Double Chin an Affliction to Which Overcome This-Evil Effect of Tight Bands About the Neck.

"Double chins used to be a mark you and yours.

"Now it is different. There are no women of forty. The single chin is

the mark of youth.

Eating, tight collars and heredity are the three causes of the double chin. Then there are other things which are just as deadly.

"The woman who reads all day with her book in her lap is sure to have one. The woman who holds her head stiff and straight is sure to develop a double chin. The woman who looks down when she walks invariably has one, and the woman who holds her head on one side is always the possessor of this blemish

'Girls of fourteen, no matter how fat they are, have but one chin. The reason is this. A fourteen-year-oldgirl exercises her neck and throat.

"She makes motions this way and that way Note the number of times she turns her head. See how she twists and moves, how she makes gestures and how her head constantly revolves as upon a pivot.

"There are certain women who never have a double chin These are women who work in a gymnasium. who walk a great deal with the head lifted, who play golf

"To get rid of my double chin I am going to begin with the Swedish cure. It is the stroking system

"With my right hand I shall hit my superfluous chin six quick strokes early in the morning This must be done before breakfast, in front of an open window. Then I must stop, stand still, put my hands on my hips, and take six deep breaths, filling my lungs right down into their very depths

Then I shall stop and with my left hand deal my chin six quick bows, hard enough to make the tears come in my eves. That ends the first lesson for the day

"I perform the heavy strokes night and morning. It actually takes off a fraction of an ounce a day, and where the chin is concerned an ounce is a great deal

The next move is the lifting one I lift my chin as high as I can, and I finest thing ever for taking the fat off your chin. I do it for five minutes night and morning, and sometimes I work in an extra five in the middle of the day.

"My third double chin stunt is one advocated by the English It is walking Walk with your head up and your collar loose

Baby Carrying Device.

Nearly all the civilized nations as well as the savage tribes have some characteristic manner of carrying the infant which is far superior to that which is generally followed in this country, namely, of embracing the child in such a manner that its weight falls principally on the hands and arms of the nurse or parent. The Japanese woman makes a sort of sling, which is thrown over the back and supported from the shoulders, and, with this bit of apparatus tiny



children are to be seen in the streets along, but little hampered by the baby which they are carrying along on their backs. The Indian has the papoose. The women of some of the Oriental tribes relieve themselves of their infant offspring to cling to the in their way. - Balzac. neck of the mother. There are endless ways of transporting the baby, but that of holding it in the arms is the most uncomfortable of all. Often it is positively painful.

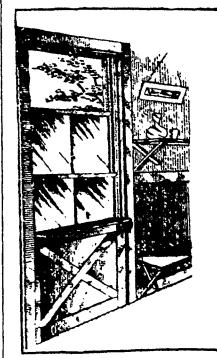
An assistant for the nurse in the shape of a mechanical device to distribute the weight of the infant in arms is shown in the accompanying cut. This carrier, it will be seen, distributes the weight between the ling hot fire. shoulder and the hip of the nurse. and in summer time has the advan: tage of being much more comforta- mitting the juices to perform their distressed by the heat from the nurse's body.

Built Addition For Servants. In this day of apartment living it is sometimes a question where to accommodate the servant contingent. Mrs. O. H. P. Belmont, it is said, has among us for several years past. solved the problem to her own satis. There is no harm in a young man faction in her town apartment, by having an addition built for their than the slovenliness which seems to servants. Occupying an apartment have become universal of late years, of eleven rooms, the family employs nine servants.

DISAPPEARING WINDOW SASH.

Possesses Special Advantages Over the Form Now in Use.

The modern window sash with its large panes of glass does not obstruct the view very much when opened, as They Are Liable-Exercises to it did in the old days, when the glass manufacturers only knew how to make the small panes then in vogue, but nevertheless the open door, in summer, is always more inviting than the open window. Of course, of great elegance in the woman of the double sash window, as comforty, but that was long ago. A dou- monly designed, only admits of being ble chin meant good living, it meant half opened, that it, it may be put that the world had dealt well with either up or down, but affords an opening but half the size of the



rame. The illustration shows a new conception in window architecture, n which the sashes disappear entirely at will. A casement or pocket is provided below the sash, into which they disappear, and a movable sill covers the sash in this position, giving a suitable finish to the opening This sliding still carries in its enda recesses for the retention of the sash erds, locking the sash securely in the concealed position. When the weather is warm the window is tan-formed into an unobstructed opening and when the weather is cold or stormy the sill is adjusted. and the sash raised and locked in position when they resemble the ordinary window construction

The shoe should be three-fourths o' an inch longer than the foot, for the foot works forward in walking Short shors force the toes back and finally the joints become disterred and bulge out on the sides lower it as low as I can This is the and above Thus corns, bunions and lots of bad things. other disorders are developed.

