



# TALKS ABOUT WOMANKIND

## The Shirtwaists for Summer.

Already the coolest of shirtwaists are in the windows of the large shops and give evidence that the coming summer will be a carnival of gauzy exquisiteness. Gimpes of white or gray, with colored batiste or lawn, delicate embroideries in artistic designs, tucks and insertions, bolero effects and simple shirtwaists are shown in a variety of color and fashion that is positively bewildering. For whole gowns there are the daintiest muslins and silk mousselines, as well as fine wash fabrics almost as sheer and delicate.

## Things Women Should Know.

Fortunately she can be just as dainty, pretty and altogether feminine while knowing the principles of designing, building, plumbing, ventilating, heating, lighting and protecting from dampness the home, the making of fires, the disposing of garbage, disinfecting of rooms, and general hygienic and sanitary requirements, as she could be were her whole mission in life to look pretty. That a few wideawake, practical women have taken a stand against dark houses is evidenced by the better provisions for good lighting that may be noted in a large number of the newly built city houses and flats. When such pretenses become far reaching enough to make the renting of dark houses difficult, then they will disappear completely and forever.—Ella Morris Kretschmar, in the Woman's Home Companion.

## A Cure for Tired Nerves.

A lady's fingers are much cleverer than the hired man's to prick out delicate seedlings, to bud roses or graft trees, and skilful to practise all the delicate arts of propagating plants. It is surprisingly easy to raise a large stock of perennials and shrubs, to produce rose bushes, to multiply anything of which the smallest scrap or seed can be procured. Work of this kind has a specially soothing charm for tired nerves and equals the most perfect rest cure. It will not injure the finest lady to prepare potting compost, to hoe or rake among her plants, to spread among them the beneficial mulch by which the hired man would probably kill many of them when roughly shovelling it against the stems. Only a lady knows how to tend the young rose shoots and exterminate the marauding grub or green fly. Some very great ladies in England will not trust a gardener among their flowers or even to train fruit trees or nail up climbing roses.—Anna Lea Merritt, in "New" Lippincott.

## Laying Gathers.

Laying gathers is a time honored operation as irritating and nerve-wearing as it is necessary. Since learning to accomplish the same result in a far easier way, the present writer has taught the knack to several friends and all, without exception, are enthusiastic. Use a long, strong needle; that is, a coarser one than you would ordinarily use for the work in hand. Gather the needle full, keeping the thumb finger at the eye of the needle, so that no stitches escape onto the thread. When you can force on no more cloth, still holding the thumb in place, with the thumb and first finger hold the gathers firmly onto the needle at the point end. With the left thumb and first and second fingers, pull the gathers, two or three at a time, straight down from the needle with a swinging motion, sliding the fingers under the material and pulling down with the thumb, beginning at the left and working toward the right. When the work is slipped onto the thread, it will be as flat as if each gather had been painfully "scratched" into place. The two processes are practically accomplished in one, and after a few trials and with a little patience, you will never go back to the "good old way."—Good Housekeeping.

## New Belts for Spring.

The new leather belts are almost universally of round form, and make no concession to the advocates of the "dip" front. The prettiest have rows of stitching that cause the outer surface of the belt to be slightly corrugated. Leather and velvet are also combined, the latter laid in a single band in the centre of the wider leather belt, and stitched on both edges. Two or three rows of narrow velvet are banded in similar manner on belts that measure one and a half inches wide. Frequently the ends of the velvet ribbon are continued to varying lengths beyond the end of the belt, and are tipped with long gilt "spikes." The most novel of such belts are finished with a gilt drop or spike.

Whether few or many of these strands are shown, their length is from 15 to 20 inches. The same idea of drop trimming, but carried out in ribbon, is also applied to stock collars, that are finished with full rosettes, and from five to seven pendent strands. These pretty ornaments are known as L'Aiglon, and though a prominent feature of the shops for a month or more, their possibilities are still being developed with a view to combining the rosettes or pompons with the light wool spring gowns.—Harper's Bazar.

## Correct Posture During Sleep.

The correct posture for sleep is to lie on the right side with the limbs stretched out to their full length, and

the arms either straight down by the body or in any comfortable position, provided they are not raised above the head; the mouth should be closed, and all the muscles of the body should be relaxed.

