



Secrecy of Women Architects.

Mrs. Nichols of Brooklyn, the pioneer among American women architects, ascribes the limited number of her sex who enter the profession of architecture to the dearth of schools which admit women to the architectural courses.

She says: "In no other profession are women so handicapped. Yet I believe that architecture provides a fair field for women—especially in the work of building homes. I think, too, that all women should study architecture, as they do music or any other art. Such knowledge has a practical bearing on household economy, which a majority of women are called upon to administer, and as a social force will aid greatly to make of American towns the City Beautiful of our dreams."—Harper's Bazar.

Japanese Maidens at Home.

The Japanese maiden of however high rank is early taught to sew, cook and be a model homemaker. The richest women embroider their own garments, and nearly all make them.

The family dinner table is unknown. In its place individual tables about a foot square and eight inches high are employed. A lacquer tray holding four or five little dishes is placed on each table. For the arrangement of the dishes there is a definite and inflexible rule, the soup bowl always occupying the center and the rice bowl standing on the left. Exquisite designs are the pride of the Japanese chef. Fish appears shredded to look like snow; omelet in the shape of a chrysanthemum and chicken fashioned in all sorts of odd devices. Everything is served in the daintiest fashion.

Scene Which Was Not on Program.

One incident I must dwell upon, writes Mme. Melba, because it was the most beautiful that has happened in my career. I was singing one snowy evening at the academy of music in Philadelphia. When I started to cross the pavement to my carriage after the performance, my arms were full of roses that had been sent to me during the opera. A white-haired woman stepped forward and said: "God bless your beautiful heart. I have been waiting in the snow for you to come out. Your voice is the most beautiful in the world. Will you give me a rose to keep in memory of it?"

There she stood, white-haired, in the driving snow, poorly clad in black and with lines of grief and age seamed on her face, waiting to tell me that I had made her happy. I gave her every flower I had. I kissed her on both cheeks and we cried there together. —Philadelphia Saturday Evening Post.

Daughters of Pioneers.

The National Society of the Daughters of American Pioneers has decided to have an exhibit of relics and heirlooms of the noted pioneers in the colonies and states. The society was formed something more than a year ago, with purposes similar to those of the other patriotic societies. Any woman is eligible for membership who is descended from an early settler. If acceptable to two-thirds of the local chapter to which she seeks admission.

The president-general, Mrs. Mary Barr Warfield Gibbens, is one of the Warfields of Maryland and Kentucky, and holds membership in the Daughters of the American Revolution, Colonial Dames, Huguenot Society and Daughters of the Confederacy. The other officers of the national society are: Corresponding secretary-general, Anna M. Shrewsbury; recording secretary-general, Clara V. Leonard; treasurer-general, Mrs. W. M. Strauss; historian-general, Alvaro F. Gibbens; vice-presidents-general, Mrs. Libbie Beeson Butcher and Mrs. Reuben H. Taylor.—New York Tribune.

Violets Gone Out of Fashion.

For the first time in many years the violet has lost its place as a fashionable flower in woman's spring head gear. The rose has crowded the modest purple flower out.

The milliners say that it is due to a whim of the young queen of Holland. The rose is Queen Wilhelmina's favorite flower. She wears roses, pink, and white and red, whenever she can, and when her wedding trousseau was made in Paris, the makers had to put lots of roses in her finery.

That set the fashion in Paris, where there are not beautiful royal brides every year, and all the Parisian milliners took the rose into high favor. Paris sets the pace for the fashions here, so New York women are wearing roses too and violets only hold their own at the florists.

Next year, perhaps, when probably there won't be so interesting a young queen to have a wedding the little bunches of purple may reappear in the hats. But it is an interesting fact that the fancy of the young queen of an important European country is setting the fashion in a great republic many thousand miles away.—New York Sun.

Rules for Vassar Girls in 1865.

When Vassar college was opened on September 20, 1865, the course of study which had been arranged for the 353 girl students, and which had cost its founders many disputes as to what studies were best included, was as follows:

"Mental and moral philosophy, ancient and modern languages, mathematics, natural philosophy and chemistry, natural history (including geology), botany, zoology and physical geography, physiology and hygiene, rhetoric and the English language, literature, vocal and instrumental music, drawing and painting.