Careful attention should be paid used in the shoes when they are not now

Walking shoes should not be worn in the house, neither should the same pair be worn on consecutive days, thus giving them a chance to

If the shoes are cleaned every day and oiled once a month, they will last much longer. Oil them, especially on the soles and about the stitches where the uppers join the soles For this purpose castor oil is

very good The heels should always be kept n good repair Rubber heels will

contact of the heels with pavement Be careful always to have fresh they learn the sad life to which they sces and ribbons in your shoes. Nothing so marks a woman untidy as worn ribbons or flowing, stringy shoe ties

Said About Women.

With cleverness, thirty years and i little beauty, a woman makes fewer conquests but more durable ones .--Dupuy.

Tears are the strength of women. -Saint-Evremond.

krowledge.--Smiles.

A woman's best qualities do not eside in her intellect, but in her affections. She gives refreshment by her sympathies rather than by her

A woman's thoughts run before

her actions - Shakespeare It is valueless to a woman to be young unless pretty, or to be pretty unless young -- La Rochefoucauld Silence and modesty are the best ornaments of women.—Euripides.

The plainest man who pays attenof the Japanese towns trudging tion to women will sometimes succeed as well as the handsomest who does not .- Colton.

Between two beings susceptible to love, the duration of love depends unon the first resistance of the woma great deal of work by teaching an, or the obstacles that society puts

A Cooking Secret. The great secret of French cooking is a knowledge of the variety of food to be had, plenty of time to prepare the food and a slow fire.

American cooks are in so much o a hurry that when they prepare a meal they imagine that what is necessary is plenty of fuel and a roar-

With meats this simply bakes or incinerates the fibers, instead of perble for the infant in that it is not proper functions. And this "hurry up" system is what is slowly, perhans, but surely making Americans a race of dyspeptics.

Untidy Man.

General slovenliness in the matter of dress has been steadily growing being a bit of a dandy. It is better even at the universities.—The TO JUDGE AN OREDIENT WIFE.

Signs to Guide the Sterner Sex in Their Selection.

This article—though it might be supposed that it is for women-is almost exclusively for the men to read. It tells how to judge an obedient wife. It gives pointers to all who would like to know how to detect a woman who will prove docile and helpful-to all who want to tell whether a woman will be tractable and amiable or develop into a shrew later on.

Never marry a woman who fidgets with her hands. Fidgety hands are nervous hands, and the woman with nervous hands is the woman who

Marry a woman whose hands lie

quietly in her lap. Marry a woman who has the art of resting. Marry a woman who can lean back against ber chair cushion and think. Marry a woman who knows what repose is few women do. Notice her hands first; then notice her lips. If she fidgets with her hands and bites her lips, you may be sure that she is not of the nice, obedient, good-natured

sort. She is a woman who does not

know what it is to enjoy life. Notice a woman's hair-ff you are picking out a wife. A bad-tempered coman never dresses her hair nicely. A woman who is ill-natured does not wear her hair becomingly. It is rough and does not look appropriate to her face. She does not understand people and things; least of all does she understand herself. The bad-tempered woman never dresses well. She is too selfish to know what is becoming to her; she is too rant up in herself to learn anything r . R She is either over-dressed or ander-dressed, and there is no such thing as making her understand it.

Never marry a woman who bites her nalls; this means a nervous irritation which augurs badly for the peace of the household. Never marry a woman who taps

her foot incessantly upon the floor; this means a certain impatience which is maddening in the long run. Pick out a generous girl, if you want a generous wife. Pick out a true girl, if you want that kind of a serve"-which was the truth. wife Women don't change much pick out a pretty girl, if you want a self. I smiled a little grimly. pretty wife.

