

Interesting TO WOMEN

Pin the Shoe Bows.
When trying ribbon bows on the fastenings of your low shoes secure them by slipping a small safety pin under the bow after it is tied, catching the two loops and two ends close to the middle knot and there fastening it. One may walk the day long with such a fastening and never feel the least insecurity about her ribbons.

The Craze for Beads.
The bead craze has resulted in so many atrocities in the way of belt and chains that one hesitates to recommend any further use for the fascinating bits of glass. Still there is no reason why the pretty little bead candle shades that fetch such good prices in the shops should not be made at home. As most of them are in solid colors there is not much chance for bad arrangements of hues. The brass shades are not expensive, and the beads are merely strung in even fringes around the edge. There is an opal shaded bead that is especially good for fringes. Pale red, yellow and faint blue are also good.

A Bachelor Girl Reflects.
One of the things that a woman with brains never gets quite used to is the ease with which the woman without them commonly gets along. A good complexion indicates a sound digestion, but you can never make a man believe that it is not a sign of a pure heart as well. All women are made of glass to the very young man. An excellent way to get over a love affair is to marry the man. Marriage has some resemblance to cards. Hearts and diamonds are both involved, clubs sometimes come into the game, and unless the divorce court intervenes, spades are trumps at last. A woman has always one standing grievance against a man. When she wants a good cry she has to sit down to it, while he can swear in any position.—New York Herald.

Do Away With Trailing Skirts.
A skirt of instep length may now be worn anywhere by a fashionable woman, and the trains should be done away with by the clean, refined, sensible women of the country. Trains are graceful enough indoors if one is willing to put up with the bother. In no spot are they more of a nuisance than in a church or a theatre. Women ought to ridicule the trailing skirts upon the streets because of the contagious disease germs these sweeping garments gather and spread into homes all over the city. When a woman comes along the street who pretends to hold her skirt partly up, imagine the results. In every case it dips down here and there, gathering in its cloth the deadly pneumonia or grip germs. By the time she reaches home she has scattered germs of fatal and disgusting diseases enough to infect a whole city. She has upon her feet and ankles more dirt than would find lodgment upon a clean woman's body in a whole year.

A Field For Good Work.
When one hears the annual reports of the standing committee of the Massachusetts State Federation of Women's clubs astonishment is felt at learning that there are so many different directions in which organizations of women may and do work for the public good, unless one has already made acquaintance with these committees and their activities. And after astonishment there comes admiration at seeing how businesslike are the methods of these committees and how they are systematized in order that one body shall not work in the field of another, thereby wasting valuable energy. Listening recently to such reports given at a federation's meeting held at Wakefield, it all seemed very wonderful that women can and do undertake the solution of such big problems. And they succeeded in solving them, too. But even then they do not proclaim their victories from the house-tops. They tell of them only when in their own assemblies it is necessary that every right hand should know what the left is doing, that a healthful encouragement and inspiration to further efforts may be shared by every member.—Boston Transcript.

Can You Swim?
Since women have taken to sailing catboats and schooner yachts, running motor launches, and talking learnedly about booms and sails and ropes and machinery, swimming teachers have had more to do. For these women as an ordinary precaution learned to swim, and other women follow their example. Like other forms of sport, however, swimming may be overdone. "How far may a woman swim with safety?" a swimming teacher was asked. "Anything over a mile is apt to be a strain to even an accomplished woman swimmer who has been in training several years," he answered. "In the case of the average woman, no matter how well she swims, a half of a mile is plenty far enough, and beginners—that is women in their first season of swimming—ought not to swim farther at a stretch than 100 feet. "A woman with a weak heart should never make any attempt whatever to swim a specified distance or enter a contest of any kind. It is much easier to swim in deep water than in a shallow stream, nevertheless novices, even after they have learned all the necessary strokes, ought never to strike out in water below their depth. "The best way to practice is to wade out from shore until the water covers the shoulders, then swim in. To attempt to swim out or away from shore at first is a big mistake."

Emergency Bag.
An "emergency bag" is in reality a collection of compartments which the mother of a young family will do well to keep where it can be got at readily. In one all the soft worn-out linen handkerchiefs should be tucked. Another may contain absorbent cotton. Cord of varying thickness is neatly rolled up in balls in another, and one tiny pocket contains cord plaster, as well as sharp little round-bladed scissors to cut with. A rolled bandage or two of sterilized gauze, and then she is ready for any of the cuts and bruises which come into the daily experience of romping, healthy youngsters.

