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Something Very Soothing.

There is something very soothing in the use of St. Jacobs Oil for the cure of Neuralgia. It soothes the pain, while it strengthens and restores the weak nerves. It is prompt and sure.

Enterprising Texas planters have shipped 6,000 pounds of cotton seed to Manila.

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How Much Air Do You Breathe?

"Man wants but little here below" is an axiom which applies markedly to the quantity of air which is necessary to support life. It is estimated that when a man is at rest he consumes 500 cubic inches of air every minute, an allowance which, at the first glance, appears large. It is, however, absurdly small when we consider that at this rate of consumption it would take a man five days and nine and one-half hours to exhaust the air in a small room 15 feet square and 10 feet high. Any form of exertion, however, greatly increases the consumption of air. Thus, if we saunter at two miles an hour, we require just twice as much air as when sitting in our arm chair; and at four miles an hour something less than 2,300 cubic inches will satisfy us. Taking an average consumption throughout life of one cubic foot of air every two minutes, we reach some very interesting conclusions. Thus, an hour's supply of air could be contained in a trunk 5 feet long, 3 feet wide and 2 feet deep. In a day we should exhaust a small roomful, 10 1/2 feet long, 7 feet wide, and 10 feet high. For a year's supply we should require a reservoir or hall 100 feet square and a shade over 26 feet high, and the supply for a long life of eighty years would be contained in a large hall 1,000 feet long, 500 feet wide and 42 feet high.

Soldiers and Feathered.

The effort to persuade women to cease adorning their hats with birds and their plumage has not been very successful, for feminine vanity has demanded this slaughter of the innocents. Englishmen have on this occasion proved themselves more humane than the women of the land. Sir John Lubbock has secured the abolition of the use of osprey plumes in the British army. He pointed out that these plumes were stripped from the birds in their breeding season, involving the death and the destruction of their young by starvation. On learning this the military authorities decreed that officers should no longer aid in this wanton destruction by wearing osprey plumes in their helmets.

WHERE WIVES TRIUMPH.

In the Philippines the law which relates to the property of married people is entirely in favor of the wife. Any property a bride may possess is never by any chance settled upon the husband, and if he is poor and she well off, he can only become at most an administrator of her possessions.

After death, unless she has executed a deed in her husband's favor, under a lawyer's eye, the property goes to her children and blood relations, but none to her husband.

A married woman retains her maiden name and adds to it that of her husband with the prefix "de" and the children bear the names of both parents.

The husband symbolically endows the bride with all his worldly possessions after the marriage. In fact, it is clearly a case in the Philippines of "what's yours is mine and what's mine is my own," as far as the women folk are concerned.

Women of the Legion of Honor.

It is interesting to note, in connection with the fact that one of the nuns attached to the naval hospital at Cherbourg, France, has just been decorated with the Cross of the Legion of Honor by the Minister of Marine, that she is the sixty-eighth woman who has been received into the famous order since its foundation in 1802. A glance at the list reminds us how female valor has been recognized side by side with charity and devotion, talent, also, not been overlooked. Thus, among the soldiers we find Virginia Ghesquier, Sergeant in the Twenty-seventh Regiment of Infantry, who obtained the much-coveted reward in 1808; Marie Schelluck, Sub-Lieutenant, who was wounded at Austerlitz and Jena, and Widow Brunon, Sub-Lieutenant in the Forty-second Regiment of Infantry. Four vivandieres also figure on the roll, and among the ladies who have done good and noble work Mme. Furtado-Heine, Mme. Coralie Cahen, Mme. Koehlin-Schwartz and Mme. Foucher de Careil. Rosa Bonheur, the great painter of animal life, is an officer of the order, and among other praiseworthy entries may be remarked the following: Mme. Abicot de Ragis, wife of the Mayor of Bizou. —Boston Transcript.

Chicago's Pet Sculptress.

Nine years ago a little girl walked into the studio of Lorado Taft in Chicago and announced her desire to study the art of sculpture. To-day that girl is Bessie Potter; her age is twenty-five. Bessie Potter is all the rage in Chicago. It is the correct thing to have a portrait statuette fashioned by the deft fingers of this diminutive woman.

