



WOMAN'S REALM

BUILDING UP VICOROUS WOMEN.

Value of Basketball in the Culture of Body and Brain.

"What sport this is! My, but basketball must be fun!" That is the invariable comment of the stranger who watches a game of basketball between girls, for the first time. She can see one at almost any college she happens to visit, from Massachusetts to California, where there are enough girls to make up a team, for basketball is enjoying an unprecedented popularity. The general effect is always the same; an audience with enthusiasm for the teams divided on class lines, carrying flowers, and flags, and banners, singing energetic songs, and cheering lusty cheers; in the midst of it the hurrying, shifting kaleidoscope of players, fighting for victory and the honor of the class.

It is fun. That is one reason why the game leaped into favor so quickly all over the country. But any one of the whirling, twisting, running, panting players who loses her sense of self, time and space in the concentrated determination to pass that great, swift, elusive ball and send it home, can tell the visitor that fun is not all. It means steady, hard work for long preliminary months, hours of practice in the gymnasium or on the field, before one's strength and breath will last through the rapid halves of a match game. It means that the players give up candy and sweets while they are training, and go to bed early, when they long to sit up late for a jolly party, and do a great many other things that they don't wish to do, because they are on the team, and win they must, and win they can't unless every unit is in condition to do her level best. But even the losers in a well fought game do not grudge the preparatory work, and to a member of the winning team, listening to the toasts at the supper afterward, thrilling with the thought that she has helped to win the victory for her class, past sacrifices dwindle to a mere nothing.

When the athletic director of a college thinks of the benefits of basketball, however, the dramatic recognition of merit which the match game gives, so overwhelmingly important in the college girl's mind, seems to her the least of its blessings. She thinks of the physical improvement in the players, the brighter eyes and quicker circulation, the endurance they show, the co-ordination of muscles that playing has taught them, the agility and deftness with which they manage their physical machinery. If she is a good director she sees the mental gain as well, behind all these things. Control of the physical means a well-behaved, obedient nervous system, as responsive to the will of its owner as she herself to the signal of her captain. Quick playing, too, means quick thinking, an instinctive dash to meet the ball, a lightning calculation and balancing of results as one leaps to catch it and sends it flying to a waiting ally. It must not go wrong. A slip might cost the game. Brain and hand must act as one. Not a second may the mind halt between two opinions. Self-control and a judgment so automatically correct are worth the price of many strenuous half hours, and once attained they are not confined to the crises of a basketball game.

But there is still another benefit of the game, a kind of sugar-coated psychological discipline, which critics of woman, rightly or wrongly, say that she needs most of all for her own happiness and best development. The effect of the discipline is apparent, when each player finds a comrade always at the exact spot where she can help her, and the ball goes from one ally to another with clocklike regularity. "Magnificent team work!" is the name the spectators give it. But more than this, it indicates that the players have learned how to be a part of the whole. They are working for the team, not for themselves. They are willing to take the position of cog, to sacrifice the brilliant play and individual distinction to win the game.—Alice K. Falwos, in Good Housekeeping.

New Trimmings For Spring Gowns.

Never in the history of trimmings have there been so many varieties and such beautiful designs as are seen this season for spring and summer wear. The fabrics, too, are finer in quality, and the designs highly artistic, while the effects produced are wavy or have scalloped or shell edges. A pretty wavy braid consists of Brussels net having scallops finished with a fine silk cord feather-edged. On the net are three rows of narrow silk braid a sixteenth of an inch apart, while between every two, long shallow scallops is a spray of leaves made of narrow silk braid lace hand-embroidered and with lace centres.

The fashionable braid trimmings of the season in both white and black, are made of vegetable silk, which has more body to it than pure silk, and a more lustrous effect in trimmings. Narrow ribbon effects and little bow-knots are introduced in the trimmings, running through the popular herringbone gimps, and forming loop and bow edges along the sides. Crochet imitation lace is also seen to a considerable extent mingled with the charming designs in silk-braid trimmings. It is used very often in forming the groundwork of flowers and leaves. A lovely spring novelty is a white grenadine

braided, with a centre of Roman lace edged with a silk cord in a wave design having little silk circles, and an outer edge formed of a ruffle of narrow, pointed silk braid lace.—Harper's Bazar.

