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## BEAUTY EXCERCISES

How to Build Up a Beautiful Figure and One That Conforms to Up-todate Styles.

For many years past woman has rejoiced in a big-waist. She has confess. ed to twenty-four inches and if prump she has owned up to twenty-nine or thirty. She did not care how big her waist was as long as she succeeded in pulling down her belt in front to give her the fashionable shape.

But now the figure is changing back to the small waist.

She can reduce her waist by exerathletes have very small was so, they are full in the arms and in the

chest. Full arms for the coming woman are an absolute necessity. The ne. voluminous sleeves will hang like 'ass unless the arms are full and round

Stand erect and take your physical culture exercises. Throw epen your lungs and take long, full breaths. Liedown upon the floor and lift the feet slowly until they are balanced over

Lift them up and gradually let them swing over your head and back of you ! until they touch the floor. This is a ! sort of inverted somersault which is of the greatest benefit to the physical culturist.

Here are physical culture exercises to avoid. Do not lift heavy weights They increase the muscles around the waist line and do a woman no good from any standpoint

Do not try to hang by your hands from a pole or from any object about I your head. This too strains the mus cles of the waist and helt line and is none too good for one s health

Do not try to stand on "our head. This may seen an unnecessary admonition, vet it is a fact that a certain enthusiastic physical-culture director had all his pupils lined up in that manner.

The kind of food plays an import ant part in the reduction of the waist. "What shall I eat" inquires the wo man who is reducing. And what shall I eat?" asks the woman who wants to make her waist smaller, but who doesn't want to diet

You can eat anything and still reduce your waist. But you must know how to select. The woman who sits down to the family table and con sumes several glasses of water as so many women do or who torries her self in little oceans of tea, or who takes two or three cups of strong cof fee, will never have a trim waist and wide, we'l proportioned shoulders Such promise nous drinking and good physical development do not go to gether

And again the woman who places freshly baked bread upon her table and who eats lavishly of it will not have a nice figure if the bread still in a state of fermentation when it ks taken from the oven. If you put your ear to a large hot loaf of bread

The yeast will continue to "work" for twenty four hours, during which ime the bread should be kept in a place where it will keep moist and resh. Then it is ready to be eaten. It can be reheated and served as fresh pread, as indeed it is

# For Slender Hands.

Longing for lovely hands is natural. It is a recognized fact that French women possess the most beautiful iands. The hand itself is neither too at nor too thin, but exactly in proporion with the long, slender, tapering ingers, while the nails are of a beauiful delicate pink, their charm enanced by the pretty half-moons at

With a view of learning the secret f some of the beautiful hards in taris, I once called upon the bestnown manicure of the French apital and asked her to tell me her sethod of dealing with hands which ad grown thick and fat, with the ngers short and square says a wrier in the Philadelphia North Ameri-

"In the first place" she said, 'I get basin of skin food or soft sweet oil ad fill it until the hands are almost overed. This makes the fingers soft ad oily, and after a time I lift them it and give them a thorough washg with very hot water and very good

"The hands are then dried and a lite skin food rubbed in. "If you want pink nails, a little

ruge is put upon the nail, and if you ant them very bright the polisher is sed. But if you prefer them dull, en leave them just as they are."

Seventy-one Years a Widow. In 1753, in the ninety-sixth year of or age, died Jean, countess of Roxirghe. She was not a very remarkae woman, but her memory is nrerved on account of her long widow od, which lasted seventy-one years. er father, the first Lord Tweedale. ught at Marston Moor in 1644. This untess of Roxburghe's long widowod is insignificant compared with at of a certain Agnes Skinner. Acrding to an inscription in Camper-

all church this worthy woman died 1499 at the age of 119 years, hav-

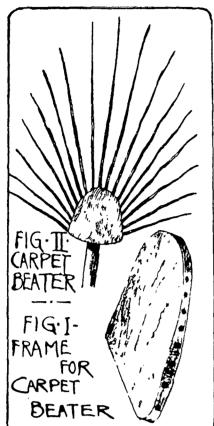
K survived her husband only year than a century.

