



FOR WOMAN'S BENEFIT

Neck stretching is recommended by an expert in physical culture for women who suffer from the undesirable possession of a double chin. Specific directions are given as to the method to be followed. In the slang phraseology of the day "rubber necking" is the term applied to the neck stretching, but the practice has its physical advantages, it would seem, and serves a legitimate purpose.

Jewels Among Her Treasures.
Add Jewels among her Treasures

A Juliet cap of pearls or brilliants is a head dress that appeals to the woman with an abundance of soft, fluffy hair. Some of these caps are as flexible and light in weight as nets and are strung with a quantity of small gems. Others are built on a foundation of thin fine silver or gold wires, with gems set at intervals, leaving spaces for the hair to show through.

Pongee Neckwear.

Ties of pongee, figured in color, are the smartest things in summer neckwear that have yet made their appearance. Dots, spots and diamonds of green, black, blue in all shades, crimson, orange and mauve enhance the soft luster of the creamy pongee, and stocks to match the ties are of the same flat and stuffs. They are not as fresh and cool looking as white stocks, but we shall accustom ourselves to them very quickly, no doubt.

It would be hard to tell what was the fashionable tie by the display in these pongee novelties, as every kind of knot and bow can be bought in them from the short, narrow band tying in a tiny, stiff bow to the puffed Ascot, the flamboyant de Joinville, the artist's bow with flying ends, or the four-in-hand, with a tight, small knot and ends to the waist.—New York Commercial Advertiser.

Mothers in School.

Mothers are going to school in Springfield, Mass. The school board of that town has arranged for an afternoon school session for the benefit of those mothers who are eager to learn and cannot leave their small children to go to night school. The necessity for such a school was discovered by kindergarten teachers in their visits to the homes of some of the poor children. Most of the mothers are foreigners and some of them are fairly well educated, but want to learn the English language more rapidly than they can in their home surroundings. Many of the women have to endure a vast amount of ridicule from their husbands and neighbors, but they plod on courageously and one woman was overjoyed when she was able to write a note of excuse for her son's absence, which the teacher could read without difficulty.—New York Press.

The Tallest Duchess.

The robes of crimson velvet and white satin and ermine to be worn by duchesses, countesses and baronesses at the coronation will be rather overpowering in more ways than one to a great many of the wearers. The Duchess of Portland probably will find them as unsuitable to a June day as the other people, but she, at any rate, may have the satisfaction of knowing that, however she feels, she will not look overwhelmed by them. Her grace is a tall and regal looking woman, and velvet and ermine will exactly suit her style of beauty. The Duchess was a Miss Dallas York, and her marriage to the Duke of Portland was the result of his seeing her at a railway station where she chanced to have gone to meet the train by which he was traveling. The Duke was so attracted by her beauty that he inquired who she was, and soon afterwards managed to secure the introduction to her which eventually led to their marriage. This event is said to have been predicted some time before by the well known old gypsy fortune teller of Brighton.—House Notes.

Curle Without Tongue.

A boon which womanhood will welcome has been found—a means for curling the hair by a natural process.

The trick is done without iron or heat of any sort. All that is required are a brush and comb and a dab of hair tonic.

The first step in the operation is standing before a mirror to part the hair laterally from ear to ear. Comb the forward half down over the face and divide it into three parts.

Select the central one of these three divisions for the first treatment, comb it back from the face and wet it with a good tonic applied with a brush. The wetting of the hair makes it easy to handle, and the tonic nourishes the roots and helps the growth.

With the middle portion of the hair thus slightly dampened, hold it back on the head with one hand, while the other hand grasps a comb, which is run slowly through the hair and a "combful" gently pulled loose. Remember not to release the ends, but now let the loose part fall into the wave that it will naturally take. Take care to notice what this natural bend is and follow it. Success depends on this. If the wave falls slightly to the right or to the left or wherever it falls, let it be there.

The forefinger of the hand which is holding the hair back should be placed over the wave to hold it in place flat against the forehead.

Then draw out the comb and raise it to pull out another wave, turning in the opposite direction. When this wave has been adjusted, use the second finger to hold it in place.

Then put a third wave forward, and so on. Four is about the usual number, although there may be more if you like. Before removing the hand and thereby releasing the series of waves, pin each one tightly in place with small wire hairpins.

Treat each of the side sections as the central section. When the three parts have been moved and pinned fast, tie them down still tighter by means of an old soft veil, which should be worn until the dampness is thoroughly dried out of the hair, usually for about an hour.