"What the life of the student was in those days can best be seen from the time table that was followed, which ran like this:

"Rising, 6 a. m.; morning prayers, 6.45 a. m.; breakfast, 7 a. m.; arrangement of rooms (silent time), 7.40 a. m.; morning study hours, 9 a. m. to 12.40 p. m.; dinner, 1 p. m.; recreation, 2 to 2.40 p. m.; afternoon study hours, 2.45 to 5.45 p. m.; tea, 6 p. m.; evening prayers, followed by silent time, 6.30 p. m.; evening study hours, 7 to 9 p. m.; retiring, 9.40 to 10 p. m."

When one adds that no girl was allowed to go anywhere off the grounds without a chaperon, that she had to consult the lady principal about every move she wished to make and every cent she wished to spend, one wonders where the amazing amount of emancipation and liberty came in which so startled our grandmothers and grandfathers.—The World's Work.

The Breathing of Women.

As a matter of fact, not one woman in a 100 breathes normally. The respiration of the average woman varies with every change of mental state or physical condition; grief, depression, fatigue, all have their influence in lowering the amount of oxygen that goes into the system, and it is a rare thing for woman to use her lungs unless she has had the special and definite instruction incident to the vocal training of singer or elocutionist.

A little knowledge of physiology and a few hints on the subject, however, will enable any woman to comprehend the precise art of filling and emptying the lungs on scientific principles. The main thing is to be sure that the lower lobes of the lungs are well filled with air, and that one breathes from the abdomen. After one has acquired this habit the chief thing is to breathe in as much sunshine as possible and to believe in the efficacy of oxygen as a remedy for nearly all the ills that flesh is heir to.

The following are some excellent rules for improving the respiration and bringing it up to a normal condition: Stand at an open window or recline on a couch with the waist and chest unconfined; hold the chest walls high and inhale in slow, long breaths; exhale as slowly, three times only at first. Gradually the number of times may be increased and the time lengthened for the breathing exercises. Fifteen minutes, twice a day at least, should be devoted to this exercise to accomplish the desired results.

To inhale long, deep breaths while slowly raising the arms above the head, and to exhale as slowly while lowering them, is one of the best breathing exercises ever invented. The practice of breathing very deeply while walking in the open air is recommended not only for the general health, but is one of the best cures for obesity, as the increased amount of oxygen greatly augments the consumption of waste material.—Home Advocate.



In many instances flower hats have foliage crowns.

Ready-made underwear has come to be almost entirely run with pink or blue ribbons, because these are the most generally demanded.

A French scheme for the girl in half mourning is to have narrow black bands hemstitched onto the ruffles of her dainty white petticoats.

In the new belt buckles a hook and eye forms a rather pretty clasp. The hook and eye are each an inch long and are set solidly with brilliants.

It is a mistake to head a petticoat ruffle with a ruche, because no matter how lovely it may be of itself, it makes a clumsy line on the dress skirt.

The flare in some of the tailor skirts is produced by opening the seams on either side of the front and at the sides and inserting a plaiting of the material. In dressy thin gowns this fullness is sometimes of lace.

A French fancy that comes as a startling innovation is the use of designs of cretonne on cloth. Paquin is responsible for the idea. Garlands of flowers cut out of the cretonne are applied to the cloth, which is perforated to show the incrustations.

Single-faced velvet ribbon is promised as one of the trimmings for furlard gowns and it is to be stitched on at the upper edge. Graduated bands of piece velvet were stitched onto the skirts of the winter models, so it is only the same idea differently expressed.

The new crepe de chine sashes are lovely in coloring, texture and gloss. Some of them have an embroidered design in white around the edge and all of them have silk fringe on the ends. They are pretty to drape around the shoulders, with a knot and ends at one side.

A very pretty gown has insertions of Renaissance lace with a falling ruffle around the edge of the yoke edged with Cluny. This ruffle is carried down on either side of the opening at the front, which is closed with little ribbon bows. There are insertions of the lace set in a graceful design at the tops of the sleeves of this gown.

