

The Shirtwaists for Sun

The *birtwaists for Summer.' Already the coolest of shirtwaists for in the windows of the large shops and give evidence that the coming summer will be a carnival of gauxy exquisiteness. Guimpes of white or-gandy, with colored batiste or lawn, elelcate embroideries in artistic de-signs, tucks and insertions, bolero ef-fects and simple shirtwaists are shown in a variety of color and fashion that is positively bewildering. For whole gowns there are the daintiest mulls and silk mousselines, as well as fine wash fabrics almost as sheer and deli-cate.

Things Women Should Know Fortunately she can be just as dain

Things Women Should Know. Fortunately she can be just as dan-ty, pretty and altogether feminine while knowing the principles of design-ing, building, plumbing, ventilating, heating, lighting and protecting from dampness the home, the making of fres, the disposing of garbage, disin-fecting 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 fats. When suce protests become far reaching enough to make the renting of dark houses difficult, then they will disappear completely and forever,--Ella Morris Kretschmar, in the Wom-an's Home Companio.

A Cure for Tired Nerves

A lady's fingers are much cleveren than the hired man's to prick out deli-A lady's fingers are much cleverer than the hired man's to prick out deli-retes seedlings, to bud roses or graft trees, and skillul to practise all the delicate arts of propagating plants. It is surprisingly easy to raise a large stock of perennials and shrubs, to pro-duce 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 per-fect 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 the young rose shoots and exter-minate the marauding grub or green fy. Some very great ladies in Ens-and will not trust a gardener among their flowers or even to train fruit trees or nail up climbing roses.-Ann Lea Merut, in "New" Lippincott.

Laying Gathers

Laying gathers is a time honored operation as irritating and nerve-wear-ing as it is necessary. Since learning to accomplish the same result in a fam ing as it is necessary. Since learning to accomplish the same result in a far asier way, the present writer has any all, without exception, are enthu-tisatic. Use a long, strong needle; thi without exception, are enthu-shafter. Use a long, strong needle; thi s, a coarser one than you would ordinarily use for the work in hand, there the needle full, keeping the himble finger at the eye of the needle, that no stitches escape onto the himble finger at the eye of the needle, the yout can force on no more cloth, still holding the thinble in place, with the thumb and first finger hold the gathers firmly onto the needle at the point end. With the left thumb afterst and second fingers, pull the athers, two or three at a time, straight motion, sliding the hingers under the haterial and pulling down with the haterial and pulling down with the sing at a feach gather had been pan-nuly "scratched" into place. The two probases are practically accomplished no and after a few trials and you hall the patience, you will never o back the "good old way."-Good housekeeping.

New Belts for Spring

New Vieta for Spring. The new leather belts are almost inversally of round form, and make do concession to the advocates of the "dip" front. The pretilest have rows of stitching that cause the outer sur-face of the belt to be slightly corru-gated. Leather and velvet are also combined, the latter laid in a single bet, and stitched on both edges. Two or three rows of narrow velvet are bet, and stitched on both edges. Two or three rows of narrow velvet are been and a half inches wide. Frequently the ends of the velvet rib-bor are continued to varying length-beyond the end of the belt, and are tipost novel of such belts are finished us a gilt drop or spike.

whith a glit 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

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 delib-

eration during the hours of sleep, and if the arms are raised above the head at this time and for any period the ac-tion of the heart drives the blood away from the arms and sends it to the head, frequently making one very restwhen 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; sleep-ing 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. As all food enters the stomach at

The New Flat Collars.

The New Fint Collars. The fashionable French dressmaker is trying to force the flat collar, rea-sonably arguing that it is the proper companion of the 1860 sleeve. An ex-tremely ingratiating model of the new-est Parisian neck decoration is shown in stitched taffeta over which a flat circlet 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. A HUMAN FOREST. A HUMA

hand, which does not rise very high any means the worst of the indian front in two long points finished with tassels of white silk floss falling for are mentioned type of collar are destined to play a prominent part in the afore-mentioned type of collar are destined to play a prominent part in the eatore-metion of the foulards and sweet sum-mer cloths already making springtime and the pretty round throats of our women are persuasive agents in the popularization of the low and eator kink the field to themselves. Only the extremely fashionable women who faunt their new plumage well in the hards and feet of the siceping man-the field to themselves. Only the extremely fashionable women who faunt their new plumage well in a down-rrasting shade of panne. All the nar-row string ties of sain clasping trated in the group along with a pow-erful rival in black and peach plus-tated in the group along with a pow-erful rival in black and peach plus-ray, gilt and saphire blue is films-the adm half is drawn about the stock twice, fastened with smart littly gift.—Washington Star. stock twice, fastened with smart itter gilt pins in front, and, after tying in a four-in-hand bow, lets fall two broad ends, fringed and embroidered in the dark night sky closely resembling the charred limbs of a tree. Abso-



shirtwaists. Braid will be used on many of the

spring gowns Corduroy jackets worn with cloth skirts are

stock of mousseline de soie, decorated with slanting lines of Roman pearl and fastened at the left side in a fluffy

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 anothen nan'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. p He who is crowned by his conscience cares not if he is condemned by the crowd.

It is often impossible to both ap-pease 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 self and mean as the miser.

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

A HUMAN FOREST.

The second state of the se

skiris are very constrained by the set of th and revers of white plque. A flat tulle hat in delicate ecru 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 im-possible but lovely blue rose. The latest Parisian fancy is a black tock of mousseline de sole, decorated which some of the watermen at the

which some of the watermen at the works declare is the "bump of knowledge." ing dress, and is regarded as treemed dously 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 water. Below the wings are four legs on either side, resembling those of a rawfish. On the back are large fins, 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 flatt.
 Some are pointed, others square, and a few nave decorations of colored bads or bits of enamel.
 Some short petitoats are made at an other square, and a few nave decorations of colored bads or bits of enamel.

