



Woman-kind

Choice of Becoming Colors.
If you are beautiful or if you are not, be careful to choose the most becoming colors as a background.
A brunette will look very handsome in a black satin costume, and her sister with ruddy hair will do better to wear white. She may relieve it with touches of violet or certain shades of red or blue.
Girls with brown or fair hair can wear pink or blue. Pale shades of green are becoming to almost any one of the fairer types, and all shades of yellow to brunettes.
The auburn haired woman will always look her best in black or brown, and dark green will display the lights of this most lovely shade of hair to advantage.

Breathing Exercises.
Deep, thorough breathing is a necessity to good health and activity. The following exercise persistently and regularly practiced will produce a decided improvement in the habit of breathing: Stand upright on the floor, then place the right foot slightly forward with the left hand resting easily on the hip and stretch the right arm out and up as far as possible without changing the position of the body from the upright. Keep the position of the body and swing the outstretched arm around in a large circle ten or a dozen times. Change the position so that the same movements may be done with the other arm. As you become accustomed to this daily exercise increase the evolutions of each arm to twenty-five.

Of Interest to Nurses.
Trained nurses are greatly in demand by the United States government for the Indian schools of the west. There are vacancies in seven of the schools, and the civil service examination to fill them is to be held January 5, 1904.
The schools in which there are vacancies are: Riverside school, Wisconsin Oange school, Oklahoma; Fort Totten school, North Dakota; Chillico school, Oklahoma; Hayward school, Wisconsin; Navaho school, Arizona; Albuquerque school, New Mexico. With the exception of the last named school the salary attached to the position in all the schools is \$600 and maintenance. In Albuquerque school, the salary is \$720.
The examination is open to all who have completed the course in any recognized training school for nurses.

New Club for Women.
The Ladies' Military and Naval is the latest comer in feminine clubland, designed for the near relatives of service men, with the strict line drawn at such distant connections as third and fourth cousinships.
Quite a feature is made of visitors at the new club, but it is stipulated that no member must bring oftener than once a week the same feminine member of her family as a guest. Contrary to the practice of several of the more conservative institutions, the presence of the mere man is encouraged rather than otherwise by the provision of a cloakroom entirely for his convenience. The masculine guest—of course under escort—is permitted to enter the gold drawing room, the lounge, general dining room, blue drawing room, and smoking gallery, the lady members alone having the privilege of occupying the smoking room proper. Children under a certain age, and dogs are to be carefully excluded from admittance, while those military and naval ladies desiring to interview prospective servants on the club premises are required to give two clear days' notice of their intention to the secretary. Even then such interviews must be over by 12 o'clock in the morning.—London News.

German University Open to Women.
Women are much interested in the news from Washington that women students are to be permitted to matriculate in the University of Munich. This is the first opportunity to do more than attend the lectures by permission that has ever been opened to women students by a German university. The announcement was made to the state department by the United States Consul General at Munich, who reports:
"In several of them women have been permitted to attend lectures and have been allowed to take their degrees on examination, by and with the consent of the faculties concerned."
"For the present the University of Munich limits its admission of women by regular matriculation to such as possess the abituria of the German gymnasium, and they are admitted to this noted German high school only on the same conditions as its male students."
"Students of foreign birth, graduates of colleges, but who do not possess the German gymnasial abituria, are admitted only as hearers, and with the consent of the faculty they may receive a copy to study and finally

come up for a degree, but they have not yet been conceded the same rights that are accorded to that class of German female students having the gymnasial abituria."
He further adds that the rector of the university is to second a petition made by Mr. Worman to the Bavarian minister of Culture to the effect that American women students be permitted to matriculate under the same conditions that control American men students. A student from any one of the reputable American men's colleges or universities enters a German university upon his diploma. The same privilege is desired for women.
Mr. Worman says that already a number of young women have taken advantage of the present concessions.—New York Evening Telegram.