PEARLS OF THOUGHT.

Life has no blessing like a prudent friend.—Euripides.

Nothing is more disgraceful than insincerity.—Cicero.

Who makes quick use of the moment is a genius of prudence.—Lavater.

It is error only, and not truth, that shrinks from inquiry.—Thomas Paine.

Judge of a man by his questions rather than by his answers.—Voltaire.

To manage men one ought to have a sharp mind in a velvet sheath.—George Eliot.

Only imbeciles want credit for the achievements of their ancestors.—Confucius.

By the streets of "by and by" one arrives at the house of "never."—Cervantes.

Never was the voice of conscience silenced without retribution.—Mrs. Jameson.

We blame others for slight things and overlook greater in ourselves.—Thomas a Kempis.

Wise men never sit and wait their loss, but cheerily seek how to redress their harm.—Shakespeare.

Bad manners are a species of bad morals; a conscientious man will not offend in that way.—Bovee.

A LAPLAND TEACHER.

What the Government Is Doing for the Esquimaux in Alaska.

The government experiment of introducing reindeer in Alaska has been a success. One of the main features in connection with the enterprise was securing the services of experienced Lapland herders and their families to teach the Alaskan Esquimaux the method of breeding, herding and the driving of the deer in harness. There are some 86 Laplanders, men and women, now engaged in this work of instructing the natives. They are distributed at the several government reindeer stations and are under a contract for three years with the interior department.

Mrs. Samuel Kemi, wife of the chief herder, is one of these teachers. She is very intelligent, and her particular duty is to teach the Esquimaux women the art of making reindeer clothing, which is the warmest and best adapted for Arctic Alaska. She also instructs them how to prepare the various food stuffs which the reindeer furnishes, such as butter, cheese and the cooking and drying of the meat. For this work she receives the same pay as the herders. She travels from station to station where the Esquimaux women are assembled from the surrounding country, from 50 to 100 miles or more. She then gives daily object lessons in her domestic work, and gradually the Esquimaux women are learning the advanced ways of civilization.

Aside from the point of speedy transportation in the frozen territory, the matter of establishing a permanent food supply for the native folk was the main idea which the government had in the introduction of the domesticated reindeer among the Esquimaux. The race was on the verge of starvation, as the white man had invaded their land and killed of all the whale, walrus, seal, caribou and other animals which form their sole source of sustenance. Now, however, by the use of these fleet footed and useful little animals, the problem of travel and existence has been solved for the Esquimaux, and it is hoped that the race will be changed from a hunting to a pastoral and civilized people. The interior department has been examining Alaska with regard to its capability of sustaining reindeer, and find that upon the basis allowed by the Norwegian government, of 80 many deer to the square mile, Alaska has pasturage sufficient for 9,000,000 head of reindeer.

Woman's Love for Gems.

In all countries and in all ages women seem to have inherited a love for precious stones, and it is small wonder that these gems are popularly supposed to exercise some subtle magnetism that influences their nature. This inherent fact may account in a measure for the recent craze for masocite jewels, a survival of medieval superstition. Upon impressionable people certain gems appear to wield a potent influence. Who has not listened to weird tales of some heirloom talisman which greatly influenced the fate of some noble house? Imaginative people might even believe in the theory of the Pythagoreans, who formulated the doctrine that inanimate things are endowed with souls. Certain evolutionists of today trace the origin of man back to stones, asserting that in their adamantine bosoms they contain the all-pervading essence of spirit, and that the spark emitted from their hearts is the revelation of the imprisoned soul within. From time immemorial jewels have served as offerings at holy shrines, as tokens of amity from one crowned head to another, as mystic messengers of affection between distant friends, as pledges of constancy exchanged between plighted lovers. Men have bled and died, kingdoms have crumbled, over the disputed possession of some coveted jewel. Women of all ages have succumbed to the temptation of gems.—Chicago Times-Herald.

How She Acquired Them.

"What a clear, melodious voice that young woman has!" exclaimed the admiring youth.

"Yes," answered Miss Cayenne.

