

# WOMAN'S WORLD.

SOME GOOD ADVICE TO MOTHERS UPON A VITAL SUBJECT.

Hints to Women Bathers—Justice For the Summer Girl—Women and the Supreme Court—Mary Hallock Foote—Changed Dresses at the Races.

There are many parents who seem to have no realizing sense whatever of the proper diet for children. They give them whatever they happen to have at hand, or what is much to the same purpose, anything they cry for. The infant mortality of the country is something awful, when one considers it. Hundreds of thousands of children die every year, many of them from the effects of injudicious feeding alone.

In hot weather children should be carefully watched and never permitted to touch articles of food that are at all questionable. A little perfectly ripe fruit, either with a little gruel or other suitable diet, should be given. If a child is at all delicate or the digestion seems to be at fault, cooked fruit may be given. This is eminently safe and always reliable. Use as little sugar as may be in order to render the sauce palatable, and carefully select the kind to be given. Cooked strawberries and blackberries, with the seeds strained out, are excellent and may be eaten freely. Raspberries are usually safe to give without cooking, provided they are perfectly ripe and thoroughly washed. Very acid fruits are not to be given to young children. The reason for this is that, being largely on a milk diet, the acid in the fruit makes a thick, tough curd in the stomach, which, in many cases, it is impossible to digest. Oranges disagree with a great many persons, and although they are almost universally recommended for children the utmost care should be observed as to whether they disagree, for there is probably no form of indigestion so distressing as that produced by oranges. Pineapple has upon some persons a somewhat similar effect, only usually less severe.

There are many persons who are opposed to the use of meats, especially in hot weather. It is, however, safe to say that properly made soups and a small bit of well cooked meat cut into tiny shreds and thoroughly masticated can do no harm to delicate children and often produce the happiest results.

There is in many vegetables an element that, in itself harmless when it exists in the digestive organs in any quantity yet furnishes nutriment for a deadly germ. This germ will not flourish unless this substance is present. Vegetables of various sorts are specially productive of this element; therefore the best authorities on cholera and kindred diseases have found it necessary to restrict the use of certain vegetables in extremely hot weather. Whatever is given, however, must be thoroughly cooked and should be kept as completely excluded from outside air as possible. If children are feverish, cross and unmanageable, it is well to try a diet of gluten bread and carefully prepared broth or soup. The meat should be perfectly fresh and cooked a long time. Vegetables may be added, but should be strained out before the soup is served. Milk, if there is any doubt about it whatsoever, should be sterilized before using. All utensils used for cooking children's food ought to receive the most rigid inspection, and no question should be allowed as to their perfect cleanliness. Few people realize that a dish of milk standing in a tainted ice-box may in a few hours collect disease germs enough to poison an entire family, and, while the robust constitutions of adults may be able to resist the poison, delicate children succumb to it.

It is not necessary that a child's diet be extremely varied. It is much better to restrict it during the hot season to certain articles that are known to be easy of digestion and to make dietetic experiments at other seasons of the year, if they are made at all.—New York Ledger.

## Hints to Women Bathers.

Do not place too much trust in buttons and strings. Re-enforce all fastenings by safety pins. You will enjoy your bath much better if not oppressed by a conviction that when you leave the briny deep for the beach your stockings will be a wad of wet cloth around your ankles.

When the eventful moment arrives when you are ready to open the door of your bathroom and appear before a critical company, you will probably be seized with a distaste for your costume. You will long, quite absurdly, but nevertheless strongly, for long akirts and sleeves. Remember that such crucial periods that matters will not be improved by delay, and that the best place in which to hide your abbreviated draperies is in the water, not in front of the bathroom door.

Brown locks or golden done up in coquetish knots are pleasanter to look upon than oilskin caps. But salt water plays havoc with coquetish knots. Unless you are prepared to follow every sea bath by a shampooing period of greater or less length, cover your crowning glory with an unpretentious cap.

The woman who is "learning to swim" is the recipient of much more attention than she who knows how to swim. If the society and advice of men are dear to you even in the vast deep, never quite master the gentle art of swimming, but always be about to master it.

