



FOR FAIR READERS

BILLOWY LACE AND LINEN.

For a pretty fluffy petticoat a novel idea is to make the entire ruffle of narrow, filmy insertion. This ruffle should be one-third the length of the skirt, and the lace insertion should be set together and garnished with satin ribbon ruching. The foundation of the skirt lies, of course, under this flounce. A narrow under ruffle or two gives the fluffy effect that all femininity loves.

A NEW ROAD TO BEAUTY.

Here is a new pathway to health and beauty by which you may amuse yourself and incidentally the wee folks at the same time. All you have to do is to blow soap bubbles. Nothing rounds out hollow cheeks and improves a scrawny neck like blowing bubbles. The reason is that one is obliged to take deep breaths and that is the most necessary item in obtaining and retaining beauty.

POWDER OR NO POWDER.

Many persons aver that powder is ruinous to the complexion. You will occasionally meet old ladies with skins of baby texture and fairness who will tell you that they have used powder all their lives. But their powder was the simplest preparation, just a little magnesia and zinc, perfumed with orris root. If the skin needs additional care, a quarter of a lemon squeezed in a little milk will be found very beneficial. The face should be bathed in it morning and evening. If possible, the face should never be washed in water. Soap should only be used at night. It is a good plan, after washing the face with soap, to use the curd of lemon and milk, letting it dry on the skin. Steaming is a good cure for a bad complexion, but after the steaming process the face should be thoroughly massaged with cold cream. The cream can be removed by apply rose water and wiping with a soft towel.

GRACE IN WALKING.

If you want to walk gracefully don't look at your feet, but hold your head well up in the air. Don't shuffle. A little thoughtfulness and practice in high-stepping will soon break you of this ugly habit. Don't bend back at the waist, under the impression that you are thereby walking erectly. It throws the stomach forward and is almost as inimical to grace as round shoulders. Finally, don't allow yourself to walk "pigeon-toed"—that is, with the toes turned in or straight. You can never be graceful in movement while you do. It is always hard to tell what to do with the hands. The natural way, to have them hanging at the sides, or loosely clasped in front, is not beautiful. And to have them glued to the sides as far as the waist line, and then bent in at the elbow, is not only awkward in itself, but elevates the shoulders in a quite unlovely way. Therefore, most women try to obviate the difficulty by carrying something—such as a portemanteau, or a parasol. Those who carry parcels and babies are actuated by other motives.—New York News.

LITTLE PRINCESS MAFALDA.

"The little Princess Mafalda, the baby daughter of the King and Queen of Italy, is rousing, perhaps, more curiosity among the people than did even her elder sister," says the London Daily Telegraph. "This may possibly arise from the fact that less is known of the royal arrangements this time, as nothing was quite ready for her reception. With the family, however, she runs the risk, like most repetitions, of having very little attention paid to her except by her father and mother. Queen Margherita has been contented to send her love by post and by telegraph, and has not moved from Rome. The Princess of Montenegro has also in her turn stayed comfortably at home, deferring the pleasure of seeing her grandchild until a later indefinite period, and so on and so on. The princess is growing and flourishing, and promises to be fair, while her sister is dark. Princess Yolanda, although bright and alert, and exceptionally intelligent, cannot be called a pretty child. She has inherited too much of her grandfather, King Humbert, for that; notably his least attractive feature, which was his eyes. Princess Mafalda, on the contrary, has large blue eyes, which are long and almond shaped."

THE BREATHING FAD.

An enterprising woman, with an eye to novelty as well as business, has inaugurated a new fad which is fast developing into a fashionable ladies' craze. It is a new form of physical culture. Last year it was ping-pong which took all the spare time of ladies. This winter the "breathing cure" seems to be destined to monopolize their attention. The inventor says we breathe all wrong, we sit all wrong, we stand all wrong, and that the most simple

actions of our daily life are utterly misguided. Having dispensed with your stays, you attire yourself in blue satin knickerbockers and a loose skirt, and, either alone or in company with several other ladies of varying ages and degrees of physical degeneration, you place your hands on your hips, throwing your shoulders well back, and you draw a deep breath, which expands your lungs and imparts strength to the muscles of your body. Of course the exercise you perform depends on velp. There are no weight liftings, the muscles or organs you wish to de-nub-bells, no gymnastic fittings. All that is necessary is a floor to lie on, and the full complement of arms and legs to move and kick. You feel supremely ridiculous, and you look it; but those who have been cured of outward physical disfigurement and internal weakness testify to the effect of the treatment.—New York American.

WOMEN AND THEIR WAYS.

