

# WOMAN'S BENEFIT

## WOMEN IN AGRICULTURE.

A Market Gardener Predicts a Successful Future For Them.

Concerning the outdoor occupations for women which have lately attained a wholesome popularity and are going to rescue women from their nerves, Miss Mary E. Cutler, who is herself one of the most successful market gardeners in Massachusetts, speaks most encouragingly.

"Raising flowers in greenhouses for market is a profession for which women are proving themselves especially adapted," she says in the Boston Transcript. "It is a business that has to be learned like any other, but with a little experience, added to natural qualifications, such as perseverance, energy and common sense, one is sure to succeed. The plant I own and am running at the present time was started on \$250, and I have built up a large, well paying business. Given an acre of land, the first requisite, of course, is a greenhouse. A modest one can be built for \$100, and a rough heating apparatus can be put in for \$50. The cost of plant and seeds is slight, and other expenses, such as tools, fertilizers, cold frames for starting the plants, etc., would amount to little on so small a scale. The secret of success is to utilize every inch of space. In a vegetable house the tables can be filled with lettuce, cucumbers or tomatoes, while rhubarb and mushrooms can be grown on the ground underneath. A good head for planning is a necessity, and no time must be wasted between crops."

"The demand and supply for carnation plants were never so great as at the present time. Women all over the country are raising these with great success. I am engaged in growing pinks, and grow them for profit as well as pleasure. Miss Taylor, a florist, has two carnation houses, one nineteen by thirty-seven feet, another eighty-seven by twenty-six feet. She gives all her time to the work, propagating and growing her own stock and caring for the houses. She has found a market for everything in her own town, which is much more profitable than selling on commission. She has perfect health, enjoys her work, and supports her father and mother. In these progressive times the handle of the agricultural tool is coming to know the grasp of the woman's hand almost as well as the needle or the broom, and many women are making reputations as farmers of progress.

"Among the agriculturists are wives, widows and maidens; women who have entered the ranks for the pleasure they could get out of it or for philanthropic purposes. They are cultivating thousands of acres, using the steam engine as a plowman. The majority conduct farms of more than 100 acres, while few are contented with a single acre, depending on the spade and hoe.

"Poultry culture and the cultivation of tomatoes are other remunerative lines which are being pursued by women, and even college training is found of service, for education and brains are needed in the business. Two young women in Compton, R. I., are examples of college graduates going directly into outdoor work. These women saw a chance to make money by supplying Newport's epicures with dainties. Their spring lamb, young geese and hot-house grapes bring fancy prices, and there isn't an 'ology' that they studied but contributes in some way to their success.

"But if a woman decides to take up flower and vegetable culture as a profession she ought, if it be possible, to fit herself for it by a previous course of study in some agricultural college; she should be familiar with botany and chemistry. If she has a chance to travel and study the flora of other countries, she has the greater chance of making a name for herself. Miss Myra Dock, of Philadelphia, is an illustration. She was sent by the Park Commissioners to study the park system in Europe. Trees should be studied as well as landscape gardening. Perhaps some day women may be Park Commissioners, and parks to-day show the need of some new element in that department of civic life."

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The dip front shape will still be a feature of the new belts, but so much modified as scarcely to deserve the name. It will entirely lack the exaggeration of its first year and just slope enough to be graceful.

Extremely narrow belts, scarcely an inch wide, are to be very popular.

The postilion back effect so much used last summer is to be even more favored this season, and in many new, varied and more elaborate designs.

The name of the materials used in the development of the belts for spring is legion. Everything and everything is used—tulle, silk, satin, velvet, linen, duck, canvas, some few of leather and elastic. An extreme novelty is even made of straw, strengthened, of course, by a stout interlining. Black, naturally, is in the ascendancy so far as colors are concerned, but really not so universal as in the showing of belts that came out this autumn. Gay and

gaudy figured silks and velvets that came into popularity in belted vests this season are to prove strong rivals to black the coming spring.

The extreme vogue promised buttons in other places of the fashion world is also to affect belts. Almost for the first time in their history buttons are to be utilized this spring to adorn belts. Strikingly gay and decorated buttons they are, too, used on the fronts, backs and sides, in place of ornaments, slides and buckles. The back ornament, very long but very narrow, is to be one of the salient spring belt features in very elaborate designs.—Philadelphia Record.