Genius is sometimes described as unlimited capacity for work. Measured by this definition, Bessie Potter is a genius; for no one ever saw her idle, and the number of her productions is something phenomenal. When it is added that besides the virtues of industry she has love of art and good taste, her success so early in life is not surprising.

The first of her work that attracted attention was a bust of Professor David Swing. She gave expression to his picturesque personality as it had never been done before. Her special line took the form of sketchy little statuettes. Her statuettes of Susan B. Anthony is pronounced by critics the best portrait of Miss Anthony extant.

Bessie Potter is seen at her best in figures of young women and girls. She gets on famously with the little folk, and has done some delightful portraits of babies. There is an individuality about her work that is often lacking in the production of other sculptors and artists, and she means to retain it. She has pronounced opinions on the subject of American artists who "go to Europe, settle down there and copy year after year until they lose all individuality." She thinks it well enough to be informed on what Europe has produced and is producing, but that is all.

It is pleasant to be able to say that while society has made her a fad, her work is appreciated by artists. Raffaelli went wild over her statuettes. Vonnoh is an enthusiast on the same subject. Taft is very proud of the fact that he was once her teacher, and the rest of the Chicago art colony seems to feel a proprietary interest in



TALKS WITH WOMAN OF MIDDLE AGE

ing and became very weak. When I wrote to you I was down in bed, had not sat up for six months; was under a doctor's treatment all the time, but it did me no good. I had almost given up in despair, but your Vegetable Compound has made me feel like a new woman. I cannot thank you enough. I would advise any woman who is afflicted as I have been to write to Mrs. Pinkham, at Lynn, Mass., and get her advice and be cured as I have been.

Mrs. F. H. ALLEN, 419 Nebraska Ave., Toledo, Ohio, writes: "DEAR MRS. PINKHAM:—Change of life was working on me. My kidneys and bladder were affected. I had been confined to the house all summer, not able to stand on my feet for any length of time. Terrible pains when urinating and an itching that nearly drove me wild. I had tried many remedies. I told my husband I had great faith in yours and he got me a bottle; am now on my fourth bottle. I feel that I am entirely cured. I can work all day. I can hardly realize that such a wonderful cure is possible. Lydia E. Pinkham's Vegetable Compound is the best medicine for women."

Don't wait until you are prostrated with the mysterious condition known as "Change of Life." Get Mrs. Pinkham's advice and learn how other women got through.

NEWS AND NOTES FOR WOMEN.

Polonaises on Parisian Gowns.

Polonaises, or semblances of them produced by the arrangement of various dress trimmings, are seen on very many of the imported gowns from Paris.

Spring Walking Coats.

English walking coats, as closely fitted in the skirts as a riding habit, with rounded, open or half-open front arching back towards the hips, represent the leading features of spring shapes prepared for general wear. Lengths vary greatly among these coats, the majority being of medium length.

Useless Long Chains.

One of the most useless things ever put on the market to tempt fair women's purses is the long dangling chain. It is neither for a watch nor for a chataleine, and why it is in vogue is more than any man and many women can determine. These long chains of amethysts, olivines, imitation sapphires or turquoise and garnets alternating with imitation pearls are worn with theatre hats and light gowns. From the chain dangles a single ornament, a big heart of the predominant color in the chain.

Brushing Hair Backwards.

Have you ever tried brushing your hair the wrong way? There was a little woman whose hair had long been thin and scraggy. She was in despair, having used a host of different tonics without benefit, when a French maid suggested brushing the hair the wrong way, assuring her mistress that in Paris this was a favorite way of grooming the hair. The American woman decided to try the experiment. Her maid carefully divided the hair into many small parts, and then, with a huge and very stiff brush, began her work. Holding the extreme end of the strand to be brushed in her left hand, she started at the bottom of it and brushed upward toward the head. After each strand had gone through this process the maid smoothed each hair back into its original position.

Now the woman brushes her hair in this manner each night and morning. She declares it has proved more beneficial than an expensive tonic. —New York Herald.

Queen Victoria dislikes cold meat, snuff gloves, artificial flowers and the odor of furs.

Bessie. The consensus of opinion in every studio was summed up by Lorado Taft when he said: "Bessie Potter is destined to take a very high place in American art." —Philadelphia Press.

Women Should Be Well Corseted.

