

WOMEN'S REALM

BEAUTIFUL CLOTH GOWN.

A Very Pretty Effect in Sage Green Dress. A Very Pretty Effect in Sage Green Dress. A Very Pretty Effect in Sage Green Dress.



PRETTY CLOTH GOWN.

The jacket of sage green cloth is quite plain and strictly tailor made, enclosing the figure lightly. The double breasted front fastens with four silver buttons, and the revers are trimmed with green and silver braid in the same design which adorns the skirt hem. The flaring collar shows the braid trimmings on the outside, while the inside is faced with applied sage green velvet of a darker shade. The plain sleeve is fitted into the armhole by box folds, while a braided scroll at the wrist simulates a cuff. Sage green satin lines the jacket and basque. A bright glimpse of color is provided by a folded waist of cerise taffeta, made with a folded standing collar of the same material and closing in front under a jabot of white lace.



WHITE SATIN SCARF.

The scarf represented is of Liberty satin ornamented with Jerusalem lace and bead necklace.

For Vegetarians.
An eminent physician says: Vegetables, grains, nuts and fruits contain more of the materials necessary to construct the bony structure of our bodies and are therefore better adapted to build up strong, healthy bodies and vigorous minds than meat; besides, the children thereby escape entirely the danger from disease germs contained in the flesh of slaughtered animals that have escaped destruction in the process of cooking.

Hints for Housewives.
The oil left from sardines is an excellent substitute for butter in mixing dishes.

The soapy water for making starch. The linen will have a glossier appearance, and the iron will not be so apt to stain.

Yellow oil stains left by the sewing machine will easily be removed in the wash if they are first rubbed over with thin liquid ammonia.

When the kitchen table is spread with a cloth, more than one who has not

THE PALMS.

How to Care for the Decorative House Plant.

If there is one thing harder to do than anything else it is to keep palms and ferns green and hardy the year round. They add so much to the loveliness of a dainty flat or a stately home that it is no wonder housewives buy them, tend them, see them die in spite of tender care and end by throwing them out in despair. Yet their wants are few and simple. In the first place, if one's furnace is apt to go out and reduce the temperature of the house to freezing point with no warning, only the hardier varieties of palms and ferns should be selected. Cabbage palms, fan palms and date palms are all hardy.

Much of the success some women have in caring for palms lies in the attention given to cleansing the leaves, for the minute pores get clogged with dust the surface of the leaves suffers as does the human skin when unwashed. Once a week is not too often to use a soft sponge, warm water and perhaps a little soap.

If insects attack palms a small quantity of the liquid cure sold for the purpose may be added to the warm water. Watering also is responsible for the death of most house plants. No hard and fast rules can be laid down as to the proper conditions of the plant's life, the warmth of the room and size of the pot. Examine the state of the upper soil and if dry pour on enough water so that the soil plus will run out of the hole in the bottom of the pot. It is a good plan to stand the pots in a basin of water for half an hour so the soil of roots can absorb all the moisture they want.

What may be called the system of "death by dribbles" is responsible for the loss of many plants. Water generally colder than the atmosphere surrounding the plant, which it should never be, is poured on the soil top twice, three times, or perhaps every day in its weak, minute quantities, with the result that, although the palm never appears to be neglected, no water ever reaches its roots and under these circumstances it naturally expires, although its death often remains an unexplained mystery to its owner. Shortness of the water supply often accounts, too, for brown tips to the foliage.

A Novel Cure for Headache.

The German Medical Weekly announces a novel headache cure by mechanical means.

It is a common practice of people suffering from headaches to press upon certain parts of the head, usually upon both temples, to alleviate the pain. This prompted Dr. Sarason, of Hanover, to experiment with an apparatus that will exert a light pressure upon the temples.



NEW HEADACHE CURE.

It appears that the results were surprisingly successful. The pressure upon the sides of the head seemed to work like facial massage, while the impression of the pulsating arteries in the temples caused a wholesome regulation of the circulation of the blood through the head and brain.

Proper Time for a Bath.

Regarding the proper time for a bath, a simple general rule may be given. Take cold baths on rising in the morning and warm ones just before retiring. In taking Turkish baths the hour need not be considered, except as in all baths, none of which should be taken less than an hour or so before or after meals.

Where it is possible, use fresh, clean rain water for the bath. This is the nearest approach to distilled water, which is too expensive for general use. Soft water is next best to rain water, and a little borax or ammonia in hard water will soften it.

Risking rubbing should always follow a bath: then the bath will do all that is claimed for it in the way of renovating the person, invigorating the system, increasing the fitness and softness of the skin, and making one look and feel younger.

