

CARE OF CHILDREN'S HAIR
ATTENTION IN CHILDHOOD INFLUENCES AFTERGROWTH.

Use Soft Towels in Drying and Avoid Stiff Brushes—Clipping the Hair Often Not Favorable to Growth. Massage Scalp Semi-Weekly is a Good Thing to Do.

Gentle, regular attention while the skin of the head is tender is what gives hair its vigorous health and life, and prevents premature baldness when the child has grown up. When the baby is ten days old the mother should see that the tiny head is very delicately massaged with the tips of the fingers at least twice each day. The nails must never be allowed to touch the skin. If the latter has a tendency to be somewhat dry, rub on a little almond oil.

Keep up the massaging and bathing for at least three months, after which a weekly shampoo preceded by an oil massage is sufficient. As the hair comes in thicker, brush with the softest camel-hair brush. Refrain from using any sort of comb or stiff brush on a child's head until after it is a year old. As soon as the baby has passed its first birthday, it should have a comb and brush of its very own, and they must be kept in a place by themselves so that there will be no danger of anyone else using them. It is essential also to the cleanliness and health of the scalp that each child never make use of any brush or comb except those allotted to it, and the mother should cleanse them in ammonia and warm water each week.

HOME COOKING.

Creamed Fish.

Soak the fish three hours, then boil in fresh water until tender; pick out all the bones. Bring one pint of rich milk to the boiling point; thicken it with a tablespoonful of cornstarch dissolved in a little water, add a tablespoonful of butter, and stir in a large cup of the fish. Add two well-beaten eggs, heat thoroughly, and serve.

To Roast Ham.

A roast ham is superior to a boiled one, as it is more full of gravy, has a finer flavor, and will keep longer. Soak the ham thoroughly for at least 12 hours, wipe dry, and cut away any rusty parts.

Cover the ham with a flour and water crust, taking care that it is of sufficient thickness all over to keep in the gravy.

Fried Green Peppers.

Cut the peppers in slices, lengthwise and with a sharp knife remove the seeds and white membrane. Cover with boiling water and stand in this until the water is cold. Wipe the strips dry and fry in butter until slightly browned and tender. Serve alone or as a garnish for roast meats, steaks or chops.

Home Use of Glycerin.

Nothing is better for chapped hands than a mixture of glycerin and olive oil in equal proportions. The softness of the oil takes away the smarting property of the glycerin.

To make glycerin jelly equal to that sold, and quite pure, dissolve a one-ounce packet of tablet gelatin in a little water; then whisk it into a pint of glycerin.

Pour into pots. If too stiff, add more glycerin. An ounce packet of gelatin stirred into four ounces of glycerin after being softened with water will cause the gelatin to set like stiff glue.

This, cut into squares, is excellent to use in throat troubles. A tin of condensed milk, four ounces of glycerin, two ounces of honey and half a pound of sugar make a honeyscotch, nice to take and very nutritious.

If a laxative is required, two teaspoonfuls of glycerin swallowed warm at intervals of an hour are what is needed. As a cure for indigestion a teaspoonful of glycerin after meals is valuable.

For earache a few drops of warm glycerin poured into the ear soothes and heals, and equal parts of helonias and glycerin mixed and rubbed around the ear will soothe the pain if severe.

A Too Quiet Life.

The private life is an excellent and a beautiful thing when it is founded on affection and tenderness. But to lead a private life, and only a private life, is for most women not beneficial. It narrows the mind and restricts the sympathies. It makes a woman think that because she never sees her bread with tears, bread comes easily to all, and there are no injustices which she need trouble herself to rectify. In words she may admit that women workers are to be pitied, but in deeds she will only be effective if she has at some time of her life worked, felt and suffered with them. And the time is at hand when women of the industrial class who do not find that all doors are kept comfortably open for them will see middle-class matrons and maidens for something more than philanthropic commiseration and the gratifying assurance that "there is no place like home."

Occasionally a little oil put on the sole of the shoe will keep the leather elastic and soft, and at the same time prevent the shoe from becoming waterproof as

MASSAGING THE FACE DAILY.