The lungs work with greater deliberation during the hours of sleep, and if the arms are raised above the head at this time and for any period the action of the heart drives the blood away from the arms and sends it to the head, frequently making one very restless when it does not prevent sleep entirely.

As all food enters the stomach at the left side, passing out at the right, the necessity for lying on the right side when sleeping is obvious. Again, the heart is on the left side of the body and during sleep it should be as free from pressure as during the waking hours; this is best obtained by reclining on the right side.

Do not sleep flat on your back; sleeping in this posture causes the muscles of the throat to relax and the jaw to drop. In this position one not only snores but also invites the coming of wrinkles, and as the neck shows age quite as soon as the face this posture should be faithfully guarded against.—American Queen.

## The New Flat Collars.

The fashionable French dressmaker is trying to force the flat collar, reasonably arguing that it is the proper companion of the 1860 sleeve. An extremely ingratulating model of the newest Parisian neck decoration is shown in stitched taffeta over which a flat circle of ribbon threaded lace is laid. For such a collar a many looped knot of ribbons or a quaint cameo brooch is the proper finish.

Quite the nearest approach to the flat collar we have reached on this side is a graceful rolling lace neckband, which does not rise very high under ears and chin, and is shaped in front in two long points finished with tassels of white silk floss falling from little balls of gilt. This and the aforementioned type of collar are destined to play a prominent part in the completion of the foulards and sweet summer cloths already making springtime in the show windows.

Our American spring and summer and the pretty round throats of our women are persuasive agents in the popularization of the low and easy neck finish. For the present, however, high and ornamental stocks and scarfs have the field to themselves. Only the extremely fashionable women who flaunt their new plumage well in advance of every season are swathing their throats in stitched chokers of white satin with wing backs of a contrasting shade of panne. All the narrow string ties of satin clasping the base of the choker in front display jeweled ferrets on their ends. Such a modish little stock in white, mouse gray, gilt and sapphire blue is illustrated in the group along with a powerful rival in black and peach pink satin. The black satin top shows a delicate vermilion pattern of gold thread and the lower tightly drawn pink satin half is drawn about the stock twice, fastened with smart little gilt pins in front, and, after tying in a four-in-hand bow, lets fall two broad ends, fringed and embroidered in gilt.—Washington Star.



Silk flannel is a pretty material for shirtwaists.

Braid will be used on many of the new spring gowns.

Corduroy jackets worn with cloth skirts are very stylish, especially the black or brown corduroy.

The new silk gingham waists made with vest, tie and broad sailor collar of a solid color look well and other cotton materials are made up with vest and revers of white pique.

A flat tulle hat in delicate cream is trimmed in front with a single big pink poppy. A pink tulle has a creamy yellow rose for its sole adornment, and a black one is decorated with an impossible but lovely blue rose.

The latest Parisian fancy is a black stock of mousseline de soie, decorated with slanting lines of Roman pearl and fastened at the left side in a fluffy butterfly bow. This is worn with evening dress, and is regarded as tremendously chic.

Panne cloth is a lovely material for shirtwaists to be worn at this season. It comes in all shades, and has a sheen like that of panne velvet, but with the warmth of flannel. Big gold buttons are generally used on shirtwaists made of panne cloth.

Gold tags for finishing neck ribbons or streamers increase in popularity. The spikes are varied in style and many new shapes are shown in flat tags. Some are pointed, others square, and a few have decorations of colored beads or bits of enamel.

Some short petticoats are made with a single front breadth of ordinary width and four narrow gores on either side, each finished with a point at the lower edge. The handkerchief ruffles are to be seen on the long skirts, which are a mass of ruffles upon ruffles.

Very pretty is a dark green flannel waist made with a vest of white flannel finely tucked, and on either side of the vest the green is cut out in fancy shape and stitched with dark green silk. A very light gray with a white vest made in this same way is very dainty.

## PEARLS OF THOUGHT.

Good morals make the best manners. Deeds: are the only measures of our days.

A man must be greater than his work.

It is easy to recover from another man's adversity.

Greatness is not in being lifted up but in growing up.

You cannot do right unless you are willing to suffer wrong.

There is no fertilizer that will make oranges grow on chokecherry trees.

They who live on public opinion will probably die of popular opprobrium.

He who is crowned by his conscience cares not if he is condemned by the crowd.