"And what an air of queenly authority!"

"Yes. Both voice and manner are easily accounted for. She was once a telephone operator in the main office."—Washington Star.

THE "R. M. S." BOYS.

Interesting Facts Concerning Some of Uncle Sam's Employees.

"It is a singular fact in the make-up of the human mind that a man when dead counts for so little, while an injured man comes high in law suits and even has a value in government employ," said a bright young member of one of Uncle Sam's branch armies of civil employes, known as the railway mail service force, as he swung out of his car at one of the railroad stations this morning.

"If a railway mail service clerk is killed in the line of his duty his family mourn, his friends are sympathetic and the department regretful for two reasons, first, to lose an experienced man, for in our business experience and merit alone count, and second, because it cannot aid the faithful fellow's family or widow.

"Under the law and the rule of the department if a railway mail service employe is seriously injured, if the disability continues even up to a full year, leave of absence, with pay, is considerably allowed him. If he is killed his pay stops from the day of his death, and the government cannot make an allowance even for his funeral expenses much less aid his family, who may be in dire distress. If Congress would authorize it such an allowance would be possible, but in the absence of an express law governing the point there is nothing for the department to do but to express regret, though the dead man may have given the best years of his life to the service of the government.

"Shut up day and night in their mail cars, which are often their coffins, the general public has little opportunity of seeing a class of men who are indispensable and of the greatest public service. Last year four of our force were killed, 51 seriously injured and 187 slightly injured in the performance of their duty. In collisions, especially head-on collisions, the mail car is generally wrecked or badly splintered. Their skill and accuracy in handling and separating mail matter and in memorizing postoffice names and locations is marvellous.

"There are 8794 of these men, and last year they handled the bewildering number of 7,363,191,360 letters and 6,429,415,800 pieces of other classes of mail matter, making a total of 13,792,607,160 pieces. This amount in figures makes the public debt look like 39 cents. In addition they handled 19,850,000 other pieces, consisting of registered matter. In spite of the total running high into the billions, there were but 1,355,000 errors reported as made by the clerks in handling this stupendous aggregate, or a ratio of one error to 10,175.

"All of this is done in rapidly moving, swaying express trains, going at a speed of from 40 to 75 miles an hour, and all under unfavorable conditions as compared with work upon a large floor as the Washington city postoffice, for instance, and mostly under artificial light. In fact, no less than 86 percent of all the mail matter originating in the United States is sent direct to the railway mail service cars to be handled by these clerks. In addition to all this 4,500,000 pieces were thrown out because they were addressed so illegally that they could not be delivered, though over 8,300,000 of these pieces were returned to the writers or forwarded to destination on corrected addresses. No less than 365,400,000 miles are covered annually by these men in crews in 3638 postal cars.

"Naturally after reading these astounding facts and figures it is not to be wondered at that skill and experience and not political influence is desired by these clerks. The civil service rules are strictly enforced in this branch of the service, which largely accounts for its splendid record of efficiency. New and inexperienced men are without practical value, and but for the maintenance of the civil service it would go to 'pie' very quickly. There are over 76,000 postoffices and thousands of routes on the different railroads and steamboats, and nearly every experienced postal clerk has this enormous mass of names and locations well in hand. Their capacity to master and to remember names is truly remarkable."—Washington Star.

A Strange Roumanian Custom.

A strange custom, the blessing of the Danube, has prevailed in Roumania through generations. Formerly at Christmas time a scaffolding was erected on the frozen river and on this was a large cross of ice, but owing to the extraordinary number of people who presented themselves the ice frequently gave way and many were drowned. The ceremony now takes place on the bank of the Danube. The people in recognition of the occasion wear turbans of colored paper and carry long white wands. These people, who are dressed to represent Pontius Pilate, Herod and other religious characters, go from place to place singing hymns. At the appointed hour of the ceremony the nobility arrives in processional order accompanied by the priests. The services last half an hour, at the close of which the ice is broken and a small wooden cross is thrown into the water. Hundreds of people rush in after it, and the person who is successful in recovering it is considered very lucky. Sometimes the struggle to possess this cross is attended with severe penalties, owing to the dispute arising as to its ownership. In the scuffles which ensue it is said natives' knives are sometimes drawn and used without scruple.—Chicago Times-Herald.

