

WALTZ OF THE DAY.

Composed by ARPAD LARLO.

FANCIES IN RUSSIAN CALFSKIN

Utilized in Many Ways for Completing the Accessories of Dress.

The calf is distinguished in the world of fashion from the rest of the animal kingdom, and as a matter of fact is decidedly conspicuous. Muffs,



scarfs, belts, pocketbooks, collar and cuff sets, motor caps, and other accessories of dress have made their appearance in calfskin in natural coloring. Brown and white—soft brown and cream is the favorite combination, and, of course, it is not the skin of the ordinary, everyday calf that is thus utilized. Russia calfskin it is termed and the various articles possess the merit of being decidedly effective and are immensely admired by those who like great splashes of white varied by brown and black. The skins are exceedingly soft and this quality is a factor that contributes to their usefulness as they can be utilized for trimming purposes in a variety of ways. In the



accompanying sketch are shown some of the use to which Russian calfskin is put and all the articles have received the stamp of approval of Mme. La Mode.

Well Dressed Royal Lady.

The Kaiserin, who at one time was by no means noted for the elegance of her gowns, is now regarded as one of the best dressed among royal ladies. For lace she has a special predilection, and though she dons jewels sparsely on ordinary occasions lace adorns her gowns liberally, even the morning costumes being trimmed with it, says Woman's Life. Her evening gowns—Her Majesty favors those of velvet—are enriched by much fine lace, and she owns one of the most valuable collections in the world. Of furs, too, she is a lover, and, needless to say, those she possesses are the most beautiful obtainable, one set of sable being worth the proverbial king's ransom.

Among jewels, pearls form her ideal gem, and of these Her Majesty owns several strings that are practically priceless. The Crown Jewels are superb, but these the Empress only wears on occasions of state.

To Make Home Pleasant.

A woman has not made a successful home unless it is a cheerful place. She may be the best housekeeper in town, the best cook, the most dexterous hand in fancy work; but she is not a real homemaker if you don't feel happy in her home, if you don't recognize an air of brightness and gladness as soon as she greets you.

And a home can't be cheerful unless it is a pleasant place to live in. Galveston Tribune.

Care of Coffee Pot.

Good coffee cannot be made in a neglected coffee pot. It is a mistake to use soapuds when cleaning a coffee pot; only clean, scalding water should be used, and all of the brown film, so destructive of fine flavor, which collects on the inside, can be easily removed by a minute's brisk scouring with a tablespoonful of dry salt and a piece of heavy muslin paper. Rinse thoroughly and dry quickly on a warm griddle and be well repaid for the little trouble by the improved flavor of your morning beverage.

Health and Beauty.

Rose water, eight ounces, and tincture of benzoin two drams, make one of the best skin tonics and whiteners.

Never wet the hair if you have any tendency to deafness. Wear an oiled silk cap when bathing, and refrain from diving.

Never meddle with the ear if a foreign body, such as a bead, seed or pellet, enter it. Leave it absolutely alone and have a physician attend to it.

BEAUTY EXERCISES

Limbering-up With Dumbbells—Stretches, Grace and Strength.

Here are a few simple exercises which can be followed daily in the privacy of one's own bedroom—no matter how small or cramped or contracted it may be. The first requisite is loose and easy clothing, something which will protect the entire body equally; and the next just as much floor space as the body will cover; while the last is a pair of lightweight dumbbells, preferably of metal, since the weight is then confined to as small a surface as possible. A pair of one-pound dumbbells will do.

Stand by the open window and begin by inhaling a deep breath of fresh air. Then grasp the dumbbells lightly but firmly—and this point cannot be too much insisted upon. The grasp of the dumbbell is half the exercise. When held too tightly there is a strain on both nerves and muscles which is totally unnecessary.

The proper way to hold the dumbbell calls for the hand to grasp it in the middle, closing the fingers over it so that they meet but do not overlap. The thumb should be stretched out toward the ball at the end, this serving to steady the grasp and afford a surer balance in the hand. The dumbbells should at all times swing freely in the hand, and yet no matter how rapid the motion the grasp should be secure.