It is often impossible to both appease the conscience and to please the crowd.

The man who places the highest things first will be the first to get the highest place.

The spendthrift who is always spending upon himself is as selfish and mean as the miser.

Every man bears his own burden but not every one has the blessing of bearing another's.—Ram's Horn.

## A HUMAN FOREST.

### How Indian Tribesmen Succeed in Escaping the Police.

Some of the Indian tribes over which we rule give us a great deal of trouble notably the Mahsuds, though it is pleasing to learn from a recent Bombay telegram that they are at last being brought to something like order, and are paying the fine lately imposed upon them, as well as agreeing to cease their raids.

The Mahsuds, however, are not by any means the worst of the Indian robber tribes, that unenviable distinction probably falling to the Bhils, who are the cleverest scoundrels in the world, both in their methods of acquiring other people's property and in evading pursuit.

They are very proud of their skill in pilfering, and openly boast of it. One of them once told a British officer that he could steal the blanket from under him, and was promptly challenged to show his ability. That night, when the officer was fast asleep the Bhil robber cut a hole in his tent, crept noiselessly in and gently tickled the hands and feet of the sleeping man. The officer stirred uneasily and turned over. In this way the Bhil was able to pull the blanket out a little way. By repeating this performance he finally succeeded in "coaxing" the blanket completely from under the sleeper.

When engaged in his nefarious little games the Bhil wears hardly any clothing, and his lithe body is rubbed with oil, to facilitate escape from any would-be captors. When hotly pursued by the British troops the robbers make use of a very clever device. They conceal their scant clothing under their small round shields and scatter them about to resemble stones or boulders. Then picking up a few twigs—if there are any to be had—they assume all sorts of grotesque attitudes, their almost fleshless limbs silhouetted against the dark night sky closely resembling the charred limbs of a tree. Absolutely motionless they hold their positions till the enemy has passed them.

In this way a British subaltern, in charge of a party sent to capture some Bhils, was considerably startled one evening. The pursuit had completely lost sight of the robbers, and finally the party drew rein by a clump of gnarled and bent tree trunks, tired and hot from their hard exertions. The officer in charge took off his hat and placed it on the end of a broken limb, when instantly there was a wild scream of laughter and the trees trunk suddenly came to life and vanished in the darkness.—London Express.

### Caught a Queer Fish.

A curious fish, which is said to be unknown in these waters, was captured by Foreman Henry Wagner at the Columbian Iron works. The fish was seen swimming in the dock and its peculiar motions attracted the attention of the foreman, who lost no time in catching it. The fish is about 12 inches long and of a dark grayish color. The mouth strongly resembles that of a shark and on its head is a small bump which some of the workmen at the works declare is the "bump of knowledge."

On either side of the fish are two wings, one large and the other small, which were seen opening and shutting like a fan while the fish was in the water. Below the wings are four legs on either side, resembling those of a crawfish. On the back are large fins, tapering toward the tail. The fish was immediately placed in a glass jar filled with alcohol, and was attentively examined by a number of men at the works, who had followed the water all their lives, but had never seen anything like it.—Baltimore Sun.

### Churches Gone Astray.

All over the kingdom are churches and chapels which have fallen from grace. The church in Hutton Gardey, where Edward Irving began his ministry, has long since been a chemist's warehouse, and the little chapel at Nottingham, in which William Carey preached the famous sermon which inaugurated modern missions, is also a storehouse. A large Wesleyan chapel in North London is now occupied by a firm of brewers, and the famous Luther house in Germany is an inn. St. Giles' cathedral at Glasgow, consecrated to the memory of Jenny Geddes, has been used at various times as a prison, a postoffice and a business exchange.—St. James's Gazette.

## POISON IN CLOTHING.

Aniline Dyes Constitute a Serious Menace to Health.

Bright colors are very fashionable now, happily for the spirits of those whose lot it is to inhabit cities as gloomy as London or Manchester are in December, and the smartest tints are those known as fondant or bonbon shades, pretty blues, soft pinks, delicate purples and military reds. The strides chemistry has achieved during the past few decades make the production of such colors easy and their cost inexpensive, but unfortunately it also makes adulteration easy, too, and the use of poisonous dyes is becoming all too common, says the London Mail.

