

WOMAN'S REALM

Cheerful Dining.

Where nourishment and health are concerned laughter and good will are vigorous promoters of the digestive functions. The court jester was a valuable piece of dining room furniture in olden times, and a good natured and cheerful guest who keeps up a lively and entertaining conversation at table does more to aid digestion than all the nostrums ever invented.—Woman's Life.

A Short Biography.

"This is the life of little me. I am the wife of Beerbohm Tree." Thus Lady Beerbohm Tree when asked to write her "life"—surely the shortest autobiography on record. Lady Tree is shortly to appear on the variety stage, and patrons of the music halls will then have an opportunity of seeing one of our very cleverest and most distinguished actresses; for, beside her histrionic gifts, Lady Tree from an early age developed a taste for classics and mathematics. Her favorite subject was Greek, at which she was most learned, and many years ago she took part in a Greek play before an audience which included so distinguished a classical authority as the late Mr. Gladstone.—Tit-Bits.

Success With Dinners.

Success in dinner giving is something like success with flowers. The guests must be grouped as artistically with regard to congeniality as the flowers are with reference to color and form, and both must have the right sort of environment. The room must be cool, but not too cool, and the viands must be well chosen, well

duit silver embroideries. The transparent black jet studded net evening frock also has its place in the spring fashions, with trimmings and relieving notes of color on the corsage and the waist belt. Often the jet appears only in fine embroideries or paillettes on a tunic or net, which falls over a soft clinging robe of mousseline de soie or satin charmeuse.—Philadelphia Ledger.

Plan For Baby Exchange.

More than passing consideration is being given a recent suggestion looking to the establishment of a regular "baby exchange," that would supply babies to and receive them from clients in accordance with their several needs. At present the foundling hospitals and kindred institutions are the principal resort of those who wish to adopt children, and for those who have strong views on heredity these poor waifs are always under a certain suspicion; but a wealthy New York woman who advertised privately the other day offering a child all comforts and a real home was surprised at the number of replies she got from honest and hard working fathers and mothers who felt they had too many children to do full justice to all in their upbringing. The "baby exchange," as proposed at present, would be established in some healthy country district not too far from town and conducted by a regular staff of physicians, nurses and matrons. Due scrutiny would be made as to the character and motives of the parents to guard against the abuse of the institution by the neglectful or improvident; but it is believed by the group

THE SEASON'S NEW DESIGNS



New York City.—Closings at the left of the front make the latest feature of fashion and children's dresses are shown so quite as well as the



grown-ups. This one is essentially novel and extremely attractive. It is closed for its entire length with buttons and button holes above and below the trimming, invisibly beneath the trimming, consequently it can be opened out and laundered with perfect success, and is especially well adapted to washable materials. Plaid Scotch gingham is the one illustrated, with trimming of banding and buttons. Linen would be handsome so made, pique, and, indeed, almost all the simpler washable materials, while the model also can be used for the

wools of immediate wear. Plaid wool material with trimming of black velvet ribbon is always smart and attractive and suits the design admirably well. Blouse and skirt portions are separate and are joined beneath a belt. The pleats over the shoulders give becoming breadth and the pleats at the back and sides of the skirt mean graceful fullness.

The dress is made with blouse and skirt portions, which are joined and closed at the left of the front. The skirt is straight and the sleeves are made in one piece each.



"Something Russian and something new," has a queer button and chain effect on each side of the coat. It isn't clanky and prison-like, but very dandy.

The hat shown here is of the extreme rolled type, a winter straw and rose creation from the South.

POPULAR SCIENCE

A remarkably long wireless transmission was recently recorded by the steamship Tennessee, five days out from Honolulu, which succeeded in catching a message from Table Bluff on the coast of California. The message was a weather report, which was afterward verified by the Navy Department. The distance of transmission was 4580 miles.—Scientific American.

A little salt in one's drinking water is "good medicine." Salt applications to the skin are wonderfully soothing and wholesome. There is nothing better as a wash for the throat and the nasal passages to prevent or to cure catarrhal troubles than a solution of common salt in plain water—the cheapest remedy one can find. Many persons give their eyes a daily bath of cold salt water, with satisfactory results.