Cleanliness of the skin has a great effect on the general health, and it is well known that if one has been exposed to infection the best thing to do by way of precaution is to take a hot bath immediately.

It is a mistake to remain too long in a tepid bath. Thirty minutes should be the limit. Throughout the winter and early spring it is best, if one is at all liable to chills, to take one's bath at night, just before going to bed. If taken in the daytime, brisk exercise immediately afterward—either walking or dumb bell practice—is highly beneficial.

Elephants Take Care of Children.
Slaves women entrust their children to the care of elephants, and it is said that the trust is never betrayed. The babies play about the huge feet of the elephants, who are ever careful never to hurt the little creatures. And if danger threatens the sagacious animal will curl the child gently up in his trunk and swing it up out of harm's way upon his own broad back.

Use for Old Table Cloths.
Another use for the worn out table cloths is to make them into tiny cloths for the table to be used under the plates for the vegetable dishes at the end where these things are served. These tiny cloths are more than one who has not

WOMEN COMMANDERS

ROYAL LADIES OF HIGH RANK WHO ARE COLONELS OF REGIMENTS.

They Make Eloquent Officers and Are Splendid Horsewomen—Compliments Paid to a Grand Duchess by Emperor William—Male Members Poor Riders.

There are several royal ladies in Europe who are Colonels, some of whom are not only proud of their titles, but honor their regiments by giving time and attention to their welfare and advancement. The German Empress commands the "Queen's Fusiliers," the Eighty-sixth Regiment of Holsteiners, and she is not infrequently seen riding at their head as Colonel and saluting the Emperor, then relaying in beside him to see them pass.

Empress Frederick, the Kaiser's mother, shows herself a very active commanding officer of the Eighteenth Infantry, battalions of which are stationed at Homburg, Soden, Gensdorf and Wiesbaden, stations within a short railroad ride of her summer residence. She frequently invites the Colonel, staff and line officers to dine with her and discuss regimental matters, and at times she attends the field exercises.

Another woman Colonel who considers herself bound, in more than name, to her regiment, is the Grand Duchess of Hesse. She is often noticed on the parade ground, when the regiment is at work, in dress uniform, consisting of a dark blue coat, red collar and cuffs edged with blue, and a heavy black skirt with a peak cap with red band, sword and belt and knotted epaulettes. At parades and reviews she heads the 117th Regiment in all the glory and pomp of full-dress uniform, the helmet topped with plumes and strapped under her chin, tasselled belt, and her breast covered with decorations, the grand order of the Red Eagle being conspicuous. At a recent Kaiser parade at Homburg the Emperor sent his personal adjutant to escort her to him and publicly congratulate her on the magnificent appearance of her command.

The Duchess of Connaught is known as one of the most unassuming and unpretentious women at the English court. Educated under the eye of her father, the "Red Prince," she was brought up as a soldier's daughter and she has a fearless rider on an early age, and sits on her horse with grace and dignity. When Prince Arthur, in the natural routine of events, becomes the Commander-in-Chief of the British Army, the Duchess will be one of the most active and foremost of the royal women soldiers.

In Holland, there is the liveliest satisfaction at the apparent interest Queen Wilhelmina shows in her army. Recently, while at one of her country residences, word was brought that a regiment was approaching on a practice march, and would soon pass the residence. She mounted hurriedly, galloped out to meet the dusty, travel-stained troops, saluted the Colonel and putting herself at the head of the column, personally led it in front of the Queen Regent Emma, giving the word of command for the salute as it passed her shoulder.

It is a curious fact that while nearly all the royal women of Europe are superb and picturesque horsewomen, few of the reigning sovereigns are even tolerable riders. Emperor William has not a firm seat and is at a disadvantage because of his crippled arm and always mounts with assistance of some kind. King Humbert of Italy is famous for his falls the Emperor of Russia is not a master of the art, and the Kings of Sweden, Greece and Denmark absolutely abhor riding. The King of Portugal finds no enjoyment when mounted, because of his stoutness. Prince Ferdinand of Bulgaria cannot ride for an hour at a time, and King Alexander of Serbia is afraid of horses. The British royal princes are, however, all expert horsemen, but continental Europe can only boast of two sovereigns who are really at home in the saddle, the Emperor of Austria and the King of the Belgians and President Felix Faure of France.

New Engagement Ring Fad.

We are going to the fashions of our grandmothers in engagement rings as well as gowns, bonnets, bodices and corsets. Nearly every woman has seen at some time in her life dainty little engagement rings, which have been given by father to mother, or grandfather to grandmother, when the momentous question was "popped," as they used to call it in those days, which spelled out the word "Regard."

