Daily Exercise With Massage and Astringent Cream to Strengthen Throat Muscles and Restore Facial Contour.

ATTENTION TO DIET.

Getting rid of a double chin should begin by washing the face in hot water to open the pores, and then rubbing under the chin and over the laws the cream given here. Then hold both hands with the thumbs meeting under the chin. With the fingers firmly pressed to act as a brace the thumbs should be drawn back to each ear with as strong a pressure as one can give. Never bring the thumbs over the skin back to the chin, but lift them, and again press up hard. This is literally to rub away fat. Little practice will show precisely how to hold the thumbs to get the broadest stroke with them, but all the strength one has should be used in the wearing away process, says the New York Telegram.

Do this for ten minutes, using more cream if necessary.

Melt fresh tallow, strain, and use as much glycerine as there is tallow. Into these while they are liquid put the alum. Put the rose water in a porcelain saucepan, let it heat a little and then dissolve the isinglass. Remove from the heat, but while still warm mix in the tallow and glycerine with alum, beating with a silver fork. Then add the camphor and benzoin. The purpose of this cream is not only to serve for massage, but to keep firm skin that would sag and wrinkle as fiesh teneath it is rubbed away. The cream should not be used for any other purpose than this, and should be discontinued as soon as it can be.

After that, exercise the throat to develop muscles that have grown too weak to do their duty and so have permitted fat to accumulate. Begin by bending the head forward until all the cords in the throat are stretched. After that tilt the head first one side and then the other as far as it can be pulled. There must be muscular effort put into these movements or they are time wasted.

At the end of the exercises, that should take fifteen minutes, wipe the chin either with pure alcohol or else with a good toilet water, which is also astringent and will remove the grease on the skin.

The way the head is held may have much to do with preserving facial contour, for if the poise is not such as to keep the throat cords well held they sag and flesh accumulates, by a natural process of weight dragging down. Few women hold their heads well, which is a pity, for it may carry much distinction, adding it is erect, with the chin up, but not thrust out. It is worth practising.

The Bachelor Girl of To-day. The two very vital questions: "Is a girl an old maid necessarily at thirty?" and "is not eighteen too young for marrying?" have been and promise to extend their popuasked time and time again since the advent of the "bachelor girl," but never satisfactorily answered.

A generation ago these questions might have been answered promptly and for such wools as challie, cashand positively, says a writer in the current issue of Housekeeper. Then a girl was considered a "spinster" at jacket is quite simple yet it is thirty, and eighteen was not far, from the average age for marrying. In those days spinsterhood was regarded as a condition to be avoided at almost any cost. The opinion ap- | a portion of its length. When liked pears to prevail that woman may remain single just as well as man. The explanation for this changed condition is, of course, to be found in woman's invasion of the business costume, while the skirt is one of the world. The bachelor girl, inde most desirable of all the season's pendent, respected, admired, is a natural consequence of society's both for the house and for the changed attitude toward women who earn their own living.



The Sultan of Sulu, who offered to make Miss Alice Roosevelt: daughter of President Roosevelt, his seventh wife.

To Restore Blonde Hair. Blonde hair often grows flarker as the blondy girl grows older. Rub five or six eggs into the hair and scalp, allowing them to drain into a bowlful of hot water, to which has been added one teaspoonful of saits of tartar and the juice of half a lemon. Shampoo thoroughly and ringe with energy and plenty of water. Sit in a sunny window when drying your tress locks, and do not Seeing the doctor, he went up to is quite dry.

Broadwinners.

CHILD TARON LAWS

Modifications of the law of June 19, 1902, governing the employment of women and children, recently brought before the Italian Chamber of Deputies, provide for new regulations which will be of interest in industrial America. The new regulations provide that children of either nex under 12 years will not be allowed to work in any factory or mines. This provision is practically extended also to any trade. For admission to work in mines, tunnels, and so forth, children must have attained the age of 13 years where there is electric traction, and 14 years where there is no electric traction, and women and girls are excluded altogether from this class of labor, regardless of age.

