

VOILE OR VEILING

Costumes and Separate Blouses Over Bright Plaid Foundations Are Very Smart.

It is not difficult to understand why voile should be such a favorite material, for apart from its serviceableness and durability it is to be had in such delicate pastel shades, as well as in the more brilliant hues, if so desired, and then the texture falls in such soft and graceful folds that it is well nigh impossible to resist having at least one voiling gown in the wardrobe.

Check and plaid veilings are at present very smart, particularly in such shades as lavender, apple green, electric blue and deep cream. Just as the many shades of old rose and cerise were so fashionable last year, so this season blue in any number of soft, pale and light shades is still used with effect and in dull pastel shading pinks and blues, blues and greens, etc., in fact, any combination



which are usual but not glaring can be worked in charmingly together. Broad brocade ribbon in which pale and bright colored flowers is a favorite part of the trimming of both afternoon and evening gowns.

There are so many different fashions and styles worn at the present time that it is not possible to pick out one or two and say that they are better than the rest. The little Louis XVI jackets, made either of flowered taffeta or of voile trimmed with collars, revers and cuffs of brocade ribbon, are delightfully trim and picturesque. These jackets open over vests of lace and chiffon. The skirt may be shirred, plaited or tucked about the hips, and if extra width is required about the feet a gathered flounce may be added from the knees below a wide insertion of flowered ribbon.

A Royal Bargain Hunter.

Perhaps the most lovable thing about England's queen, next to her fine womanliness, is her eternal femininity. Despite the sweet gravity of her character, she finds time to enjoy the lighter things of life equally with the giddiest of Edward's subjects—more, doubtless, because she never surrenders her patrician reserve. Alexandra among her intimates still is as young at heart as any of her daughters—younger, in fact, for they are sober-sided, with all the hopefulness of the traditional British maid. The queen is more like a grand-mère of France's best period, too prudent to give her life wholly to pleasure, yet too experienced to forget there is wisdom in occasional folly. One of her pet follies, which there is reason to believe many untitled matrons share with her, is—tell it not in Gotham—bargain hunting! But surely, blunts out the unposted bachelor, King Edward's wife has no need to look for cut prices. Assuredly she hasn't—what woman who has does? The queen, officially incog, garbed usually in a plain tailor-made suit, and flanked by two ladies in waiting, goes from shop to shop in response to the call of the wile from the pen of the advertisement writer, seeking special sales, looking up "holiday drives," stalking stock-taking inducements, and overhauling bankruptcy clearances with as much avidity as if her lord drew his salary from one employer in place of millions, and she had to wrestle with the servant problem instead of having the bluest blood in Britain burning to serve her. Every aisle she enters is deserted by other shoppers but no other concession to her position is made. Her majesty dotes on ladies' cloth and purchases poplin as frequently as did her royal mamma-in-law when relieving Ireland's famine.—New York Sun.

"Marry Not Too Young."

An ancient writer gives this excellent advice on matrimony to those who contemplate it. It is so pithy, so all-wise, that modern maids might well appreciate it:

"Marry not too young. Let thy liking ripen before thy love; let thy love advise before thou choose; and let thy choice be fixed before thou marry. Remember that the whole happiness or unhappiness of thy life depends upon this one act. Remember nothing but death can dissolve this knot; and he that repents him of his own act, either is, or was, a fool by confession."—Chicago News.

To Whiten Linen.

Yellowed linen can be whitened by soaking in buttermilk for two or three days.

EXERCISES FOR THE ARMS.

Tried at Odd Moments Will Develop Muscles and Firmness.

The principal of development is bending the elbow and drawing the hand in toward the shoulder, which brings the bicep muscles into play, and if anything which will do this is done vigorously and continuously for weeks the arm will become strong and well shaped.

Therefore, some of these things may be gone through with at any time when a woman has a few spare moments. For instance, pushing against a wall is highly recommended by Blaikie, the exercise covering only a few minutes. It is of course to be repeated as many times as one will.

