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**LIBERTY OF JAPANESE WOMEN.**  
Perfectly Content and Doubtless Desires No Change.

It would be interesting to determine whether the growth of civilization and greater liberty tends toward increased criminality among women. This is, undoubtedly, the view of the Japanese who allow their women little, if any, liberty, and give them absolutely no voice in public concern. Certainly it would appear that this plan has its good points, for in no country is there so little crime among women as in Japan, where the prison returns show an average of something like one woman prisoner only to every thirty men. This happy state of affairs is brought about, so the Japanese affirm, by the complete subjection of the weaker sex, whose sole duty toward man in life is "to amuse him when tired with cares and labor, and to bear and bring up his children." To prove their case the Japanese argue that in older times, when their women were allowed greater liberty and more authority, deplorable results ensued, which are recorded in their history, and which have proved, no doubt, a great bar to women's progress and emancipation in that country. But it is doubtful whether the Japanese ladies desire any great change in this direction. For, from all accounts, they seem perfectly content with their butterfly existence, and quite willing to mould their natures in accordance with the laws made by the men. And after all, perhaps the Japanese woman has solved the question of power even more satisfactorily than her Western sisters, for though in theory a slave, in practice she has gained very much her own way in everything; by her gentle sweetness she has obtained, without exacting, far more consideration and deference than might be expected.—*Pall Mall Gazette.*

**Getting the Most from Sleep.**  
Cultivate the habit of sleeping in an attitude which is healthy.

It may seem absurd to suggest cultivating a habit while asleep, yet it can be done and the health greatly improved thereby. One is often really startled by the extraordinary attitudes assumed by small children in their sleep, and yet the grown members of the family are doing the same foolish thing in a modified degree.

The extreme weariness felt by many persons upon getting out of bed in the morning is often largely due to the unnatural position in which the body reposed during the night; the muscles have become strained and, worse than all else, the lungs have labored all night long without sufficient fresh air, the result being that the blood is poisoned by the gases and the whole system is debilitated.

Beds which are too short, springs which sag and too many soft pillows all help to throw the body in an unnatural position. Heavy quilts and over-heated rooms cause restlessness and consequent twisting of the body into uncomfortable positions. A room kept at 75 or 80 degrees at night is much too warm for health.

**Old Maid of India.**  
No institution of India has been so exaggerated as that of the widow. She really occupies a place analogous to our antique "old maid," now so fast disappearing in the girl bachelor. The aged widow who has remained true to her principles is regarded as a holy being who has withstood a thousand temptations and persecutions, and commands the respect of a saint from all persons. She is the mother of all the children in the neighborhood, the help-mate of all the neighbors. At evening they flock around to hear her repeat the ancient legends, the stories of Sita and Sairtri, Draupadi, or sing the songs of Mira Bai. She is in great demand when cooking is needed for a sacred feast. She teaches the little ones their first hymns and prayers. She nurses the sick, comforts the dying. She believes herself to be bound to her husband for everlasting time, through all births and deaths. The momentary separation here is but one shade of her marriage, an unknowable mystery of destiny—it breaks no tie.—*Everybody's Magazine.*

**Her Hair Aroused Curiosity.**  
An English lady traveling with her husband in Somaliland writes: "We were honored by a visit from the wife, infant and mother of Oscar Grat, the chief of a neighboring zebra. They had never seen any European women before and came to see what a men-sahib was like. They examined everything, from my hair brushes to my big pith sun hat. With some hesitation they asked if I would mind letting down my hair. One's coiffure in camp is very simple and the removal of a few hairpins gratified their curiosity. Then they pressed Cann, my maid, who has short curly hair, to do the same. We had to give up all explanation at the difference and finally they accepted the ayah's theory that long hair was the English distinction between married women and maids and that when Cann married she would grow her hair long. The Somali woman has her hair—or, rather, curly wool—dressed only twice in her life;

**New Vocation for Women.**  
"In this day when women are going into so many varied occupations for the earning of their livelihoods it is interesting to note some of the more unusual," said a leading clubwoman the other day. "The very latest idea is that of dog-walker. The work is very light, and consists in taking pet dogs out for exercise."—*Philadelphia Press.*

**HOW TO SELECT CLOTHES.**  
A Few Don'ts Which Will Be a Help to the Shopper.

Don't count the time lost which is spent in studying the effects of harmonious colors. Color is of prime importance in dress.