Their Belief in Dolls.
Little maids show very different characteristics in their relations to their dolls. With some the latter are merely the playthings of their idle hours, while with others they are real children, and are hardly ever out of their thoughts. The affection that little girls feel for the inanimate puppets is one of the strongest instincts of juvenile humanity, and it is quite touching to see the love that they lavish on their dolls whom their imagination endows with feeling and sympathy.
"How are your dolls getting on, Minnie?" asked her mother's friend of a little girl. To her surprise the child, who had generally very nice manners, looked hurt and angry, and walked away without answering. Her mother, looking helpless, turned deprecatingly to her visitor.
"I am really very much ashamed that Minnie should be so rude, but I cannot do anything with her just now. She flies into a rage whenever we speak of her children as dolls. I wish she were not so intense, but I do believe she would sacrifice her own life to save them if the house was on fire."
A woman of great cleverness was left alone to earn her bread in a strange city. "I cannot describe to you how lonely I felt that first year," she said afterward to a sympathizing friend. "You will laugh, I know, when I tell you what I did. One evening in December after my work was over I walked back to my lodging. The electric lights were lit, and the shops I passed were gay with their Christmas display. I felt horribly depressed. Near my street was a large toy shop, and I stopped to look in the windows. A doll that looked exactly like my beloved Seraphina adored in my childhood looked at me with friendly eyes. I had just been paid my week's salary and I felt I could buy that doll I should feel comforted, so I went into the shop, found that I could afford the purchase, and bought the doll, took it to my room and spent the evening making clothes for my new Seraphina. I made her a regular outfit that winter, and I do believe she saved me from nervous depression."—New York Tribune.

Fashion Notes.
Knitted blouses are as much in demand for gifts as for immediate wear. Daintiness of every description distinguishes the ever-lovely neckwear. Gun metal mixtures in velvetene rival the ever popular brown, and are as useful.
Shirt waists are modish rivals to the suit which is worn with a white shirt waist.
Shaped ruffles of cloth are noted on both handsome coats and costumes, and even on capes.
A little frill of white chiffon adds immensely to the beauty of one charming little ermine neckpiece.
Silver and gilt buttons, square and round, occasionally show drooping ornaments like a fringe of silver or gilt beads drooping from the centre of the top.
The pretty bell-shaped button in silver is charming when it is small enough. It hangs with the mouth drawn down like our liberty bell, and twinkles gently with ever movement.
A gown, very youthful in its appearance, is of pink chiffon, with a deep hip yoke, lightly shirred. Below this was a wide band of cream lace and an accordion plaited ruffle of the chiffon.
Never were silks more lovely or more varied. There are a dozen new weaves, some of the richest showing disks and figures of velvet ombre of the color of the ground or a contrasting shade. Many of the light-colored silks are woven with velvet figures, flowers and leaves of the natural colors.
As for fabrics, there is no doubt that zibeline and the rough mixtures are far and away the best materials for street suits. The variety shown in these materials is almost endless. Zibelines come in so many colors and combinations that they furnish materials for severe tailor suits, for dressy wraps and for elaborate costumes.



FOR THE HOUSE

New Lamp Shades.
Not the old-time flower effects, but something new and more useful, are the lamp shades of this season. They are pretty and can be made by any woman with deft fingers.
Get any shaped wire shade you choose, twist all the wires with colored or plain tissue paper, and then stretch plain white tissue paper over this and put some flowered crepe paper on. Then outline the top, bottom and ribs with narrow strips of black. Plain red paper, with silver passepartout lines, is very effective.
By putting different colors on top of each other remarkable effects may be obtained.

Safe Way to Clean Carpets.
An experienced chemist says the following recipe is warranted to remove soil and spots from the most delicate carpets without injuring them.
Make a suds with a good white soap and hot water, and add fillers' earth to this until the consistency of thin cream is secured. Have plenty of clean drying cloth, a small scrubbing brush, a large sponge and a pail of fresh water. Put some of the cleaning mixture in a bowl and dip a brush in it; brush a small piece of the carpet with this; then wash with the sponge and cold water. Dry as much as possible with the sponge, and finally rub with dry cloths. Continue this till you are sure that all the carpet is clean; then let it dry.—Chicago Journal.