Strengthens Muscles, Smooths and Improves the Complexion.

With massage a tissue builder is necessary, and for wrinkles one of the best is made of 20 grains of alum, three-quarters of an ounce of thick almond milk and three ounces of orange flower water. Put the alum into the orange flower water and dissolve. Then, shaking constantly, very slowly pour in the milk. Use as one would cold cream. If the crows' feet are really deep, alternate this every other night with an emollient made of 20 grams of juice of lily bulbs, seven and one-half grams of strained honey, 15 grams of white wax and six grams of orange flower water. Melt the wax and honey in an earthen dish, set in a basin of hot water until a smooth paste is formed, then remove from the heat and gradually beat in the orange flower water and just which have previously been mingled. Do not use oftener than every other night, applying it with the finger tips.

The thing to be specially borne in mind in massaging crows' feet is not to have the strokes so hard as to press the eyeball, but only enough to smooth the skin.

After bathing the face thoroughly with hot water, rinsing in cold, rub the wrinkle food freely into the deep wrinkles around the eyes. Begin at the inner corner of the eye in a circular motion outward to the temple. The pressure should be light and the movement rather slow or it may irritate the eyelid. Continue for five minutes, repeating about twenty times. Close the eyes, then place the tips of the fingers again at the inner corner of the eye and draw the fingers very lightly over the eyeball outward to the temple; this will greatly strengthen a drooping upper lid. Repeat this several times with three fingers so that the third will come below the eye.

To eradicate the crows' feet at the corner of the eyes, cover the finger tips with plenty of cream and perform a circular movement, being particular to always rub across the deep lines; this movement is also invaluable in filling out depressed temples. The skin must be held firm while rubbing in the cream around the eyes. Place the fingers of the left hand above and below the crows' feet, pressing the fingers apart, thus pulling the skin smooth, and rub in with the right hand, reversing this order when doing the right eye.

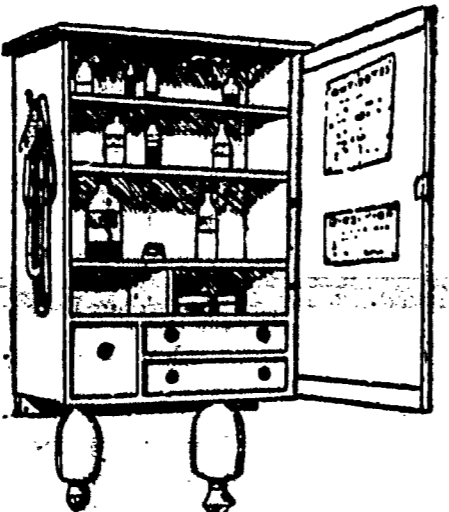
Another set of lines likely to appear are about the nose from the mouth and are caused sometimes by laughing, but always by exercise of the lips. There are muscles just before the ears which, if strengthened, will hold the flesh firm, keeping the cheeks round and full, preventing lines.

Find these muscles by placing the finger tips before the ears and beginning to rub in small circles, always before the ears. When the muscles are touched upward movement will draw the corners of the mouth up with them, and the drooping lines about the nose will disappear.

If this is done only once daily, let it be on going to bed.

Home Made Medicine Chest.

Every house should be provided with certain household remedies in case of emergency, and these should be kept by themselves. Bottles containing



poison should be blue or brown and distinctly labeled, or, better still, of different shape from others, so as to be readily distinguished even in the dark. In the illustration is shown a home made medicine chest which carries out the above idea.

Concerning Women.

There is an odd superstition in M. Worth's workroom. When a wedding gown is being made there is a rush among the sewing girls to thread the first needle with a hair from their own head and pass it through the material. Whoever is first in this race will be the first to marry.

Miss Kang Tung Bac, a young Chinese girl in New York, a student at Barnard college, made a speech at the banquet of the Chinese Merchants' Association the other day, a new achievement for a woman of her race, even in this country.

California's women's clubs have decided this year to study their own state and will study the poets and scientists. A club house has been at the state university for the use of girls of limited means by the club state federation.

