

FANCIES IN RUSE AN CALPSKING

Utilized in Many Ways for Complet

ing 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 consplcuous. Mulls,



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 splotches 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 the wrist flexible,



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-and 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 sables 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 un-

less it is a pleasant place to live in.-Galveston Tribune.

Care of Coffee Pat.

Good coffee cannot be made in neglected coffee pot. It is a mistake to use soapsuds when cleaning a colfee 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 saft and a piece of heavy manila paper. Rinse thoroughly and dry quickly on a warm griddle and be well re paid for the little trouble by the fmproved flavor of your morning beverage.

Health and Beauty.

Rose water .eight ounces, and tine ture 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 attende to

Limberingup With Demphale & ploness, Grace and Strength. Here are a few simple arercials which can be followed cally in the privacy of me's own bedroom no matter how small or cramped or contract ed it may be. The first requisite is loose and easy clothing something which will protect the entire bons equally; and the next just as much floor space as the hody will cover; while the last is a pair of lightweight dumbbells, preferably of metal, since the weight is then confined to us 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 light "Cordistin," or "Most con are the two must formal ways ly 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 en both nerves and must

cles which is totally unnecessary.

The proper way to hold the dumibell calls for the hand to grasp it in the middle, closing the firgers over it so that they meet but do not over; lap. The thumbs should be stretched out toward the ball at the chil, this serving to steady the grasp and atford 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 scop accord the right amount of dexterity. This, when diligently followed, will develop the chest and make

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 acomplished 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 cheat 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 jody is date given, so that there shall be made to revolve upon the walst and i mistake in the time. 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 in stances where this exercise is resorted to to assure an immediate reduction of flesh around the waistline.

After practising 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 mo-

tion and of movement throughout the body there in a simple and interest ing exercise, which will greatly aid in the general development. In this. too, the body is balanced on the bull of the foot, the feet being in the first position; and the heatpreheat, should dera and abdomen held correctly. The arms are outstretched to maintain equilibrium, and then, with the waist, hip and knee mundes still taut and rigid; the entire body is tilted to one side until the dumbbell held in that hand touches the noon. Remember that in this to attain the desired result the entire body, head, shoulders and trunk must move is unison. Then, taking the movement's slowly and with due regard to grace in the attainment reverse the motion and keep doing it alternative 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, milkschn 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 others should be breet. One appre is quite leathery; strain the whove clates the thought, but does not yet through muslin and boil. When quite ber feelings to be harrowed, a cold, add two-thirds of a pint of cow's tinction which is very broad. milk and a dessertspoonful of cream. thing like this is good form: 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

shallow pan than in a pitcher, A simple method of cleaning larup chimneys-Hold in the steam from a

kettle and polish with a newspaper. A household hint—If soot is drop ped on a carpet, throw down an equal quantity of salt and sweep all of to

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

Whether it is an given or refusal s sou OF CONSTRULATION KE For instance if as in

by given a note may read.

My Dear Miss Some of the good in the some in the some in the sound in on fuesday January the first at one-thirty when Dave & few other friends Co JANET BUT

January the tenth.

ing queself to a social squal cerely" denotes an older ance, and "Faithfully." "De and "Affectionately" are need timate friends. "Yours truly tinctively a business form, and never be used with social math Everything in a note must be ten out. That is to say that see the day of the month should be a figures, nor the hour at which on expected. Abbreviation, too, is form, so that the month of the should be written in full. If the lation is to a married woman, as for dinner instead of luncheon. form of the note may be the same the husband's name follows

You." The acceptance should be com brief; indeed a safe rule is always. snawer in the way it was given. A formal answer to an invitati

might read:-My Dear Miss Smith-H: give me the greatest pleasure lunch with you on Tuesday James any the (wenty-first, at landament one and to meet your othe friends Most cordially,

MARY BO AND BOS January the eleventh. Or, if the invitation is to be re ed, it can be done by writing: My Dear Miss Smith:

Unfortunately I am unable to cept your attractive invitation for Tuesday, the twenty-first, as a previous engagement prevents my being with you at the time. It was charming of you to think of me Cordially, MARY SO AND SO.
January the (wolth)

In recusing an invitation it is gracious thing to add a sentence appreciation, as Miss So and So do in saying, "It was charming of you think of me," for it softens any me ness or brusqueness of refusal. In replying to an invitation always in your note repeat the hour, day a

In notes of congratulation the ma brief form may be observed. If engagement has been announced may write:

Dear Miss Brown:-I cannot let the announcem your engagement go by with sending most sincere felicitation to Mr. Smith on the good forth great happiness. May all the p things of life be ever yours. LOUISE MAY

dially. LOU! March the Afteenth. Answer goes like this:-Think you so much for congratulations and good with on my curagement. Mr. and I are of course very happy, a the good wishes of our friends and. We both hope to see you fore long. Cordially.

March the tweetleth. The birth of the first beby is an important event in a family th acknowledging the news by & a is a graceful thing to de 12 is as done by writing Dear Mrs. Johnson - The of the advent of a son and has just reached me; and I b to send a line of congratuati to the proped mother and same policy up to the policy when you are able cardially when you are able cardially.

January the second

And Mrs Johnson way bac 1: My Dear Mrs Diseas The dlal greetings of our friends to be new baby is an added happiness a this time, and both Mr. and myself are deligated. The last grows stronger daily and below long he and I win be able to se our friends. Cordisity.
MARY JOHNSON.
Jane the twenty-third.

A note of condolence should should follow the news of a death in the family of a friend, and that hote above all Dear Mrs. Blake .. You are so my thoughts in your great sorow ing sincere sympathy is the left that has betalen Believe us av lieart goes out to you and I want to WORE IN MY DOWN TO AIR BLANCE LOUISE WHATE April stwenty-third

Later Mrs. Blake may write My Dear Mrs. White:= The sympathy of our Tries our great sorrow is Eine, and lieve me, we appreciate it. If the thing could help it would be task Bincerely, BUILDERNIH BLAND April thirties

April thirdea.

(this equally good form, ast more simple to take a validation and write screen the top the