Easily Stained Floors.
In these days of uncarpeted floors, all the pretty, attractive little apartments do not have well tiled, hardwood floors. But the young housewife who has rented a cunning little flat where the floors are unstained need not repine. Nothing is easier than to give them a good color. Indeed, the wise housekeeper does this at least three times a year, and the way she does it is by washing the floor thoroughly, and then filling all the cracks with putty and scraping away any spots of paint, loosening it first with a little turpentine.
A light hardwood stain can be produced at home by the mixture of one pint of boiled oil, one pint of turpentine, one tablespoonful of burnt sienna and two tablespoonfuls of chrome yellow. This stain is used for pine and similar woods. To make a darker stain add one tablespoonful of burnt sienna and the same amount of burnt umber. Walnut stain contains two tablespoonfuls of burnt sienna, two tablespoonfuls of chrome yellow, one-half tablespoonful of lampblack, one pint of turpentine and one pint of boiled oil.
Work the brush always in accordance with the grain of the wood. The room should be closed until the stain is dry. When dry, rub the floor evenly with a small strip of carpet bound about a brush. When a polish has been raised, lay on your varnish or wax. Varnish smoothly and carefully. Watch the grain of the wood, and let your brush fall in with it. Any shade desired can be had by modifying the original liquid or by increasing its intensity.—New York Journal.

Recipes.
Lima Beans With Cream.—Boil the beans (all tender, in the usual way. Pour off the water, cover them with cream, and let simmer slowly for fifteen minutes, seasoning them at the last with salt and white pepper. Add a bit of nutmeg, too, is sometimes added with success to the beans cooked in this way.
Whole Wheat Pudding.—Sift together two cupfuls of whole wheat flour, one-half teaspoonful of baking soda, one-half teaspoonful of salt; then add one-half cup of molasses, one cupful of milk and one cupful of chopped dates; mix thoroughly, turn into a mould and steam three hours, or in two small moulds one hour; serve with cream sauce.
Almond Pudding.—Cream two tablespoonfuls of butter; add four tablespoonfuls of sugar, the yolks of four eggs, three-fourths cup of chopped almonds, rind and juice of one lemon, one and a half cupfuls of grated bread crumbs; beat the whites of the eggs to a stiff froth; butter a pudding mould turn in the mixture; cover and boil one and a half hours; serve with a sauce.
Tomato Fritters.—To one pint of stewed tomatoes add one teaspoon of sugar, salt and pepper to season; when boiling add one tablespoon of butter and one tablespoon of four rubbed smooth; stir until thickened; cook for five minutes then pour over four slices of stale bread; let soak on one side and turn them; beat one egg, dip the slices in it, then cover with bread crumbs; cook in very hot fat; serve hot.
Farina Pudding.—Heat three cupfuls of milk in the double boiler; add one-fourth teaspoonful of salt, rub three tablespoonfuls of farina in a little cold milk; add this to the scalding milk, stirring for two minutes; cook one and a half hours; add three tablespoonfuls of sugar, and one teaspoonful of vanilla; serve with cream or milk; or when it is cold cut in slices, dip in beaten egg, then in fried bread crumbs; put several in the frying basket and fry in smoking hot deep fat.
Pork is still the favorite meat of the working people of Prussia.



PRETTY THINGS TO WEAR

New York City.—Long shoulder effects always are becoming to young girls, and are seen in the latest models for odd waists as well as frocks and



MISSIE'S SHIRT WAIST.
This stylish May Manton shirt waist includes a novel yoke collar that gives the desired drooping line, and also a narrow vest effect at the front. As illustrated it is made of white mercerized vesting and is unlined, but all waisting materials are appropriate and the fitted foundation can be used when- ever desirable. At the neck is a fancy stock and deep pointed cuffs finish the sleeves. When a plainer waist is desired the yoke collar can be omitted, and the waist made with yoke fronts and plain back as shown in the small cut.
The waist consists of the fitted foundation, fronts, back and yoke collar. The fronts are gathered at their upper edges and again at the waist line and meet the yoke, but the back is plain across the shoulders. The yoke collar is quite separate and is arranged over the waist, the closing being made invisibly. The sleeves are the favorite ones that form full puffs below the elbows and are finished with deep pointed cuffs.
The quantity of material required for the medium size is four and one-fourth yards twenty-one inches wide, three and one-half yards twenty-seven

the shops, but these must be bought with discretion. A great deal of money can be wasted in this way, and a good frock ruined by inferior accessories. The study of dress is a very difficult subject now, even for the rich, while ordinary folk have much to grumble about.