### A Woman's Private Car.

The first woman in the world to own a private touring railroad car will be Mrs. Isaac E. Emerson, of Baltimore. Mrs. Emerson, unlike her husband, abhors yachting. And yet she likes to travel. As a Christmas gift Captain Emerson proposed the touring car.

Since Christmas Mrs. Emerson, with an expert railway officer, has been studying car construction, and now has a pretty clear idea of what she wishes for the comfort of herself and guests during the long tours projected.

The car will be one of the largest ever turned out by the Pullman Company. Mahogany will be the basis of the interior woodwork, but the richest silk draperies and the softest and thickest of carpets will almost conceal it. Bath rooms, with every appliance, will be built. There will be at least four state rooms, a parlor library, a dining room and a kitchen.

The car will be furnished as a permanent migratory house, with its own silver, cut glass, linen and upholstery. It will be in commission at all times, so that it can be started at any hour of the day or night that Mrs. Emerson elects.

Mrs. Emerson said that she contemplated a number of "traveling house parties" as soon as the luxurious vehicle was completed, and that she and her friends "would see every foot of this country as well as Canada and Mexico."

The car will be named the Emily, which is Mrs. Emerson's given name.—Philadelphia North American.

### Even Shoulders.

Stand before a looking glass and notice whether your right shoulder is higher than your left. It likely is. You will observe it is so both in men and women and the reason for this unevenness lies in the way one sits. You get into a comfortable chair or the chair before your desk and you immediately rest your right elbow either on the arm of your chair or on your desk, thus throwing one shoulder higher than the other. Especially is this the case when one writes a great deal. Few persons (observe them) when writing keep the shoulders erect.

Women who use the typewriter are seldom afflicted with uneven shoulders if the chairs they use are sufficiently high and they sit on them properly—and properly means erect with shoulders thrown back—their work encourages even shoulders, since they have no occasion to bend over, and there is equal pressure on both sides of the body.

When you notice that you are affected the best thing to do is to change your way of sitting at the desk. Two simple exercises will help you out. The arm of the lower shoulder should be extended upward, the hand grasping a dumb-bell; that of the higher shoulder should be lowered and be made to support a heavy weight.—American Queen.

## NEWEST FASHIONS

Cluny lace is the popular trimming of the day.

In plain silk the latest favorite is the coarse tussah.

Brown is a decidedly modish color in a rather light shade.

Among the revivals in spring sleeves is the shape worn in 1855.

Triple shoulder capes will continue to be a salient feature of spring jackets.

Black lace is taking the place of white and cream for day and evening wear.

A twisted Louis bow is the latest shape developed in tortoise shell for hair adornment.

Gowns of shepherds' checks trimmed with black taffeta are among the most popular of the spring.

Small beads of various colors sewed to velvet ribbon, or on a fold of panne, is the latest addition to fancy stocks.

White waists showing embroidered colorings appear among the latest silk embroideries on white silk foundations.

Light yellow velvet was the unusual yet extremely effective trimming used upon a swagger light gray costume lately.

Fashion is very partial to the note of black in neckwear, and a touch of it is introduced into many of the prettiest pieces.

A fifteen-gored skirt is the extreme limit in skirts up to the present time, led up by the craze for the multiple gored skirt.

Many of the new spring bodies have more lace than material about them, and are both elaborate in detail and extremely smart.

The mixed chevrons and cloths with the flecks of white against the dark background have proven too popular to remain smart.

Even buttons are now made with pendants and often embroidered ones with three pendants are all the gar-

ture a gown needs.

## HOUSEHOLD MATTERS

**Bread Custard Fudding.**

Make a custard mixture with two beaten eggs, one pint of milk, half a cup of sugar, one teaspoonful of vanilla extract and one-fourth teaspoonful of salt; butter a border mould and sprinkle it with currant or chopped citron; break small pieces of stale bread and put them in the mould; pour the custard mixture over; put the mould in the oven and bake half an hour; let cool a little and turn out on a fancy platter; serve with cream or fruit sauce.

**Oyster Salad.**

Scald one pint of oysters in their own liquor; drain and put in a cool place; when wanted to serve, sprinkle with salt and pepper and mix with mayonnaise dressing; serve on lettuce leaves, or make a dressing with one cupful of whipped cream; add one tablespoon of lemon juice, a little at a time; season with a little paprika, and mix in carefully one-fourth cup of horseradish; if not acid enough add one tablespoon of vinegar. This is a delicious dressing and a change from mayonnaise.