Don't marry a woman with poor poor teet's which means poor health it's worse—far worse. and Ill nature Bad teeth means bad digestion, and bad digestion means

Where Widows Abound.

your last will preserve the shape if in India it was found that over a

ears was nearly 7,000,000. in India, is nothing but a contract gether that." He paused for a mo- left her face, I went hastly to her leved now to form a block sheet entered into for them by their pa- ment. rents or guardians. Its most pu- "Oh, Roy, it's the same story!" thetic feature is the number of | "I sought her society, and when-

inexorable customs Most of the widows of such tender years become so before they easy, but she attracted me, and I prevent the jarring that comes from | ...now what widowhood means. It is imagined myself in love with her." on! as they grow out of infancy that | "Did you tell her so?"

> are condemned. Though the English law in India marriage of these youthful widows. Incian custom forbids it, and its occurrence is rare. There were in India in 1901 nearly 426,000 widows under fifteen years of age, of whom nearly 20,000 were less than five years old.

An Odd Design in Wicker Chair. here illustrated have been faceflously styled "spite," because they are so adjusted that they may be ar-



ranged side by side or back to back, as circumstances demand. They are fashioned from wicker, in simple design, and in common with much of this style of furniture, are in forestgreen coloring.

Child's View of Art.

A lover of rare old china had a collection that was the envy of her visitors. One day a little girl came with her mother for a call, and, being seated in the living room, wonderingly eyed the array of antique dishes.

The hostess was much pleased at the child's evident admiration of her freasures, and said: "Well, my dear, what do you thing of my china?" The child looked up, and pity was

in her eyes as she asked: "Hasn't you dot any pantry?"

the little maid.

Roy Shacklethorp and I were chums at college, and I felt a certain pride in the association because he had the reputation of being the handsomest, the brightest and most nopular fellow in school. His popularity was not, of course, confined to the school, for he was welcomed wherever he went, and was a great favorite with ladies, especially the younger ones. His one fault, or at least, the only one I was able to discover, was the ease with which he would allow himself to drift into the affaire du coem without any thought for what the consequences might be to the young lady. If matters began to take a serious turn be would break it off and express to me the greatest remorse, but in a week or two would commence another flirtation with a seemingly clear conscience. Though it may seem strange, I am convinced that he himself was utterly incapable of experiencing the grandest of human passions, and that may account for his actions, though it certainly does not excuse them. During the latter part of the senior year he spent several Sundays in succession in one of the little country places near K-, where the college is located. Suddenly the visits ceased, and for several days thereafter his studies were neglected and his face wore a most dejected expression. I knew pretty well what that meant and proceeded to take him to task as I always did, though it never did the least particle of good. He had refused breakfast that morning and kept his room on plea of filness. When I came in he was dressed and had his suit case packed,

"So," I began, "you are going away for a week to have a good time and forget it. I think you ought to be very much ashamed of yourself." "See here, Colwell, if you can't be decent to a fellow who is sick," he did look bad, "you can leave the

'I shall stay right here till I've smiling girl, if you want a smiling said all I want to say. I'm glad you're the Pick out a lively girl, if you sick," which was a lie, "and don't want a lively wife Pick out a good, think you are getting half you de-

He was so very contrite that I felt afterward. And one thing more, my heart softening in spite of my-Go on. That sounds natural."

"But it isn't natural. It's differboth There is something about out this time" of course!-"and "It's a long story."

"Not very," I suggested. "It couldn't be. Not more than five weeks long, or possibly six,"

"If that were all!" "I hope so, Jack. I hope so, but I quarter of a million girls of five am afraid the story is only begun. years old and under were married. She is unlike any girl I have ever Between the ages of five and ten seen." I waited for him to go on. pears over 2,000,000 married girls "The people down there call her were found, and the number of wed- [The little maid, and everybody ded maidens between ten and fifteen loves her. She is beautiful, Jack. But I don't think that is the reason. Marriage of children, so common She is good, too, but it isn't alto-

young widows left in that land of I found out-- I wasn't man enough to leave her at once. If it had been any other girl it would have been