Don't always wear red if you are a brunette, or think blue the only color for blondes. Reverse the order. A brunette can wear all the light shades of blue, and a blonde is a symphony in bright red.

Don't wear black, mauve, or green if the hair is black and the complexion swarthy. Yellow, scarlet and pink should be chosen.

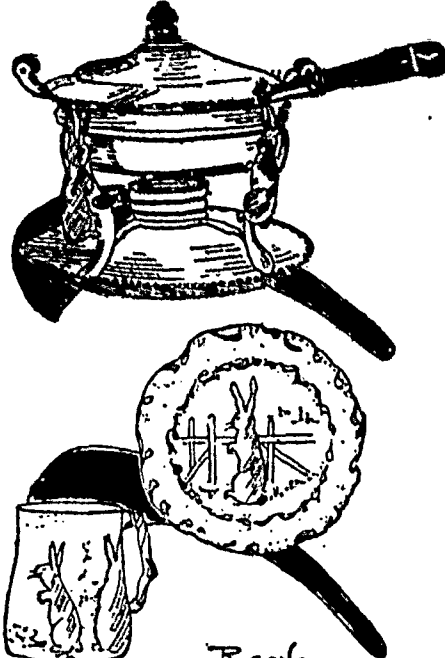
Don't choose delicate shades of pink, lavender and blues except a deep navy blue, if the eyes are blue, the hair dark brown, and the complexion not clear.

Don't wear pink and scarlet if the hair is frankly red. Green and white are the colors. There are brown, oak and copper tints that make a red-haired girl a model for any artist.

Don't choose a hat without due deliberation. The value of a becoming one cannot be calculated. It is the article of attire more than any other which brings out the good points or accentuates the bad ones, not only of the eyes and hair, but of complexion, and the shape of the head.

Don't forget that if the hat is suited to the wearer all else is forgotten and forgiven.

**The Chafing Dish.**  
As the chafing dish these days does duty in the concoction of the savory Welsh rarebit perhaps more frequently than in the preparation of any other dish for impromptu meals, the latest chafing dish pays tribute to Master Bunny in a decidedly original way. As shown in the accompanying sketch he is portrayed as if in the act



of climbing up the side of the chafing dish in order to supervise operations. The original dish designed and manufactured by one of the leading silversmiths of the country, is of burnished copper, bunny and the cooking apparatus alike being of the gleaming metal, to which the etched handles of the dish present an effective contrast. To each of the three supports of the dish clings a diminutive but realistic rabbit. Except in design and cost this chafing dish does not materially differ from the more ordinary types, the workmanship and expensive metal naturally putting it in the list of the costly accessories of twentieth century culinary conveniences. Appropriate accompaniments to such a chafing dish are the plate and stein represented in the sketch, with the rabbit serving as the model for decoration.

**Two Housekeeping Faults.**  
"Housekeepers do two things which they should not do," said a wise old woman recently in "Fashions." "To begin with, they soon cease to be original. They serve up the same old things every day in the week. You always know what is coming. Potatoes, meat and vegetables and pie all appear in the same old guise. They are cooked the same every day in the year and three times a day."

"Secondly, they worry too much. They take the kitchen too much to heart. They are going to have roast lamb for dinner, with peas or cabbage and browned potatoes, they begin early in the day to worry about it, and they worry until the end of the chapter, which is until they lay their heads down to rest for the last time."

"Now, why not start in to cater to the family without worrying. Lamb with worry sauce is no better than lamb with mint sauce, and neither can compare to lamb with a nice dressing of chopped vegetables! Nor are the pies any better for the fact that they are worried into the pan and worried out and worried even to the table. Instead of fretting, invent a new dish and study the cookery pictures and try to get up something like them. That is the best and most original way to set a good table."

**New Use for Plety.**  
I had a cook who could not read, or even tell the hour by the clock, but she boiled eggs with perfect accuracy. When asked one day: "But how do you know when they are ready, Chueca?" she answered with a smile, which showed all her fine teeth:

"Senor, I boll them by the Credo."