**Peanut Candy.**

Shell the nuts, remove brown skins and roll them fine (they must be fresh roasted and crisp). To a cup of the rolled nuts allow a cup of granulated sugar. Put the sugar in a smooth-lined saucepan and set over a very hot fire, for to be a success the sugar must melt quickly. Stir it constantly until it melts. In the meantime put the nuts in a shallow dish in the oven to heat; have shallow tins well buttered and placed back on the range where they will be hot. As soon as the sugar is all melted and begins to color slightly pour in the hot peanuts and immediately remove from the fire and pour into the buttered pans in very thin layers. As soon as the candy is cold it can be broken into pieces and should be in thin, crisp, shiny chips.

### Chicken Fone.

Take two chickens of about four pounds in weight, cut into pieces to pack closely in a saucepan, cover with water, sprinkle with pepper, salt and sweet marjoram, keep the pan covered while it boils. Allow it to boil till the fish drops from the bones. Remove from the fire, take the meat from the liquor, remove the bones, fat, skin and gristle, then cut the meat into very small pieces—it is better not to chop it, as that absorbs the juices, but it should be made as fine as possible on a plate. Boil the water down to one pint. Have ready two ounces of gelatine and place it over the fire, stirring until dissolved. Then add the seasoned chicken, and let all boil together a few minutes, stirring gently to keep from burning. Pour into molds and when cool set on ice to harden. An old tough fowl served in this way makes a very palatable dish.

## NOTES FOR HOUSEWIVES

To prevent salt from caking add a little arrowroot.

Mixed mustard will keep its color if a pinch of salt be added.

To cut hard boiled eggs in smooth slices dip the knife in water.

It is said that cotton soaked in peppermint oil will drive away mice.

An oven door should never be slammed when anything is baking.

To remove the paper from the bottom of a cake neatly hold it before the fire for a moment.

When an oven is too hot for the proper baking of what is in it put a basin of cold water inside.

The corks of bottles or jars containing sticky substances should be dipped in salad oil before they are replaced.

In blowing out a candle flame hold it higher than your mouth and blow upward. This will prevent the grease from scattering.

Ordinary glassware may be made to look almost as fine as cut glass if it be washed in hot suds, dried on a linen towel, and then rubbed, while still warm, with tissue paper.

When silver spoons become discolored from eggs scour them with fine table salt. This will remove the discoloration, which is caused by the sulphur in the egg, and will not scratch or wear the silver.

To clean rusty fire irons rub them well with sweet oil, leave them wet for a day or two, and then rub them with unslaked lime. They will remove the rust, and then the fire irons may be polished as usual.

A good perfume for closets and drawers and one that will help to keep the moths away, is made of one ounce of cedar, rhubarb and cloves, pulverized together. Put the powder between cotton and tie in a bag.

Wall papers should be carefully selected as regards color, according to the size of the room. Papers of a light blue shade make rooms look much larger, while dark papers with big patterns reduce the apparent size of the apartment.

Kerosene added to boiled starch—a tablespoonful to a quart—will prevent the smoothing irons from sticking, and will give a gloss to the articles. The scent will all evaporate in the drying.

Lamp burners which are in constant use should be boiled occasionally in pearline or soda suds, then scrubbed and polished with brick dust, when they will do as good service as new ones.

## FAME.

There once did live a wondrous man;  
So general was his fame  
To cheer, the world straightway began  
At mention of his name.

And straightway literary folk  
Began, in accents sweet,  
To tell what was his favorite joke  
And what he liked to eat.

They told of golf and other joys  
By which his leisure sped,  
And of his little girls and boys  
And what bright things they said.

About his ancestry they told  
And all its doings prais'd,  
And whether, when he'd taken cold,  
He ever sneezed aloud.

Of things like these we read a lot  
And the result must shame us;  
We read until we quite forgot  
What really made him famous.

## Jingles and Jest

She—"Do thoughts that come to you long ago ever return?" He (a poet)—"Sure! If I enclose a stamped envelope."—Denver Republican.

No wonder authors here and there  
Are daily grovin' thinner;  
A literary bill of fare—  
A love song for a dinner.

—Atlanta Constitution.

"When Mr. Casey died he left all he had to the orphan asylum." "Indeed! That was nice of him. What did he leave?" "His twelve children."—Chicago Post.