Don't venture beyond your depth and allow yourself to be rescued more than once or twice during the season. It's romantic, of course, but even a romantic thing can be done often enough to become merely monotonous.

Don't show your love of the water by staying in very long. It is a pleasant thing to talk about, one's love of the water, but to display it by remaining in for over 30 minutes merely makes one's lips blue and one's complexion mottled.

Do not promenade the beach or lie in the sand after your bath. You have seen chickens and other animals whose nat-

ural element is not water after a drenching shower. Be warned by these humble members of creation and betake yourselves directly from the waves to the dressing room.—New York World.

## Justice For the Summer Girl.

The American girl is showing her amazing address and aptitude at a thousand spots by the seaside and mountain this summer, as in a score of summers before.

As the "summer girl," she has her rattling fire of criticism to face, but the astonishing thing is not that she makes a few blunders in her social code or shows too little restraints in her behavior, but that she does not fall into worse pitfalls and cast all restraint to the winds.

Of the thousands and tens of thousands of American girls whose behavior amazes and whose beauty charms by every beach and on every hillside, the great mass have seen little or nothing of any but the narrowest social conditions in village, town or the restricted circle of a small city house until they find themselves in a big hotel leading a life of unmitigated publicity and living in the midst of strangers.

Most of these girls have had no social experience. Their mothers have had a little. Their men folk are away. On the instant they have to adjust a code of village behavior to gregarious conditions and a free contact which would be trying to one of experience. They make blunders and do much that is foolish, but their blunders are for the most part trivial and their folly mere playfulness which rarely brings them into harm.

Yet if they understood how much reserve, restraint and rigorous self control do for a woman in public and private, how quickly it wins a respect which passes into admiration, and an admiration which ripens into something warmer, the American summer girl would add the only charm she now lacks.—Philadelphia Press.

## Women and the Supreme Court.

"As a matter of fact," says Once a Week, "although eight women now have the right to practice before the supreme court, no woman has ever availed herself of that right in a practical way. The law admitting women to supreme court practice was passed in 1870 and signed by President Hayes on the 15th of February. John M. Glover of Missouri introduced the bill in the house Nov. 5, 1877. Benjamin Butler reported it to the house from the committee Feb. 21, 1878, and it passed the house the same day. The vote was 169 to 87."

"The law says that 'any woman who shall have been a member of the highest court of any state or territory or of the supreme court of the District of Columbia for the space of three years and shall have maintained a good standing before such courts, and who shall be a person of good moral character, shall, on notice and the production of such record, be admitted to practice before the supreme court of the United States.' Mrs. Lockwood was eligible immediately after the passage of the law, and she gave due notice, and on the 8d of March, 1879, was admitted to the supreme court bar.

"No other member of her sex was admitted to the supreme court for nearly six years. Mrs. Laura DeForce Gordon of California was the next to apply. She was admitted Feb. 2, 1885. Then followed Mrs. Ada Bittenbender of Nebraska Oct. 15, 1888; Mrs. Carrie B. Kilgore of Pennsylvania Jan. 8, 1890; Mrs. Clara S. Foltz of California March 4, 1890; Mrs. Lelia R. Sawtelle of Massachusetts April 8, 1890; Emma M. Gillett April 8, 1890, and Miss Kate Kane of Chicago May 26, 1890."

## Mary Hallock Foote.

Mrs. Mary Hallock Foote, the artist author, is by birth a New Yorker, although since her marriage she has resided in Boise City, the scene of nearly all her recent stories. Her art education was chiefly acquired at Cooper institute, the mecca of so many aspiring geniuses. For years after her success was assured Mrs. Foote refused to let a curious public know anything of her personality. Even now but little is known of the woman, however general is the appreciation of her work. Her likeness has never appeared in print but once, and that was only after long and urgent persuasion on the part of the magazine to which all her work, both literary and artistic, is by contract pledged, and which was then publishing an illustrated article upon its contributors. Since that time Mrs. Foote has been obdurate to all appeals for her portrait, although she is besieged from every quarter.