The grasp assured, raise the arms full above the head, taking a deep inbreath as you do so. Wave the hands around above the head, first using the wrist muscles only, then the elbow muscles, and lastly using the shoulder muscles and letting the wrist and elbow muscles flex. This may be somewhat difficult of attainment, especially the last part of it, the first few times; but practice will soon accord the right amount of flexibility. This, when diligently followed, will develop the chest and make the wrist flexible.

Another exercise which will make the wrists and hands especially graceful and expressive is to hold the dumbbells out with the arms stretched at full length, the hands touching. Then the dumbbells are loosely revolved in each hand, the wrist muscles being held flexed or "dead." When properly accomplished this will afford a muscular exercise for each finger, for each muscle of the hand, as well as for those of the wrist.

To make the waistline longer, more slender and supple plant the feet firmly in the first position, the head well back, the chest thrust outward and the abdomen held well in. Then the dumbbells are grasped in either hand, and, holding the arms outward to balance the body and with the knees and ankles rigid, the body is made to revolve upon the waist and hips. This must be taken very slowly at first, and even when proficiency is attained there must be no undue haste or hurry in the performance of this exercise. Absolutely nothing is to be here gained by speed in the revolutions—unless in the rare instances where this exercise is resorted to to assure an immediate reduction of flesh around the waistline.

After practicing this for a reasonable length of time unduly slender hips will be found to have developed appreciably, while, on the other hand, the superfluous development which in many instances appears below the waist line will be found to have taken to itself wings and flown away.

For attainment of harmony of motion and of movement throughout the body there is a simple and interesting exercise, which will greatly aid in the general development. In this, too, the body is balanced on the ball of the foot, the feet being in the first position; and the head, chest, shoulders and abdomen held correctly. The arms are outstretched to maintain equilibrium, and then, with the waist, hip and knee muscles held taut and rigid, the entire body is tilted to one side, until the dumbbell held in that hand touches the floor. Remember that in this exercise the desired result is the entire body, head, shoulders and trunk must move in unison. Then, taking the movement slowly and with due regard to grace in the attainment, reverse the motion and keep doing it alternately from one side to the other until it becomes monotonous.

Whey For Babies.

Whey is very useful in artificial feeding of young infants, and can be digested when cow's milk cannot. Moreover, milk can be digested when mixed with it in cases where it cannot be taken pure.

To make whey, warm a pint of skimmed milk slowly, put in one teaspoonful of rennet, and allow it to stand in a warm place until the curd is quite leathery; strain the whey through muslin and boil. When quite cold, add two-thirds of a pint of cow's milk and a dessertspoonful of cream. This quantity is sufficient for three bottles.

Six Good Hints.

Dishcloths should be scalded and washed daily.

For ironing days a fire of cinders is better than fresh coal.

Milk will keep sweet longer in a shallow pan than in a pitcher.

A simple method of cleaning lamp chimneys—Hold in the steam from a kettle and polish with a newspaper.

A household hint—If soot is dropped on a carpet, throw down an equal quantity of salt and sweep all off together.

To loosen a glass stopper—Put two or three drops of glycerine about the stopper and in two or three hours it may be removed.

BEAUTY EXERCISES

Limbering-up With Dumbbells—Stretches, Grace and Strength.

Here are a few simple exercises which can be followed daily in the privacy of one's own bedroom—no matter how small or cramped or contracted it may be. The first requisite is loose and easy clothing, something which will protect the entire body equally; and the next just as much floor space as the body will cover; while the last is a pair of lightweight dumbbells, preferably of metal, since the weight is then confined to as small a surface as possible. A pair of one-pound dumbbells will do.

Stand by the open window and begin by inhaling a deep breath of fresh air. Then grasp the dumbbells lightly but firmly—and this point cannot be too much insisted upon. The grasp of the dumbbell is half the exercise. When held too tightly there is a strain on both nerves and muscles which is totally unnecessary.