In work of a heavy, unhealthy or dangerous nature the new laws provide that no boys under 15 years of age shall be employed, or females under the age of 21. In Sicily, under certain circumstances, boys of 13 years will be allowed to continue in the employments where they are now engaged until July 1, 1907, atter which the age limit will be 14 years under the conditions named above. Night work will not legally exceed nine hours out of the twentyfour, and in cases where night and day shifts are used the reliefs shall be made every eight hours.

These new regulations indicate the amount of thought which is being devoted to an important branch of social science by the Italian government



A Tasteful Morning Gown. Morning gowns that are made

with lackets that match the skirts instead of the tighter fitting waists have been a feature of the summer larity through the cooler weather. . This one is graceful, becoming and attractive in every way and is alike appropriate for washable materials mere and the like, which will be in demand before many weeks. The tucked in a way to give the best possible lines to the figure while the skirt is seven gored with a tuck at each seam, which is stitched flat for both models can be utilized separately. The jacket will be a favorite for the winter worn with odd skirts as well as for the morning models, and will be greatly used street

Woman's Part in History.

In days gone by several famous queens have personally led armies into battle, and the glory of their campaigns—such, for instance, as Zenobia. Queen of Palmyra; or, in later days, the peasant, Jeanne d'Arc -are read with awe by the women of to-day. But although they may not enter into battle, as has actually been done by more than one woman. even in the late War of the Rebellion, several of the women of European courts have honorary rank in the armies notably in the German, for it is a mark of the Kaiser's favor for a woman to be appointed an officer in one of his crack regiments. The German Empress herself is the colonel of the Pasewah culrassiers and formally dons the picturesque white and red uniform and leads the cuirassiers in person at the reviews and parades. Queen Wilhelmins of the Netherlands also commands a She is the only child of the twell cavalry corps in the German army, Duke of Hamilton and Brandon the Netherlands also commands a her colonicley being a birthday present from the Kaiser, and the Grand Duchess of Baden and the Dowager Queen Marguerite of Italy hold like

a German woman, who taken seriously ill, was sent to the hospital.

quired how she was getting along, and was told she was improving. Next day he called again, and was told she was still improving. . This went on for some time, each

day the report being that his wife was improving. Finally, one night when he called he was told that his wife was dead.

comb out the tangles until the hair him and said, "Vell, doctor, vat did she die of-improvements ?"

"It is a prevailing idea in feminine circles that, if you want your eyes to look bright, you must pu belladonma in them," said a worker upon the faces of women. "Truth the heart of the Best Side when Tr to tell, if you did this you would be unable to see at all. Belladonna en- tion was attracted by the coresion. larges the pupils, which silows so much light to enter the eyes that you can scarcely open them. No the eyes can be brightened, but not in such a way as this.

"Bright eyes are the rule now. little turbana which turn up in the front and slope sharply at the sides. which bring a woman's face into re a Hebrew prayer. lie£_

"Making the eyes larger is a delicate task. They say it can be done by stretching the eyes. The patient is to sit every day with the eyes wide open, staring straight ahead. This may destroy expression, but it will make the eyes bigger.

"Try this method of making the eyes bigger. Reduce the fat on your face. Diet. Don't eat fattening Walk, and massage your things. cheeks.

"To brighten the eyes is another matter. Go to the druggist and ask him for the best of borax. Tell him that it is to be used as an evewant. Now prepare it according to his directions and bathe the eyes in it every night. Don't go to bed with a pair of tired eyes, don't go to bed with the eyes dull and aching.

"There are certain eye rules which beauty should heed. One of these is the rule of the care of the sight. Don't sit facing the light. Don't wake up with a bright light in the eyes. Don't read in a light that is: sharper than the eyes can bear,

"And to these there are other de ta. One of these is don't read when you rock."-New York Sun.

BOUDOIR SECRETS.

The old-lashioned mutton tallow skin food, made sweet with invender and creamy with almond oil, is the best thing known,

Do you wish to have your eye rows black? If so, lightly paint thern with Indian ink, using a fine brush and taking care that the skin beneath is not stained. The lean and faded face can; be

made to look almost young with proper attention. The face must be massaged every night and with a food which plumps it out.

