

society of men—and then only so

Yours respectfully. EGBERT F. ASHLEY CO. By Egbert F. Ashley, Prest. Approved, ROCHESTER GERMAN INS. CO. By Eugene Satterlee, Prest.

offices will be fully maintained.

By Strict Attention to Condition of mental A new claret set shown in the Stomach and Blood.

If women understood more about the actual structure of the skin they might find it easier to keep it in good condition.

In the first place, it is a breathing ; organ, like the lungs, and second, a natural loom for the manufacture of the beautiful protecting blanket (for such it really is) called the cuticle, scarf, or outer skin, which thinly covers the entire exterior of the body.

The scarf skin is woven or built up from beneath by millions of minute scales, which are welded firmly together by the glutinous fluids which ooze from the deeper parts of the skin, and are smoothed down on the surface by the oil thrown out upon it.

When anything affects the health of the scarf or outer skin some form of skin trouble results. Thus, if too much oil is secreted, the oil accumulates upon the surface and in the glands and produces a muddy complexion and gives rise to face spots. On the other hand, if the supply of grapes with the leaves and the oil is scanty, a delicate, irritable graceful tendrils appears on the jug skin results, and is frequently the and the six little cups, while on the forerunner of chaps and eczema.

with an excess of irritant impurities, this will in time create inflammation tive, and the whole set is both origin and irritation. Rheumatic or gouty nal and handsome in design. eczema is due to this cause. Lastly,

It is evident, therefore, that any difficulty comes either from external or internal causes and indigestion is that are not thrown off through their proper channels from the stomach happiest of the day. make their way into the blood, and |; out through the skin, and one of the reasons that candy is so bad for .he complexion is that it produces fermentation that is felt immediately by the blood. Sweets in moderation are a necessity, but they should be of the simplest and most wholesome kind, and eaten only in moderation. Acids produce precisely the same effect upon those with whom they disagree, and too much fat in food will also work out through the blood and complexion. Therefore one should have no doubts as to what properties suit the digestion and blood, and a change from one shirtwaist to andiet should be regulated accordingly.

Copper Claret Set.

combined and ornamentel with other It refreshes you and the others, and

PRESERVING THE COMPLEXION. vor for articles used on the table as well as those that are purely orna-



the illustration is of duil copper inlaid with sliver. The design of Found tray the same design is car-If the perspiration is acid or laden ried out most elaborately. The shape of the jug is plain, but quite effect

Another pleasing novelty for the impure blood frequently manifests table is the nickel asparagus set. itself by breaking out upon the skin. The asparagus is laid on the tray showing that the blood itself needs and easily conveyed to the plate by purification and cleansing, the special spoor accompanying the set.

Dining Room Don'ts. Don't fail to make the dining the more frequent one. Impurities room the cheerlest room in the house, and the time spent in it the

Don't forget that birth and breeding show up more clearly at the dinner table than at any other time. As a man eats, so is he.

Don't Ignore details here if you must elsewhere, See to it that the silver shines, the glass glistens and the linen is spotlessly white.

Don't fail to remember that the conversation at the family table should be general. Little pitchers, have big ears, and that they are especially receptive at meal time.

"Dress for dinner." If only to other, note the change, but add a bow or a w flowers or something to show an attempt to "dress up." It Copper, and particularly copper has more of an effect than you think. metals, is constantly growing in the goes a long way toward creating a harmonious abmosphere.

ong as she can conceal her felinity or make a feint at being generous and sincere. For even men won't tolerate the cat's treachery, once it is revealed to them.

All women who have not home duties to keep them strenuously employed ought to have some considerable outside interest. We have a great leisure class of women in America. They have none but social calls upon them. They are bored by toilsome rounds of dinners and dances, their tours from country homes to town houses and back and forth from Europe. To save them-

selves from the depths of ennul they play at scandal and they talk scandal. They keep the divorce courts busy and provide topics for the scandal-monger's tongue.

Look at the club meetings and side of the tank through perforated for want of some one to listen to their insinuating scandal; where enlightened women are wise enough to enjoy the companionship and conversation of members of their own sex.

Why? Because each Individual has an aim in life.

Effect of Room Furnishings,

It is a strange but true fact that it is impossible for a person to live and retain his health in a circular room filled with furniture fitted to the bend of the wall. This has recently been demonstrated in the Minot Ledge Lighthouse in England, where for the sake of economizing space the furniture was made on lines to fit the curves of the wall. Several cases of mental trouble have developed in succession among the men employed at the lighthouse, and spat ctalists assert that this is the result of there being no angles on which the eye may rest, so that it consoquently roves around the room until the effect is maddening.

Red wall paper, too, has a most injurious effect upon the nervous system, the first symptom of which is headache. One reason why new houses are so often papered in red is that it does not show traces of wall dampness as soon as does paper of other colors, and therefore one reason why new houses are so often considered unhealthy is the effect of the wall coloring, which produces the most violent headaches.

The Cure for Scandal. It is told of Hannah More that she

had a good way of managing talebearers. It is said that whenever she was told anything derogatory of another her invariable reply was:---"Come, we will go and ask if this be

true," The effect was sometimes ludicrously painful. The talebearer was taken back, stammered out a qualification or else begged that no notice might be taken of the statement. But the good lady was inexorable. Off she took the scandalmonger to the scandalized to make inquiry and compare accounts. It is not likely that anybody ever a second time ventured to repeat a gossipy story to Hannah More, says Modern Women. One would think har method a cure for scandal.



Stirs Up the Clothes.

luncheons where the feline languish openings in the cylinder. In each half-revolution of the cylinder this will cause a rush of the water from one side of the tank to the other through the cylinder and also about the clothing.

> How to Dress the Neck Few women realize how much their appearance depends on the way they dress their neck. Women with short necks bundle themselves up until they look as if they had chronic sore throat, while a girl with a neck like a giraffe wears a little turndown collar.

Let her who has the long neck wear all the high, soft neck adornments she can get together. With an evening gown she need not be afraid to put a band ribbon under her necklace, and she will look all the better. In the daytime medium necked women should never wear a collar that confines the neck too much. In the evening the least adornment possible, and if she be fortunate enough to have a pretty neck and throat she is better without any jewels. If she must wear some, let them be a string of pearls or a necklace of solitaire

diamonds. The thin-necked, scrawny women. are the ones that can drape themselves with the old-fashioned necklace with pendants. A dress cut open at the throat is always much more dressy, and even for old ladies is becomingly pretty. But their necks must be thoroughly covered with folds of net or soft tulle, says Woman's Life.

Nothing is ever prettier for old ladies' wear than the kerchiefs which consists of a square of net folded and put under the gown.

To Have a Small Waist.

Try this. Plant the feet firmly on the floor and stand naturally. Now pull the chest up and out without moving the shoulders unnecessarily Draw yourself out of your skirt band still keeping the feet on the floor. Wriggle out of it, the band and there you are. The abdomen is down where it belongs, the chest, stomach, lungs and all organs have found their proper resting place and frankly, isn't it the most comfortable position you've found yet. Yet the watet is quite a bit smaller, is tapering and is or will soon become quite what Madame Fashion dictates.



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