Then remove the pins, and the hair, having been dried in that shape will remain in the waves.—Washington Star.

Shop-Stamped Face.

"I wish I could get the stamp of the store out of my face," said a bright young shop girl during one of the confidential luncheon chats that are sometimes unavoidably overheard.

"Yes," assented her older and better dressed companion, "but you can't expect that until you are luckily married."

"Oh, I don't know that that is impossible," and the younger one shrugged her shoulders rather gracefully.

"You may laugh," nodded the older, "but if you would follow my prescription you might acquire a placid expression that very coyly imitates the case of comfort."

"All right, you are my doctor, now go ahead," and the girl pushed back her plate and leaned her chin in her hands.

"When I was first married," said the older woman, "I fell to studying my mirror. Tom had said so much about my looking tired, and there was no excuse for my being tired, so I concluded that it was the wear and tear of life in the store which had added things to my face."

"Upon close examination I found a little tiny wrinkle on my brow. It was so straight and unbending that I decided it sprouted and grew under the baneful influence of various and sundry floor-walkers, and as I had graduated from floor-walker and other stern things I ordered the crinkle out."

"Another, but kinder one, in a quivering and disagreeable way was becoming too much attached to the outer corner of my eye. That, I decided, was the rent day wrinkle. It was capable of such an indefinite number of positions that it could only have come from the many fierce skirmishes I had had with my dear, darling landladies."

"One little one," she went on, "just below my eye, came from the fear I always nursed of the day when I should be broke, out of a position, and sick, so I called that my hospital wrinkle; and another one, a little lower, came from squinting my disdain at the picturesque corner stagers, who think they have an affinity for every shop-girl who looks the least bit hungry."

"After all these classifications, I told my mirror that we were to have a daily consultation, that I was in love with my husband, and who was in love with me, and that, inasmuch as there were to be no more worries or cares of the store variety, therefore there were to be no more wrinkles, and," with a sweep of her hand over the table, "so you see me, a most placid and contented woman."—New York Herald.



FASHION NOTES

Smart little jackets are made of moire.

A pongee suit is trimmed with bands of black-silk stitched with white.

Black moire is used to trim suits in straps and bands, and is effective in bows upon hats.

A pongee waist has a front center plait, the top to the collar, edge of the cuffs, and tie of Persian silk.

Handsome wash belts are of linen in various colors heavily embroidered in small flowers or fanciful figures.

A realistic carnation of pink coral is odd and pretty on one of the imported umbrella handles. Twisted silver stems are bent to form a curved handle and at the end of these the flower appears.

Moonstones are being used in sleeve links. Other very attractive sleeve links are gold balls, in which are sunk diamonds, or emeralds, or ruby-tinted stones, surrounded by a scattering of brilliants.

An odd conceit in decoration on a parasol handle of natural wood is a large mother of pearl grasshopper, who rises to the occasion with gilded feet and wings bestudded with many colored gems.

Knockabout hats for young children, both boys and girls, are of soft felt in various colors. The only trimming is a lacing of silk cord in four rows at the brim edge, with four more rows in place of the usual ribbon band. At the left side the rim is rather rakishly turned up and caught to the crown with a small brass button.

Cloth trimming upon wraps and gowns of natural color pongee is rich and effective. One of the stylish new three-quarter coats seen the other day is finished with narrow bands of biscuit colored cloth, a double row of it outlining the seams. Then, on the sleeves, is more of the cloth, two bands being put on in deep points just below the shoulder.

PEARLS OF THOUGHT.

Want of desire is the greatest riches.—Vigee.

Idleness is the sepulchre of virtue.—Madam Roland.

Ignorance is the mortal enemy of thrift.—Marden.

If thou wouldst be borne with, then bear with others.—Fuller.

Purpose is what gives life a meaning.—Charles H. Parkhurst.

Observe your enemies, for they first find out your faults.—Antisthenes.

It is good to make a jest, but not to make a trade of jesting.—Fuller.

One thorn of experience is worth a whole wilderness of warning.—Lowell.

The man who in this world can keep the whiteness of his soul is not likely to lose it in any other.—Alexander Smith.

If you wish your neighbors to see what God is like, let them see what he can make you like. Nothing is so infectious as example.—Charles Kingsley.

Kind looks, kind words, kind acts and warm handshakes, these are secondary means of grace when men are in trouble and are fighting their unseen battles.—John Hall.