Dr. E. E. Barnard, of Yerkes Observatory, secured photographs of Comet A 1910 on January 21, 24, and February 1, 3, 4 and 6. Cloudy weather prevented the taking of any other photographs. Dr. Barnard informs us that one of the interesting features of this comet was an extension from the head about one-quarter of a degree long toward the sun. This extension was in a line with the prolongation of the southern edge of the tail.—Scientific American.

The mechanical laboratory of the Polytechnic Institute, of Worcester, Mass., has undertaken a study of the relative thermal conductivity of rolled copper and of copper deposited by electrolysis and not rolled. The conductivity of the rolled copper was found to exceed that of the electrolytic copper by thirty per cent. This is an interesting instance of the change in the internal structure of metals which is produced by mechanical treatment.—Scientific American.

The American Opium Peril

By HUGH C. WEIR.

The slaves of opium comprise an army more than twice as large as the population of the United States and four times as large as the combined populations of Spain, Portugal, Greece, Denmark, Switzerland, Scotland, Sweden, Norway and Canada. Over 160,000,000 men, women and children are as helpless under the sway of the poppy as a chained slave under the lash of the task driver. During the year 1908, the drug claimed more than one million lives, nine-tenths of which were contributed by the nations of China, Burma and India. The significant fact, however, which is calling the world to arms, is that the opium curse is sweeping westward.

In the United States the drug has gathered more than twice as many victims as in any other English-speaking country. This is why, besides sending a delegation to the recent international opium conference at Shanghai, President Roosevelt appointed a commission which is to probe the peril of the poppy in American territory.

Mention opium to your neighbor and he will shrug indifferent shoulders as he pictures, perhaps, a vague scene in Chinatown. Opium and the Chinese, to the mind of your average newspaper reader, are inseparable. He has never considered the poppy except as a factor that is ridding the world of coolies, or which perhaps can quiet the suffering from a broken limb or a broken sleep. It is because this is so that we are facing to-day a series of disagreeable facts. For the shadow of the opium curse has reached across the seas, from the oldest civilization to one of the newest, and is striking at our sinews with a force and a cunning which only those who have made a first hand study of the problem can appreciate.—Putnam's Magazine.

Appeal.

The intrepid general (in the new order) was rallying her wavering troops.

"Women!" she cried, "will you give way to manly fears?"

A murmur of indecision ran through the ranks, whereupon the leader shot the last arrow in her quiver:

"Will you," she fiercely demanded, "show the white feather in a season when feathers are not being worn?"

The effect was electrical. "Never!" roared the soldiery, and forming quickly in battle array they once more hurled themselves on the enemy.—Puck.

The Secret of Bronze.

It has been supposed that the ancients had some method of hardening bronze tools, the secret of which has been lost. Professor Gowland, of the British Institute of Metals, says that the ancient bronzes were very impure, so that their hardness could not have been due, as is sometimes assumed, to their exceptional purity. On the other hand, inasmuch as modern bronzes by careful hammering can be made as hard as the ancient ones, the legend of a lost art in bronze-hardening seems to be exploded.—Youth's Companion.

Her Reason.

He—"If you dislike me, why did you permit me to kiss you last night?" She—"I felt that a really ought to make one Lenten sacrifice."—Boston Transcript.

DELAY IS DANGEROUS.

When the kidneys are sick, the whole body is weakened. Aches and pains and urinary ills come, and there is danger of diabetes and fatal Bright's disease. Doan's Kidney Pills cure sick kidneys and impart strength to the whole system.

Harry Hulse, 30 Bound Ave., Milton, Pa., says: "Eight years ago I had to take to my bed. I consulted one physician after another, but in vain. My back was so sore I could not sleep, and headaches and dizzy spells bothered me. After taking Doan's Kidney Pills, I passed gravel, and soon I was cured."

Remember the name—Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Passing of the Bachelor.

The typical old bachelor—crusty, irritable, solitary—seems to be passing away, if indeed he is not already extinct. Nowadays there is every encouragement for bachelorhood, until it has developed from a single state to a united kingdom with royal palaces in all great cities.

