## FOR <br> THE IAIR

 shades of green, of course also red and
white plaid taffeta. Buckles are no used both front and back
stituting a "waist set."

## 

 preparatory movernents.The chese tis trist polsed far forward
and at at the same time the foot is drawn in England, and is one of the very feum - Women who can drive a hith-mettle)


 exceis. These WWo women secured the
late Lord Randolph Churchilis elector
to Wood mear the place.

|  |
| :---: |

back under the seat. The foot draiwn
in should be the one opposite from the
direction to be taken in stanting ap.
As you rise throw the weight firmly As you rise throw the weight nirmiy
upon the foot in the rear. As the body
comes to its full height change the
weight to the forward foot, so that the weight to the forward foot, so that the
other foot merely touches the floor
very lightry. This brings you to a
standing position, ready to walk easily standing position, ready to walk easily
in the ellrection you are going.
Ugly sitting positions and awkwar
movements in rising will diopear movements in rising foll dsappear
these principles are followed. - Ne
York Herald.
Yanoy work For Peraonal Wear.
 foundation or material to wort as upon
Large collars and trimming fordresse
in thils are really charmlng. A grace

$\qquad$

$$
\begin{aligned}
& \text { at the same time does not detract } \\
& \text { the lightmess of the material. } \\
& \text { Another good design in this w }
\end{aligned}
$$ course, any shape or style cun be d

signed with endless variations as
flowers and coloring. Heather is
$\qquad$
$\qquad$
$\qquad$ narrow blue ribbons, also embroidered
and the edges of the centre closely but
tonholed with blue sill to match the Before working, take the design (if
the work is bought ready designed
trace the design upon paper), and, af ter deciding on the colors, rounghly
oaint them In and you will then see in
you Hike the eflect beforehand sisp
$\qquad$ the stitches should go; this is of great
assistance, particularly sketching tho
direction the stitches should taken, as Fashion's shads
 Squirrel fur is to be exceedingly po
ular this winter.

Large lace corsage collars
many very attractive bodices. The outer garment with a fitted ba
is the rare exceptlon thls season. is the rare exception this season.
The most exclusive tanlors are ma
ing thelr latest Norfolk jackets witho yokes. The latest clange in skirt hip yokes
is to have them elongated fnto a panel A braid made of feathers is among
the more pronounced noveltles in the the more pronounced novelties in the
millinery world.
Lace will be used to repletion as a garniture not only on thin fabrics, but
on cloth and fur as well. Braids, passementerie and butto
used in norel forms are among
popular nutumn trimmings. Fullness below the ellow, in several
degrees of moderntion, is a noticeable point of all the new sleeves.
Taffeta stlll feads the silk world as ments, full costumes and linings. Queen's mournlng is Just another
name for the magple combtnation, the black and white effect, so fashional
now. A fancy velvet season is predicted,
but time has yet to verlfy the general adoption of such unusual and fancy
stuffs. A chifron vell with an open-works
border in self or contrastling tint is nique, but too btzarre to be warmly Antique lace fi flet is the embods.
ment of exclusive style. Beautiful skirts are made of it in an open ins

| Phatex watge with prve-gorrd skirt. | with braid or stitched bands of the material for trimming. |
| :---: | :---: |
|  |  |
| velvet trimmings. | slze will regulte two and three-guarter |
| The walst is mounted on a glove- |  |
| ed feather-boned lining that closes | To make the skirt in the medum size |
| the centre front and is faced with | will require four and one-quarter yards |
| relvet to a rounded yoke depth at the back. The cloth is drawn smootbly | of forty-four-inch material. |
| across the shoulders and disp |  |
| silight fulness at the waist. | lar skirt |
| The front plastron is | s |
| mseye and right shoulder seams, and | this season, and look |
|  | as a trimming for short skirts, as wey |
| fastens invisibly on the left side completed with a velvet collar. | seem to dare more gracefully whe |
| completed with a velvet collar. | they do not touch the ground. |
| The full | The skirt illustrated is made of peari |
| er eage and a | gray poplin, with Irish crochet lace |



Perhaps them are not over-carefulu about keeping their feet dry;
through carelessness in this respect the monthly sickness is usually Then begim ailments which should be romoved at once, or they will produce constant suffering. Ieadache, faintness, slight vertigo, pains,
in the back and loins, irreguarity, loss of slecp and appetite, a tendency
to avoid the society of others, are symptoms all indicating that womn's arch-enemy is at hand. others, are symptoms and Lydia E. Pinkham's Vegetablo Wormpound has helped mang
young girl over this critical period. With it they have gone through
their trials with courage and safety. With its proper use the young girl is safe from the peculiar dangers of school years and prepared
hearty womanhood.
A Young Chicago Girl "Studied Too Hard."


Miss Pratt Unable to Attend School. - Dear Mrs. Priminas:-I feel it my duty to tell all young women
how much Lydia E. Pinkham's wonderful Vegetable Compound has dono for me. I was completely run down, unable, to attend school, and
did not care for any lind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months.
"I recommend it to "I recommend it to all young vomen
ness."- Miss Alars Pratt, Holly, Mich.
Lydia E. Pinltham's Veretable Compound is the one sure rem-
cdy to be relled upon at this important period in a young girl's life.


| Rescued by an Owl. <br> King Robert the Bruce, according to the well-known story, once owed hl safety to a spider. Among the Tar that one of their khans or chicifs we preserved, long years ago, by the Great Horned Owl. He had hidden in a thicket to avold capture by some enemies. By and by his pursuer saw was an owl sitting cn a bush What did this mean? It Eignified in rest quietly there if any man were lying concealed close by. Therefore they argued that the khan could not be there, and so they hurried on to search for him elsewhere. At night- fall the khan made his way to the camp of his men, and told them hov he had been saved from certain death His story caused them ever afterward in look upon the owl with reverence and love. They wore its feather their caps as a pledge of victory. |  |
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|  |  |
|  | If great cold turned ouv atmosphers <br> to liguid air it would make a rea 35 feet dees cvor the gurface of the whole globe. |