The proper way to hold the dumbbell calls for the hand to grasp it in the middle, closing the fingers over it so that they meet but do not overlap. The thumb should be stretched out toward the ball at the end, this serving to steady the grasp and afford a surer balance in the hand. The dumbbells should at all times swing freely in the hand, and yet no matter how rapid the motion the grasp should be secure.

The grasp assured, raise the arms full above the head, taking a deep inbreath as you do so. Wave the hands around above the head, first using the wrist muscles only, then the elbow muscles, and lastly using the shoulder muscles and letting the wrist and elbow muscles flex. This may be somewhat difficult of attainment, especially the last part of it, the first few times; but practice will soon accord the right amount of flexibility. This, when diligently followed, will develop the chest and make the wrist flexible.

Another exercise which will make the wrists and hands especially graceful and expressive is to hold the dumbbells out with the arms stretched at full length, the hands touching. Then the dumbbells are loosely revolved in each hand, the wrist muscles being held flexed or "dead." When properly accomplished this will afford a muscular exercise for each finger, for each muscle of the hand, as well as for those of the wrist.

To make the waistline longer, more slender and supple plant the feet firmly in the first position, the head well back, the chest thrust outward and the abdomen held well in. Then the dumbbells are grasped in either hand, and, holding the arms outward to balance the body and with the knees and ankles rigid, the body is made to revolve upon the waist and hips. This must be taken very slowly at first, and even when proficiency is attained there must be no undue haste or hurry in the performance of this exercise. Absolutely nothing is to be here gained by speed in the revolutions—unless in the rare instances where this exercise is resorted to to assure an immediate reduction of flesh around the waistline.

After practicing this for a reasonable length of time unduly slender hips will be found to have developed appreciably, while, on the other hand, the superfluous development which in many instances appears below the waist line will be found to have taken to itself wings and flown away.

For attainment of harmony of motion and of movement throughout the body there is a simple and interesting exercise, which will greatly aid in the general development. In this, too, the body is balanced on the ball of the foot, the feet being in the first position; and the head, chest, shoulders and abdomen held correctly. The arms are outstretched to maintain equilibrium, and then, with the waist, hip and knee muscles held taut and rigid, the entire body is tilted to one side, until the dumbbell held in that hand touches the floor. Remember that in this exercise the desired result is the entire body, head, shoulders and trunk must move in unison. Then, taking the movement slowly and with due regard to grace in the attainment, reverse the motion and keep doing it alternately from one side to the other until it becomes monotonous.

To Make Home Pleasant.

A woman has not made a successful home unless it is a cheerful place. She may be the best housekeeper in town, the best cook, the most dexterous hand in fancy work; but she is not a real homemaker if you don't feel happy in her home, if you don't recognize an air of brightness and gladness as soon as she greets you.

And a home can't be cheerful unless it is a pleasant place to live in. Galveston Tribune.

Care of Coffee Pot.

Good coffee cannot be made in a neglected coffee pot. It is a mistake to use soapuds when cleaning a coffee pot; only clean, scalding water should be used, and all of the brown film, so destructive of fine flavor, which collects on the inside, can be easily removed by a minute's brisk scouring with a tablespoonful of dry salt and a piece of heavy muslin paper. Rinse thoroughly and dry quickly on a warm griddle and be well repaid for the little trouble by the improved flavor of your morning beverage.

Health and Beauty.

Rose water, eight ounces, and tincture of benzoin two drams, make one of the best skin tonics and whiteners.

Never wet the hair if you have any tendency to deafness. Wear an oiled silk cap when bathing, and refrain from diving.

Never meddle with the ear if a foreign body, such as a bead, seed or pellet, enter it. Leave it absolutely alone and have a physician attend to it.

To loosen a glass stopper—Put two or three drops of glycerine about the stopper and in two or three hours it may be removed.

To loosen a glass stopper—Put two or three drops of glycerine about the stopper and in two or three hours it may be removed.