Women are gradually obtaining a foothold in government offices in Paris, France. Miss Duchemin, of Boston, owns a set of china over 200 years old, given to her great-grandmother by a daughter of one of Queen Anne's maids of honor. Miss Daisy Brazier has, together with Miss Annie Myers, been decorated with the Royal Red Cross, in recognition of services rendered the wounded and sick at Pekin. Miss Nora Stanton Blatch, granddaughter of the late Elizabeth Cady Stanton, was the only woman to take up civil engineering at Cornell University. She will carry on her grandfather's life work.

According to an authority, the first décollete gown of which mention is made in the history of costume was that worn by Queen Isabeau of Bavaria. The fashion was at its height in the time of the Valois Kings and flourished again during the reigns of Louis XIV. and his successors. Two young women have a flourishing coal business in Indiana, Iowa. One of them was for some time employed in a coal-dealer's office in Des Moines, and learned to like the business so well that she induced her sister to go into partnership with her in their home village. They erected coal-sheds and opened an attractive office, and are said to be doing well. The first woman admitted by King Edward to the imperial service order is Miss M. C. Smith, who superintends the women's branch of the savings bank in the general office. Miss Smith has been in the service for nearly thirty years, having been a pioneer in the movement for employing women in the postoffice. She began with a staff of about twenty girls, and now has 900.

FADS AND FANCIES.

Russian jackets are revived. Modish muffs and collars are of ostrich feathers. Yokes of lace edged with fur are much in vogue. Lace weave stockings are shown for house and evening wear. Shaded plumes will be a telling feature of millinery throughout the winter. Light gowns are trimmed with a dash of color either on bodice or skirt. Rubelite or pink tourmaline is among the latest effects shown by the jewelers. New French chevrons are silk-dotted and barred in white, red, black or golden-brown. Velvet ribbons made into old-fashioned quiltings and ruches are popular trimmings on the new hats. A touch of some of the new silks and velvets is all that is needed to give a smart air to a plain gown. Cleopatra's asp is the latest in buttons. It is a small round button of dull dead silver in the shape of a serpent, and in the centre a round blue turquoise. Velvet chiffon is one new material that, in the light shades, is admirable for evening. It has the appearance of weight that genuine velvet has, but really is very light. The lace cravat is a pretty finish to the tailor-made frock, while the old-fashioned jabot must of necessity be in vogue with anything approaching the swallowtail or cutaway jacket. A new ulster for shooting is of checked Scotch goods in red and deep blue. The high collar is of velvet. The triple capes and triple cuffs are smartly stitched. The buttons are of simple bone.



TOMATO HONEY.

This honey, if well made, will take the place of the ordinary syrups. It is, of course, by far more wholesome and pure. To each pound of ripe tomatoes allow the grated yellow rind of one lemon and six fresh peach leaves; cut the tomatoes into pieces, add lemon rind and peach leaves, and cook slowly until they are soft and well done, then strain them through a bag, pressing hard. To each pint of this liquor allow one pound of loaf sugar and the juice of one lemon. Boil for a half-hour or until it becomes thick like syrup. Bottle and seal.

SHRIMP SALAD.

Pour cold water over one can of shrimp; let them stand half an hour; drain off the water and dry the shrimp in a towel; remove the intestinal veins; reserve eight of the largest shrimp; break the remainder into halves or pieces; moisten with a dressing; mix one teaspoonful of mustard, one teaspoon of salt, two teaspoonfuls of flour, one and one-half teaspoonfuls of powdered sugar, a dash or two of cayenne pepper, yolk of one egg, half a cupful of hot vinegar and one-half cupful of thick cream; when cold arrange the salad on lettuce leaves; put one spoon of dressing on each; garnish with whole shrimp, caper and olives.

ORANGE MARMALADE.

Choose smooth skinned oranges; half the grated rind and juice of a lemon for every four oranges; weigh the fruit before cutting it; cut the peel, removing it in quarters; put it into boiling water and cook until it can be easily pierced with a broom straw; allow three-quarters of a pound of sugar to each pound of oranges; remove the seeds and all the white skin from the pulp; put the orange pieces in the preserving kettle; when nearly boiling add the sugar gradually and cook one hour; when the rind is cool take each piece in the hand and with a spoon remove all the white pithy part; this will leave only the thin yellow rind; put two or three sections together and cut in very thin strips with scissors; add this rind to the orange pulp and cook about an hour longer, when it should be very thick, but not like jelly.

COFFEE CAKE.

The following recipe is one of the simplest and best for coffee cake. Take a pint of bread sponge, add one egg well beaten, half a cup of granulated sugar, two ounces of butter and half a pint of luke-warm water. Mix these well together and add sufficient flour to make a thin dough. Let it rise until it has doubled its original bulk. Then turn it out on a floured board and roll out an inch in thickness. Butter a baking tin large enough to hold the rolled out dough and fit it into the tin. Cover and let it rise until it doubles its size, and when ready to place in the oven brush the top with an egg beaten up with a teaspoonful of sugar. Sprinkle this thickly with granulated sugar, adding a few blanched and coarsely chopped almonds. Bake in a moderately hot oven. If preferred the dough may be made into little twists or braids instead of the large cake.