What Women Are to Wear.

The first early blouses made in wash materials for this spring are in plique, crash, drilling and the heavier cotton and linen fabrics, in white and colors.

A new material for blouses—new of course only for this purpose—is poplin. It comes in a lovely line of colorings, and with its rather heavy cords does not require much trimming beyond pleats.

The use of ribbon as a trimming and a garniture for all kinds of gowns seems to have taken a new lease of life, and it is introduced in one way or another upon countless gowns and bodices.

Homespun, which was so popular during the past season, will be much more worn this spring. It is a particularly nice material, being light in weight and shedding the dust easily, besides having most excellent staying qualities. The new leavers show a glossiness of surface new in homespun.

For softness of tone the new colors have never been surpassed. Ecru, ranging from the palest biscuit shade, bids fair to be more fashionable than ever, which is high praise indeed. In cloth materials this coloring will make up into the smartest possible kind of tailor suits. Really, after black, there is nothing one can wear in so many different kinds of blouses, hats, etc., as the varying shades of tan, ecru and biscuit.—Mrs. Ralston, in the Ladies' Home Journal.

Worn at a Wedding.

The most noticeable dress worn at a recent smart wedding was not worn by bride or bridesmaid, but simply by a guest. It was of ivory white satin. The prevailing note was the princess robe, but the bodice opened over a vest of pink brocade, which gave just the relief of delicate color sufficient to counteract the effect of the dead-white garment. Gauntlet cuffs were of the brocade, and lace ruffles and a cravat finished the confection. The choice of a hat suitable for wearing with such a gown was no doubt a matter of some difficulty, but it was successfully settled by selecting a large black silk beaver toque trimmed with white lace and black ostrich plumes, fastened with paste buckles.

The bride afterward said that she felt flattered to have such a costume designed for and worn to her wedding. But the costume's greatest triumph was in winning the observation from an artistic man present. "She looks like a portrait of herself by an old master."—New York Commercial Advertiser.

Helen Keller's Pet Dog.

Miss Helen Keller, the well known blind and deaf girl, now a student at Radcliffe College, was surprised the other day by the presence of a fine terrier which, on a chance visit, took a strong fancy to her. Miss Keller recognized the dog at once, when brought to her later, by her mysterious sense of touch. She made a speech in which she said: "I thank you very much, dear friends, for the happiness you have given me. It is as great as it is unexpected. I shall love the dog, but even more your kindness." Miss Keller, who has learned to speak by touch, pronounces her words rapidly, but companions understand her with ease. She is in good health, and, with the aid of a typewriter, keeps up with examination room work.



Hand-sewed kid gloves are among the latest importations from England, and are worn with walking suits.

The latest styles in cloth garments show postillon backs and balloon sleeves or long flowing sleeve effects.

Boleros of jetted lace, cut in broad tabs at the end, make handsome additions to lace or light tinted costumes.

The soft straw hats with an inch-wide band of black straw finishing the edge of the rim are becoming to many persons for whom light shades are unsuitable.

Coarse linens in natural color promise to be much worn for summer street gowns. Made in tailor fashion, with stitching or bands of silk for trimming, they are natty and serviceable.

Trimming with bands of dotted material promises to be a strong feature from this time forward in all branches of tailoring and dressmaking, and in the world of linen things it is to be the ruling passion.

On some of the handsome afternoon gowns a new idea is to have the bow finishing the crush belt way off at one side instead of in the back. Many of the belts are of silk in soft folds, and the bow is tied straight up and down and comes almost under the left arm.

The bolero shows no sign of leaving us, but if it does it will yield to full bodies in soft fabrics, the fulness wrinkled into gathers in a slanting direction and held in place by handsome buttons. If belts are made of the same material as the bodice, they are very narrow.

A smart street gown of black canvas has these spots as its principal garniture, and effective they are indeed. The bodice is trimmed in front with straps of graduating width, and the end of each is caught down with a large dot machine stitched round and round in white silk. The same decorative is repeated on the skirt and sleeve.

HOUSEHOLD MATTERS

Handy For Flavoring.