Bran Bags for the Bath. For the bath come bran bags of sese cloth filled with bran scented th crris and some other perfume tt the bather fancies. Bags made cheesecloth and filled with oatmeal perfumed in the same manner and particularly fine for the skin and uplexion. Commesi, too, is highly gammended by physicians for whitng and softening the skin, so many men have little bags of perfumed nmest made for face, neck and

### A HANDY CARPET BEATER.

The Only Proper Kind, Efficient and

Easily Made. Carpet cleaning, as ordinarily performed, is literally carpet beating and does much toward destroying the car pet. The proper way, if one is in the country, is to get a branch of a tree or a young sapling as thick as the butt of an axe handle, and which ter minates in a good number of light whip-like shoots A beech branch will sometimes be found, which will answer the purpose. It must be trimmed up, and every twig knot or rough ness be removed which could catch in cising in the right way Pugilists, the threads and tear the carpet Of wrestlers and all highly developed course the flatter the upper part is the better as more of the whips will



strike at the same time. To clean the carnet hang it over a line tilaced so high that the lower edge will clear the ground. Take the fig wh p in both hands and strike a strong quick blow A cloud of dust will a from the whole space struck version blow will not appear to make year much impress on on the carpet itself. The ends of the branch have divided the force of the blow among themselves and each one has made a sharp quick stroke like that of a riding whip

If the hig besom has been properly

selected and the ends have sufficient clasticity the later will be small and the quantity of dirt removed surprisingly large. In this way carpets can be really cleaned so that in handling them afterwards no sign of dust will be found. The force of the blows is spread out over a large space and the texture of the carpet is not harmed to be charitable. Christian Herald To perform the same work with a light cane or switch would take hours bric would be loosened. If one will take the trouble, a cato'ninetails head a number of willow or better by the use of white mixed with the apple tree shoots are fastened. These shoots should be carefully trimmed The edge of the paddle part should be rounded and made smooth as shown in fig 2. Wedges will held the rods in place. The thickness of the head will depend on the size of the shoots to be used. The holes are radial, not from the center of the curve but from the point where the handle is inserted

# Making Pippin Pudding.

Pare and core six large pippin ap ples and put them in a pudding dish with a cupful of cold water cover and bake until a straw will pierce there Let them stand covered until the next day when drain off water and put a spoonful of jelly and a few drops of brandy in each apple. Strew with cinnamon and sugar Scald one and a half cups of milk, stir in six ounces of macaroons crumbled a little sait and a dessert spoonful of corn starch wet with cold milk, boil for a minute or two and take from the fire, whisk it well and let it cool before adding the whipped whites of three eggs Pour this custard over the apples and bake for half an hour. Make a sauce with the water in which the apples where cooked, sweetened and spiced, thicken with a teaspoonful of flour, wet with cold water, add a tablespoon ful of butter, and pour slowly over the beaten yolk of one egg. The macaroons may be omitted if they are not finished with antique lace, or small easily obtainable.

Garter Superstitions. Nowadays garters are very gener ally ousted from favor by the more hygienic suspenders, but many superstitions about them still survive Here

The marriage of a bride who wears any but white garters on her wedding day will have an unhappy ending.

The girl who wears her garters be-To put on the left garter before the

right on dressing in the morning will bring bad luck all day. silver ones the reverse.

The luckiest colors for garters are white, blue and blac. The wearer of yellow garters will lose a friend within a year.

If a garter breaks in church the wearer's marriage will be happy, but if the accident happens at a dance it | girl, her, passage to New York; willis a sign that the wearer's sweethart ing to take care of children and a is faithless to her.

Value of Rice Water. Rice water is very useful in some cases of sickness. Wash two ounces of rice in cold water, set it on the fre in a quart of water, and cook for an hour. Rub through a hair sieve and

sweeten with hency. Lemon fulce

may be added to flavor.

WASTEFUL EXPENDITURE.

Different Views Regarding Extravagance and its Effects.

To those of us who are accustomed carefully to treasure a single black silk or other good dress, and to trim over our hats and bonnets from season to season, the extravagance of certain fashionable women is a neverending. puzzle. One of the New York papers the other day announced that a certain firm had obtained a judgment against a lady who had purchased, without settling her bill, a variety of beautiful things Among the articles mentioned were no less than mineteen hats, ordered within three months. There was a fur coat valued at nearly eight hundred dollars, another, with a mult to match, that had cost over six hundred, a mantle approximating nine hundred, a skirt at twelve hun dred dollars, and various other articles and items of luxury, any one of which would go far toward the sup port of an ordinary family for a peri od of some weeks or months. The lady in question was, it appeared a woman of large wealth, the wife of one very rich man and the sister of another, a woman with no occasion to be frugal Why she did not pay her bill was not explained. Nor does it concern outsiders The question as to the propriet) of leaving bills unsettled in definitely, is easily answered. No excuse can be given for it, it is often very cruel, as the custom of carrying long accounts with wealthy patrons lands many a firm in bankrupte) But the critic exclaims at the wasteful experiencers and indeed it hardly seems right that one woman should