Tom—"The way to win a woman is to talk to her about herself." Boss— "And the way to win a man is to let him talk to you about himself."—Chicago News.

He—"What should you say, Carrie, if I asked to be released from my engagement?" She—"I think it would make me love you more than ever, Harry."—Boston Transcript.

There's the auto face, and the racer's back,  
With its queer, altitudinous curve,  
And the mobile tongue, in the middle  
hung.

And the searcher's motor nerve.  
—The Automobile Magazine.

"Is there any good reason," suddenly inquired some one in the group, "why money should be called filthy lucre?" "Not in this town," said the professor. "We use so little of it for cleansing the streets."—Chicago Tribune.

"What would you do, dear," queried Mrs. Gabberton, "if I were to become suddenly deaf and dumb?" "What would I do?" echoed the freight payer of the combination. "Why, I'd send for an undertaker, of course."—Chicago News.

Sympathetic Listener—"In those dreary, desolate wastes, Mr. Dashpole, I suppose you grew even fond of your dogs." Returned Arctic Explorer—"Heavens, no, miss! We had plenty of pemmican and walrus meat."—Chicago Tribune.

"No, sir," said the cowboy. "Cactus Cal ain't got an enemy in the world." "I should think a man like him would be continually making enemies." "Sure, but as soon as he makes one he gets his gun inter play an' unmakes him."—Philadelphia Press.

Mrs. Gunning—"Oh, Harry! Surely, you weren't cruel enough to shoot this poor little bird?" Mr. Gunning—"Why, yes, I thought you might have it stuffed and put on a bonnet." Mrs. Gunning—"Oh, how kind and thoughtful of you!"—Philadelphia Record.

"Have you ever written anything," said his cynical friend, "to make the world happier or better?" "Rather," quoth the insurance agent, who sometimes dabbled in verse. "I have written \$400,000 worth of life insurance within the last year."—Chicago Tribune.

Little Harold—"I wish you were my mamma." The Nurse—"Why, dear? Little Harold—"Cause you're so disagreeable." The Nurse—"But why should that make you want me for your mamma?" Little Harold—"Well, then, I wouldn't hardly see you any more, and I could stand it."—Chicago Record-Herald.

"Commandos" in Canada.

Canadian military authorities are discussing the advisability of organizing a force for defense on lines similar to those of the Transvaal commandos. The plan proposed is that every county district should have a "commando," identified as far as possible with the municipal organization of the counties and townships. Each county and town and township would be expected to enroll and parade at least one day in each year its quota of men under their own leaders, who should be, as far as possible, the leading men of their respective districts. The men would be furnished each with a rifle and bandolier, but be expected to furnish their own horses and saddles. Each farm, according to acreage, would be expected to furnish one or more horsemen at each muster or forfeit a small sum. By such a plan the Dominion could easily raise an effective force of 100,000 as a reserve for the militia.

Little Things Count For Success.

"It's often the little unheard of things that are making the great reductions in manufacturing costs," said a patent lawyer recently. "Only this morning the workman had invented for an automatic machine he had worked over in the employer's shop. No one will ever hear of it, but the little contrivance will save the manufacturer between forty and fifty thousand dollars a year, and the workman won't have to mind the machine, either."—The World's Work.



## FOR THE FAIR LATEST NEW YORK FASHIONS

New York City.—Tasteful negligees are essential to comfort and become economies at the same time, inasmuch as they are apt to save the wearing of conceal all seams and whose fulness provides the graceful flare at the lower portion. The back is stitched flat in habit style, the pleats providing graceful fulness where they fall free.

To cut this skirt in the medium size ten and one-half yards of material twenty-one inches wide, nine and one-fourth yards twenty-seven inches wide, or five and one-half yards forty-four inches wide will be required.

**White Mohair to Retail.**

White mohair, with a silky surface, is to have an unprecedented reign this spring. Entire gowns, separate waists, and short and long coats are made of this material, and are trimmed with embroidery, lace and fancy braid; for the plainer models machine stitching braid and many pearl buttons are used. The dust-resisting, non-creasing qualities of mohair render it an admirable material for traveling and general utility gowns. These gowns are smart in the brown shades, dark blues, grays and black, and are bound to be leading favorites.

**Beautiful Evening Wraps.**

Beautiful evening wraps seem always to introduce somewhere a glow of pink, which serves well to brighten the complexion. Lining or trimming furnishes the color, and sometimes the whole garment is built of the softest pink satin. One of these is combined with chiffon of a bluish rose tint merging into mauve, and a cobwebby lace of white, with fairy outlines of black. There is a wide collar of ermine, and the ermine tails used as fringes are combined with festoons of pink roses.

