



BUDGET FOR WOMEN

CHARACTERISTIC OF WORTH. The woman who carries herself well is more apt to command respect than the woman who trudges along with her head inclined forward and her shoulders in a stooping position.

Although there are many beautiful women with worthless hearts, still that fact does not weaken the other fact that spiritual nobility and a fair body are a consistent, harmonious association.

RIBBON EMBROIDERED CASE. A new departure in ribbon work is the crinkled ribbon which can be had in several shades of various colors.

On a handkerchief case the bunches of flowers are all worked in the ribbon, with the exception of the stems and centres.

The corner bunches have flowers in one shade only, pink, yellow, blue and orange being used according to taste.

LEARN TO RELAX. It is strange how few people really know how to relax, to let the bed hold them instead of vainly trying to hold up the bed, says Health Culture.

Mrs. Browning says: "He lives most life who breathes most air." Learn to breathe properly and you will always be self-possessed.

Some extremely effective gowns for bridesmaids are being made of pink crepe de chine with a satin finish and yellow lace trimmings.

ONE THEORY OF LIFE. It is well for a man to realize that admiration and indulgence and caresses do not satisfy a woman who, if she is able, desires to share his whole life.

Hamburg's shipping trade with Australia doubled in 1901.

which seem so ridiculously small and yet are so pregnant of evil results, the consideration of those things which are "impossible to understand."

Married happiness is of a truth God's blessing, but in this, as in all things, He demands our co-operation and the peace and joy and satisfaction of two hearts so bound together does not descend from the clouds and light upon us.

A STORY OF PATTI. "Adeline Patti," said an aged Philadelphian, "came to this city when she was eight years old. She was born in Spain—in Madrid—and her public career began at the age of seven."

"Patti was a great business woman. She made sums of money that have not been equaled since by any singer. I'll tell you a story indicative of her ability as a financier."

For some time silver and brass dishes, trays, candlesticks, teapots, and all the thousand and one trifles belonging to the table, desk and dressing room have been of the highest lustre and polish.

Opinions often differ as to the digestive qualities of bananas, especially for children. The banana is highly nutritious, and satisfies the craving for starchy food which most children feel.

Irish Moss Blanc Mange—Soak half a cup of Irish moss fifteen minutes in cold water to cover; drain, pick over, put in the double boiler with one quart of milk; cook half an hour; add a pinch of salt and one and one-half teaspoonsful of vanilla; fill individual moulds and put in a cool place; when serving, turn out on a glass dish, garnish with slices of banana and put a slice on each mould; serve with sugar and cream.

Turnovers—Make a rich baking powder biscuit crust, using water instead of milk to moisten; roll out thin and cut into rounds or squares. Fill with about a tablespoonful of cold cooked meat, well seasoned and flavored with a piquant sauce.

Orange Float—Put one quart of water over the fire; rub six level table-spoonfuls of corn starch in a little cold water; then stir this into the boiling water and cook slowly for ten minutes, stirring constantly; take from the fire; add one cup of sugar, juice and pulp of two lemons; cut five sweet oranges in small pieces, remove the seeds and pour the boiling corn starch over them; stand in a cool place; serve cold with sugar and cream; this will serve eight or nine persons.

Rows of ribbon run under box plants make a catchy effect. A becoming revival is the wearing of long tube bonnet strings.

White coral is the latest and smartest touch in the coral line. Shirting more than ever is noted, even to the dominating of some whole dresses.

Broad antique lace let in between strappings is effective on a coat of white cloth. Surplice effects are occasionally noted on an evening bodice, though becoming to a very few.

Fascinating pongees have appeared that are charming for between-seasons indoor gowns and later will be worn on the street.

Mercerized cottons in exact imitation of the etamines, canvases and grenadines so very popular in wool stuffs are to be one of the summer's successes.

HOUSEHOLD AFFAIRS



A VALUABLE ACCESSORY. A valuable accessory in the serving of luncheon is a group of pedestals or individual tables about twelve inches square.

A PRETTY PINCUSHION. A pretty pincushion top is made of a square white openwork lawn and satin baby ribbon.

A FURNITURE POLISH. A home-made furniture polish that is well recommended consists of ordinary beeswax shaved as thin as possible and dissolved in sufficient turpentine to form a thin paste.

A SATISFACTORY TEAPOT. There is no teapot quite as satisfactory as the plain brown porcelain affair which is in use in half the farm-houses in New England, and in most city kitchens.

A BRASS FINISH. For some time silver and brass dishes, trays, candlesticks, teapots, and all the thousand and one trifles belonging to the table, desk and dressing room have been of the highest lustre and polish.

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DISGUISED CATARRH

A Stealthy, Insidious, Weakening Enemy to Women—Many Thousand Women Suffer Needlessly From This Cause.

There are a multitude of women, especially housewives, and all other women obliged to be on their feet constantly, who are wretched beyond description, simply because their strength and vitality is sapped away by catarrhal discharges from the pelvic organs.

Mrs. Eva Barbo, 133 East 12th Street, N. Y. City, N. Y., writes: "I suffered for three years with what is generally known as leucorrhoea, in connection with ulceration of the womb. The doctors advocated an operation which I decidedly very much, and strongly objected to go under it."

Miss Louise Mahon, 3 Glen Ballie Street, Toronto, Ont., Canada, writes: "I have been suffering for many years with backache and dragging down pains and often had to go to bed and stay there when I was so busy that I could not be spared."

Mrs. Wm. Hetrick, Kennard, Washington County, Neb., writes: "I am fifty-one years old and have not felt well since the Change of Life began ten years ago. I was in misery somewhere most of the time. My back was very weak and my flesh so tender it hurt me to lean against the back of a chair."

It is believed that the University of Dublin will soon throw open its degrees to women, and it is said that with this following in the footsteps of the Scottish universities, Oxford and Cambridge will hardly be able to continue much longer their policy of exclusion.

Striking resemblance has been pointed out between the remarkable ancient ruins at Zambabwe, in Rhodesia, and antiquities in Cornwall.

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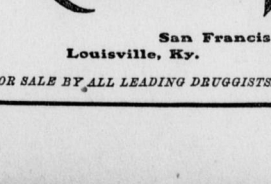
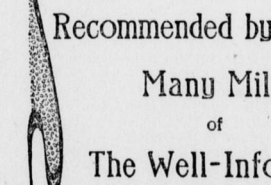
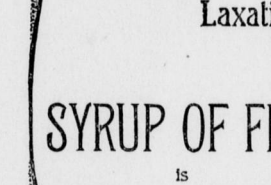
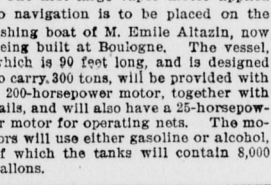
SYRUP OF FIGS

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taken. I used it faithfully for two weeks, and it completely cured me. I have not had any pains since, anywhere, but feel like a new woman. I am truly thankful for what Peruna has done for me."—Barbara Alberty.

Mrs. Kate Mann, 806 Bathurst Street, Toronto, Ont., Canada, Vice President of the Ladies' Aid Society, writes: "I am pleased to give praise to Peruna for the blessed relief I found through its use. I suffered for years with backache and dragging down pains and often had to go to bed and stay there when I was so busy that I could not be spared."

Mrs. Anna Martin, 47 Hoyt St., Brooklyn, N. Y., writes: "Peruna did so much for me that I feel it my duty to recommend it to others who may be similarly afflicted. About a year ago my health was completely broken down, had backache, dizziness and irregularities, and life seemed dark indeed."

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