Don't Worry.

Be absorbed in a work of moment to others, to the world, and our own small, petty pygmy concerns lose their overweening importance.

A young newspaper man home from a night with a metropolitan daily found his mother upset over some domestic catastrophe. He sympathized with her distress, but could not take her tragedy to heart. "Why, down at the office," said he, "if we made mistakes, 300,000 people would be without their morning paper. There are only half a dozen of us at home here to suffer by this. Come, you make too much of trifles." So, when we take the larger viewpoint, our own tiny private personal pains will pale away by contrast.

Dishes of Left Overs.

This is a family name for bits of mutton, lamb, or veal which are too ragged to be served in any other way. They are first passed through a chopping machine and then mixed with an equal quantity of cold rice (boiled) and seasoned with pepper, salt and curry powder and with a little chopped parsley or celery if it is at hand. Form into small cakes or croquettes, using a raw egg to hold them together, dip in egg, roll in crumbs, and fry in deep lard. And cold, cooked cereal can be used instead of rice, although rice seems to lend itself to curries with peculiar appropriateness.—Mary Taylor Ross, in Pictorial Review.

Pretty Wives Become Plain.

One reason why the average woman wears out and grows old and plain is that, through a mistaken idea of duty, she lays out for herself at the beginning of married life a scheme of duty of which every hour is filled with work.

This she follows religiously for years, feeling that she has done her duty. She, however, soon becomes merely a machine. Can any woman keep brightness, originality of thought, or even good looks, with such a life? And, without those things, how can she keep her husband and children full of loving admiration? says Health.

Constant association with others of her own age, with her children and their friends, and an occasional period of recreation, is what the average woman requires to make her attractive.

The Voice Culture.

To practice deep breathing, draw in the air slowly, easily and fully. When you have filled all your breath in for a few seconds, then slowly and steadily breathe out through the nose, and keep your lungs empty for a few seconds before another inspiration. The muscles of the body which the will does not directly control, like the heart and the respiratory organs, work rhythmically. Therefore, in breathing, do not gasp and hurry, and change your pace every minute. To practice the right method, hold yourself, sitting or standing, in a natural, erect fashion, with your head raised, throat free and arms hanging loosely. Do not practice within an hour after meals, and if you get dizzy it is a sign that you should stop. Mouth breathing causes the nose to become eventually blocked up through disuse. This has its effect on the voice. Resonance and intensity are lost because the sound which should ordinarily pass through the nose is deadened.—Home Magazine.

Beautiful Complexions Acquired.

Exercise in the open air is one of the things necessary to all those who would have fine complexions, but this alone is not sufficient. Air is good, but we cannot live on air alone. If the diet and digestion are bad, the complexion will suffer, no matter how much fresh air is taken.

One of the articles experience has found useful for the complexion is fruit. The juice of fruit and its laxative nature help to keep the system clean internally and prevent the ac-

cumulation of worn-out matter, which, "lodging" in the skin, give it an unwholesome appearance.

Some fruits are highly nourishing, while others are appetizing, and nearly all are purifying. Grapes and apples are among the most nutritious of fruits; grapes especially are easily digested, and usually agree with even the most delicate stomach.

Raw or baked apples with cream are excellent to most persons, while ripe peaches in their season are good and easy of digestion.

Oranges, limes and lemons are rich in acids, and of value in improving the complexion. With many persons a couple of oranges eaten before breakfast furnish a panacea for inactivity of the bowels, which is one of the common causes of a muddy and dingy complexion.

In eating fruit do not swallow it unchewed, nor the large seeds or skins. Generally it is better to take fruit in the morning. Juicy fruit often agrees best when taken two or three hours after breakfast as a drink. Sometimes, if eaten with potatoes or vegetables it produces flatulence, because it has to lie in the stomach till these articles are digested. Also, stale fruit is not to be eaten at any time.—New Haven Register.

A School of Repose.

A school established for the express purpose of training girls in repose is one of the striking ideas put forth by Annie Payson Call in her new book. After noting the different part which athletics play in the man's and the woman's college and the relatively much greater nervous strain under which the women work, Miss Call goes on to develop this idea:

"The greatest physical need for women is a training to rest; not rest in the sense of doing nothing, not rest in the sense of insanity or inactivity, but a restful activity of mind and body, which means a vigorous, wholesome nervous system that will enable a woman to abandon herself to her study, her work and her play with a freedom and ease which are too fast becoming, not a lost art, but lost nature."

This "rest" school would aim at once to eliminate the "no-time" hurry, the next reform would be so to arrange the daily work that there would be a marked system in the alternation of studies. A body and mind, to be wholesome, must be trained to action and reaction, not action and inaction.