In the United States army 304 officers speak Spanish fluently, 224 are handy with their French and 136 are well up in German.

New England Women Have an Abiding Faith in Lydia E. Pinkham's Vegetable Compound.



After years of struggle to attain and merit public confidence, with a firm and steadfast belief that some day others would recognize in us the truth, good faith, and honesty of purpose which we know we possess, what a genuine satisfaction it is to succeed, and to realize the uplifting influence of the merited confidence of a vast army of our fellow beings.

ORGANIC INFLAMMATION.

"DEAR MRS. PINKHAM:—I was troubled very badly with inflammation of the bladder, was sick in bed with it. I had two doctors, but they did me no good. A friend gave me Lydia E. Pinkham's Vegetable Compound, and it helped me. I have now taken three bottles of it, and I am entirely cured. It is a God-send to any woman, and I would recommend it to any one suffering as I was. I think, if most of the women would take more of your medicine instead of going to the doctors, they would be better off. The Compound has also cured my husband of kidney trouble."

NERVOUS PROSTRATION.

"For two years I suffered from nervous prostration, the result of female weakness. I had leucorrhoea very badly, and at times of menstruation was obliged to go to bed. Also suffered with headaches, pain across back, and in lower part of abdomen. I was so discouraged. I had read of Lydia E. Pinkham's Compound, and concluded to give it a trial. I wrote to Mrs. Pinkham, and received a very nice letter in return. I began at once the use of her Vegetable Compound and Blood Purifier, and am now feeling splendid. I have no more pain at monthly periods, can do my own work, and have gained ten pounds. I would not be without your Vegetable Compound. It is a splendid medicine. I am very thankful for what it has done for me."—Mrs. J. W. J., 76 Carolina Ave., Jamaica Pla., Mass.

If Lydia E. Pinkham's Vegetable Compound will cure these women—why not you—you cannot tell until you try it. If you are ill, and really want to get well, commence its use at once, and do not let any drug clerk persuade you that he has something of his own which is better, for that is absurd. Ask him to produce the evidence we do.

"I cannot help but feel that it is my duty to do something in regard to recommending your wonderful medicine. I must say it is the greatest medicine on earth, and have advised a great many suffering with female troubles to take it. I tell people I wish I could go on the platform and lecture on it. My trouble was painful menstruation. The suffering I endured pen cannot describe. I was treated by one of our most prominent physicians here for five months, and found myself getting worse instead of better. At the end of the fifth month he told me he had done all he could for me, and that I had better go to the hospital. My sister advised me to try your Vegetable Compound, as it cured her of backache. I did so, and took it faithfully, and am now cured of my trouble, and in perfect health, many thanks to your medicine. I cannot praise it enough, and would recommend it to all who suffer from any female weakness."—Mrs. H. S. BALL, 461 Orchard St., New Haven, Conn.

Advertisement for W. L. Douglas \$3 & \$3.50 shoes. Includes text: 'The real worth of my \$3.00 and \$3.50 shoes compared with other makes is \$3.00 to \$5.00. My \$3.00 Gilt Edge Line cannot be equalled at any price in the world for men. I make and sell more men's fine shoes (Gilt Edge Process) than any other manufacturer in the world. I will pay \$1.000 to any one who can prove that my statement is not true.' Includes a portrait of W. L. Douglas.

In 1790 North Carolina ranked third in population of all the States. Now she ranks fifteenth. Large quantities of mineral water are imported annually from Europe into this country.

Advertisement for St. Jacobs Oil. Includes text: 'Sudden and Severe attacks of Neuralgia' and 'Coughing Leads to Consumption'. Includes an illustration of a man with a staff.

One woman writing of the Gardfield Headache Powders says: "There is nothing I can praise more than your wonderful remedy." They are so genuinely good we shall be glad to have you try them. Send for free samples, Gardfield Tea Co., Brooklyn, N. Y. One of Canada's most prosperous industries is the manufacture of wood pulp.