**Beautiful Chiffons.**

Beautiful chiffons in the painted effects are being heralded, and over the interlining of plain white or black

gowns suited to more formal use. The very pretty May Manton one illustrated is a modification of the Japanese model which has grown so familiar and is so much liked. In common with all Eastern garments it is loose and flowing, but the half-fitted back renders it somewhat more shapely than the original model. As shown it is made of white China silk, showing a design of pink flowers, with banks of pink with white, but various combinations might be suggested. Simple cotton crepes are charming with bands of contrasting color in the same material or of silk. Albatross makes up most satisfactorily with silk bands, and numberless cotton fabrics are available.

The house coat is made with loose fronts, that are gathered at the upper edge and joined to yoke portions, backs

and side backs. The neck and front edges are finished with double bands that are shaped to give the correct outlines. The sleeves are in bell shape with applied bands at their lower edges.

The quantity of material required for the medium size is four and one-half yards twenty-one inches wide, three and three-eighths yards twenty-seven inches wide, two and three-fourths yards thirty-two inches wide, or two yards forty-four inches wide, with one and one-fourth yards of silk for bands.

**Effective and Smart.**

Shirt waists made with slot seam effects are exceedingly effective and eminently smart. The stylish May Manton example in the large drawing is shown in cream white brilliantine with stitings of black corticeil silk and large pearl buttons, but the design suits all the season's wool and silk waist materials as well as the heavy and fleece lined cottons that are so much liked.

The lining, that can be used or omitted as preference and material may decide, is snugly fitted and closes at the center front. The waist proper consists of back and fronts only, that are laid in slot seams from the shoulders and a central box pleat. The sleeves are in the new bishop style and fall in soft puffs over the pointed cuffs. The collar also is novel and is pointed at the front to match the cuffs.

The quantity of material required for the medium size is four and one-eighth yards twenty-one inches wide, three and seven-eighths yards twenty-seven inches wide, two and one-half yards thirty-two inches wide, or two and one-eighth yards forty-four inches wide.

"Slot seams" make the feature of the latest skirts, and promise to gain in favor both this season and next. Many of the advance models show them both in skirts and jackets, and all indications point to an extended vogue. The stylish skirt illustrated is of checked tweed in light weight showing lines of varying shades of gray, and is trimmed with bands of plain gray held by cut steel buttons and stitched with corticeil silk, but all suiting and skirt materials are appropriate.

The skirt is cut in seven gores and is laid in inverted pleats at each seam and in the centre of each front and side gore that are stitched to flounce depth at tuck width from their edges and so form the "slot seams" which

chiffon grounds they show floral designs of exquisite softness and delicacy of coloring. Blossoms and foliage appear as usual in many of the patterns, but there are also the conventionalized designs and nondescript effects, some of them kaleidoscopic. The loveliest of all is probably the moire chiffon, which is seen in dainty pinks, greens and blues, as well as cream.

**Misses' Shirt Waist.**

Plain shirt waists are always smart and always in vogue for young girls as well as for grown-ups, however much the fancy ones may vary from year to year. This very excellent model is shown in blue mercerized chevrot with large pearl buttons, but is adapted to silk and wool waistings as well as to cotton and linen fabrics. The lining is optional but is to be commended for all waists of the non-washable sort.

The waist consists of the fitted lining, the full fronts and plain back. The fronts are gathered at the neck edge and again at the waist line and blouse slightly over the belt, but the back is arranged in gathers at the waist only and is drawn down snugly. The sleeves are in shirt style, with straight, narrow cuffs, but are full at the lower portions, in conformity with the latest style. At the neck is a pointed stock.

The quantity of material required for the medium size is three and one-half yards twenty-one inches wide,



"SLOT SEAM" SHIRT WAIST AND "SLOT SEAM" SKIRT.

## Asthma

"One of my daughters had a terrible case of asthma. We tried almost everything, but without relief. We then tried Ayer's Cherry Pectoral and three and one-half bottles cured her."—Emma Jane Entsminger, Langsville, O.

**Ayer's Cherry Pectoral**  
certainly cures many cases of asthma.

And it cures bronchitis, hoarseness, weak lungs, whooping-cough, croup, winter coughs, night coughs, and hard colds.