Ruby, emerald, garnet, amethyst, rubi and diamond, and pretty they are too, in their quaint old fashioned setting. The swell jewellers report the fact that the favorite betrothal ring today is a colored stone.

Emeralds, rubies, sapphires are now chosen as the seal of betrothal, but the diamond still holds its own. The setting must be as inconspicuous as possible, the circle a mere thread of gold, and what makes this fashion most fetching is the fact that it admits of great individuality in the cutting of the stones.

Sugar as a Food.

We are cautioned from childhood against eating too many sweets—that too much candy and confectionery will ruin the teeth and digestive apparatus of any one. How is it, then, that the negroes who work a lifetime on the sugar plantations, sucking the cane for refreshment when weary, should have such handsome teeth? Is it because it is less injurious in that form? How is it the soldier who has less meat and more sugar can endure better the long march and other hardships to which he is subjected? Must be somebody has been wrong all these years about the injurious properties of sugar, or else it isn't the sugar that does the injury. One writer of the present day estimates that "sugar is the most valuable thing that enters the mouth of man, woman or child."

A Good Investment.
Good furs and good ostrich tips are a good investment. They are always in style—sometimes more so than others, but they may be laid aside two or three years, or longer, and then brought out and used by the side of new materials, provided they are arranged to conform to the prevailing modes.

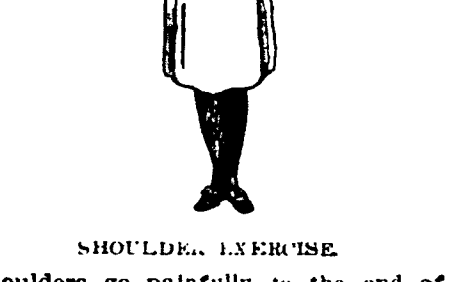
ROUND-SHOULDERED GIRLS

Some Good Advice Toward Making Them Shapely and Healthy.

Health and beauty depend upon the symmetry of the body. A round-shouldered girl is a girl out of drawing, unsymmetrically out of harmony so far as her looks go. She is in the same relative condition physically.

The idea of health is that happy condition of unconsciousness of the body which is only possible when every part of it is perfectly developed. No round-shouldered girl can be healthy, for the secret of health is in the proper and harmonious development of the entire organism.

Girls with round shoulders never even once breathe properly, and correct breathing is as essential to perfect health and beauty as sunlight is to flowers. Many girls with stooping



SHOULDER EXERCISE.

shoulders go painfully to the end of their shortened lives without realizing that health and straight shoulders with well expanded chest, rosy cheeks and bright eyes, are theirs to have if they will but make the effort to acquire them.

A girl of average intelligence by practicing the movement here illustrated five minutes night and morning for six months will find herself not only with straight shoulders, but with a chest expansion.

Try it. Stand with the feet close together. Stretch both arms horizontally as far as possible, palms outward. Slowly make the circle described in the diagram, without bending the elbows. Repeat several times, rest, repeat again, rest, repeat, &c., until the exercise has covered five minutes of well-spent time.

Successful Woman Inventors.

One of the significant signs of the times is that women are becoming successful inventors. An improved corset, recently invented and patented by the talented wife of Pere Hyacinthe, has been a considerable success. Also, the widow of a military officer is to be credited with an invention of the ingenuity and utility of which are acknowledged by the whole world of industry.

The ex-Empress Eugenie has exhibited a good deal of inventive ability. Some time ago, when ladies' dresses were fuller than they are now, she contrived an ingenious arrangement for her robes to descend from the ceiling, so that when she stood under the apparatus her dress and petticoats were put on at the same time, just as if it were all done by a fairy wand. She caught the idea germ of this at the time she was recovering from an illness, when dressing in the ordinary way was a source of difficulty. The ex-Empress also devised a mysterious dress improver, which eventually developed into the crinoline.

Danger in Cold Ankles.

Doctors say that cold ankles kill more women than nerves and disease put together. This may be an exaggeration, but it is not to say that when the ankles are well protected and kept perfectly warm their owner is not likely to suffer with colds.

"Stock breeders say that cold can be borne by animals only at an expense of fat or muscle or vitality, and so it is with women," said a fashionable bootmaker recently. "And yet the pastime in wearing thin stockings and thin, low quartered shoes long after the summer has passed. But they are improving in this respect as well as in every other as time goes by. Ten years ago we sold as many low shoes in winter, shoes with an excuse for a sole, as we did in summer. Not so now. When a woman comes in and buys a pair of low shoes at this season for out-door wear we know that she is one of two things, vain or silly."