While never permitting her home duties to interfere with the natural expression of her genius, yet, after all, it is one of the many happy wives and mothers of America that she prefers to be known. She has three charming daughters, the eldest of whom, although yet very young, already displays a marked artistic talent. Mrs. Foote's work has confined itself almost wholly to illustration in black and white, and one of the greatest compliments ever paid her was that "she produced better color effects with a pencil than most artists did with a brush."—Philadelphia Times.

## Changed Dresses at the Races.

The fashionable women of England, it would seem, have plenty of time to think of dress. At Ascot recently there was a heavy downpour of rain one day, and some of the ladies, thinking, doubtless, that the bad weather would continue, started the next day in cloth and serge costumes, but when they reached the race track, behold, the sun was shining, and there was not a cloud in the sky. So, with commendable promptitude, they telegraphed home for the reluctantly surrendered gowns of the morning and soon emerged like so many butterflies from so many chrysalides. Some exquisite toilets were seen. The Princess of Wales was costumed in black. She wore a cream lace ruff round her throat. During the drive she had on

a very becoming slate colored cape. The Princess Beatrice of Battenberg's costume was of soft cream material strapped over the shoulder with deep red bands. The Princesses Victoria and Maud of Wales were dressed alike in palest cream, trimmed with blue; bonnets to match. The Duchess of Saxe-Coburg-Gotha's gown was of dark steel blue silk, with a running pattern of pinky sprays.

There were a large number of American visitors present, all gorgeously arrayed in purple and fine linen.—New York Commercial.

## English Women's Bonnets.

A private letter from England declares that women there are wearing their bonnets and hats perched on the back of the head, where they look for all the world as if they were likely to fall off any moment. This is especially true of the small bonnets, of which English women are so fond, and they are worn hanging on the cushion of hair, which is gaining steadily in favor. It isn't probable that the fashion will reach here for two seasons yet, as it takes about that time for a style in millinery or hairdressing to get to this country.

To prove that it is only necessary to look at the Alpine, Tyrol or English walking hat, as it is called, which has been adopted this summer by New York women. Three years ago similar shapes were seen in all the London shops, but not more than half a dozen American women would bring them home. It has taken ever since for the style to get here.

## A Word Against Suffrage.

The most of the advocates of woman suffrage in the United States are women who, from the very circumstances of their lives, hardly know for what they clamor. They are not usually the women who have been thrown into most contact with the world. The little local suffrage clubs here and there, if analyzed without prejudice, will be found to consist of the woman physician, the women who have not married and are victims of a "conserved longing" which they hope to satisfy by intellectual pursuits, and women disappointed in marriage. It is to me the "beating of the bird against the bars" to see these women long so ardently for woman's suffrage, because I fear that it will not give them what they need, but be a burst balloon when once possessed.—Womankind.

## Rudyard Kipling's Wife.

On Jan. 18, 1892, Mr. Kipling was married at All Souls' church, in London, to Caroline Starr Balestier, a sister of C. Wolcott Balestier, the American novelist who died abroad in 1892, and with whom Mr. Kipling wrote in collaboration. Mrs. Kipling is small and slender, with dark brown eyes and hair. She was educated in Rochester, where she was born. Mr. and Mrs. Kipling have one child, a daughter, born in December, 1892. Since their marriage Mr. and Mrs. Kipling have made their home in Brattleboro, Vt., where they have built a charming country house, which, from its mountainous situation, has been named "Crow's Nest."—Ladies' Home Journal.

## Women Rule in New Zealand.

Woman continues to pursue her conquering way in New Zealand. All the ladies of that colony who have attained the age of 21 are legally qualified to vote at parliamentary elections. A lady, Miss Yates, is the duly elected mayor of an important borough. Another lady, Miss Lillian Edgar, has recently been elected a member of the governing body of the University of Auckland, and by the last mail we hear of the ladies securing three out of the seven seats on a school board. Furthermore, one of the three ladies has been chosen as president of the board for the ensuing year.—London Star.

## Not So Easy to Entertain Royalty.

Apparently the entertaining of royalty has its little disadvantages. When the Princess of Wales accepted Lady Dudley's invitation to her dance last week, she stipulated that only 150 people were to be asked. When the list of the chosen was sent to Marlborough House, so many were struck off that only 30 unmarried girls were left, several of the hostess' own near relatives being ruled out. The consequence was the ball was a failure, for the few guests invited could hardly find each other in the vast rooms of Dudley House.—London Correspondent.