All over the kingdom are churches dates sugare and a few nave decorations of colored bads or bits of enamel.
All over the kingdom are churches and chaples which have fallen from iribon, is also applied to stock collars, 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 settes or porter bosture for sleep is to lie on the right side with the limbs stretched out to their full length, and

POISON IN CLOTHING.

Aniline Dyes Constitute a Serious Menaor to Health. Bright colors are very fashionable

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 bohon shades, pretty blues, soft pinks. deli-cate purples and military reds. The strides chemistry has achieved during the past few decades make the produc-tion 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. Anillnes are very extensively used, and very little harm has been traced to fabrics so colored, while chrome yel-lows containing lead, greens contain-ing arsenic, and blue containing muri-ate of soda, have been proved distinct-ly deleterious. Aniline is largely used in coloring wall papers and window curtains with-out 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 brow hoot paste. Two

injurious effects to aniline oil, which is Injurious effects to aniline oil, which is used in yellow brown boot paste. Two children wearing these polished boots were polsoned and the evil was traced to the oil in the paste, which had grad-ually soaked through the leather. Unluckily, there is no ready way of

discriminating between dyes that are harmful and dyes that are not. Expeare rience and consequences alone are a guarantee of their inocuous or baneful guarantee of their inocuous of banders, influences. Those who do art needle work with silks and colored threads should never bit off the end of their should never bit off the reader that it may 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.

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 cut

ting a corn or treating it with an acid, protect the place by means of a plasting a corn or treating it with an acid, protect the place by means of a plas-ter or lint before the patient puts his socks on again. Clothes, dresses and mantles also often reek with poison. Many people have been seriously illaf-ter a fast walk, owing to the dye soak-ing through to the armpits or other spots and entering the open pores of the skin. There is an immense amont of trickery accomplishel in the trade where indigo dyed goods are con-cerned. 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 in-digo is as follows: Place a piece of cloth half an inch square on a succer, 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. <u>Caught at Last.</u>

Caught at Last.

Caught at Last. The mystery of Mooselookmaguntic'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 book and gave Within the last twenty years freight rates from and to England have decreased from fifty to seventy-five per cent.

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 sulk-ing with a bulldog tenacity, refusing to be drawn to the surface, were al-ways 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 skift against him. They never failed to lo-cate the salmon, but they never sue-ceeded in landing him. It was esti-mated that hundreds of dollars' worth of tackle, time and bati were wasted last summer in Bugle Cove. It is low water now in Mooselookma-gunitic lake, and the water, although low, is remarkably clear. Recently the radindy of one of the hotels in tho 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 plueked 37 spoon-books, spinners and artificial flies! The salmon took the hook and gave

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 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 imp emorial custom.-London Telegraph.

Lighthouses and lightships dot the oast of Great Britain at the rate of

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



A woman is sick-some disease peculiar to her sex is fast

A woman is sick—some disease pectinar to her set is last 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 agi-tated, forgets what she wants to say, and finally conceals what she ought to have told, and this completely mystifies the doctor.

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 em-barrassing 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 corre-spondence 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:

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

Mrs. Ella Rice, Chelsca, Wis., writes: "DEAB 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 suffored 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 medi-cines. 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 lottles 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 Vege-table Compound. Believe me always grateful for the recovery of my health."—Mrs. ELLA RICE, Chelsea, Wis.



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.

Sciatica

is their best cure

TOWER'S

A DEX

ALE UVERTWHERE TAKE NO SUBSTITUTES. LOOK FOR ADD

Will KeepYou Dry CLOTHING

howing Full Line of Garments and Hats A.J. TOWER CO., BOSTON, MASS.

Weak eyes, use Thompson's Eve Water

Wettest Weather:

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 Aimes and Oli-ver Aimes.

which was set up by the railway as a monument to Oakes Aimes and Oli-ver Aimes. In the later eighties there arrived at Sherman a shabby person of melan-choly aspect, who put up a "shack" —Western for shanty—not far from the monument. ¹Ostensibly he was pros-pecting, and he continued to prospect for three years without accomplishing any results, so far as could be observ-ed. At the end of that period the man-agement of the Union Pacific received from him a communication demanding the Immediate removal of the mont-ment from the premises, which he claimed as his under the homestead law.

claimed as his under the homestead law. The matter was regarded in a hu-morous light at first, but subsequent proceedings developed the fact that the squatter had what lawyees 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 moument had, by an inadvertence, been placed, let knew very well what he was about, and the up-shot of the affair was that the rilway had to pay 55,000 for the squatter's tract in order to make its title good.—Saturday Evening Post. From Binsale (northern ports) un

From Russia (northern ports) un-printed 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 206 acres near Charlestown, S. C. The proprietor is reported to be coining money.

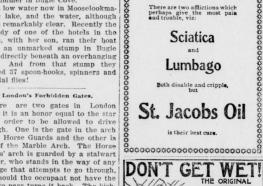
The Columbia ice-field in the Cana-dian Rocky Mountains covers an area of at least 100 square miles.

FISH BRAND When taken according to directions the Garifeld Headacho 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.

Neu-Rot-Ico-Ten Cures Dyspepsia, Constipation and Bilioueness. A guaranteed remedy. Made from roots and herbs. By mail, Se, Neurotico Medicine Co., Hornellsville, N.Y.

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



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 bish-op of London, it may be remembered,

Shore Lights

one to every 14 miles.

Beware of Them