Most people drink too much because they drink too fast. Drink little, better not at all, during meals. If much is taken, especially at disner, it hinders digestion.

ellar wa and hold them by the fire for fifteen sames of chance. It does not even I went minutes she will have as nice a pair need a pack of cards or a supply of of hands as one could want.

Hair Dressing in Japan. matter in Japan, because the style in which the hair is worn denotes the position and age of the wearer. For instance, girls of 8 or 9 wear their hair in a how at the back, wound round with red crape, the front having two locks dangling at the side. The older girls comb their hair high in the front, and arrange it in the shape of a butterfly or half-opened fan. A widow, wishing to be mar-ried again, twists her hair round a miliar object. The lion, tiger, moon, ran nearly west, se I thought I long shell hairpin, placed across the mouth allyer money, gold money, box, have light shough. sombs it back quite plainly,



the richest heiress in all will Inherit everything that the permits bine to bequeath to her

positions, and take an active interest Adjust mostle on hose so it will in their respective regiments. Adjust mostle on hose so it will in their respective regiments.

Perfumed Large Queen Alexandre's laces he Queen Alexandra's laces theme of dreams as does the midesten Chink, and silks are perfumed in a simple That can easily be imagined from the and delightful manner. The drawers casual glance at a Chinese meal and in which they are kept are listed with a reflection on the possibilities of white paper, strewn with rose leaves. A layer of the fabrics to be scented accomplish.

Is placed over this with more rose petals sprinkled upon it, and so on until the drawer is filled. The result is a delicate perfume, obtained by an inexpensive method, which be the mother of inventions as most of the needs by an inexpensive method, which of the needs by selected are made. any women our copy - Home Notice. The state of the s

beine reporter was peaular. His attenwhich seemed to contar about the doorpost of one of the ground floor Bath way

An aged gray beaded patriarch was tacking a little case to the upper right hand doorpost, a hairbread... from the They are actually required by the edge. It was of tin about three inches long and half an lack wide and while fastening it securely in place and by the tiny little round hats the old man seemed to be multiering

> After the ceremony was ended the reporter began to ask questions. "Yes, it is a religious rite" the the old Hebrew answered. One of the most sacred of our religion—the fastening of the meausah. No home is blessed without it, and one might better die at once than attempt to live in a flat that did not have a men uzah on the doorpost."

Some of the meausahs one finds in the East side are of glass. Others, more elaborate and expensive, are of carved wood. Still others are nicely turned, with knobs at either end. Great care is taken that unclean hands shall never touch them. They are not allowed to fall into the hands of non-Jews, if that can be prevented, for fear they will be mistreated.

According to a rabbi with whom the Pribune reporter talked the obligation is derived from the Biblion pass lord if he would see that age: "And thou shalt write them on hed about midnight is the doorposts of thy house and with off shoul two. He suprement in thy gates." The custom has been known since the time of Josephus, said at one time the meausah was supposed that I had sold my day to be a powerful factor in warding of out and but a new lot of ovil spirits. In the Middle Ages the waiting for me at Jecture, and practicing of writing the names of cer set to be there before the expense tain favored augels, in addition to left in the morning. the passages, crept in. Malmonides, the great Jewish teacher put a stop string round walls I told sail to the innovation after a vigorous come took little motios of them; so paign, in which he preached that those who lived in houses so branded that week notices too charge would have no share in the future a notorious robber The Man

Policy, Chinese Fashlon.