It is a good idea to save a little of the juice from a jar of preserved fruit of any kind. This gives a decidedly improved taste to orange or lemon jelly and may be added to bread puddings with sauce effect. In fresh fruit time some crushed fresh fruit is a very great addition to the hard sauce.

The Fad For Brass.

Brass is such a fad in house furnishing just now its care has become quite an important item. Artistic decorators frown upon lacquered brass, but the overly-laden housewife will perhaps prefer to economize labor. If so, polish the brass to the last degree of brightness, then cover lightly with the brass lacquer, that can be bought at any paint shop, and it will retain its polish indefinitely.

Removing Ink Stains From Cloth.

The removal of ink stains is always a problem, because inks are made by so many processes. Soap and water will remove some inks, while strong chemicals make little impression on others. The sooner the stain is treated the more easily it is removed. Washing and soaking in cold water, or in sweet or sour milk, will remove the greater part of the ink and frequently the stain. Spots on washable articles should be soaked in milk or water. Rub the spot and change the liquid frequently. After two or three days, if a stain remains, wet it with a strong solution of oxalic acid, and place it in the sun. After this rinse very thoroughly.—Ladies' Home Journal.

A Few Don'ts.

Don't buy food that has been in cold storage if you can secure fresh food; sometimes turkeys and fish are kept frozen for years. All fresh meat that has been frozen loses its firmness and flavor when allowed to thaw, which is necessary before cooking. Firm fish and fresh meat are essential to good and wholesome living. You will see offered for sale smelts and green smelts, and many housekeepers do not know the difference, which is just this: Green smelts are freshly caught; smelts not bearing this label are frozen. The frozen ones become tasteless and flabby when cooked. Don't buy foreign fresh fruits or vegetables when the natives are plentiful. Don't put celery in the refrigerator just as it comes from the market; wrap it in a wet cloth, then in a paper, and lay it on the ice until needed. Don't depend upon extra heat when you want water to boil quickly, but add a little salt to the water and watch the gratifying results. Don't throw anything away because it is too salty; add brown sugar until it is just right.—Woman's Home Companion.

A Vine-Shaded Porch.

A neighbor of mine shaded a porch with an assortment of vines that was as novel in arrangement as it was beautiful and interesting in color harmony. The vines were not rare or costly ones; they were merely morning glories and nasturtiums. The morning glories were a rich, clear blue, the nasturtiums a glowing yellow. Every other plant in the row was a morning glory, and every other one a nasturtium. Each stood about three inches from the other, and all were given early support, each vine having a string of its own upon which to climb. They grew rapidly and reached the roof in due time. When blossoms appeared, the vines were greatly admired. Toward noon the morning glories would close up, but the nasturtiums remained in perfection, many bouquets being cut from them. The vines grew in loose, mellow soil that was devoid of manure or other fertilizing elements. During the hottest weather they were watered every night, the ground around them being thoroughly saturated. The seeds were started in the house in April, and the young plants encouraged into a good, stocky growth until it came time to set them out in the open ground, about the last of May.—Good Housekeeping.

RECIPES

Apple Meringue—Pare and core six medium sized apples; fill the cavities with granulated sugar, adding a little cinnamon or nutmeg; put them in a baking pan and cook until tender; make meringue with the whites of four eggs beaten stiff; add four tablespoonsful of powdered sugar; spread this over the apples; put in the oven to brown slightly; remove, serve with thin cream.

Beef Loaf—Take two pounds of round steak and half a pound of suet, both chopped fine; add two eggs, one cup of bread crumbs that have been soft-ened in cold water, one small onion, chopped fine, one-half cup of sweet milk, a teaspoon and a half of salt, and a fourth of a teaspoon of pepper; mix all together and shape into a loaf, put in a roasting pan and bake in a moderate oven two and a half hours; baste frequently; serve with tomato sauce.

Tomatoes and Rice—Slice half a dozen ripe tomatoes, or use the same amount of canned ones; season with a teaspoonful of salt, a dusting of pepper. Put into a saucepan, add two finely minced onions, dot with a teaspoonful of butter and cover; steam slowly fifteen minutes. Then pour a gill of rich brown or cream sauce into the mixture. Stir often and simmer ten minutes. Then add four ounces of hot, fine-boiled rice. Mix thoroughly and serve.