Quiet Women.

They are women of power. They are noisy, bustling, arrogant, self-assertive among them make the air hot with their voices and trouble the world with their superabundant activities. But this cannot be called strength—it is more generally a sham or a show, which breaks down under the pressure of personal and private trials; while the true power of those who, as wives, influence the present, and as mothers, mould the future, lies hidden from the public, all the more valuable because of its reserve.

Would Take Them In.

The housewives who deem it strictly hygienic to leave the bed clothes hanging out of windows until the middle of the day have never had a glimpse of them from the opposite side of the street.

MRS. FRANCES S. LEE

THE FIRST WOMAN TO PRESIDE OVER A LEGISLATURE.

Colorado Law Makers Did Not Know How to Address Her, But She Held Them All With Firm Hand—Her Success in Office.

The Colorado Legislature has bent the knee to the yoke of a woman. The burden was not oppressive, for the happy natured mistress of the gavel made her sway felt lightly, and the members kindly avoided raising difficult points of order. The lady in question is Frances S. Lee, Representative from Arapahoe county, on the populist ticket. Mrs. Lee is not a speaker of tried strength, but she possesses a fund of wit and resource that prevented the members from catching her napping, if they intended to trip her up on her ruffings in the chair of the Speaker when the Assembly was sitting as committee of the whole. She had no warning of the honor designed for her, but was called to the chair by some one who admired her energy in making a splendid race for office.

Mrs. Lee tried to decline the honor and blushed furiously when her name was mentioned. She was uncertain of her ability to handle the reins of government when fifty odd Representatives were clamoring for ple. But she took the chair and gavel with a certain dignity. Then the embarrassment fell upon the members when they came to address the Chair, for, be it known, there is no set rule for the recognition of women in the Legislature, and it is left to the ingenuity of each member how he shall address a lady who occupies the chair.

Some called her "Madam President" and others "Madam Speaker," but these were the men from the city, who possibly had wives in a woman's club and were better schooled than their colleagues in the femininity of parliamentary law. Representatives from the mining and rural districts came to the front with quite a variety of addresses, including "Mrs. Speaker," "Mrs. President," and one, in the fulness of his manly blurted out a protest to "Mr. President."

In the general excitement there was ample opportunity for the avoidance of solecisms of a political nature, and everything proceeded nicely for the



"MADAM SPEAKER" FRANCES S. LEE, first five minutes, so that the Speaker grew accustomed to her position before the House could confuse her on points of order. Mrs. Lee was capable of holding her own, and quickly demonstrated that fact, to the surprise of several members who knew as much about legislative rules as an elephant knows about graft. They had rushed to their own fate, and plunged headlong to oblivion when they were ruled out of order and compelled to sit down and allow others of more intellect to have a say.

It was amusing to see this little woman manfully assume the new role, and imperatively enforce her orders with a smile that was apt to mislead the controversialists into presuming on the Speaker's good nature. At the end of a tedious session of three hours the gavel fell for adjournment, and Mrs. Lee proceeded to the cloak room blissfully content, just as though it were part of her daily routine to preside over the deliberations of a legislative body.

Mrs. Lee was elected by the labor vote, owing to the eminent ranking of her husband in labor circles. He is a member of the State Executive Committee of the Federation of Labor, and is reputed to be one of the brainiest and most conservative of laboring men. He holds no office, so he was not eligible for further honors, but with the grace of a true suffragist was proud to allow his wife's name to go before the convention. A nomination by the silver vote was equal to election, so there can be no means of learning from the returns how her popularity stood the test of the polls, for it was a walkover for the fusionists, and good and bad fared alike in catching the same vote. She is a member of the Committees on Education, Election and Appointments, Temperance, Medical Affairs, Public Health, Labor and the City of Denver, and is a conscientious legislator.

Women's Adaptability.

The adaptability of women is one quality greatly in their favor. Set down in the midst of uncongenial surroundings, a woman's first impulse is to improve them. She quietly gives a deft touch here, straightens out a little there, and though poverty may be still apparent, yet order has succeeded chaos, and she has imparted to everything within her reach some expression of home comfort. She carries the same instinct into business, and after a month's apprenticeship, if she succeeds at all is mistress of the situation. Almost everyone can recall instances where women, thrown unexpectedly upon their resources, have developed business qualifications of a very high order which they did not know they possessed, and would not have known but for the need of doing something.

Value of Exercise.