Anilines are very extensively used, and very little harm has been traced to fabrics so colored, while chrome yellows containing lead, greens containing arsenic, and blue containing murexide of soda, have been proved distinctly deleterious.

Aniline is largely used in coloring wall papers and window curtains without bad effect, but a curious case has just been made public by the French Academie de Medecin relating to the injurious effects to aniline oil, which is used in yellow brown boot paste. Two children wearing these polished boots were poisoned and the evil was traced to the oil in the paste, which had gradually soaked through the leather.

Unluckily, there is no ready way of discriminating between dyes that are harmful and dyes that are not. Experience and consequences alone are a guarantee of their innocuous or baneful influences. Those who do art needle work with silks and colored threads should never bite off the end of their silk, nor suck it in order that it may thread easily through the needle's eye, for to those foolish, though excusable habits, cases of arsenical poisoning have been traced.

In cases where there are abrasions or sores of any kind upon the limbs—for example, upon the shins or ankles—dyed hosiery should never be worn unless the broken skin is protected. Scarlet socks, however expensive, should never be worn until they have been thoroughly washed.

All the clever chiropodists, after cutting a corn or treating it with an acid, protect the place by means of a plaster or lint before the patient puts his socks on again. Clothes, dresses and mantles also often reek with poison. Many people have been seriously ill after a fast walk, owing to the dye soaking through to the armpits or other spots and entering the open pores of the skin. There is an immense amount of trickery accomplished in the trade where indigo dyed goods are concerned. Even worsted indigo, sold at 9s. 6d. a yard, has occasionally been found to be something else poisonous, having not a trace of pure indigo in it. The test for the discovery of pure indigo is as follows: Place a piece of cloth half an inch square on a saucer, plate, or in a porcelain basin, and drop two or three drops of strong ultric acid on it. If pure indigo is present, a bright yellow spot with a green rim is quickly developed.

### Caught at Last.

The mystery of Mooselookmagentic's big salmon has at last been solved. So says the Lewiston Journal. For several seasons anglers who have wet their lines in Bugle Cove have come back to camp with tackle decidedly out of kilter, and with blood-stirring tales of the monster salmon that "rose" beneath a certain overhanging birch.

The salmon took the hook and gave the anglers the battle of their lives—always breaking loose at the finish, however, taking with him everything not tied to the boat. It was always at the same birch where the fish rose, and the tactics he employed of sulking with a bulldog tenacity, refusing to be drawn to the surface, were always the same.

The fame of this remarkable fish spread throughout the lake region, and anglers from the other lakes came down early and often to try their skill against him. They never failed to locate the salmon, but they never succeeded in landing him. It was estimated that hundreds of dollars' worth of tackle, time and bait were wasted last summer in Bugle Cove.

It is low water now in Mooselookmagentic lake, and the water, although low, is remarkably clear. Recently the landlady of one of the hotels in the region, with her son, ran their boat on to an unmarked stump in Bugle Cove, directly beneath an overhanging birch. And from that stump they plucked 37 spoon-hooks, spinners and artificial flies!

### London's Forbidden Gates.

There are two gates in London which it is an honor equal to the star of an order to be allowed to drive through. One is the gate in the arch of the Horse Guards and the other is that of the Marble Arch. The Horse Guards' arch is guarded by a stalwart trooper, who stands in the way of any carriage that attempts to go through, and should the occupant not have the right to pass turns it back. The bishop of London, it may be remembered, was stopped once by a sentry, who did not know that his lordship is one of the privileged persons. When there is any disputed claim, if the occupant of the vehicle who wishes to go through the arch has patience enough to wait he can remain until one of the high court officials has given his decision according to immemorial custom.—London Telegraph.

### Shore Lights.

Lighthouses and lightships dot the coast of Great Britain at the rate of one to every 14 miles.

# I Followed Mrs. Pinkham's Advice and Now I am Well.



A woman is sick—some disease peculiar to her sex is fast developing in her system. She goes to her family physician and tells him a story, but not the whole story.

She holds back something, loses her head, becomes agitated, forgets what she wants to say, and finally conceals what she ought to have told, and this completely mystifies the doctor.

Is it a wonder, therefore, that the doctor fails to cure the disease? Still we cannot blame the woman, for it is very embarrassing to detail some of the symptoms of her suffering, even to her family physician. This is the reason why hundreds of thousands of women are now in correspondence with Mrs. Pinkham, at Lynn, Mass. To her they can give every symptom, so that when she is ready to advise them she is in possession of more facts from her correspondence with the patient than the physician can possibly obtain through a personal interview.