Three sizes: 25c., enough for an ordinary course; 50c., for chronic cases; 1.00, for the most economical for chronic cases and for the best. Sold by J. C. AYER CO., Lowell, Mass.

## No Law on Island.

There is an island down in Penobscot bay, a few miles from Penobscot, that is in one respect one of the most peculiar islands on the surface of the globe, says a correspondent of the Pittsburg Gazette. It is known on the charts as Ragged Island, but sentimental summer residents have named it Crie Haven in honor of old John Crie, a bearded Scotchman, who settled here among the rocks more than half a century ago. The island is under no form of government and although it is part of the state of Maine, the people pay no taxes and have no officers of any kind. There is not a rat or mouse in all of its mile and a half of rocky length and its half mile of ledgy width. There are no bugs in the beds, no roaches in the pantries, no cats or dogs behind the stoves, and no mosquitoes in the pools of fresh water. The island has no church in which to worship and no minister to tell the people whether they are doing right or wrong. No lawyer ever resided here and no sheriff or constable ever came to issue summons or to serve processes. A kind old doctor who lives in Rockland is the only physician who makes professional visits to the place, and he is told when to come by carrier pigeons. As soon as the doctor receives the call he liberates a pigeon from his loft, which bears a message telling him he is coming. The regular inhabitants of the island now number 42, but in the summer there are often as many as 100 persons living on the island. There are eight cows and three horses there, but not a mile of road for them to travel in. The horses are used for hauling up boats. Everybody walks by well worn foot paths, which are originally laid out by cows while seeking feed among the huge boulders. The only occupation of the residents is catching lobsters in pots covered by nets. Every person tries to capture enough every day to bring \$3, which is easily done when lobsters are sold to the steamers for 15 cents a pound.

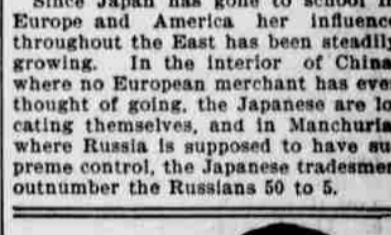
Since Japan has gone to school in Europe and America her influence throughout the East has been steadily growing. In the interior of China, where no European merchant has ever thought of going, the Japanese are locating themselves, and in Manchuria, where Russia is supposed to have supreme control, the Japanese tradesmen outnumber the Russians 50 to 5.

## Mrs. Emmons, saved from an operation for Ovaritis, tells how she was cured by Lydia E. Pinkham's Vegetable Compound.

"I am so pleased with the results I obtained from Lydia E. Pinkham's Vegetable Compound that I feel it a duty and a privilege to write you about it."

"I suffered for over five years with ovarian troubles, causing an unpleasant discharge, a great weakness, and at times a faintness would come over me which no amount of medicine, diet, or exercise seemed to correct. Your Vegetable Compound found the weak spot, however, within a few weeks—and saved me from an operation—all my troubles had disappeared, and I found myself once more healthy and well. Words fail to describe the real, true grateful feeling that is in my heart, and I want to tell every sick and suffering sister. Don't daily with medicines you know nothing about, but take Lydia E. Pinkham's Vegetable Compound, and take my word for it, you will be a different woman in a short time."—Mrs. LAURA EMMONS, Walkerville, Ont. —\$5000 forfeit if original of above letter proving genuineness can not be produced.

Don't hesitate to write to Mrs. Pinkham if there is anything about your case which you do not understand. She will treat you with kindness and her advice is free. No woman ever regretted writing her and she has helped thousands. Address is Lynn, Mass.



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Even Shoulders.

Stand before a looking glass and notice whether your right shoulder is higher than your left. It likely is. You will observe it is so both in men and women and the reason for this unevenness lies in the way one sits. You get into a comfortable chair or the chair before your desk and you immediately rest your right elbow either on the arm of your chair or on your desk, thus throwing one shoulder higher than the other. Especially is this the case when one writes a great deal. Few persons (observe them) when writing keep the shoulders erect.

Women who use the typewriter are seldom afflicted with uneven shoulders if the chairs they use are sufficiently high and they sit on them properly—and properly means erect with shoulders thrown back—their work encourages even shoulders, since they have no occasion to bend over, and there is equal pressure on both sides of the body.

When you notice that you are affected the best thing to do is to change your way of sitting at the desk. Two simple exercises will help you out