HOUSEHOLD HINTS.

Hot, sharp vinegar will remove paint spots. A copper cent rubbed on the window pane will rid it of paint or plaster specks. A pinch of borax in cooked starch will make the clothes stiffer and whiter. Chocolate is greatly improved by adding a teaspoonful of strong coffee just before serving. To prevent the formation of crust inside kettles, put in a small, well-scrubbed oyster-shell. When matting is soiled, wash it in a strong solution of salt and warm water and it will look like new. A delicious omelet can be made of chicken livers. Also with the combination of kidney and chicken livers. Old newspapers are an excellent protection against the cold, and serve in place of blankets if put between the quilt and counterpane. Make your knot on the end of the thread that first leaves the spool, and you will sew with a smooth thread and an unruffled temper. Many striped effects are appearing among the latest applique curtains, and it is rather a relief from the universal bordered style, with plain net back. One-half cupful of sweet cream is added by certain New England housewives to the baked beans pot about a half hour before it is taken from the oven. Salt water used as a gargle and mouth wash will strengthen the throat and harden the gums. It is also an excellent tonic for the hair as well as weak eyes. When using gasoline to clean kid gloves the result is apt to be more satisfactory if the gloves are really washed in the fluid and not simply left to soak in it. During the washing process keep a long way off from the fire or a light of any kind.

CAUGHT BY THE GRIP. RELEASED BY PE-RU-NA.

Congressman Geo. H. White's Case. A Noted Sculptress Cured.



The world of medicine recognizes Grip as epidemic catarrh. -- Medical Talk.

LA GRIPPE is epidemic catarrh. It spares no class or nationality. The cultured and the ignorant, the aristocrat and the pauper, the masses and the classes are alike subject to the grippe. None are exempt—all are liable. Have you the grip? Or, rather, has the grip got you? Grip is well named. The original French term, la grippe, has been shortened by the busy American to read "grip." Without intending to do so

A new word has been coined that exactly describes the case. As if some hideous giant with awful grip had clutched us in its fatal clasp. Men, women, children, whole towns and cities are caught in the baneful grip of a terrible monster.

Pe-ru-na For Grip.

Mrs. Theophile Schmitt, wife of the Ex-Secretary of the German Consulate, writes

the following letter from 3417 Wabash avenue, Chicago, Ill.: "I suffered this winter with a severe attack of la grippe. After using three bottles of Peru-na I found the grip had disappeared."—Mrs. T. Schmitt.

Mrs. Celeste Covell writes from 219 N. avenue, Aurora, Ill.: "Only those who have suffered with la grippe and been cured can appreciate how grateful I feel that such a splendid medicine as Peru-na has been placed at the door of every suffering person."—Mrs. C. Covell.

Noted Sculptress Cured of Grip.

Mrs. M. C. Cooper, of the Royal Academy of Arts, of London, England, now residing in Washington, D. C., is one of the greatest living sculptors and painters of the world. She says: "I take pleasure in recommending Peru-na for catarrh and la grippe. I have suffered for months, and after the use of one bottle of Peru-na I am entirely well."—Mrs. M. C. Cooper.

D. L. Wallace, a charter member of the International Barbers' Union, writes from 15 Western avenue, Minneapolis, Minn.: "Following a severe attack of la grippe I seemed to be affected badly all over. "One of my customers who was greatly helped by Peru-na advised me to try it, and I procured a bottle the same day. Now my head is clear, my nerves are steady, I enjoy food and rest well. Peru-na has been worth a dollar a dose to me."—D. L. Wallace.

Lieutenant Clarice Hunt, of the Salt Lake City Barracks of the Salvation Army, writes from Ogden, Utah: "Two months ago I was suffering with so severe a cold that I could hardly speak. "Our captain advised me to try Peru-na and procured a bottle for me, and truly it worked wonders. Within two weeks I was entirely well."—Clarice Hunt.

Gentlemen:—I am more than satisfied with Peru-na and find it to be an excellent remedy for the grip and catarrh. I have used it in my family and they all join me in recommending it as an excellent remedy.

Mrs. T. W. Collins, Treasurer Independent Order of Good Templars, of Everett, Wash., writes: "After having a severe attack of la grippe I continued in a feeble condition even after the doctors called me cured. My blood seemed poisoned. Peru-na cured me."—Mrs. T. W. Collins.

If you do not derive prompt and satisfactory results from the use of Peru-na, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

ASK YOUR DRUGGIST FOR A FREE PE-RU-NA ALMANAC.

QUAINT CUSTOMS.

Brides Once on a Time Got Money From Grooms.