have nineteen hats, while another, equally admirable, has to get aling with one or two at a time. Yet we must remember, that it took the labor of a number of people to make the nineteen hats Every so called extravagance sets in motion a good many wheels and employs a good many hands, and the little hearthfires of the poor are lighted from the

blazes on the hearth of the rich There is another view which it is Impossible to ignore. Always around us there are human needs and buman suffering in every city where the ladies on the stately avenue are ar rayed like the lilies of the field, there are women and children, not a few. who perish of hunger who are ill and have not the wherewithal to go to ple-asant country places where they might get well who sit down in

squater and want and have no beloer. Many and generous are the bene factions of the rich, but these benefactions are probably not often made to the class who are irresponsible enough to run in laire obligations and thoughtless chough not to pay them when presented. For this sort of action is distinct'y and shamefully selfish and selfishmens has no room

The newest and by far the prottlest material for an earl a aif is the may be made by puting a fan or with inch wife hems on the sides, and fine transparent silk tolting cloth. paddle shaped head on the end of a lacestitched worked in Paintibe ends thirty inch handle (as shown in fig 1), with water coors either transparent, and into holes in the edge of this or the designs may be made opaque



colors. The latter is the most effective. The fruit designs are favorites, particularly oranges which just now are the mode. The foliage should be in the office shades. Our illustration shows orange, on one end, and conventionalized pear blossoms on the other. After painting outline all with Japanese gold thread, couched down with vellow silk, or a fine line can be run around with gold paint. The verns of the leaves should be treated in the same way. The ends may be sewing-silk tassels may be tied in. There is a fashion now of painting or bronging certain parts of the antique lace, making it odd, and some think

# INTERESTING ITEMS.

Mrs. Sarah Platt Decker, recently elected President of the General Federation of Women's Clubs, is a voter and has been married three times low the knees will early lose her One of her opponents, referring to the former fact, said she thought the Federation ought to stand for the feminine type of woman. One of her friends, referring to the latter, said Gold garter buckles are lucky and she thought a woman who could get three husbands must be pretty femi-

> A naive advertisement appeared in an English paper not long ago which perhaps contained some unintended truth: "Wanted, by a respectable good sailor."

the world's work with women don't really object to sharing that at all. They only object to sharing the re-

Marriage is a lotters, but all men are born gamblers.

## ADVICE FOR MOTHERS

Simple Precautions That Will Guard Against Serious Illness of the Baby.

Taking care of the baby and small children is a matter of great import-

If the bab; is ailing, don't keep changing foods. It is ruinous to any baby's stomach to keep trying a new milk just because a neighbor recom mends it. Keep the baby on the milk that agrees with it.

Don't let utensils used for preparing the baby's food go uncleaned Bill them all. Never leave milk in the bottle and merely add to it. Never set aside the half glass of milk that an older child has left. Often there are left on window stills for the child to finish. Milk left in the glass and in the bottle fills with germs

Don't put too many layers of clothing on the child, either in body or bed clothes. Treat the baby as you do yourself It's just as tough You wouldn't wrap yourself up in a blanket on a slightly cool day, so don't smother baby. Neither would you sit in a draft and don't keep the baby there Dress it in a gauze or thin flannel shirt and the other usual garments I see no need for the band after a

Children need no other covering than grown ap persons do, when they sleep. What can a child need more than that, when it sleeps three in a bed as many city children do" One mort look out of course, for the changes of temperature that come in

Bathe the chief twice a day little s something the majority of mothers seem afraid to do I have known a child to be burning up with a fever and its parents afraid to let a drop of water touch it. If water will make the child more comfortable, use it All that has been said about comfort able clothing and bathing applies as well to older children. Feed all children with the simplest food. Give as little meat as possible. Plenty of good milk and bread is best, ripe, uncooked fruit cereals and cool water. Pure ice cream is exceeding y good for them but no soda water or cheap concottons

Don't dose children Most grown persons have the idea that long stand ing cases of derangement brought on by improper eating can be corrected by a few dones of medicine

#### HOUSEHOLD NOTES.

When hanging state, is noith ient in the closet as a naily arranged a hint may be taken from the slowframes in the stores. By placing a wooden or iron bar across from end to end and using coat hangers, double if not triple the quantity of suits or gowns can be acc mimodated without crushing or tainbling

tressing to the mat housewife

crust or biscuits are being rolled yards of thirty six inch material The grease from the shortening remains in the paper, which can be thrown away after each occasion, leaving the board clean as when new.

ideal fabric for the dish cloth.

. . . . . bons is to wind them upon spools large enough to hold them without folding, in the interval of wear ng them or the broad sash ribbons a bit of old broom stick answers very

If unable to secure the indented and perforated round enameled ware to fit in the bottom of saucepans to prebottom of the kettle.