There was a time when the typical bachelor was pictured seated alone in a sadly neglected room, pushing a reluctant needle through unyielding cloth, as he strove awkwardly to sew a button on his coat, using the side wall of his room for a thimble. That is all done away with now, when the Universal Valet Company, unlimited, sends its motor to the door of the bachelor apartments, and carries away the garments of benedick, returning them at nightfall, every button reinforced, every spot and stain effaced.

And in what careless comfort does benedick live! Unhindered by feminine niceties, he sets down his pipe where he will, and swings about his room in easy half dress, shouting the Stein Song at the top of his voice, without let or hindrance.—Atlantic.

An Acre of Ground.

There are thousands of city dwellers, men on salaries none too large, who might well consider a home in some small nearby suburb, with an acre or less of ground about the place. None but those who have actually had experience begin to realize the productivity of a single acre when devoted to those things which so largely constitute provisions. A single acre will provide almost the entire living for a good-sized family, if worked. An acre of grass may keep a cow, but not a family. The father will find himself a better man physically than he ever dreamed of being, as a result of even a little outdoor work each day; the fresh air and quiet will do wonders for the mother with nervous prostration, and if there are any boys and girls old enough to take a hand it will help them to a vitality which no city-grown child ever knows. Transportation in these days makes such residence possible, and few who try it care to go back to the old life. It's true there are fewer doctors in the block—but then you need them less often. Think it over.—Popular Mechanics.

Funerals in China.

The ostentation common to the rich Chinese is even observable in their funeral obsequies. Even if by chance a man should desire an unpretentious burial, the thought of such a thing would be abhorrent to his heirs, who would consider it a distinct slight both to themselves and to the family gods. In consequence, a rich man's funeral is made just as gorgeous and costly as his means will allow. The number of pallbearers varies according to the status of the deceased. Thirty-two, or even more, are frequently seen, "spirit chairs" for the use of the dead Croesus in the future life are borne in the procession, together with venerated objects intended for the propitiation of the gods, while idols of hideous appearance and uncouth shape are also carried.—Wide World Magazine.

ABANDONED IT For the Old Fashioned Coffee Was Killing.

"I always drank coffee with the rest of the family, for it seemed as if there was nothing for breakfast if we did not have it on the table.

"I had been troubled some time with my heart, which did not feel right. This trouble grew worse steadily.

"Sometimes it would beat fast and at other times very slowly, so that I would hardly be able to do work for an hour or two after breakfast, and if I walked up a hill, it gave me a severe pain.

"I had no idea of what the trouble was until a friend suggested that perhaps it might be caused by coffee drinking. I tried leaving off the coffee and began drinking Postum. The change came quickly. I am now glad to say that I am entirely well of the heart trouble and attribute the relief to leaving off coffee and the use of Postum.

"A number of my friends have abandoned the old fashioned coffee and have taken up with Postum, which they are using steadily. There are some people that make Postum very weak and tasteless, but if it is boiled long enough, according to directions, it is a very delicious beverage. We have never used any of the old fashioned coffee since Postum was first started in our house."

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Our Cut-out Recipe

Cocoanut Pudding.—One pint of milk, two eggs, two tablespoonsful of cocoanut, one-half cup cracker crumbs, one saltspoonful of salt, one teaspoonful of vanilla. Beat eggs separately, adding yolks to the milk and then mixing with cocoanut and salted cracker crumbs; flavor and bake a half hour. Make a meringue of the whites of two eggs and one cup of sugar. Put on pudding after it is baked and return it to oven to brown. Serve with cream. This is good either hot or cold.

cooked and well served. The lights must neither be too dim nor too bright, and the flowers should have but little odor, for, however delicious, the fragrance of flowers grows heavy as the evening wears on. With all this and congeniality, a dinner cannot fail, and in those few hours one can get better acquainted with those on either side than would be possible in weeks under less favorable circumstances.—New York Tribune.

Commercial Instinct.

"It is the fashion nowadays to sneer at the commercial instinct, and to despise it as something common and vulgar; but in reality it is nothing of the sort. The essence of vulgarity is the concealment of vulgarity. The common man who knows that he is common ceases to be common by this knowledge; by realizing that he is not a gentleman he almost becomes one. The really vulgar people are the people who are forever pretending that they are not vulgar; the truly ill-bred are those who are constantly parading their gentility. There is nothing that is vulgar in itself; it only becomes vulgar when it pretends to be something else. Therefore the commercial instinct is never a common instinct, except when it sets itself up as not being commercial at all."—Ellen Thornycroft Fowler, in Home Notes.