Javelle Water.
Javelle water is also an excellent laundry standby, especially for the summer, when things get yellowed by perspiration and stained with fruit, but it should be used with discretion, labeled with skull and crossbones, and kept high enough so that children cannot get to it. While it can be bought at the druggists' it can be made at home at half the cost. Dissolve four pounds of washing soda in four quarts of soft water, boil 10 minutes, take from the fire, and add one pound of chloride of lime. Cool quickly, bottle and keep tightly corked. This is very strong and must be handled with care. When using it in summer to whiten pillow cases, handkerchiefs and body linen yellowed by perspiration allow a half teacupful to a tub of clear cold water. Soak the clothes 20 minutes, then rinse thoroughly.

Veranda Flower Baskets.
Considering the charm of successful hanging baskets, and the fact that they can be cultivated in a space where other forms of gardening are impossible, it is surprising that one sees so few of them. A good plant for a hardy hanging basket, which can expect only ordinary care, is the anthericum, plain or variegated. Some of the loveliest hanging baskets contain ferns. Nothing in this is more exquisite than the adiantum, which is, however, far too tender for most of us who have only "the prentice ban" with which to minister, says the Philadelphia North American.

Fashion Notes.
Blouses of dotted swiss present cool and pretty possibilities. A broad fob with gold seal attached is a feature of Directorate modes. Shelf toques have one side of the brim turning completely over the crown. Sets of silver swallows or enamel bluebirds make pretty blouse fastenings. No daintier trimming than valencienne is possible for the sheer white frocks. Mousquetaire or shirred sleeves fit closely the lower part of the arm on many gowns. It is a mistake to pleat the skirt which must make frequent journeys to the laundry. Turn-down collars and cuffs of knife-pleated muslin come in the less expensive neckwear. A simple white neck band with a fringe of lace around the top is the accepted blouse finish. Duck egg blue is one of the modish colors in linen frocks, whereof all accompaniments must match. Belts of white linen richly embroidered in flower and fruit designs in gold and colors, are very smart. A turn-down collar of soft madras with four in hand of self fabric attached is one of the neatest stocks. Broad holland trimmed with white braid and worn with white belt, white tie and white shoes, makes a fetching ensemble.

FOR THE HOUSEWIFE

A Standard Preparation. A standard preparation for removing ink or almost any other obstinate stain is made from oxalic acid and lemon juice. Dissolve a tablespoonful of each in a pint of rain or soft water and keep on hand in a bottle. Rub the stain with this mixture, but the moment that it disappears wash the fabric where it was used very thoroughly in clear cold water.

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NEW IDEAS IN TOILETTES

New York City.—Box coats of linen, taffeta and pongee make the smartest of all the season's wraps and are as comfortable as they are fashionable. shepherd's plaid or check, a trimming of black and white braid gives a charming finish and makes the gown appear much more expensive.—Harper's Bazar.



BOX COAT.
This one is made of natural colored linen with pipings of red and matches the skirt, but white and all colors are used and silk and veiling are greatly

A Dainty Wrap.
Quite the most fascinating little wrap is nothing more than a scarf—a length of chiffon, measuring almost three yards. The one seen was of pastel pink, edged all the way around with half-open pink roses. These roses were exquisite little affairs, and not sufficiently even in size to appear monotonous. The whole thing looked as if it had drifted down from Fairyland onto the shoulders of its pretty wearer.

White Duck Hats For Children.
Sensible women will provide their children with white duck hats, such as can be obtained at all the stores for a trifling price. These mean comfort and safety to the little ones while playing in the hot sunlight.

Girl's Blouse Costume.
No style of frock suits little girls better than this simple one, which consists of blouse and box pleated skirt. The model is made of white linen trimmed with banding of blue and white and is charmingly dainty and attractive; but natural colored linen and all the simpler washable

A LATE DESIGN BY MAY MANTON.



in vogue for old wraps as well as for costumes. When liked the collar can be omitted and the neck finished with a facing only. The coat is made with fronts and backs and is fitted by means of shoulder, under-arm and centre back seams. The sleeves are in regulation coat style with roll-over cuffs and a pocket is inserted in each front. As illustrated the closing is made invisibly by means of buttons and buttonholes worked in on a fly. The quantity of material required for the medium size is three and three-quarter yards twenty-seven inches wide, two and a half yards forty-four inches wide or two yards fifty-two inches wide.

Shirt-Waist Suits.
The shirt-waist suit, first so called because of its simplicity, is much more elaborate in design than last year. It is, however, an essential part of every complete outfit, and is made in wash material, silk of every description, and even in a light-weight cloth. The skirt with bows of shirring and flounces is newer than pleated or tucked ones, and is not difficult for home dressmakers, provided a good pattern is chosen. Skirts and waists are both unlined, but there must be a drop-skirt, not a petticoat, and the waist will wear better and fit better if there is a lining across the shoulders and in the upper parts of the sleeves. In these days of long shoulder seams and the consequent tendency of the sleeve to slip below the top of the arm, this lining is necessary to give a really trim, neat appearance to the gown. The fancy braids now so fashionable are a great help in making over last year's gowns, and also in trimming the inexpensive materials. Not for a moment is it intended to convey the idea that to buy a cheap material and load it down with trimming is advisable, but, for instance, with an inexpensive costume, a skirt and short coat of black and white