Affections should not bind the soul, but enfranchise it. Through them it should know larger, deeper, higher life. They should be to it as wings by which it mounts. A friend comes as an ambassador from the heavens.—Trinitates and Sanctities.

The pressure of a hand, a kiss, the caresses of a child, will do more to save, sometimes than the wisest argument, even rightly understood. Love alone is wisdom, love alone is power; and, where love seems to fail, it is where self has stepped between, and dulled the potency of its rays.—George McDonald.

GET A MILK SNAKE FOR A PET.

It Will Free Your House from Mice and Also Amuse the Baby.

"A milk snake came into my back yard the other day," said a man from Sussex county, N. J., "and much to my sorrow and indignation my hired man grabbed a club and killed it."

"If people who live where the milk snake abides only knew the possibilities of that mild-mannered, docile creature, they wouldn't try to kill every specimen of the species they met. The milk snake would become a great deal more useful and give more pleasure as a pet than a house cat, if people only would give it the chance. Mice and rats will soon hunt for other quarters if you let a milk snake introduce itself into your household and leave it to its own methods, and your baby would cease crying if you had a milk snake to amuse it."

"We once let one of these snakes remain undisturbed in our house, into which it had come timidly, but confidently, one day, and it became so tame that it would drink milk out of a cup held in the hands of any member of the family, and was plainly pleased when it was stroked or fondled. It was an excellent mouser, and our old cat got to be so jealous of the snake that he would hump his back and spit and swear outrageously whenever we petted it or even praised it."

"The snake made all sorts of overtures and attempts to be friends with the cat, but the cat wouldn't have it, and I always thought it was the cat that at last made away with the snake, although my folks said it was a strange dog that did the deed. I found him in the back yard one day, dead, and badly mangled, and there was great grief in the household over his taking off."—New York Sun.

The King and the Check.

Once upon a time, an Ethiopian king who was waging a war on the chess board found himself so surrounded by the enemy's pawns that he was unable to move.

"Alas!" he said, as he looked over the field and appreciated the grave danger of his position, "I find myself in pawn, but where can I find the means of redemption?"

Just then a white knight made a marvellous leap over the king's castle and, confronting his majesty, thus addressed him:

"Here is a check for you."

"Now, I am totally ruined," answered the king.

Moral—there are times when a valid check precipitates disaster.—New York Herald.

Delivered the Goods.

"Tut! Tut!" I say to the gamin who has sold me the 4 o'clock extra at 9 a. m.

"Tut! Tut!" and again "Tut! Tut!" Here the gamin gazes at me in childish innocence and inquires what is eating me.

"You assure the public" I explain, "that the paper contains an account of the great jail delivery, yet where are the headlines that go with the story?"

Again the happy smile of childhood floats across his face, as he shows me the two-line item reading:

"Wrench & Hammer yesterday delivered to the city of Bobstown the new jail that was ordered last fall."

Merrily saying that I am tipsy, the youth hurries a-down the thoroughfare.—Baltimore American.

English Fashion in Words.

There are pet words in literature—words which become the fashion for a time and then take rank again in obscurity. Thus in the 18th century we find such words as "vastly," "hugely," "the quality," "genteel," etc. "Elegant" still lingers conspicuously in America, and in England at the present time especially favor seems to be shown to "convincing," "weird" and "strenuous."—Notes and Queries.



HOUSEHOLD HINTS

An Addition to the Bench Seat.

The latest addition to the bench seat so universally seen built around a bay window is to run each end out into the room about a foot or a foot and a half, and finish the back of the extension with a small Colonial balustrade. It is both comfortable and pretty.

In Place of Tiles.

Cream colored calcimine, resembling enamel, is now much preferred to tiles for perfectly appointed kitchens. This does not discolor like tiles or drop out, nor have interstices to collect dirt as tiles do. One lucky chef, with a kitchen of calcimine, white enameled woodwork and fixtures in keeping, asserted that he could stand in the middle of the kitchen and thoroughly cleanse it with a strong stream from a hose without harming a single thing.

An Odd Screen.

One of those tall screens which may be put to so many uses about a house is a unique affair in Flemish oak. There are three panels to this screen, all rather wide and covered both sides with the Japanese matting. This covering extends to within about two feet of the top of the screen, the open spaces being inclosed in a skeleton frame. The upper open part of each panel is then filled in with a realistic spider web of heavy brown twine. For a further touch of realism a huge spider is caught in the meshes of each of the webs, the effect of the whole being odd and unusual.