The first and most stringent commandment of the modistes now is, you must be well corseted. If you are not, and if you have principles against reducing your waist measure by means of a long, steady pull on your stay strings, then don't, for good looks' sake, attempt to have the season's gowns cut on the new mode. A large waist is not to be tolerated with the shape of skirt and basque well dressed women are now wearing. Most of the new corsets are, to begin with, absolutely plain, their only ornamentation being a little decorative needlework about their tips. They are heavily boned, but the best of them are not made of the clumsy cuttillie, by the strength of which such stoves used to be laid. Cuttillie, it is agreed, gives the figure a stiff, hard expression, and nowadays the desire is to be closely laced without losing suppleness of aspect. The truly well-out corsets are made very short in the back, curved out under the shoulder-blade and on the hip proper they are short and boneless, while the steel and whalebone is brought to the front. By this simple device it is wonderful the way useful curves are thrown out and lumpy superfluity crushed in, and a woman whose stays are very tight moves about with the apparent elasticity of a skirt dancer. Now, no hygienic questions will be raised here, but it is asserted that, from a modish point of view, the new corset accomplishes wonders, and if you happen to be as thin as the proverbial fence rail, so thin, indeed, that no amount of lacing could produce hips or bust, then you can easily buy a pair of prepared stays that will produce them for you. These will be made of a linen net, having aerated pads in the right places. The pads, by the way, are so prepared as not to heat the body and so diminish the flesh, as clumsy cotton pads do. For the summer such delicately built women as need neither to lace nor to pad, will popularize the little corsets made all of a tough, flat linen lace, while already for home wear the corset makers are showing pretty things made of horizontal rows of linen bending, through which broad satin ribbon run to form the walls of the stay. —New York Sun.

Miss Helen Gould has read law, and, did she so desire, could pass the examination for entrance to the New York bar.

Mrs. Virginia Key, a daughter-in-law of Francis Scott Key, is living quietly in Chicago at the age of eighty-five.

Miss Mabel Campbell, of Dallas, Texas, has succeeded in climbing to the snow-capped summit of Mount Popocatepetl, of Mexico.

Mrs. Sheridan and Mrs. Logan are among the largest women pensioners of this country. They receive respectively \$2500 and \$2000 a year.

Miss Kingsley, the African traveler, contemplates another expedition, this time for the purpose of studying the criminal law of the West African races.

A St. Paul woman who died the other day left by will enough money to pay taxes on certain personal property which she had not returned to the assessor.

Mrs. Grace Espy Hatton Cowles, the Superintendent of Public Instruction of Colorado, has jurisdiction over 1500 school districts and fifty-six counties, which she is expected to visit at least once a year.

Miss Florence Lundberg, of Oakland, Cal., has achieved artistic fame in Paris in an unusual manner. She undertook the decoration of a cafe in the Latin quarter, and now all Paris is flocking to see her work.

Mrs. Hearst proposes now to build not only an ideal university, but also an ideal city. She is said to have provided a fund of \$150,000 with which to procure architectural and other plans for the improvement of San Francisco.

The women of the National Capital are about to erect a statue in honor of General F. E. Spinner. The movement is in recognition of the fact that General Spinner, when Treasurer of the United States, was the first to give women employment in the Federal service.

Gleanings from the shops. Piles of new wash goods. Batistes, in a diversity of designs. Many ruffled ribbons, narrow and wide. Silk gauzes showing bold brocaded designs.

Black Chantilly lace gowns made over rose pink satin. Windows full of new silk—striped crepons in light colors. Sashes of plain and fancy ribbons with knotted fringed ends. Crepons in new weaves that simulate shirtings and puffings. Tight-fitting sleath skirts having the lower edge cut in deep scallops, piped with contrasting shade of satin. Narrow turnover collars of fine nainsook trimmed with lace or embroidery to be worn with the silk or satin stock.

Very dark-blue chiffons with alternating bayadere silken cords of blue and white with polka dots interspersed. White mousseline scarfs having the ends trimmed with appliques of black Chantilly lace and large black chenille dottings.



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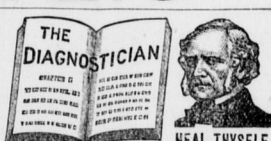
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