"No, but I acted it, and she, poor

little thing-" "Roy Shacklethorp!" I exclaimed. would recognize the legality of a re- rising to my feet and preparing to quit the room, "you are an infernal

scoundrel!" We made it up afterward, for, incredible as it may seem, I knew that he would never deliberately harm any one, and I really loved the boy. After the course was completed we drifted apart, though we corresponded somi-occasionally, and in The chair-or, rather, two chairs about a year I received an invitation to his wedding. Accompanying it

> was a letter in which he said:---"Do you remember 'the little maid, Jack? Sometimes I wish I had married her, though God know I am not worthy, for she would have helped me to make the most of myself. As it is, my wife-that is to be-will be able to help me in another way, for she has what most people so desirously seek after-

walling of a contract of the state of I did not attend the wedding. Eight or ten months later I was visiting a friend of father's who lived in Boington, a quaintly pretty little village. I arrived on Saturday, and on Sunday attended church with the family, for in Boington any one who does not frequent divine service is regarded with suspicion. I tried to fix my mind on the sermon, but it was insufferably tedious and the effort proved futile. Then I found myself looking around at the many faces in the room till my eyes rested on one that held me spellbound.

Magnificent, dreamy eyes; an oval face framed with wavy brown hair that caught the sunshine; sensitive finely curved lips. Surely she was beautiful, but it was the pure soul of the girl, expressing itself in every feature, which attracted me irresistibly. After the service was over I managed to get an introduction to Miss Dorothy Rockfort—that was her name—and an Invitation to call. I accepted it the very next day, and found her at home. What we said I do not know, but I do know that then and there I fell in love with the sweetest girl in the world. I called whenever I could make an excuse, and when the excuse was lacking chance favored me and I met her claswhere.

If I hadn't been such a blind fool must have seen that she was uttor- and wife.

THE PARTY OF THE P

is fudification to me but is my folly mistook indifference for reserve. hadn't been there a week before had asked her to be my wife andshe refused me kindly, of course and with pity for my disappointment. Disappointment did I may? Good God! Is that the word to express the madness, the agony I endured? I pleaded with her. I begged of her to give me time and perhaps she would learn to love me, unless The thought came like a sudden blow. Could it be that she had already given her love to some one more worthy than It. She did not deay it, and, perhaps because she thought it best for me to tell some one, she told me all. It was not much, but I forgot my own suffer-ing, and the thought of the lonely years to come, in sympathy for what she endured and anger at the wretch wao was the cause. Sometime hefore she had met a man, accomplished, fascinating, who had sought and won her affections and then left her without a word. She had never seen him since, and yet, such is the sublime faith of woman, she still beileved be would return to her.

I was deeply thankful for the conadence she placed in me, and the bond of sympathy aprung up between us which I prized as some sort of compensation. One afternoon, we were sitting out doors on the old fashioned, vine-covered verands, and she was reading to me from a book of poems. She had a beautiful voice, soft and well modulated, and I was content to live in the present, and forget. She kept her even fixed on the book and did not see what I saw a man coming slowly up the road on a bicycle, who looked familiar. I watched him till be came opposite the house toward which he was looking, but evidently without any in-



You ought to be ashamed.

tention of stopping. With a start 1 recognized him. It was Roy Shacklothorp. I aprang to my feet and world is probably the one which all called to him "Shacklethorp!" the street, and every ventige of only love the cava of history, it is be

side, thinking she was ill. "It is he," she whispered, "he has

come back." Then I understood-and on the instant my very soul was transformed with the blackness of hatred and rage. The revelation came like enough of it to cover the whole of , a nightmare that held me powerless, and for that I thank God, for there and Iteland with a layer about many was murder in my heart. I struggled | miles thick, to speak—it was too cruel to see the look of joy that illuminated her dear face, and to know of the despair that must come afterwards. He had dismounted and was coming toward by the mame of The Col her. They did not heed me. Doro- Wife. The Crown Prints. thy rose to meet him, and held out his post father, is a military a her hand with gentle dignity not sizet and is handle

"You are welcome, Mr. Shackiethorp. When did you come?" "We-we came last night."

"Oh! You have a friend!" He straightened himself with a supreme effort at self-command, but did not meet her eyes. I felt my self choking.

"It is my wife," he said.