Those screens covered entirely with matting are pretty and serviceable, and for a little adornment the matting of each panel is sometimes bordered with narrow strips of leather closely studded with large brass nails.

Lighting a Dark Hall.

A mirror will lighten a dark hall if properly placed. Place the glass opposite a door and the light from that apartment, falling on the mirror, is reflected back from it to the hall, to its much greater lighting, while the apparent size of the little place is greatly increased. The mirror is unframed, and is fitted in between cornices and baseboard, and finished at the sides with a flat moulding that seems a part of the woodwork. The value of this treatment is not realized until it is tried. Often a blank stretch of wall that seems a hopeless shutting in of space may offer the transforming opportunity. Care must be taken not to overdo the treatment in such a way as to create the effect of a hotel corridor or public hall; but judiciously used under the care of a good architect the plan is to be commended.—New York Journal.

Cleaning a Floor.

Genuine skill can be exercised in cleaning a floor as in anything else. After the rugs and carpets have been taken up a floor that is not finished in any other way should be thoroughly scrubbed and dried before it is covered again. It is economy to lay down floors of matched boards of good seasoned wood, which will not warp and show the cracks. After the carpet is up and the dust has been thoroughly swept up and has settled, scrub the wood with warm water and sal soda, cleaning and scrubbing about a square yard of surface at a time. It pays to have two pails, one of soda and water to scrub the floor with, and one of clear hot water to rinse it up with. Use two cloths, one to wipe up the floor and the other to dry with. When the floor is scrubbed wash and dry these cloths before you use them for another cleaning. If the floor is hard wood it would better be dressed by a regular finisher, as there are few malds in this country who are willing or intelligent enough to do this work, though this is the regular part of the mald's work abroad, and the tools furnished in this country for the purpose are much easier to handle than those used in Europe.—New York Tribune.



HOUSEHOLD RECIPES

Cake Fritters.—Cut stale cake in slices one inch thick; dip each piece into cream; fry them in a little butter in the frying pan; lift them to a platter spread over the slices a little preserve, and sprinkle over chopped almonds and powdered sugar.

Crackers with cream cheese.—Grate American cream cheese over snowflake crackers, sprinkle over each one a dash or two of cayenne pepper; put in the oven; when the cheese has melted remove them and serve. If any remain over by putting them in a baking dish and covering with milk and a little more grated cheese and bake in a slow oven, it will make a nice luncheon dish.

Custard ice.—Mix two ounces of wheat starch with enough cold milk to make a paste, then add gradually a pint of milk; then three-fourths of a cup of sugar, and whisk until the sugar is dissolved. Cook in a double boiler until it thickens; then remove from the fire and add half an ounce of butter. When cold add any flavoring desired and partially freeze the mixture. Then whip the whites of two eggs stiff; add these carefully with a pint of whipped cream and freeze quite stiff. Beat up well before serving with a fruit compote.

SCIENCE AND INDUSTRY.

A valuable collection of birds' eggs was lately bequeathed to the Natural History Museum of London by Philip Crowley, and one of the rarest specimens in it is an auk's egg, for which he paid in 1853 \$175. Since that time, however, the value of auk's eggs has greatly increased, because they are so rare, and it is said that one sold last year for \$1575.

Dr. F. W. Hutchison, the well-known English scientist, is at present making a series of balloon ascents from London and vicinity with a view to determine the nature of the bacilli inhabiting the upper regions of the atmosphere. The microbes are collected by means of sterilized gelatine plates, prepared from sea-weed by a Japanese process, and exposed at different altitudes. So far the results have been satisfactory, and many hitherto unknown germs have been discovered.

M. Armand Gautier, in a recent number of the *Compte Rendus*, announces a new specific for malaria much more effective than quinine. He has found that sodium methylarsenate injected into the blood in minute amounts is an absolute cure for malarial fever of the worst type. He describes nine cures by the use of this drug, all of them cases contracted in Africa, of a severe type, which had been treated unsuccessfully with quinine. M. Gautier regards his results as already sufficiently definite to authorize the substitution of this drug for quinine in pernicious malaria, although further research will be required to determine the best method of administering it and the proper dosage.