If silver is washed every week in races. warm suds containing a tablespoonful of ammonia the polish can be preserv-

ed for a long time. Borax Good for a Cold. A cold in the head can be cured at

once if taken care of at the very beborax in a pint of hot water; let it some up the nostrils two or three at thirty pounds? times during the day, or use the dry powdered becam like snuff taking a pinch as often as required. At night have a handkerchief saturated with spirits of camphor, place it near the Those men who object to sharing mostrils, so as to inhale the fumes while sleeping.—N. T. News.

Te Clean Diamonds. Diamonds, set without pearl or turexcises, may be cleaned by a brushfmg with methylated spirit. It will greatly enhance their brilliancy.

## STUDY YOUR OWN STYLE.

Hairdressing Should be Done With Greatest Care.

The scolding locks at the back of the neck are beauty s greatest ornament if the pretty woman only understands how to utilize them.

Very few artists are bold enough or daring enough to paint the female neck bare of curls, and there is hardly a famous ideal head in the picture galleries with the ears exposed The tips of the feminine ears may

be as pretty as pink shells, but, all the same the artistic eye loves to clothe them in soft ringlets, and no matter how graceful or swanlike may be the back of the neck it is much more artistic to dress it in small curls ever so tiny, or, as one woman expressed it, ever so staught If the hair does not grow prettily at the back of the neck try to train

the locks down so that they will curl If this cannot be done then use a few artificial curis. Maybe the hair grows so wickedly at the back of the neck that the artificial curls cannot be used with good results and in this case there is nothing to do but to dress the hair low.

The woman who wants to please will surely not neglect to make a study of her hair dressing

Pleasing Frock for Girl. A very smart and profty little frock was made after the alove model. As illustrated it is high secked but the wike can be omitted heaving a square low neck or several different vists could be used with the dress this making a profit change. Tucks are laid in the waist in the tack and on



either site the centre box platt in be avoided by the nee of thick sheets | sleeve giving the the sheetdof brown paper on the molding board lers in a way becoming to all children. when rolling out pastry in which a The full, short si ri has a groud hem great deal of stortching has been and the upper stor s vathered and used. That great both which the attached to the wind. Pale blue chall board otherwise takes on is very dis- ills was used in the mailing with yoke of heavy allower law but several other materia's are elapted to the Much wear some scouring of the pattern such as 'thing silk, cashmere, molding board may be avoided by the albatross and melar. The medium use of glazed manula paper when pies size requires from and three eighths

Foreign Matter in the Eye. Any foreign substance in the eve is very painful, but to remove it is after all an easy matter. If the dust lodges Any one who is in the habit of on the lower lid press the tinger gentmaking snow pudding will find pre | ly but firmly against the eyelid, pullserved pineapple a great addition to ing it down and telling the victim it When the snow is ready pour it to look up. This exposes the inner into the mold until you have a good lid and the dust can be removed upon foundation, add your pineapple and a toothpick or hairpin, about the end then the rest of the snow. When it of which a bit of cotton has been is cold serve as usual, with soft cus- wound, to avoid a scratch or bruise. If the upper lid is affected take the eye lashes firmly between the fore A bolt of cheese cloth should be as | finger and the thumb, ask the patient espontial a feature of the young house. to look down and with a quick movekeeper's menage as the bolt of home- | ment turn the eyelid up over the point spun linen was of grandmother's. No. of a pencil, or better still the edge of thing makes botter dusters, it serves a card, which should be pressed as glass and china toweling and is an against the eyelid just above the stiff part. This causes no pain and the dust can be wiped off as from the low-An excellent way of caring for rib | er lid A bit of steel is more difficult to remove. If a magnet is at hand it is sometimes easily drawn out by the magnet's attraction.

Bangle as a Piedge.

A new idea is to substitute an engagement bangle for the conventional ring. These bangles, which sometimes are slight circlets, and sometimes broad gold bands, give the lover the vent food sticking to the pans or burn satisfaction of feeling that he has ing keep a wire dishcloth to set in the indeed safely fettered his fair flance, for, once fastened, the clasp can only be opened by being forced apart with Raisins for fruit cake are much im. a chisel. On the continent, where it proved by cooking. Let them soak is customary for levers to exchange slowly and then simmer until the rings, engagement bangles are sometimes worn by men, but they are rarely seen on men of English-speaking

# Biting the Thread.

Young women who sew beautifully but who bite the threads when finishing off the work or bite the thread in order to cut it off the spool, do you not know that a scientific estimate of the ginning. Dissolve a tablespoonful of power exerted by the teeth made recently by a scientist of note put the stand until it becomes tepid; snuff pressure used in biting a single thread