Dressmakers Hunt Picture Galleries.

Parisian dressmakers are seeking inspiration for evening modes in the picture galleries. There is always more latitude allowed in the fashioning of dresses that are to be worn by night than in the tailor made, or even the elegant afternoon gown; and it is safe to prophesy that for evening the period gown will have a successful vogue. The terms are almost synonymous, for it is the paintings of the Louis XV. and XVI. period that are guiding the modistes.

This means the coming of the pointed, tight fitting corsage, the tucks, and the draped skirt.

The vieux rose tints which have had such a long inning are to be allowed to have a rest, perhaps only a brief one. A pale amber shade, curiously becoming to both fair and dark haired women, is one of the newest colors for evening. Incidentally it is a perfect background to the mass of gleaming jet which trims so many of the smartest gowns. The delicate mignonette green of the summer is another shade which shows up well under the electric light. Blue is a color that has often been eschewed in the past because of the difficulty of choosing a shade which looks well under artificial light. There are several blues notably the pastel tones, Serves and Nattier, which can be worn with safety in the evening.

White is, of course, always worn, and the indispensable black evening gown is, if anything, more delectable than ever this season owing to the extraordinary popularity of jet and the new favor extended to Chantilly. The run on black Chantilly has been so great that the French makers are having positively to refuse to take any more orders for the present for this beautiful lace.

Many handsome evening frocks are being made of rich black velvet with

of women who are now working out the details of the scheme that such an institution might prove of the utmost general advantage, relieving the children from poverty and suffering and simplifying the problem for those who wish to adopt a baby. — New York Press.



Diamonds and pearls are the ruling jewels for great occasions.

Attractive skirts and waists are joined in semi-princess style.

Broadcloth, in pale shades, is highly popular for evening gowns.

Skirts of zibeline, in stripes and plaids, are worn with plain coats.

Collars and lappels are wide and long on nearly all coats and jackets.

Coats distinctively separate and for dressy wear are long and rather full.

Gold and silver cloth is used as lining to the sheer net yoke and sleeves.

Jersey top petticoats are still popular and promise to increase in demand.

White gilt buckles are still in evidence; some fancy footwear has buckles matching the color of the gown.

The tucked sleeve is smaller than the one which is plain and either may be made in the full or shorter length.

White jet plays a leading part in decorating young girls' dance frocks, and it also decorates white and black gowns.

Instead of satin for brides, this year will witness the dawning star of all dull finish crepe surface material.

For dressing sacques flannels and albatross are very appropriate as well as cotton crepe and other wash materials.

Dutch collars will be worn in the house because of their comfort, but for modish street wear they will be less seen.

The beautiful willow plumes are coming into their own again after the rage for fruit trimmings on late season hats.

There is no trimming on a waist which gives it so much individuality as a touch of hand embroidery work or braiding.

Pekin messaline is the name given to a particularly alluring silk striped chiffon cloth that is quite a favorite for blouses.

Among the new umbrellas are those with palmetto handles. The handles are handsomely carved and highly polished.

Very pretty with coats and colored blouses is the deep cuff of linen with embroidery buttonholed scallops and pleated lace trim.

Sumptuous wraps for the afternoon as well as for the evening are made with wide, loose sleeves, and many have the burnous drapery.

Beads and braid combine to make some of the new and unusual cabochons on hats and gowns. They are to be had in a variety of colors.



Inset Panel Lace.

Coats for fancy wear have lace insertion on the collar. It is usually placed to form an inset panel. Again, lace is used on the cuffs, entirely covering them, and a belt is designed of lace on the cloth, and cut to point low at the front. All pieces are stitched to the pocket.

Velvet Holds Sway.

Velvet, both black and colored, holds sway as the material of the season.

Deformed Crowns.

Freak hats with deformed crowns and brims are again shown, but are merely "pour passer le temps" until the real fashions are announced and plumes are also appalling, so the wary are merely looking instead of buying.

Design of Gloves.

It really seems as if the gowns of the present year had been specially designed to make plain women lovely and lovely women still lovelier.