Over 3,000 women are organized in the United Presbyterian church of the United States. Last year they raised and administered over \$100,000. They support two hospitals, two dispensaries and a girls' boarding school in Egypt. They support in addition 64 women missionaries of whom five are physicians. They support also 19 home missionaries among the Indians and freedmen.

The woman who paints her face doesn't fool anybody but herself.

There is no use praying one way and pulling the other.

DO NOT CULTIVATE OLD AGE.

First Touch of Gray Hairs and Beginning Crow-Foot Causes Alarm.

But when these pests make their first appearance when you are on the wrong side of 40, they are apt to cause a very panicky condition of mind.

Almost every one flies at first to cosmetics instead of hygiene or mental work, and that is where they make their mistake.

As a matter of fact, if we could only realize it, gray hair or white is really pretty, and when in company with a bright complexion becomes almost beautiful. Besides, paint does not cover lines, nor fill in wrinkles, and on withered cheeks accompanied by dull eyes is merely hideous.

To remain ever young, banish from your mind all thoughts of trouble and sorrow, all ugly thoughts. Do not harbor envy, jealousy, revenge, or malice. In fact, try to love your neighbor as yourself. You will find in holding happy, healthy and helpful thoughts that the lines and wrinkles will disappear and beauty will reign instead.

Do not give way to feelings of languor and inertia. Keep busy. Do your work, whatever it may be, with vigor and vim.

Don't count your years and say, "Oh, dear, I am growing old." Rather forget them and say, "I am as young as ever I was."

There is everything nowadays to help a woman to retain her vigor. Baths, electricity, massage, and, last, but not least, trained mental work, which cannot be overrated.

Say to yourself: "I am looking as old as I feel—and I feel like twenty."

Mix with young people, find enjoyment in their pleasures. Try and forget self, and that old self will forget you and pass on.

Take a happy spirit to your work and do what you have to do ungrudgingly.

Don't watch the clock. It makes the hours so long, and you will get tired so much sooner.

Thank God that you live in the twentieth century, and are somebody, instead of living in the sixteenth or seventeenth, when you would have been nobody.

A Simple House Gown.

The shirt waist dress in all its modifications is much liked for simple afternoon occasions, and this year is being shown in some very charming designs. Illustrated is one that includes the chemisette, this is always dainty



and attractive. It is made of ring dotted chaille combined with embroidered muslin and banding of blended colors, but which is quite appropriate for almost every simple, reasonable material. The waist is unlined and combines a plain back with fronts that are tucked at the shoulders and is closed invisibly. The skirt is six gored and tuckered to give the effect of a double box plait at front and back and invented plaits at the sides.

THE HOME DRESSMAKER.

Floances on petticoats must be deep. Lace is, as always, popular for such floances, but embroidery is more fashionable.

Embroidered lace, whereupon either ribbon work or jet is used, is shown among the best trimmings.

A simple finish of two tucks is still used on many very elegant skirts, and where something different yet equally simple is desired a single band of trimming around the hem is equally fashionable.

The corset cover and long petticoat are now often combined in one garment by means of the fashionable princess effect. This style is eminently suited to stouter figures and is quite essential under some of the new frocks. It generally has two under-arm seams, but not a wrinkle above the waist line in front. All the lace tucks and embroidery wanted, however, is allowed round the low-cut neck.

Proper Care of Shoes. Always keep footwear on trees when not being worn, and your shoes will be in good condition until the end.

A good friction-polish that contains enough oil to keep the leather soft should be put on every two or three days when the shoes are constantly in use.

Tan shoes require more polishing and cleaning than black ones, and it is necessary to frequently wash them with soap and water to get off the stains that the friction polish does not remove.

A cut apple put in the cake box will keep the cake fresh a long time.

HINTS FROM PARIS

BODICES FIT CLOSELY AND ARE ELABORATELY TRIMMED.

Suchings Continue to Be Popular. Dressy Afternoon Sleeves End at the Elbow—Shirt Waists Are Yoked—When in Doubt, Use Ribbons.