fabrics of the season are equally appropriate for immediate wear and flannel and serge for the cooler days. The costume consists of the skirt, body lining and blouse. The skirt is box pleated, each pleat being stitched at its edges to yoke depth, and is joined to the body lining, the two being closed at the centre back. The blouse is made with fronts and back and is finished with a box pleat at the centre front beneath which the closing is made. At the neck is a big sailor collar and the sleeves are full, laid in box pleats above the elbows and forming puffs below. The quantity of material required for the medium size (ten years) is eight yards twenty-seven inches wide, six and three-quarter yards thirty-two



GIRL'S BLOUSE COSTUME.
Inches wide or four and seven-eighth yards forty-four inches wide, with two and three-quarter yards of banding to trim as illustrated.

CANAL A GIGANTIC TASK

SURVEY OF WORK TO BE DONE IN PANAMA.
Views of Dr. C. A. Stephens, Who Has Recently Made a Trip of Observation to the Isthmus.—The Culebra Cut the Biggest Work of the Kind Ever Undertaken.

Dr. C. A. Stephens, who has been well known for a generation as a writer of stories of adventure for boys, has recently visited Panama, where he has had excellent opportunities for observing the great project the nation has undertaken there, writes the Washington correspondent of the New York Post. Americans speak glibly of the possibility of a tide-level canal at Panama. Dr. Stephens says: "It is not an easy matter to estimate the exact amount of earth which would have to be removed to get a clear channel across the Isthmus, 25 feet below tide at Colon and at La Boca on the Bay of Panama. But computing it at the various levels, step by step up to the Culebra, through this vast cut and beyond, deducting what the French appear to have done, we obtain 446,000,000 cubic yards, as a very conservative estimate of what remains to be removed in order to have an open ditch from ocean to ocean, 150 feet wide at the bottom, with 35 feet of standing water in it. As to the length of time required, we have to guide us only what the new French company have done. It is agreed on all hands, however, that they have worked with a fair degree of intelligence and with honesty.

"During their most successful year, 1897, the new company employed 3600 men and removed, mainly in the Culebra cut, 960,000 cubic metres, chiefly earth. This was by far the best ever done by the French. Adding 40 per cent to this 960,000 metres, for better American methods and better machines, and assuming that the United States will employ 20,000 laborers in place of 3600, we find that to remove the 341,600,000 cubic metres forty-six years and nine days will be required, or until 1951. By employing 30,000 laborers the work might be done in about thirty-one years. More than 30,000 men could not be advantageously worked there. At best, therefore, allowing nothing for contingencies or accidents, a tide-water canal at Panama could not be completed before 1936—so that few of the present generation would see it.

Immense Cost of Tidewater Canal.
"As to the cost of a tidewater canal at Panama, reckoning laborers' wages at only a dollar a day, and the salaries of engineers, foremen, etc., at equally reasonable rates; adding present cost, figures for machinery, tools, explosives, transportation, hospital equipment and maintenance, with the thousand other minor expenses, and to this the interest on the money as used for thirty years, at 3 percent; I am unable to find the amount called for to construct a tidewater canal at less than \$570,000,000, or, adding the price of the canal from the French company, \$610,000,000."

Magnitude of the Project.
Dr. Stephens in other ways makes more distinct than do the formal reports the size of the project in which we are already committed. The Culebra cut he describes as the greatest thing of its kind ever undertaken by man. When complete it will be three-fifths of a mile wide at the top, falling off to a width of 150 feet at the bottom, into which the great lake made by the dam at Bohio will flow back, filling it to a depth of 35 feet. From the top of the Culebra on the north side of the cut the depth will be nearly or quite 400 feet. These figures, he says, convey little idea of the tremendous quantity of earth and rock which must be removed. It is not until one descends into this vast trench and marks how tiny the locomotives and great steam excavators look when seen in the prodigious depth and breadth of the excavation that a conception of the herculean labor dawn on the mind. It is like Niagara, and must be contemplated for awhile. At first sight it might be thought that a thousand men, operating 90 or 100 of these steam excavators, would dig it out in a year; but by the time the visitor has walked and climbed about the cut for an hour or two, he can readily believe that the task may occupy 5000 men, with machines, for ten years.

The temperature in the cut he describes as intense. The lofty, bare sides of the excavation accumulate heat like the walls of an oven. The seething steam boilers add to the calorific glow. It makes the eyeballs ache and the lungs feel dry and hot. "It is no place," says Dr. Stephens, "for a white man's unprotected head. A cork helmet, or a green umbrella, or both, are necessary to his safety. It makes me shudder to think of the human suffering implied by ten years of labor here on the part of 5000 men. But only at the price of all this toil can stately vessels steam through the Culebra."