The author would begin this work with physical training, including a training of the voice. Quiet, deep breathing all through the class work, exercises for suppleness, some of them very rapid, followed by motions for finer balance and for spring, would constitute the chief physical work necessary to train a woman to rest. After she has acquired that, she must learn "the normal use of the real power as it grows. No woman has the natural spirit of repose who, finding she can attend to particulars with increasing facility, crowds her life in general."—New York Tribune.



NEWEST FASHIONS

Two inches from the ground is the latest decree regarding the walking skirt.

Taffeta bands edged with chiffon ruffles cross surplice fashion over the vest of lace.

The heavy laces are preferred for underwear just now, Cluny standing in first place.

The natural colored linens are exceedingly fashionable as trimming for the white linen suits.

One of the prettiest possible waists to wear with a dark suit is that of chiffon cloth matching in color.

If the dress is cut princess, it is highly essential to its fit that the slip beneath it should be princess, too.

The hat that is lifted at the side is always becoming, and we are to have many of them the coming season.

One broad strip of silver mesh appears plain silver by any light but one, when an exquisite violet design is seen.

All manner of flowers are represented in handsome necklaces by the various colored stones, set in delicate mountings of gold.

Beautiful imitations of fuchsias, grapes and iris are wrought by the manufacturing jeweler into lovely necklaces and brooches.

Flowered ribbons have the widest range of uses from edging the fancy pin cushion to the dressing sacque, and from forming girdles to boleros and petticoat ruffles.

The low coiffure is especially pretty for evening wear, and more becoming to a young woman than one in or beyond middle life.

The Pulpit

A SERMON BY THE REV. IRA W. HENDERSON

Subject: Jesus the Preacher.

Brooklyn, N. Y.—Preaching at the Irving Square Presbyterian Church, on the theme "Jesus the Preacher," the Rev. Ira W. Henderson, pastor, took Mark 2:2, "And He preached the Word unto them," as his text. He said:

The share line between preaching and teaching is very hard to draw. The preacher who amounts to anything at all ought to be a good teacher, instructor of men. It does not necessarily follow conversely that a good teacher will be as ready when preaching is the need. But the preacher must be a teacher does he wish for success in the sowing of the Gospel seed. He who would be an influence for and toward God must be able not only to declare to men what is the way we should live that we may attain to eternal life, but also he must be able to unfold to mankind how we may find the way and keep to its middle on the march toward heaven.

But let us drift from the theme in hand, let us to the point. Jesus was the greatest preacher the world has ever seen, and He stands today as the Master and the inspiration of all those who would tell His truth. Glorious as are the messages of the prophets to their people and their day, and rich as are the utterances of the long line of spirit-filled men, who have since Christ preached the Gospel of God unto men, Jesus yet holds the premier place as the mightiest message-giver of them all.

Let us for these minutes, while we are here together, glance at several salient qualities in the preaching of Jesus which commend Him to us. Let us not waste our time in speculation over the sort of gestures Christ may have used or the oratorical powers we may conceive Him to have possessed. Let us rather get down to the kind of gospel He preached, and to a constant and conscious awareness of reaching-force in it, which have so captured and held the attention and the lives of men throughout these many years.

First and foremost Jesus preached the Gospel—the good news to men—that men could be saved from sin through the everlasting love of the Father. Knowing that sin is the deep and engrossing gulf of life, and knowing also that the desire of men when at their best is to escape from bondage to sin, Jesus wasted no time over non-essentials, secondary or inconsequential things; but came straight to the point. Jesus took no time to prove the existence of God—He took that fact for granted. Christ spent no moments to make it clear that sin really does exist, that He really stands in the presence of every normal man. Jesus asked no man whether or no he was hungering or thirsting for a sure salvation from sin, but rather gave the Gospel straight without question. Repent and believe and follow. These are three of the great words that Jesus sent to the hearts of men: "Turn away from evil unto God and humble yourself in His presence, asking pardon for your sins." Mine is the revelation of the Father in all His fullness, which is able to lead you out of death and bondage into freedom, light and life. "Follow after Me, do as I do, act as I act, walk as I walk, think as I think, love as I love—for I walk in the similitude of our Father—and then shall ye grow from grace unto grace. These are three of the mighty words of Jesus to sinning men. And they are the essence of the Gospel. No philosophy is deeper than the Gospel, no story is more simple, no truth more full of power. And it is because the Gospel meets and administers to the deepest need of men that it is to-day as ever the predominant influence in our world. Because it shows hope of escape from sin in His presence, asking pardon for your sins. Mine is the revelation of the Father in all His fullness, which is able to lead you out of death and bondage into freedom, light and life. 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