Courtship Among Tigara. In village of Tigara, in North-

Companion, one sees a young man goldfields of Companion heating out a piece of metal and at the head waters of the steer fashioning a finger ring, it is usually River in the Yukon territory. O intended for some young soman; piece of birth bark but it remains for the mastice of the to-cament, become a two mothers to arrange matters. .The two families may be living close together, yet the mother of the young man will call on her neighbor and tell her how she has intended to be more neighborly, but she has been

The neighbor will declare how delighted she is to see her. Then mother No. 1 begins to tell what a great hunter her son is and how good he is. Mother No. 2, remarks that her daughter is such a sile admixtures to b lovely cook. Having taken lessons, plainly and with the

no buny.

she knows how to cook everything. Mother No. 1 declares that they are never hungry in their fgloo, as son is always successful and brings lots of seals home, -----

Mother No., 2 remarks, that her daughter is such a good sewer hud knows how to sew a beautiful boot place in Gormany and only late sole.

It is finally decided that the young man shall enter the girl's family on Consequently one trip in affines a sort of trial. If the girl turns up comes to grief or one secons it her nose and makes faces he may use well leave, as the match will never amount to anything; but should she greet him with an oucasional smile and allow him to sit by her side in the evening, it will all be clear salling, and they will units as husband

sed devastated; she had be the burden of the coellest was modern times as well as of wast to demnity. Yet France carries he huge debt, pays for her army and with a stationary goodlattom. To mains the richest nation in Europ The reason is plain. A senses wgo the French made an investmen in the re-organization of Paris upor the basis of modern art production The scheme adopted was comprehensive and included every sensuor gratification from the margellon collection of the Louvre and the Ma tional library, which are open free

to the theatres, the restaurants on

the dressmakers of the boulevant

and the Rue de la Pair, No ma

can estimate the harvest Franc

reaps from these sources, but

probably equals England's profit

return of Buglish shipping.

tron and steel, and exceeds the p

Best Weight Guessern Butchers are the world's b weight guessers. The butcher a diffe cult trade gives him a skill is weight-guessing that is simost in credible

It is a commonplace thing in meat shop to see a butcher mela hold of a buge red round of beet and slash off with a great knife for pounds just, or two and a hall pounds just, or six pounds just, and cording to the order.

The buyer of meat wants to at the weight he saked for no soon and no less, and he wants thi weight in one plece, not in one bla and two or three little ones.

. To satulty the buyer the butche has been compelled to acquire extraordinary skill in Judging just how much a certain portion of a round o meat weight, and in outling of that portion amouthly and acourated a

in the forests of Oregon, Wash ington, Montana and British Column bin there is a species of tree that has a continuous and coplous dripping of pure, clear water from the ends of its leaves and branches. This ad tiwordinary sight may be witnesse at all seasons when the leaves are of and agents equally plentful on exert bright days as on damp, cloudy nights. The tree is a species of five and the "weeping" phenomenant is attributed to a remarkable power of condensation poulise to the leave and bark of this species of sever green. In the Island of Petro the are many species of "weeplas to but in this latter ourse the "beard prear to be most abundant he relative humidity is pear

Biggest Block of les. who largest mass of the in

un lightly the interior of Groopland Dorothy heard me, looked toward where it has accumulated since be 600,000 square miles in area and property a nile and a hell to theore

According to these statisties the lump of ice is larger in volume than the Mediterranean and there is the United Kingdom of Great Britain

Introducing the Crown Piles.
The Crown Princess of St who is very pretty and boom seeming to observe his embarrass eral regiments. When married he took his yeding br the headquarters of the regime which he was then setting o and said: 'Gentlemen, the' to introduce his wife to the ment." The charming young was received with rounds of plause, and the name has stuck her ever since.

The Miser's Will a S An addition to the little western Alaska, says the Youth's curlous wills comes from the COMPANIACE WHO YAS WE ast moments said, " was as un per, and so the man erock! e piece of ball, and a signed as witnesses."--

> Consul Johnston of A with cottonse to be promulated there ndviteration. Any deception in sale will-be-punished according **10.46**条,以现代别

Ralloon Ancendon in Ge In the last twenty years 2.0 loon and airship ascents have t 7,570 persons taking part in th 210 suffers an accident.

lave for went