Some of the little Frenchy hats have curls sewed under the brim. The Panama cloths show little checks, dots and figures woven in. Only that which is soft and pliable and tractable dare show its face in dressdom.

Nothing is quite so omitted upon as velvet, but none of your stiff, wiry sorts. The "lingerie" waist is out in the softest of white albatross, with lace insertions. The separate waist in black is novel. It takes elegant silk and lace forms. The redingote proper is simple of skirt and falls to within a few inches of the floor, but the name is lent to many shorter coats. The three-quarter, close fitting coat or coat with fitted back and sides and straight front, the half length and the hip length coat, the basque coat, the coat short in front and with long or short postilion backs, the bolero, the Empire coat—all these are modish.

Witte's Wife a Jewess.

Those who recall the treatment of the Hebrew race in Russia by court, government and people will be able to appreciate the extent to which this union has handicapped Witte, the situation being made more difficult by the fact that Mrs. Witte, besides being of humble birth, was formerly the wife of a very obscure subordinate of Witte, to wed whom she obtained a dissolution of her first marriage, says the Chicago Chronicle.

It is true that she is a very clever woman, that her second marriage was a love match, and that she and her husband are a devoted couple. Moreover, her salons at St. Petersburg are frequented by "la haute finance," both Russian and foreign, which has led on more than one occasion to totally unfounded and scandalous rumors, circulated by her husband's political foes, to the effect that the habitues of her salon used them to hatch "coups de boue" on the money market, both at home and abroad, with official information and secrets obtained through her from her husband. On one occasion the charges of this kind took such a pronounced form that Witte demanded of the czar an independent inquiry into their foundation, which resulted in the establishment of the groundlessness of the accusations.

With all that, however, Mrs. Witte has until now not been received at court, and the great world at St. Petersburg has followed suit—that is to say, the feminine portion thereof.

The Japanese Homes.

"In their native clothing, house decoration, surroundings, etc., the Japanese never make a mistake in harmony of color," says an English woman who has passed many years in Japan. "Rich or poor, high or low, they all have an innate sense of what is perfectly lovely."

"But give them western materials or houses or flowers, and the most appalling results ensue. I have seen ladies of high degree robed in startling hues of stiff brocade silks, with still more gaudy erections on their heads and as a finishing touch gloves of some impossible shade. I have seen a beautifully arranged dinner table adorned in its center by vases of indescribable makes and materials filled with flowers of every imaginable kind and all colors of the rainbow. And the foreign houses inhabited by the Japanese! Imagine the newly built and furnished stucco villa of a wealthy mill hand and you have the idea.—Exchange.

For a Girl to Know.

Some one has suggested a few things that every girl can learn before she is 12. Not every one can learn to play or sing or paint well enough to give pleasure to her friends, but the following "accomplishments" are within everybody's reach:

Shut the door, and shut it softly. Keep your own room in tasteful order.

Have an hour for rising, and rise. Never let a button stay off 24 hours. Always know where your things are. Never let a day pass without doing something to make somebody comfortable.

Learn to make bread as well as cake. Never go about with your shoes unbuttoned.

As It Is in Rome.

In Rome, it seems, they attach great importance to the ante-nuptial connections of a married woman, and in order that she may have no opportunity to sail under false colors she is expected to write her maiden name beneath her married one on letters of invitation to Italian residents. An English woman in Rome, writing to an old friend who had just arrived, forgot to drop the Italian custom and signed herself "Hamilton, nee Wilkins." This somewhat irritated her friend, who had known her in simpler days, and he signed his reply, "James Brown, nee retroussé."

Rice is Japanese.

The Japs excel in cooking rice, and their method is exceedingly simple. Put one cupful of rice which has been thoroughly washed over the fire with five of fast boiling water. Add salt, and when it has boiled fast for fifteen minutes set the saucepan, uncovered, in a moderate oven. In fifteen minutes the water will have completely evaporated, and every grain be distinct and fluffy. Not a grain will stick to the saucepan.

Line of hose—The weekly wash.

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