She had been taught, like other Mexican village girls, to patter off the Apostles' Creed. She did not know quite well what the words meant, but they just did nicely to boll eggs with. She put the eggs in the pot (in the coffee pot with the coffee, but that is a mere detail) and began to say her creed. At amen the eggs were ready. —*Macmillan's.*

**COMPETITION IN HAWAII.**  
Was Not Satisfied With the American Invasion.

"Everything is very quiet in Hawaii now," said President Dearborn of the American-Hawaii Steamship Company in the course of a conversation regarding the conditions on the islands. "But the Kanaka hates the American and would gladly see him out of the islands. Only a year ago a bill was introduced in the Hawaii legislature excluding all Americans from the territory. It was not passed, for it would have required the signature of the governor to become law. And it was certain that the governor would veto it. But that shows the spirit that is at work in the land. The unrest is particularly noticeable at the present time because there is a decidedly low ebb to trade. The whole thing has been overdone. Too many plantations have been started and there is too much competition in the markets to suit the natives. When the islands came into our possession they were thought to be a haven for all the needy who wanted to make the most money with the least amount of work. The result was that planters and business men poured into the place. Now that a slack period has come upon them and there is really not enough business to go round, the Hawaiians blame the Americans for it, and would gladly see them excluded."—*Brooklyn Eagle.*

**Buddhist Grand Lama.**  
Lassa, the capital of Thibet, is the residence of the Grand Lama, the head of the Buddhist throughout the world. He is the custodian of the Buddhist sacred writings and of certain alleged secrets. He is believed by pious Buddhists to remember his previous lives and to have died and reincarnated himself many times. Sober European historians have noted the significant fact that the Grand Lamas have a curious habit of dying very young, and that the country is governed by a power behind the throne, which, as in many other Oriental countries, educates rulers to be tools by enervating and debilitating them, and quietly removes them when they arrive at a point where they may declare their independence. The Thibetans, however, attach supreme importance to the impregnability of their country, as a protection to their secret writings, and Thibet has been heretofore, save for a few adventurous explorers, an unknown country.—*Outlook.*

**Japanese Progress.**  
The Japanese have attracted so much attention and admiration by their remarkable progress in the ideas and practices of Western civilization, as well as by their native genius in art, that the results of an investigation of the brain weight of the Japanese people as compared with Europeans must interest everybody, says an exchange. For ten years Prof. Taguchi, of Tokio University, has been studying the brains of his fellow countrymen. He shows that with adults the brain weight compares favorably with that of Europeans of similar stature, and may even be slightly superior. There is one striking difference, however, in the fact that the Japanese brain grows more slowly during infancy and early youth than is the case with Europeans. In Japan, as everywhere else, there is found a positive relation between brain weight and stature—that is, the larger brains, generally speaking, go with the larger bodies.

**An Illuminating Crab.**  
One of the marine curiosities fished some time ago from the bottom of the Indian Ocean was a mammoth sea crab which continually emitted a bright white light, similar to that seen in the spasmodic flashes of phosphorescent luminosity emitted by the common glow-worm. The crab was captured in the daytime and placed in a large tank containing specimens of fish, nothing peculiar except its immense size being noticeable in the broad glare of the tropical sun. At night, however, when all was pitch darkness, the crab lit up the tank so that the other creatures in it could be plainly seen.—*London paper.*

**St. Petersburg's Policemen's College.**  
There is a policemen's college in St. Petersburg to train applicants for the force. In a museum connected with the school the pupils make themselves familiar with the tools of criminals—jimmies, drills, chisels and contrivances for robbing collection boxes. The Russian passport system is studied in detail. The duties of the dvorniks, a sort of assistant police, are taught. They keep watch on the residences, report on the habits of the tenants and their visitors, examine the papers of newcomers and direct them to report themselves at the police station.

**To Save World From Untimely End.**  
Close to the old Augvaldsnes church on Karneon Island, Norway, and leaning toward it is a stone pillar about twenty-five feet high, called the "Virgin Mary's Needle." Tradition holds that when the pillar touches the church the world will come to an end. The superstitious local preacher, whenever he imagines that his point is getting nearer to the sacred building, mounts the pillar, it is said, and chisels a bit off the top, so as to save the world from an untimely end.

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