It is a curious thing says the Ha rather allegs in his last wallan Star, that here in a community appearance of a centilemin a where the Chinese gambling rame of his tack bors those has che is has flourished for many years which an of comparatively few outside of those take for anything fit who are devotes at the shrifts of the villalnous disposition goddess of chance have even the faint "When I went to est idea of how the game is played, asked the landlord

Che-fa is a very simple game, indeed and in its very simplicity the did not know him the dimoulty which the authorities afternoon had dain here, as elsewhere, find in suppress next day, sion. It needs no apparatus or lay woman will cream them very well out" as do roulette fare and other chips,

Simply judge as a gambling pame yard I to and conceding for the moment that it away and the mo Hair dressing is a very important is played on the square, the factor in Japan. because the style allurements, for it is, on that basis, by two belock I was on ordinarily conducted is as crooked as The road lay directly this

back of the head; while she who centiped, dog, rat are among these. I had entered the wood wishes to remain faithful to the de- but many of the characters represent about half a milk where parted, cuts her hair short, and things which are not generally dis wheels with the full than the course of the parted of the course of cussed in polite society. A person into a deep bels. Se who wishes to play the same seek matter of aspectational of an account and gives him what paid a second and account account and account account and account and account account account and account account account and account accoun time indicating what character he looked color) tooms chooses. The character is marked on see nothing of least to the agent's ticket and the fortune cheard we will color an serker receives a all packnow length and asset the like bet or stake. Showld the parels thing besides the granter plant observed the drawing to heart population in the winning number the lucky play, wide to the other to the other to the wins 30 times the amount of his coverd has leader by the stake. Thus, if he stakes five course the movement; it was all he wins \$1.50, or if he plunges heavily in my carri "I knew this

he with say a dollar he wins \$20. But stant he does not get all that he wins there is the agent to be considered and he collects 10 per cent of the amount of the winning so that the methet to obtain 7 per cent of the amount of the winning so that the methet to obtain 7 per cent of the amount of the winning so that the methet to obtain 7 per that the man who won \$30 would receive only to fleey there out that somebod had man who won \$30 would receive only to fleey there out that somebod had the popular with them. They are devoted opened my symmetry to be lievers in dreams if a Chinaman had broken of a rat, for instance he will lose no time in seeking a che-ra agent and backing the rat to vin, and no number of recurrent loses soems to upset the Chinese faith in this heaven had the receive the had goney with the seent sign for success. Of course it is apparent that if a sam played on every one of the 35 characters he would in all probability win, but his search of cown. All this passed informs the agent according to the vinning character less the seent's comments of the agent would be a lose, for he would only region of the vinning character less the seent's comments of the agent according to the cent was a second to leave the leave that the leave the with, say a dollar, he wins \$30. But stant. Queen Marguerite of Italy hold like positions, and take an active interest in their respective regiments.

Died of Improvements.

The Springle Clothes Quickly the agent's commission of 10 per cent "in a few moments my norse with Such is the game of cheight Bear knee deep in the mod and I show ing only the dream portion of it. It could slip on without noise So dream on the standard part of the mod and I show ing only the dream portion of it. It could slip on without noise So dream down and roll ready for troubles. This als a good and easy way to even the chance of betting that their down in the winning character less the botte the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's commission of 10 per cent "in a few moments my norse with Such is the agent's could be agent's gle bet on the winning character less the bote. American does not have the same king

Connecticut not necessity, seems to

THE PARTY OF THE P village shortly error as soil politica (100) a que la contrada la Lorse (2001) à la stable (02. Els) After we had esten supe paired to the bar-room, where he renation flowed freshy - weil gentlemen; hexeton knocking the sahes from his pi putting it in his pocket bupp tell you about the last tales of w consequence that happened to me ? on my way home for winter quar

It was during the early part of like apring one pleasant eventer that pulled up at the door of a a lare tavern in Hancock county diana i said it was a piessi mosp warm. I went in and called Supper and had my horse taken pains After I had eaten I mat down in the bar-room. It began to rady about eight o'clock, and it was very dark o of doors. Now I wanted to be a Jec SOR the next morning, for I says load of goods there for me which faithfied to dispose of on my 3

"The moon would rise mbout w plant, and I know if it the motif prise at this and as not stop for breakfast. L

There were a number of arrested by attention by description of his person, side man before me answers yes it. He was a tall, well

the traditional dog's hind leg wood, and as near as I can be the there are 30 characters in a che to the distance was intelled.

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