Many a man is a chronic kicker because he has corns on his conscience.

THE STREET CAR BLOCKADE—THE CALAMITY.

All at once the street car sort of hopped, and then, with a jolt and bump, it stopped. For another car was just ahead. As motionless as if 'twere dead, Another car was ahead of that. Two men inside, one lean, one fat, And ahead of that was another car, With one lone man of the G. A. R. Another car was ahead of that. In which a sleeping copper sat, And another car ahead of that, As empty as a looted flat. Ahead of that was another car, And ahead of that another car, And ahead of that another car, And another car ahead of that, And another car ahead of that, And other cars ahead of those, And still more cars ahead of those, And ahead of those were others still, And stretching ahead were others still, While each was as silent as the tomb And a veritable cave of gloom.

For a wagon filled with soft coal slack Had broken down on the street car track. —Chicago Tribune.



Ruggles—"What are you doing for a living these days?" Grimshaw—"Dodging trolley cars."—Chicago Tribune.

Crabshaw—"I tell you we can't afford it." Mrs. Crabshaw—"If we could, my dear, I wouldn't care two cents for it." —Judge.

Hoax—"Jones complains because he can never keep a dog long." Joax—"Why don't he try a dachshund?"—Philadelphia Record.

She (at the piano)—"Listen; how do you enjoy this refrain?" He—"Very much. The more you refrain the better I like it."—Tit-Bits.

If brevity's the soul of wit, I do not want that sort. Too well I know there's not a bit Of fun in being short. —Philadelphia Record.

Friend—"Was it a serious accident?" Chauffeur—"Not at all. Only two pedestrians killed, and the automobile wasn't even scratched."—Life.

Wife—"I've done nothing but practice economy ever since we were married." Husband—"And I've had to pay for it!"—Detroit Free Press.

"If time is money," says the Manayunk Philosopher, "what's the use of spending our time in saving our money?"—Philadelphia Record.

Miss Goose—"That animal conversing with the owl says quite spley things." Miss Fox—"Oh, yes! He's a cinnamon bear, you know!"—Brooklyn Life.

A girl who was fond of her E's Attended so many pink T's That she ruined her T's, Which was not very Y's, And it's only at times that she C's. —Philadelphia Record.

He—"Full many a flower is born to blush unseen, you know." She—"Yes; I never saw any one who could pass a florist's as often as you can without stopping to even look in the window."—Chicago Record-Herald.

"She doesn't have any trouble in keeping a servant girl." "No. Her husband is political boss of the ward." "What has that to do with it?" "Why, he has the handsomest policeman assigned to that beat."—Philadelphia Press.

First Burglar—"What did yer take that brickybar for? 'Tain't no good!" Second Burglar—"Tain't?" First Burglar—"Naw, I tell yer, Jimmy, if yer wantner make a first-class success in this business yer got to know somethin' about art!"—Puck.

"George," said the young wife, "I think you said you wanted your two suits to go as far as possible?" "I thit; I did," agreed George. "Well, I have helped you. I 'ave them to the missionary society I send to the South Sea Islands."—Chicago News.

London's Immensity Shown.

The immensity of London can only be understood when we come to deal with the many sides of the people's lives. Every year about 130,000 babies are born in London. There are always more boys born than girls. More than 400 out of every 1000 never live to be two years old, over 30,000 little coffins being used every year to bury their remains. More than 20,000 people die every year in London workhouses and infirmaries; but, in spite of the fact that about 82,000 Londoners go to their last account, there are 50,000 more persons alive in London each New Year's Day than there were on the previous occasion.

There are more than 40,000 weddings each twelvemonth, 30,000 of which are celebrated in the churches of the establishment. Strange as it may seem, seeing that we have had compulsory education now for over thirty years, there are every year more than 2000 persons married in London who can neither read nor write.

It is a common mistake to suppose that everybody who can come to London, and that the population is increased almost entirely by this process. As a matter of fact, close upon 40,000 Londoners leave the metropolis every year for the country or for places abroad.—London Express.

Attar of Roses From Bulgaria.

One of the most profitable products of Bulgaria is the oil or attar of roses, which amounts to more than \$1,000,000 annually. The town of Sulpice, where was fought the decisive battle of the Turko-Russian war, on July 7, 1877, is the centre of the rose gardens.