Following we publish a letter from a woman showing the result of a correspondence with Mrs. Pinkham. All such letters are considered absolutely confidential by Mrs. Pinkham, and are never published in any way or manner without the consent in writing of the patient; but hundreds of women are so grateful for the health which Mrs. Pinkham and her medicine have been able to restore to them that they not only consent to publishing their letters, but write asking that this be done in order that other women who suffer may be benefited by their experience.

Mrs. Ella Rice, Chelsea, Wis., writes:

"DEAR MRS. PINKHAM:—For two years I was troubled with falling and inflammation of the womb. I suffered very much with bearing-down pains, headache, backache, and was not able to do anything. What I endured no one knows but those who have suffered as I did. I could hardly drag myself across the floor. I doctored with the physicians of this town for three months and grew worse instead of better. My husband and friends wished me to write to you, but I had no faith in patent medicines. At last I became so bad that I concluded to ask your advice. I received an answer at once advising me to take your Vegetable Compound, and I did so. Before I had taken two bottles I felt better, and after I had taken five bottles there was no happier woman on earth, for I was well again. I know that your Vegetable Compound cured me, and I wish and advise every woman who suffers as I did to try Lydia E. Pinkham's Vegetable Compound. Believe me always grateful for the recovery of my health."—Mrs. ELLA RICE, Chelsea, Wis.

**\$5000 REWARD** Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank of Lynn, Mass., \$5,000, which will be paid to any person who will show that the above testimonial is not genuine, or was published before obtaining the writer's special permission.—LYDIA E. PINKHAM MEDICINE CO.

Within the last twenty years freight rates from and to England have decreased from fifty to seventy-five per cent.

Drugs have their use, but don't store them in your stomach. Beeman's Pepsin Gum aids nature to perform its functions.

Switzerland has 125 schools for girls. Domestic science and gardening are among the branches taught.

Humor of the Rockies.

High up on the Laramie range there is a little station called Sherman—a mere watering place for trains on the Union Pacific railway. Near by it is a gigantic pyramid of stone, 60 feet high and 60 feet square at the base, which was set up by the railway as a monument to Oakes Almes and Oliver Almes.

In the later eighties there arrived at Sherman a shabby person of melancholy aspect, who put up a "shack"—Western for shanty—not far from the monument. Ostensibly he was prospecting, and he continued to prospect for three years without accomplishing any results, so far as could be observed. At the end of that period the management of the Union Pacific received from him a communication demanding the immediate removal of the monument from the premises, which he claimed as his under the homestead law.

The matter was regarded in a humorous light at first, but subsequent proceedings developed the fact that the squatter had what lawyers call a "case." The stranger, it seems, had located on a section of land which did not belong to the Union Pacific—the same section on which the monument had, by an inadvertence, been placed. He knew very well what he was about, and the upshot of the affair was that the railway had to pay \$5,000 for the squatter's tract in order to make his title good.—Saturday Evening Post.

From Russia (northern ports) unprinted paper is imported into Great Britain to the annual value of over 70,000 pounds. Wood pulp boards are also received in fairly large quantities from Russia.

There is an asparagus farm of 200 acres near Charlestown, S. C. The proprietor is reported to be coining money.

The Columbia Ice-field in the Canadian Rocky Mountains covers an area of at least 100 square miles.

When taken according to directions the Gerfield Headache Powders are guaranteed to cure quickly even very severe headaches. It is unusual to find a remedy so effective and harmless. 4 powders, 10c.; 12 for 25c.

Most girls who are engaged wonder why men in real life don't make love as they do in novels.

New-Not-Too-Tea Cures Dyspepsia, Constipation and Biliousness. A guaranteed remedy. Made from roots and herbs. By mail, 25c. Neurotic Medicine Co., Hornellville, N.Y.

Some music is well executed, while other music is simply butchered.



## Beware of Them

There are two afflictions which perhaps give the most pain and trouble, viz:

**Sciatica**  
and  
**Lumbago**

Both disable and cripple, but

## St. Jacobs Oil

is their best cure.



If affected with weak eyes, use Thompson's Eye Water