Lace Veils.
Long lace veils are becoming draped over hats and tied at the side. These are forty-six inches long, and only as wide as the ordinary tulle or net face veil. Dotted net veils of the same size are edged with lace, and are very pretty.

Summer Fabrics.
Sheer cottons in dainty dimities in quaint, old-fashioned cross-bar designs, the finest of batiste, closely akin to organdy, and printed cottons in pompadour designs are the smartest wash fabrics for the summer of 1904.

The New Skirts.
The new skirts are to be of two lengths, either just touching all around or escaping the ground by two inches.

Hoppe Linens.
Hoppe linens are to be used to create the elaborate linen costume of the fashionable woman.

Girls' Suspender Costume.
Little girls are always charming and attractive when wearing gimpie frocks. This one is among the latest designed by May Manton, and is made with novel suspenders that form epaulettes and so get the broad shoulder line of the season. As shown the dress is made of dotted blue henrietta stitched with corded silk and held by gold buttons, the gimpie of Persian lawn with trimming of embroidery. All simple dress materials are appropriate, however, with gimpie or cotton or China silk as may be preferred. The costume consists of skirt suspenders and gimpie. The gimpie is tucked to form a yoke and again at the upper portions of the sleeves and is fitted by means of shoulder and underarm seams. The skirt is straight and

A Late Design by May Manton.



inches wide or two yards forty-four inches wide.

An Interior Gown.
An interior gown of pastel heliotrope crepe de chine has a narrowly gored princess front. Above the waist this is accordion pleated, with a yoke collar arrangement of broad Alencon lace, and a bertha of the same quite laid down on the shoulders, so that in effect it forms epaulettes. The princess panel is embroidered down the front in wistaria flower and foliage design, outlined in silver thread and pansy purple chenille applique down on the heliotrope crepe. The full sleeves are gathered into a broad cuff of Alencon lace. The edges of the side gores which come over the princess front are embroidered with the flowing wistaria pattern, continued as a border around the gown's hem all the way across to the other side and up again. This is in purple chenille, silver thread and shaded green allover silks for the foliage.

A Dawn-Cloud Effect.
With this most unusual blouse is worn a very full white silk net skirt, shirred down half way to the knees. The bottom has four two-inch tucks, each edged with narrow point d'esprit. A long fitted petticoat, which shows plainly through the net, is of rose satin the exact shade of the velvet in the blouse. A panne velvet girle is worn with a buckle of rose stones and old silver in art nouveau jewelry.

The Selection of Dress Trimmings.
Many lovely embroideries, particularly in gold and silver, are shown in



GIRL'S SUSPENDER COSTUME.
one-half yards forty-four inches wide, with one and seven-eighths yards thirty-six inches wide for gimpie, and seven-eighths yards of insertion for collar and cuffs.

THE JEFFERSON SUPPLY COMPANY

Being the largest distributor of General Merchandise in this vicinity, is always in position to give the best quality of goods. Its aim is not to sell you cheap goods but when quality is considered the price will always be found right.

Its departments are all well filled, and among the specialties handled may be mentioned L. Adler Bros., Rochester, N. Y., Clothing, than which there is none better made; W. L. Douglass Shoe Co., Brockton, Mass., Shoes; Curtis Bros. Co., Rochester, N. Y., Canned Goods; and Pillsbury's Flour.

This is a fair representation of the class of goods it is selling to its customers.

COLLEGE BITS:
Dr. Gustav E. Karsten, of the University of Indiana, has been appointed professor of German at Cornell.
Cornell University will receive more than \$200,000 from the estate of the late Frederick W. Guiteau, of Irvington-on-the-Hudson.
The Rev. W. C. Huntington, dean of the Boston University Theological School, has been elected President of the university.
Property in the residence district of New York City, owned by Columbia University and valued at \$10,000,000, is to be sold.
About 6000 books on the history of Germany and German civilization, the gift of Professor A. C. Coolidge, have been received by Harvard University.
President Stone, of Purdue University, announced that a grant of \$5000 has been made by the trustees of the Carnegie Institution to promote research in locomotive testing.
Three new schools and at least twenty-two new buildings, of which the official total estimated cost is \$3,000,000 or more, will be erected at the University of Chicago within the next ten years.
The will of the late Washington Corrigton, of Peoria, Ill., leaves the gift of Professor A. C. Coolidge, for the founding of an educational institution to be known as Corrigton Institute and University.
The faculty of Bowdoin College announced that at the beginning of the next college year the college will adopt the semester system, dividing the college year into two terms, instead of three terms, as at the present time.
President Harper announced at the forty-ninth quarterly convocation of the University of Chicago that \$2,952,830.81, 704 volumes, thirty-five tons of fossils and a silver trophy cup constituted the sum total of gifts to the university during the year.