This is recommended as among the first for beginners, who should stand facing a wall and about two feet from it. Place the hands on the level with the head, about three feet apart, against the wall, and let the whole body lean forward very slowly toward the wall until the chest is almost against it, the face being upturned and back. Then push back to the original pose and repeat this many times. This exercise may be done while wearing corsets although it is better to remove them.

If it is true that women cannot drive a nail home straight it is time they learned, for the continuous wielding of a hammer is fine for the forearms. The repeated bending, raising and grasping of the handle are all developing. Carpentry, indeed, is a kind of work women should more frequently indulge in. Sawing is a fine chest development, as is also planing.

A thing to do when one has a spare moment during the day is to pick up any object that requires a little strength to hold and thrust it out at arm's length, either at the side or in front. Hold it out for a couple of seconds and then put it down, picking it up again and repeating. It makes no difference what the object may be; a light chair or a dumbbell is equally good. It should be heavy enough to tax the muscles without exhausting them. After repeated practicing a heavier object can be taken.

Lifting a weight from the floor will also develop the forearms, and this should be done consecutively several times at intervals throughout the day.

Climbing a ladder, lifting oneself up rung by rung, hauling, as pulling down a flag, anything that bends the arm while it is at work is desirable.

With these or any of those suggested, the necessary thing is that they shall be done several times daily without fail. At the end of the month the arm should show pronounced development.

To broaden the chest while at work stretch the arms to the very utmost capacity until a cross is formed. The stretch must be a very positive one, and it should be done for five minutes a day. There is nothing better and few things are easier to do for the chest than this.

If one will take the time at the end of these exercises to rub a good flesh food into the arms it will improve the texture of the skin. Either the elder flower cream, the recipe for which will be sent on receipt of a stamped envelope, is good, or a cucumber cream, the recipe for which was given out on this page a few days ago. Even one-third glycerine to two-thirds rose water, mixed, will be bleaching and softening.—New York Telegram.

A Note About Necklaces.

The simple string of pearls is fast usurping the place of the collar, as it has already dethroned the riviére of brilliants. The standard set up for pearls is a high one nowadays. A single row of fine, well matched pearls is considered more worth the having than half a dozen indifferent or ill matched. Necklaces of opal beads are also very much the fashion; they are usually threaded with flattened beads of clear crystal. Hungarian opals are, of course, most prized, but the Mexican variety—recognizable by an excess of red in their rainbow tints—are most effective in necklace form. One or two jewelers are showing strings of beads in wild rose-pink quartz, a stone little known, vying in delicacy of tone with pink pearls, of which it would be next to impossible to collect a sufficient number of exactly the same shade.—New York World.

It is often very desirable to know how to seal a letter so that it cannot be opened without betraying the fact. Steam or hot water will open envelopes closed with mucilage, and even a wafer. A hot iron or a spirit lamp dissolves sealing wax, an impression in plaster having been taken of the seal. By the combined use of wafer and sealing wax, however, all attempts to open the letter otherwise than by force can be frustrated, says Woman's Life. All that is necessary is to close the letter first with a small moist wafer and to pierce the latter with a coarse needle (the same applies to mucilage,) whereupon sealing wax may be used in the usual manner. This seal can neither be opened by dry heat or by moisture.

Heat Affects Opals.

The wearer of an opal ring should not warm her hands at the fire, for opals are easily affected by changes of temperature, and sudden exposure to heat might easily split them.

Hot Water For Sprains.

Applications of hot water will relieve the pain and reduce the swelling and discolorations in a sprain or bruise.

To clean Japan trays pour a few drops of oil on a cloth, rub over the tray, and then polish with a soft clean piece of flannel.

RAPID GROWTH OF JAPAN

A Comparison of the "Little" Country and Russia.

THE WEAKNESS OF RUSSIA

The Surprising Progress Made by Japan is due to the Intense Loyalty of Her Subjects to Their Ruler, the Mikado. Would Give All Their Money if Needed.