People who are always talking about their ancestors never have time to talk about their neighbors.

TRAPPING A WITNESS.

The Clock Had Not Moved For Over Six Months.

A case was being tried in a country court. A horse had been stolen from a field, and the evidence all pointed to a certain doubtful character of the neighborhood as the culprit. Though his guilt seemed clear, he had found a lawyer to undertake his defense. At the trial the defendant's counsel expended his energy in trying to confuse and frighten the opposing witnesses, especially a farmer whose testimony was particularly damaging. The lawyer kept up a fire of questions, asking many foolish ones, in the hope of deceiving the witness into a contradiction.

"You say," the lawyer went on, "that you can swear to having seen this man drive a horse past your farm on the day in question?"

"I can," replied the witness, wearily, for he had already answered the question a dozen times.

"What time was this?"

"I told you it was about the middle of the forenoon."

"But I don't want any 'abouts' or 'middles.' I want you to tell the jury exactly the time."

"Why," said the farmer, "I don't always carry a gold watch with me when I'm digging potatoes."

"But you have a clock in the house, haven't you?"

"Yes."

"Well, what time was it by that?"

"Why, by that clock it was just 19 minutes past 10."

"You were in the field all the morning?"

"Yes, I was."

"How far from the house is this field?"

"About half a mile."

"You swear, do you, that by the clock in your house it was just 19 minutes past 10?"

"I do."

The lawyer paused and looked triumphantly at the jury. At last he had entrapped the witness into a contradictory statement that would greatly weaken his evidence.

The farmer leisurely picked up his hat and started to leave the witness stand. Then, turning slowly about, he added:

"I ought, perhaps, to say that too much reliance should not be placed on that clock, as it got out of gear about six months ago, and it's been 19 minutes past 10 ever since."—Cincinnati Commercial Tribune.

Bulls of John Bull.

In the making of bulls Ireland has without doubt attained pre-eminence, but she has by no means established a monopoly. Indeed, John Bull is not often able to poke fun at her upon that score without being promptly reminded of his own achievements in the same line. A recent newspaper controversy has called forth some fine examples of the purely British bull, of which two were contributed by members of Parliament, although not within the walls of the House. They occurred, however, in the course of the campaign eloquence which admitted the speakers to its precincts.

"Expenditure on so vast a scale," proclaimed one of them who was urging national economy, "will in time empty even the inexhaustible coffers of Britain, and convince her reckless legislators too late, when the mare is stolen, that they must close that barn door through which for years the flood of extravagance has poured unchecked."

The second speaker did even better, although it is fair to allow something for a man who, hooted down by a derisive opposition, is naturally too excited and indignant to carefully consider his words.

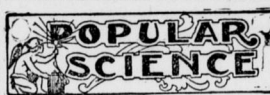
"Gentlemen, gentlemen," he protested. "The cry of the cat, the crow of the cock and the hiss of the gander are not argument. True, they may for the time overwhelm the feeble voice of one man in the roaring tide, but not all their leaguered forces, however armed and arrayed for combat, shall avail finally to extinguish that beacon torch of experience, still gripped fast and held high in his unflinching hand to guide safely through the breakers the straining eyes of posterity!"

Forest Reserves.

The part of the twenty-first annual report of the United States geological survey, dealing with forest reserves, edited by Mr. Henry Gannett, geographer, is now passing through the press, though not yet published. The areas of all the reserves amount to 70,647 square miles, and these (thirty-seven in number) lie in Washington, Oregon, California, Montana, Wyoming, Utah, Colorado, New Mexico and Arizona, three of them lying also partly in Idaho and South Dakota.

The reserves treated of in this report are the Lewis and Clark forest reserves, 4572 square miles, of Montana; the Mount Ranier forest reserve, 1655 square miles, and the Olympic forest reserve, 3006 square miles, of Washington; the Ashland forest reserve, 290 square miles, and the southern part of the Cascade range forest reserve of Oregon; the Lake Tahoe, 213 square miles, and the Stanislaus, 1080 square miles, forest reserve of California. There are included also a classification according to timber of lands in the Yosemite, the Sonora and other quadrangles; a detailed description by township and range of the woodlands of Indian Territory, and a discussion of timber conditions of the pine region of Minnesota. These reports are of interest to the botanist as well as to the general public.