SPORTING BREVITIES.
Yale's baseball team will play six games in New York the coming season.
The King of Italy has presented a cup to the Yacht Club of Nice for a match from Spezia to Nice.
The American Association of Baseball Clubs is to adopt a schedule providing for 154 games.
Benny Yanger refuses to box Aurelia Herrera at Butte, Mont., on February 25, if Tim Hurst is engaged to referee.
The third test cricket match between Australia and England, held at Adelaide, Australia, was won by the former by 216 runs.
The Board of Arbitration of the trotting turf have ruled against performances made with the aid of wind shields.
"Jimmy" Sheppard, the star outfielder of the Brooklyn Club, has signed to play his regular position with the team the coming season.
Senator Frawley of New York City, has announced that he will do all in his power to get a bill passed permitting boxing in that State.
Captain "Barney" Riddle's fee yacht Shrewsbury covered the fifteen-mile triangular course on the South Shrewsbury River in 26m. 50s.
The rival Chicago and St. Louis teams say they will play ante-season games in 1904, notwithstanding the lengthening of the regular season.
The Automobile Club of America will hold the trial races for American machines entered for the International Cup at Ormond Beach in April.
Marvin Hart and Joe Willis fought a draw in Chicago. The bout went for six rounds of fast work, and Willis made an excellent showing.
Baseball men believe that Ed Hanton will make a great ball player out of Charley Babb, who was traded by McGraw to Brooklyn the other day for Bill Dahlen.
The largest tree in Oregon was felled recently to be sent as a curiosity to the World's Fair. It is the Aberdeen spruce, and stood nearly 300 feet high, 40 feet around and 118 feet from the ground to the first limb. Its age is calculated at 400 years, being a good-sized tree when Columbus discovered the land that was afterwards called America.
A curious phenomenon has been noticed in the tropics that can never be seen at higher latitudes. A mining shaft at Sombrerete, Mexico, is almost exactly on the Tropic of Cancer, and at noon on June 21 the sun shines to the bottom, lighting up the well for a vertical depth of 1,100 feet or more.
Government reports show that manufacturers of iron and steel now form the largest single item of our exports.

WHEN IN DOUBT TRY

Serrine Pills

They have stood the test of years and have cured thousands of cases of Nervous Diseases, such as Debility, Dizziness, Sleeplessness and Vertigo, Atrophy, etc. They clear the brain, strengthen the circulation, make digestion perfect, and impart a feeling of vigor to the whole man. All drains and losses are checked permanently. Unless patients are properly cured, their condition often carries them into insanity, Consumption or Death. Mailed in sealed boxes, with full legal guarantee in each, and the money, \$2.50. Send for free book.

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Stop Kissing.
The Revue de Medicine of Paris in an article by M. Fere, an eminent French physician, conveys a note of warning and should go thundering around the globe and be heard in every lover's lane and every dimly-lighted parlor. M. Fere deals with the "Hygiene of Kissing." He admits its value as a manifestation of sentiment and as means of evoking exaltation, but he points out its dangers with respect to the transmitting of contagious and infectious diseases. M. Fere, however, is not the only one who has become alarmed, at the lack of hygiene in one of Cupid's favorite methods. Indeed, the danger has already been fully exploited, notably in the oscillatory ordinance recently introduced into the Virginia Legislature by a Mr. Ware. Moreover, we are informed that aside from the risk of contagion certain traumatic lesions may be also produced by the act of kissing; and in some neuropathic natures the kiss may constitute a harmful nervous shock. Cases are cited in which an enforced kiss produced epilepsy. And there are other instances of like nature more or less horrible.—Wheeling Register.
Envy forsakes its own shade to freeze on another's doorstep.