The French Canal company has removed much earth here, but vastly more remains to be taken out. With arc lights strung along the cutting, the men of the night shift would have by far the easier day's work; for then the terrible sun rays would be absent, and the cooler night wind would be blowing through the trench. Indeed, if but one shift of men were employed, he thinks it would be better, after the light plant was installed, to work them only by night and have them sleep in day time.

The Sanitary Problem.
His account of the sanitary problem is even more impressive: "The French exercised little or no sanitary control over their canal laborers. They built little villages of wood and galvanized iron for the men to live in, but in most cases provided neither water nor drains. If they fell ill in camp and did not die at once, they were transported after a day or two to the hospitals at Colon or Panama. That was about as far as the French medical care or control extended from 1880 onward. As a result they lost a great number of employees—some say 50,000. The construction gangs were often crippled and ineffective. Excavators, locomotives and other machines stood idle for weeks, because the men or the foremen were ill or dead. The losses of time and money from this cause were enormous. Work was stopped from time to time, and often did not begin again for a month, pay being drawn all the while for the entire gang. The direct loss from this cause alone is believed to have exceeded seventy million francs. The indirect loss from delay and demoralization can never be determined.

"The French Canal company is now paying its laborers \$1.08 a day, Colombian silver, worth about 44 cents in United States currency." Dr. Stephens says that it is an error to speak of any locality as itself "unhealthful." If disease is present it has been brought there by men or animals which have become infected elsewhere. No locality breeds new disease. He wants the government to establish a School of Tropical Diseases at Colon. The greatest variety of clinical material would be abundant. Canal laborers arriving from various points in the tropics will afford excellent material for study, with the added advantages of observing the course of the diseases in a tropical climate. Dr. Stephens also favors a camp of detention and observation for incoming laborers. In no other way can disease be prevented from gaining access to the labor camps along the line of the canal. Nor when forwarded from the camp of observation to the labor camps should the executive guardianship over the laborer cease or be relaxed for a moment. A single hole in one's mosquito net lets in the mosquito that will inoculate him with yellow fever or malaria; so with a system of health protection for 20,000 laborers. At a single weak point of the system an epidemic may enter; the system must be precise, efficient at all points and constantly operative. If the best economic results are to be obtained, the labor camps must be enclosed, policed and regulated as if under military discipline. He thinks it would be found expedient to have a canteen at every camp.

THE MUSIC CURE.
Papa Had No Headache After Plenty of "Bedelia."

An interesting experiment was recently conducted in an uptown apartment house by a young woman with a taste for scientific research. She had heard of the so-called "music cure," as tried in Boston, and she determined to investigate it. A few afternoons ago her father, an exemplary citizen in every way, came home with a violent headache. The young woman persuaded him to recline in an easy chair and placed his mind in a quiescent state. Then she went around into the next suite of apartments and persuaded her dearest friend, a young woman with some knowledge of the piano, to play that instrument close to the partition that divided the two suites. The young woman said she'd play until her friend rapped on the wall and asked her to stop. Whereupon she commenced with "Bedelia," while the other young woman with watch in hand stood close to the sitting room door and watched the result. Not only did she watch it, but she took notes of it as follows: "Four twenty-five. Papa is softly groaning in his chair. His head must hurt him dreadfully. There, I hear Laura playing 'Bedelia.' Papa hears it, too. He is looking around. "Four twenty-eight. Papa has lifted his head a little. 'Bedelia' still goes on. Papa is frowning and biting his lips. There, he is staring at the wall behind which Laura is busy. I think he begins to feel the influence. Yes, it is contracting his muscles. He is shaking his fist. His lips move. He is saying things. "Four thirty-two. Papa has slipped from his chair. His eyes are gleaming, his fists are clenched. 'Bedelia' still goes on. "Four thirty-five. Papa is saying things at the wall. I'm afraid Laura will hear some of them. She is playing much louder. It is still 'Bedelia.' Papa is getting red in the face. He is tearing his hair. I wish he wouldn't do that. He hasn't any to spare. "Four thirty-seven. Papa has tipped over the chair and is hopping around like a demented Pawnee. And, oh, the language he uses is something awful! Bang! I think Laura has just fallen off the music stool. Anyway, 'Bedelia' has ceased. "When I rushed, a moment later, papa had fallen back on the couch and was gasping feebly. 'Papa,' I cried, 'how's the headache?' He made an unrepeatable remark about the headache that at once assured me he was cured. "And it was the music that cured him!"—Cleveland Plain Dealer.

The First Essential.
Betty—So Maud is engaged? Well, I'm sorry for the man. She doesn't know the first thing about keeping house. Bessie—Oh, yes, she does. Betty—I'd like to know what? Bessie—The first thing is to get a man to keep house for.—Harper's Bazar.