A woman feels that she has not lived unless she has experienced the joys of a broken heart.



Professional divers, who remain under water from two to five minutes at a time, are accustomed, before submerging themselves, to take deep respirations for ten minutes. The object is said to be to store up oxygen, not in the lung cells, but in the blood-corpuscles. This renders a temporary suspension of the breathing possible by supplying the corpuscles with an extra quantity of oxygen, to be exchanged chemically with the carbonic acid, produced by vital processes, in the blood.

A correspondent of Nature has found that the spiral horn of a wild sheep, when so placed that the ear is the axis of the coil, makes the ticking of a watch more audible in one particular direction. Since the ear of the sheep is surrounded by the horn he infers that the latter acts as an ear-trumpet, not improving the hearing for distant sounds, but disclosing the direction of a sound. This would be useful in enabling the sheep to ascertain the exact points from which sounds come when there is a mist or fog covering its feeding grounds.

At present, when so many efforts are being made to reach the northern termination of the earth's axis, the geographical north pole, comparatively little popular interest is expressed concerning another north pole, quite as important in many ways, the pole of magnetism. But scientific men do not lose their interest in the latter, and Professor Amundsen intends to spend three years in the peninsula of Boothia Felix, the northernmost point of the mainland of North America, wherein the north magnetic pole is situated. He will make his headquarters exactly at the pole if he can.

M. Stazzano has noted several facts going to show that the aurora borealis is of terrestrial origin; that it is intimately connected with phenomena classed as meteorological; and now shows from statistics that low pressures of the barometer are the sign of the most direct connection, auroras increasing in frequency with low pressures. They act not only to extend the auroral zone which, in both hemispheres, follows the line of low polar pressure, but also the period of the low pressure influences both the diurnal and the monthly period of the aurora.

M. Dueret, repeating the experiments of Bourboze made in 1876 has lately endeavored, with success, to transmit human speech through ordinary telephones, using the earth as the only conductor. The results are very interesting, though difficult to explain. One thing is certain, says the experimenter, namely, that earth filters out, so to say, the continuous current necessary to the operation of the apparatus. This current is diffused into many others capable of actuating a certain number of telephones distributed around the transmitter, and in the experiments cited these diffused currents were strong enough to operate a relay with a call-bell.

A substitute for wooden flooring is being introduced which appears to be built up with asbestos as a basis. Its special features are noiselessness, durability and heat-resisting qualities, being absolutely fireproof. It is laid down on a cement foundation. The material is said to lend itself readily to designs in color and is susceptible of a high polish upon surfaces not subject to abrasion. It appears to be designed especially for use in public buildings, libraries, halls, hospitals and on war vessels. In the case of hospitals it forms a very desirable floor, owing to its noiselessness and its sanitary qualities. It is readily cleaned, and when used in combination with a so-called sanitary base, a gradual curve from floor to baseboard eliminating the corner angle, is forms an ideal flooring for the purpose.

The Differing Intelligence of Animals.

Elephants are among the most severely drilled of animals; their intelligence does not have free play in consequence. But all English trainers agree that there is a great difference in capacity between them, and that some will learn and remember a lesson far more quickly than others. Cats have very "level" brains, and are too self-centred and self-contained, as a rule, to show the distinctions which exist between them. Their strongest instinct is toward a kind of domestic comfort not exactly shared with human beings, but enjoyed in their company, to which the cat perfectly adapts itself. Yet there are misanthropic cats which make no secret of their dislike and contempt for mankind in general, only come into the house under protest and would prefer to sleep in a coal cellar to taking their nap in good society. These are the exceptions in the cat world, but every one has met with them. Birds are usually regarded as possessing brains in "classes," not as individuals, the origin of the belief being probably the fact that birds of one species usually build exactly the same kind of nest. The generalization is not correct. The same species may have brains of all capacities.—London Spectator.

A Recipe.

A correspondent writes: Tried recipe for a tempting ail: Take one crisp, fresh idea, one sound, strong catch-line, a hundred short words and half as much more white space. Mix intelligently and serve in a tasty border. —Printers' Ink.