# Eggs for an Invalid.

To prepare an egg for an invalid beat the yolk and white until extremely light, add a pinch of salt, pour into a china cup, which set in a saucepan of hot water, stirring constantly till scalded, but not cooked. When this is done stowly the egg just thickens slightly, but pulls up until the egg is almost filled with oreamy custard. Set in the oven a moment and serve

Disposition Has Much to do With With Coaxing Slumber. All conditions must be favorable to

sleep The bedroom should be quiet, dark and airy. In winter it is better to have the window away up than to shut it so that a knife-edged draught shall chill an exposed shoulder. The temperature of the bed should be agreeable. Getting to sleep when the feet are cold is as slow a job as getting to sleep when hungry. A hotwater bottle in one case and a piece of bread and butter in the other will help things. I leave it to you to decide which is for which. A warm bed in winter is easily got, but a cool bed in summer is not so simple a proposition However, a sheet made of straw matting, interposed between the regular sheet and the mattress, will be found to mftigate sensibly the horrors of a hot night. It preserves the softness and springiness of the bed, and yet is pleasantly cool, without being too cool Personally, I find that sleep comes soonest when I have no pillows at all.

The next thing is to relax utterly. Remember that the corner of the law is the citadel of tension. While that is clinched no sleep can come. But most important of all is the disposition of the mind so that sleep can come. The reason way we fail in this is the same as the reason why we fail in other things. We do not very genutuely want to succeed. As we lie stretced out after a busy day, there are so many thoughts that we want to chase after that we drop the notion of sleep though we know that to morrow is another day on which we can think It is all very well to say Insmiss these thoughts" How to dismiss them is the problem that each must solve, - N. Y. World

Furrows Caused by Worry It is not always age that makes the we disagreeable furrows across our foreheads and round our eyes There are some grandmothers

whose faces have hardly a wrinkle, and -one granddaughters whose brows are as seamed as they might be at sixty save Woman's Life

Time is not responsible for these vexing little lines. A good many of them may be charged up against worry If one gets in the way of fretting over everything that has gone wrong and everything one thinks likely to go wrong the record upon one's face will be as plan, as print. Bad tem to end of a nach which is hard to erase and is far ugler than the lines The Sound Vear Street As cannot work's the heart Even

when the face is crimer as ed with the tracery of a long lifetime, the appret may be as your as ever. But fre fulness and ill temper make wrinkles within as well as without. The It the impatient line hardly noticeable on a smooth forehead means that a deen furrow has been ploughed in the

Rolled Beefsteak. Fry a sliced onion in a little butter take out with a skimmer and lav in a sirloin steak, fry this quickly on both sides let it take up all the hutter lay it upon a baking pan and spread with a dressing of bread crumbs, the fried onion and season ing roll up 'ghtly and fasten with thread and skewers. Put over the fire with a half pint of cold water in a close covered saucepan, let it heat very slowly and, simmer two hours lay on a hot dish, season the gravy, adding a little hot water if necessary, and thickening with browned flour: remove the thread and skewers and por r the gravy over the roll. A few chopped mushrooms may be added to the gressing and gravy. Carve from one end, exactly as you would cut a jelly cake, it is very nice sheed cold

Unusual Jewelry.

for luncheon.

Gold, silver, and copper are all used for jewelry in these days, and the metals are studded with pearls, garnets, turquoises, topaz, and amethysts. Odd ornaments are made of silver set with opals.

Gold set with pale green chrysoprase is charming. A silver comb is inlaid with colored

nearl. A hig buckle of hammered silver has in its centre a plaque of peacock

blue enamel A pretty pendant is of hammered gilver on a piece of pearl shell, set with turquoises and baroque pearls A delightfully quaint necklet is of old paste with green stones called obsidians.

Fads of Queens. The Empress of Russia has a passion for caricaturing and the coffecion of carrestures. The hobbies of Queen Wilhelmina, the "girl queen" of Holland, are skating and riding. but from childhood she has devoted herself to the raising of poultry. The The Queen of Norway and Sweden, outside of her family and public life, is devoted to religion. The Queen of Greece is a yachtswoman, The Queen of Italy has chosen shooting and motoring as her principal hobbies. Portugal's Queen, who is said to be the busiest woman in Europe, is an expert physician and has raised her amusement to the dignity of a profession. - Exchange.

No woman with a lick of sense ever lets on that she knows more about any subject than the man she is talking

Men who are fools very speedily shake down to their proper place in the community. Women who are fools would, too, if it were not for the

If the lamp chimney resists all offorts to make it bright and shining by the use of water, try a little ale

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