While Russia's essential weakness, in the utter discredit with which her promises are regarded by the nations, in the internal troubles which are assailing her and in her financial dependence upon those who distrust her, is becoming patent to all, dispelling the dream with which her mere size has heretofore dominated the imagination of the world, the growth in strength and resource of what we still perversely call "little" Japan, is by no means the least of the surprises which that empire has of late years been springing upon the people of the west, says the Boston Transcript. She is to-day rich in everything which Russia lacks. Her honor unstained, no promise she has made has ever been broken. No internal troubles can vex a government like that of the emperor whose throne rests upon the well-nigh idolatrous affection of his people; and as for wealth, no other nation can compare with it in the readiness with which that people would lay every dollar of their savings at his feet should war be declared against their giant antagonist.

Nor is Japan's wealth by any means solely of this sentimental sort. She is rich not merely in the honor and patriotism of her people. Relatively she may be said to be one of the richest countries in the world, surpassing every other except perhaps France in the rigid economies of life and in the proportion of the savings to the earnings of her people. It is only in the aggregate of her wealth that she is distanced by the nations of the west.

It is, however, when we come to consider the marvelous development of her resources since her emergence into the world that her growing, if not her present, agility to cope with her giant antagonist becomes at once manifest. An estimate of this growth is now made possible by the recent publication of the "Financial and Economic Annual of Japan," issued by the department of finance and printed in English. To the eye it is but a columnar array of figures, yet to the student of modern history it is an array eloquent with its surpassing record of progress. Beginning with the year 1868, the date of the restoration of the emperor to power, there is no field of industrial or commercial enterprise which does not bear witness to the rejuvenated energy and ambition of the nation.

Leaving out of account the islets having less than one or two and one-half miles of coast line the empire of Japan comprises 47 islands, with an area of 162,000 square miles. Upon this area, about equal to that of our Atlantic coast states from Maine as far south as North Carolina, despite the fact that only one-twelfth of the land is arable, there is subsisted a population of 45,000,000, increasing today at the average rate of nearly 1,000,000 per annum. It was not so long ago that the United States thought itself the greatest of nations when its population reached that figure, and the nation would have been greatly wroth should any one have applied to it then the diminutive with which Japan is so often designated. Nor, with our wastefulness and extravagance, would it be in any way possible to support here so vast a number on so limited an area.

As to the aggregate of the nation's wealth, while no such claim as the above can be made, yet if the comparative tables of the revenue and expenditures of the government for the thirty-five years of Japan's new era may be taken as an index of the growth of the nation's wealth, the exhibit is a surprising one. In 1868 the total revenues of the empire amounted to only 33,089,313 yen (\$15,544,456), while those of the current fiscal year have reached the sum of 251,681,961 yen; the annual expenditures during the same period increasing from 30,505,094 yen to 244,752,346 yen. Even more signally illustrative of the growth of the nation's wealth is the relative expenditure in certain departments. The civil list, for example, while calling for only 250,000 yen (\$125,000) in 1868, now involves an expenditure of 3,000,000 yen. Japan's "coming out" has cost a penny also, the appropriation for the department of foreign affairs mounting from 111,671 yen in 1868 to 2,125,000 for the current year. In the meantime, the cost of the maintenance of the army and navy has grown from 1,000,000 to upward 60,000,000, the latter sum being the appropriation of the current year for these departments. As proof however, that the nation has not given her exclusive devotion to these expensive modern playthings, the departments of public instruction and of communications bear ample witness, the cost of the former having leaped from 57,709 yen in 1868 to 4,994,283 yen in 1903, while the latter, opened in 1871, and then administered at an expense of 121,798 yen, now requires an appropriation of more than 21,000,000.

A Profitable Play.

Rostand's *Cyrano de Bergerac* must come near to being the most successful play ever written. In Paris alone it has had 675 representations, and its total receipts in that city for that number of performances was 4,180,000 francs, or an average of 5,968 francs (about \$1,146) a performance.—Ez.

The Fortune Teller.

Waltz.

By Edvard Wilson.

Tempo di valse.

Ben marcato il canto.

1st time. 2d time.

D. C. Coda. Last time.