M. J. Thoulet has investigated the constitution of the ocean bed, and finds that the more deeply it is penetrated the less the proportion of slime and the less calcareous matter. On the other hand, the proportion of sand grains and pure clays increases with the depth. No regularity obtains in the distribution of the non-calcareous mineral grains. This normal distribution appears to be more pronounced the deeper the ocean bed itself lies below the water surface, but, in any case, the variations due to ocean depth are small. Even in the deepest water the constitution of the bed shows traces of the conditions prevailing near the surface of the ocean above the bed. The latter remark is of importance, as the author points out, when we consider that a complete analysis—chemical, mechanical and mineralogical—applied to ancient geological strata is competent to shed a flood of light upon the ancient conditions that prevailed at the surfaces of oceans that have long since disappeared leaving no trace other than their effect on the ancient ocean beds.

Experiments on aviation (bird flight) have recently been reported on by the Messrs. Wright to the Western Society of Engineers at a session where Mr. Chanute presided. Some of their conclusions follow: The ratio of the impulse to the ascensional force for wing surfaces of the best shape is less for angles of inclination from 5 degrees to 12 degrees than for an angle of 3 degrees. Wings are alone necessary, and tails, whether vertical or horizontal, can be done away with. The wings can be so arranged that the body of the experimenter may be horizontal, thus avoiding great resistances. Other conclusions modify those deduced by Lilienthal in several important respects. The apparatus used by the Messrs. Wright was composed of two large parallel planes with a smaller plane a short distance in front of them, and in such a position that the action of the wind upon it counterbalanced the effect of the displacement of the centre of pressure upon the two principal surfaces. In this way changes of direction and pressure of the wind have little effect and the whole attention of the experimenter can be given to the management of the machine. Alterations in the plane of the small front surface wings was about twenty-three square yards.

To Find the Magnetic Pole.

Captain R. Amundsen, the Norwegian, who was first officer of the *Belgica*, on that ship's trip to the Antarctic in 1897, proposes to start next spring with an expedition to locate the magnetic North Pole.

In 1831 Sir James Clark Ross reached a position where the dipping needle was only deflected one minute from an absolutely vertical position, but the question has been raised whether the magnetic pole is actually only a point or whether the peculiarity of the needle assuming a vertical position extends over a large area, and further, whether the magnetic pole changes its position. With the object of solving these two questions Captain Amundsen has purchased the *Gjoa*, one of the strongest and best sailing vessels of the Norwegian Arctic fleet, and will start for the north in the spring of 1903. The *Gjoa* is to be fitted with a petroleum engine and will carry a crew of seven men.

It is proposed to leave the ship either at Matty Island or King William Land, and as soon as the severest part of the winter is over to continue the journey with sledges to the place on Boothia reached by Ross.

The Last of "Avenue Kruger."

The town council of Bloemfontein has resolved to "wipe away all trivial fond records" of the former president of the Transvaal republic, says the *Westminster Gazette*. Their flat has gone forth, and in future the thoroughfare heretofore known as "Avenue Kruger" will be described and known as "Alexandra avenue" after the Consort of Edward VII.



New York City. — Box pleats are among the features of the season, and are seen upon many of the latest shirt waists. The novel and attractive May



WOMAN'S BOX PLEATED SHIRT.

Manton model shown exemplifies their use and is admirable for many materials. The original is made of white mercerized chevrot and is worn with a tie and belt of black liberty satin, but madras, chambray, percale, linen, dimity and the like as well as flannel albatross, taffeta, peau de soie and all waisting cloths and silks are appropriate.

Both the fronts and the back of the waist are laid in narrow box pleats that are stitched for their entire length and are drawn in gathers at the waist line to give a tapering effect to the figure. The sleeves are plain, in regulation shirt style, and are finished with straight square cornered cuffs. At the neck is a plain stock that closes at the back. The closing is effected by means

which is fabled to change color if the love changes.

Rise means constancy, truth and friendship, and is represented by the sapphire, although the "forget-me-not" stone, the turquoise, and even turquoise-matrix, have claims for recognition.—Ladies' Home Journal.

White Costumes.

Young people are wearing white as much as possible, even in winter cloth. Dinner gowns are being made in black muslin, and very well they look, every flounce edged with a ruche headed by transparent black lace insertion.