## An English Federal Club.

There is a movement on foot in London to start a woman's federal club. The promoter is a New Zealand lady now in London, and her desire is to establish a club with branches in the chief towns in the empire. Members will meet to discuss questions of a social imperial character, and in whatever part of the empire they may find themselves they will find also a social center to which they have the right of approach. The federation of clubs supplies this want on this side of the water.

San Francisco women have requested the mayor to appoint a woman health inspector, offering to pay three months' salary, as an experiment. The mayor referred the request to the board of health.

To keep your fruit jellies from molding put an even half inch of sugar over the top after the jelly has cooled, and then cover the glass with thick paper that has been coated with white of egg.

Buttermilk is a most excellent remedy in cases of sickness due to irritable stomach, and also in the sickness and nausea incidental to mothers.

Throw a spoonful of sugar in the fire instead of a shovel of coal oil. The sugar is safe and sure, and the coal oil is neither.

According to the last census, 94 out of every 100 women marry.

## THE OLD LADY'S VISIT.

Waiting For a City Friend With Three Jars of Buttermilk.

The last passenger to leave the 4:30 train on the Michigan Central railroad after it drove to a standstill one summer afternoon was a little old woman in black. A wisp of gray hair straggled from under an old fashioned poke bonnet, and a pair of kindly blue eyes looked out from behind her steel rimmed spectacles. In one hand she carried a huge, shiny valise, the key of which was tied to the handle with a strip of calico cloth. When she was part way up the platform, she stopped, with a troubled look, and watched the baggage men toil by with their loaded trucks. Presently she dropped the valise and opened a big black fan which was fastened to her waist by a velvet ribbon. After she had waited some time one of the depot ushers came along and asked if he could be of any service to her.

"Why, thank you, I think not," she answered. "I am waiting for Dick Robinson."

The depot usher hurried on and paid no more attention to the little old woman. When he came back a half hour later, she was still standing where he had left her, gently fanning herself with the black fan. "Has your friend come yet?" asked the usher.

"No," she answered. "His watch must have been slow."

"Did he expect you by this train?"

"Well, you see, it's this way: Last summer Dick and his wife came over to Briggsburg to visit the Coopers. While they were there they came over often to my place to get a drink of buttermilk. Well, we got friendly, and Sarah told me a lot of things about Chicago, and that she couldn't by no manner of means get buttermilk in the city. Before Dick went back he came around and says: 'Mrs. Beggs, just take a run up to Chicago next summer and visit us. Let us know when you're coming, and I'll meet you at the depot.' And so I'm here, and I've got three jars of fresh buttermilk for them in that bag."

The depot usher helped the little old woman to a seat in the waiting room, and then he searched the directory for Richard Robinson. His charge couldn't help him much, because she didn't know Dick's occupation.

"All I know," she explained, "is that he's a genuine gentleman, and if he had got my letter he'd 'a' been here." The usher made a list of two or three addresses and put the woman in charge of a trusty cabman, with instructions to find Dick. Two hours later the driver came back with the report that his fare was delivering her buttermilk.—Chicago Record.

## Scorpions.

The natives of Luca, in Italy, assert that the scorpion will destroy itself if exposed to a sudden light, and a writer in Nature said that his informant and her friends, while residing during the summer months at the baths of Luca, were much annoyed by the intrusion of small black scorpions into the house and their being secreted among the bedclothes, in shoes and in other articles of dress; that they soon became adepts in catching the scorpions and disposing of them in the manner suggested. "This consisted in confining the animal under an inverted drinking glass or tumbler below which a card was inserted when the capture was made and then waiting till dark, suddenly bringing the light of a candle near to the glass in which the animal was confined. No sooner was this done than the scorpion invariably showed signs of great excitement, running round and round the interior of the tumbler with reckless velocity for a number of times.