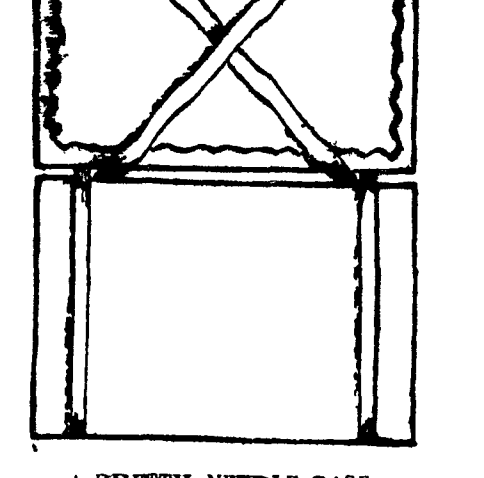
One writer says, if you would keep young take a few gymnastic exercises, not to develop your muscles but to keep your joints limber and free from rheumatism. Keep in mind that these exercises taken spasmodically won't accomplish the result.



A Pretty Needle Case.

A unique and very pretty needle case is made of two pieces of cardboard covered with flowered silk on the outside and plain blue silk underneath.

The two pieces are fastened together with narrow ribbons, only the extreme ends of the ribbons must be



A PRETTY NEEDLE CASE.

sewed to cover, as the needle case must open from either side in the real "Chinese puzzle" fashion. When the white wool flap for the needles is loosely laid between the covers the needle-case has only to be closed and reopened from the opposite side, when behold! the little wool flap has slipped beneath the ribbon!

In the Sick Room.

Give the room which has the best means of ventilation and the most sunshine to the invalid. Flare dark green shades at the windows. Green tempers the glare of the sun in a way very soothing to tired eyes.

In making the bed, be sure that the under sheet is stretched as tight as a drumhead. Wrinkles are a source of irritation, of which even the patient is not always aware.

Hand-cranked chairs from the sick-room, and never allow yourself to sit in the room and read and rattle a newspaper. Do not rock back and forth in a rocking chair. A trained nurse tells me that she has frequently known a patient's temperature and a frightfully nervous condition to follow the visit of devoted but thoughtless husband or some who have indulged in these seemingly harmless little practices.

Even a nurse is not always as careful about hitting the bed when she approaches it as she should be. The slightest jar often has a bad effect upon a delicate invalid. Whatever you do, never whisper outside the door. This is intensely aggravating, and conversations with the doctor may just as well take place elsewhere.

Keep the medicine bottles, glasses and spoons out of sight of the patient. Every sick room should be provided with a small bottle cabinet, where medicines may be kept. If this is out of the question, a couple of swinging shelves curtained in silk may be used. Never ask the patient what he wants to eat. Ask the doctor what he should eat, prepare it quietly and in small quantities, and serve it to him arrayed as temptingly as possible.

Cover the tray with a spotless linen cloth, use the prettiest china and the brightest silver and glass, and adorn the tray with a flower or two. Dainty ness is the best appetizer.

Wooden Jardinieres.

Ferneries, jardinieres and wine coolers can be bought in wood now as well as in silver or porcelain. Just what advantage a wooden wine cooler confers is not obvious, but ferneries and flower holders of wood to match the furniture of the room are a decided improvement on the tawdry silvered and lavishly decorated china boxes and pots. They have an air of solidity that gives dignity to the window seat or the nook where they may be placed, and, as they are lined with glass, and in some instances, supplied with handles, they are as practical as well as inexpensive and attractive.

Another pretty fancy in wood is a tea tray of mahogany with curling edges and brass handles with which to carry it. The tray is covered with a sheet of glass, which is, of course, transparent and invisible, the raised border of the tray hiding the edges. Hot teacups and scratchy plates or silver need have no terrors for the owner of a glass-covered tray.

Useless Long Chains.

One of the most useless things ever put on the market to tempt fair women's purses is the long dangling chain. It is neither for a watch nor a chatelaine, and why it is in vogue is more than any man and many women can determine.

These long chains of amethysts, olivines, imitation sapphires or turquoise and garnets alternating with imitation pearls are worn with theatre waists and light gowns. From the chain dangles a single ornament, a big heart of the predominating color in the chain.

Amiability Recommended.

The grumpy, sour woman will grow old perceptibly. Only she who lives in an amiable frame of mind constantly can avoid those little tell tale marks that indicate the creeping on of age. Of course care and work assist very much, but if these are borne and performed to the accompaniment of cheerful songs and pleasant words, the results will show that the temper has the greater influence on the expression of the face.

To grind old scissors at home, saw the blade on the neck of a glass bottle, as if you were trying to saw that part off. In a short time the scissors will be quite sharp.