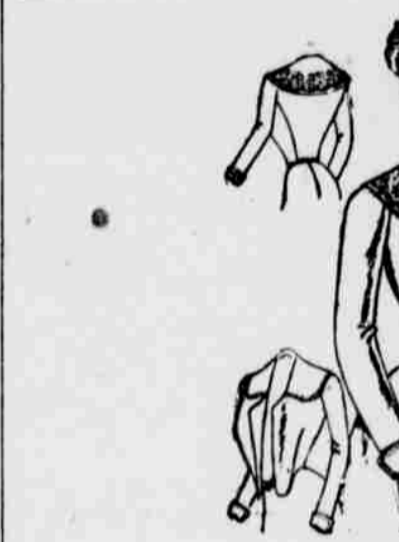
There are likely to be a good many long ago which have had to take a back seat are once more to the fore because they accord with the light coloring of the material. Those who have been treasuring up old jewelry are having such stones reset with the most satisfactory results.

Ribbons For Stocks.

Ribbons for stocks now come woven in one piece about six inches in width and one and one-half yards in length. The edges are finished with a satin stripe, and the ends with heavier masses of the floral design. Other new linens are overshot with linen threads in large plaids. Still a third variety, called linen crash, is woven like coarse gauze, and dotted with black chenille.

Pearl Trimmings Popular.

Pearl trimmings abound. A novel trimming takes the form of tiny bunches of grapes. Ribbons interlaced to form a plaided effect form a novel garniture. Still another form of trimming is lace with one color introduced in the white mesh. Pale heliotrope,



WOMAN'S ETON.

of buttons and buttonholes worked in the centre box pleat.

To cut this waist in the medium size four yards of material twenty-one inches wide, three and a half yards twenty-seven inches wide, two and three-quarter yards thirty-two inches wide, or two yards forty-four inches wide will be required.

Woman's Eton Jacket.

Eton jackets are first favorites of the season both for entire suits and general all-round wraps. The attractive May Manton model in the large drawing is shown in the black moire velours with the broad collar of batiste edged with twice colored guipure overlaying the one of silk, and is designed to be worn with odd skirts and gowns, but the design suits cloth etamine and chevrot equally well, and is admirably adapted to the jacket suit. The collar can be omitted when not desired and the neck edges simply finished like the rest of the garment with stitchings of corticell silk.

The little coat is short and jaunty. The back is smooth and seamless, but joined to the fronts by means of shapely under-arm gores that render the fit perfect. The fronts are fitted by means of single darts and are elongated at the centre to fall below the waist and give the long drooping effect so much in vogue. The collar is circular and lies smoothly around the neck, meeting in centre just above the bust line. The fronts are extended slightly beyond the centre, and can be lapped and closed by means of buttons and loops of cord, or rolled back to form revers as shown in the small sketch. The sleeves are in coat style, with the fashionable turn-over cuffs.

To cut this jacket in the medium size four and a half yards of material twenty-one inches wide, one and seven-eighths yards forty-four inches wide or one and a half yards fifty-two inches wide will be required.

The Sentimental Symbolism of Colors.

Red, for courage and intense love. Its emblem is the ruby.

White, for youth, freshness and innocence; represented by pearls and diamonds.

Yellow—the topaz—wisdom and glory, but jealousy, too, except for the November-born.

Violet means dignity, and the amethyst is highly prized as an amulet to keep friendship and love.

Green symbolizes hope, joy, youth, and is represented by the emerald.



GIBSON DRESS.

delicate pink or light blue may be found in these fancy laces.

An Odd Hat.

An odd hat is a big one made of innumerable shavings of fawn-colored chiffon. In the centre of the hat is a big rhinestone buckle, which holds the ends of three feathers, one black and one white, with one of fawn between. Starting from the buckle, these ostrich plumes spread out and fall in a row over the back of the hat.

Girl's Gibson Dress.

"Little Miss Gibson" is a most fashionable young person, and appears in the favorite gowns made of all soft wools as well as washable fabrics. The pretty May Manton model shown is suited to all, but as illustrated is made of white pique, simply stitched, and is worn with a narrow belt of the same.

The waist is made over a fitted lining that, with the left front, closes at the centre. But the waist itself is laid in deep pleats that extend over to the waist line at the fronts and closes invisibly at the left shoulder and beneath the left pleat. The circular front of the skirt meets the back, that is laid in two box pleats, but laps in front where it closes at the side to make a continuous line with the waist. The sleeves are in bishop style with straight cuffs, and at the neck is a standing collar.

To cut this dress for a girl of eight years of age four and three-quarter



A GIBSON DRESS.

yards twenty-seven inches wide, four and a quarter yards thirty-two inches wide, or three and three-eighths yards forty-four inches wide will be required.