A certain marriage custom has, unluckily for the brides of to-day, fallen into disuse. It was once incumbent on the bridegroom to place a sum of money in a purse on the wedding night and present it to the bride. Afterward this was done the following morning, and the gift was called the Dow Purse. Another phase of the same thing existed in Cumberland, where the bridegroom provided himself with gold and crown pieces. At the words "With all my worldly goods I thee endow" he gave the clergyman his fee and poured the rest of the money into a handkerchief which the bride held out. In other places it was the custom on the day following the marriage for the bride to ask her husband for a gift of money or property, and he was bound in honor to grant her request.

Old-Time Gardens.

In the old time bold and forceful men delighted to be known as countrymen. The great cities had not yet arisen. Great commercial opportunities were few. Men lived on their estates, and they built generously and broadly. Their homes were homes in the best and truest sense, with which the very life and welfare of the family were interwoven, not mere summer houses built as adjuncts to city life. Often these men went into the very wilderness, "took up" many acres along water courses or on lakes, and established places that marked the very highest intellectual and social attainments of the region, and which to this day remain as landmarks. If the family was one of culture and means a home garden was more than a place in which merely to grow vegetables and pleasant flowers. It was an entity wholly aside from the plants that it grew. It was laid out with a permanent feature, and usually with such a half presence of formality as to insure respect on the part of the beholder. Buildings could be moved and repaired, but the garden was inviolate.

Foundation of Skeletons.

It has been discovered that the great city of London, England, rests on a foundation of skeletons—hundreds of thousands of skeletons that extend east and west, north and south, from boundary to boundary of the world's metropolises, and beyond. There they lie, compressed into a compact mass by the superimposed clay, gravel, sand and surface structures. These skeletons were once the framework of living beings—beings that were the most simple of multicellular animals, known as sponges. Many thousands of years ago, when the great sea ebbed and flowed where London now stands, these metazoan organisms, these cities of cells, these Venices, with their thousands of canals, lived and did their unconscious part in the great plan of evolution. Now, the life has gone, the cells are crushed, the canals are closed, and only the frames of flint, compressed into a homogeneous mass, remain.

Christmas in Hawaii.

Before the missionaries and the American settlers went to Hawaii, the natives knew nothing about Christmas, but now they all celebrate the day, and do it, of course, in the same way as the Americans who live there. The main difference between Christmas in Honolulu and Christmas in New York is that in Honolulu in December the weather is like June in New York. Birds are warbling in the leafy trees; gardens are overflowing with roses and carnations; fields and mountain slopes are ablaze with color; and a sunny sky smiles dreamily upon the glories of a summer day. In the morning people go to church, and during the day there are sports and games and merrymaking of all sorts. The Christmas dinner is eaten out of doors in the shade of the veranda, and everybody is happy and contented.

Good Year for Coffee.

Statistics which have just been published by the Society of Colonial Studies show that during the year ended on June 30, 1901, the total production of coffee amounted to 15,500,000 bags, each containing 60 kilograms. Mocha does not figure to any extent in these statistics; indeed, we only know that a few of the 225,000 bags, representing the entire Arabic and African production, were filled with it. Brazil furnished more coffee than any other country, 11,500,000 bags, or nearly three-quarters of the total production, being exported from it. The remaining bags were exported from the other countries of Central and South America, the Antilles, the Dutch and British West Indies, and finally from Africa. It is estimated that the production for this year will amount to 16,500,000 bags.

A Consul's Gallantry.

While ex-Gov. Waller, of Connecticut, was consul general at London a prominent society woman of Philadelphia who had married into the English nobility, with reasons to regret it, called to see him about signing papers necessary for a transfer of property in this country to raise money to pay her husband's debts. The bloom of youth had long been brushed from the cheeks of the American woman when she married the young Britisher. She was supersensitive about her age, and was very much distressed when told that it must be affixed to the documents she wished officially recorded by the United States government. "Oh, Mr. Waller, must I?" she pleaded. The gallant consul general seized a pen and wrote on the blank: "Of the age of accountability and upward." There was no subsequent correspondence on the subject with the State Department at Washington.

Recurrence of Measles.

A physician in Switzerland who has been studying the recurrence of contagious diseases, reports the cases of three persons who have been attacked seven times each by measles. It is reported that large sales of pianos are now made to Indiana.

There has been recently completed at Kansas City, Mo., a locomotive designed for use in a Mexican mine, in which gasoline is used as fuel. The mine where this engine is destined for service is 180 miles from the nearest railway, and the engine had to be designed with a view to transportation to the point of delivery on mule back, and therefore no individual part was allowed to weigh more than 200 pounds. To prevent the escape of fumes in service provision is made for the purification of the gas escaping from the engine, which is washed in the same way as illuminating gas is passed through scrubbers at the gas works.

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