"This state having lasted for a minute or more, the animal suddenly became quiet, and turning its tail, or the hinder part of its body, over its back, brought its recurved sting down upon the middle of the head, and piercing it forcibly in a few seconds became quite motionless, and, in fact, quite dead. This observation was repeated very frequently—in truth, it was adopted as the best plan of getting rid of the pests, and the young people were in the habit of handling them with impunity immediately after they were so killed and of preserving many of them as curiosities." It is known that scorpions kill themselves when surrounded by a ring of fire.

## Ammunition in Africa.

"All of the native Uganda soldiers, I notice, had well filled cartridge belts round their waists. In my innocence, as I thought of all the thunders of the general act of the Brussels conference and all the ordinances, enactments and regulations which had been published thereafter by different powers having possessions on the African coast, I wondered how, in the very center of Africa, these people were enabled to keep their belts so well replenished with cartridges of different and of the most modern patterns.

"I had not been a month in the country before I learned that, for those who had the wherewithal to trade, guns, powder, lead and all the instruments of destruction thereto appertaining could be as easily purchased in Uganda as in Pall Mall."—"The British Mission in Uganda, 1893," Rennell Rodd.

## Thirty Miles in the Earth.

Rev. Osmond Fisher, in a very reliable work entitled "Physics of the Earth's Crust," says that "the rate of increase in temperature as the distance beneath the surface is augmented is, on the whole, an equable one and may be taken to average about a degree for each 51 feet." Figuring on this statement as the most reliable, we find that at a depth of 30 miles below the surface all known metals and rocks are in a state of white hot fusion.

There are about 54 national flags in the world, besides the flags of various colonies and parts of empires, such as the flags of Canada and of Ireland, the flags of Prussia and of the free cities of the German empire.

## Coal Tar in Masonry.

The announcement is made in The National Builder that what was at first considered a doubtful experiment—viz, the use of coal tar as a means of rendering masonry impervious to water, especially in positions exposed to direct contact with the latter—has proved a practically valuable resort. Used as a coating for masonry built up of very porous stone, tar renders it quite impervious, even at a depth of some 50 feet of water, and, according to the experience of those who have had much to do with it, the article should be utilized in all public buildings, particularly those designed for the preservation of works of art, the dissolving action of water, even upon mortar of superior quality, being well known; also the unfavorable effect of the exudation of water charged with lime salts from the mortar. Two methods of using the tar are named—viz, in a boiling state in one or several layers, this being suitable for surfaces exposed to the air, or it may be made to flame up before using, this being appropriate to surfaces which have to be covered up.

## Gladstone Started the Tune.

The following story of Mr. Gladstone is told in the reminiscences of the late Rev. James Dodds: "Dr. Guthrie once paid a visit to the Duke of Argyll at Inverary castle by special invitation. A large and brilliant assemblage of guests, including Mr. Gladstone, were staying at the castle, and before they retired for the night Dr. Guthrie was asked by the duke to conduct 'family worship.' 'With great pleasure I will conduct it,' said the doctor, 'but in the castle of Argyll we must observe the good old Presbyterian form and begin by singing a psalm.' It was agreed that a Scotch song should be sung to a Scotch tune, but the difficulty was to find a 'preceptor' to 'start the tune' and lead the singing. After a number of ladies and gentlemen had been appealed to and had declared themselves unfit for the duty Mr. Gladstone stepped forward, saying, 'I'll raise the tune, Dr. Guthrie, and well did he perform his task.'"

## Peas in a Pod.

S. M. Andree, a Swedish scientist, has collected tabular information showing the average weight of peas in their pods. The lightest peas were always found near the ends of the pod. The average weight of a pea was greater the larger the number of peas in the pod, so that the largest pods contained the heaviest peas. The weight of the peas next the point of the pod increased with the increased number of peas in the pod. With the exception of the first and last peas there was but a very small difference in the weight of the peas in the same pod.

Gonnd received his first instruction in music from his mother, who was a distinguished pianist. He won the grand prize at the Paris conservatory when he was 21.

The average weight of 20,000 men and women weighed in Boston was: Men, 141½ pounds; women, 124½ pounds.

The first agricultural instrument, the ancestor of both spade and pick, was a pointed stick.



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