

WOMEN WHO SLOUCH

ADDS TEN YEARS TO HER GENERAL APPEARANCE.

Exercises to Regulate the Circulation Will Do Much to Overcome the Habit—Study the Hindoo Pre-verb.

Many women (yes, and men, too) look from five to ten years older than they really are because of the slouching habit. We see them daily on the street, in the cars, in offices, in our homes. They walk with heads drooping, eyes downcast, feet dragging and with a general air of listlessness. If they are indoors they loiter upon sofas and chairs, when reading or conversing, no matter who is present, and give the general impression of laziness.

But this is not all. They sit at the table, both at home and in public places, with elbows on the table and legs crossed under the table, with head thrust forward, chest cramped in and shoulders rounded. Yes, they even do worse than this. They assume positions in conversing which would bring the blush of shame to our grandmothers and great-grandmothers, stately dames that they were, and which call forth many unpleasant remarks from the opposite sex.

Who of us has not seen a group of girls well-gowned—yes, faultlessly so—pretty girls, too, conversing on interesting topics music, art, literature, and sitting in such awkward positions that they appear anything but refined. Fancy talking about Chopin, Michael Angelo and Dante in a public place and "slouching" like the two girls shown in the illustration! Even frivolous conversation would deserve more dignified positions—at least in public—and we should bear this in mind, "lest we forget."

Frenchwomen eschew the rocking chair because they will not permit themselves to fall into careless habits; and well they may safeguard themselves, for it is a well-known fact that it is their carriage, and not their figure, upon which they build. Straight backs, well-poised bodies and heads well up count for more than avoidances not properly distributed or badly carried.

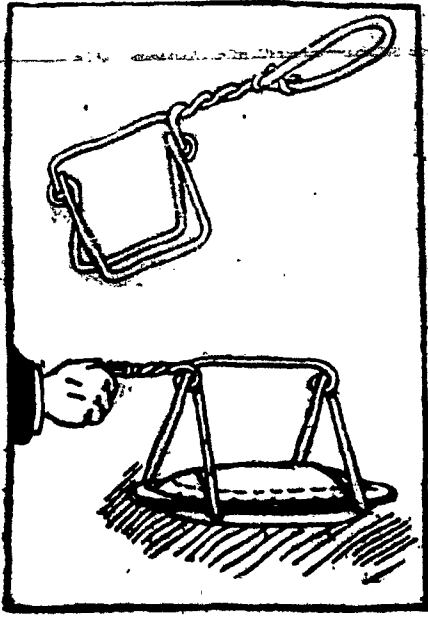
Fixing the hair, fussing with one's collar and becoming absorbed in one's self in public places are not permissible. Well-bred folk groom themselves in the boudoir, and when the doors close behind them they become unconscious of their personal appearance—all of which points to the moral that self-consciousness will detract from anyone's poise. Vails should be securely fastened to the hat before starting out and all the details of the toilet carefully attended to in order to avoid the "slouching" habit.

Plenty of sleep, a walk morning and evening (bearing in mind the right way to walk), exercises that will regulate the sluggish circulation and an occasional breathing spell will do much toward overcoming the slouching habit.

There is a Hindoo proverb to the effect, "I will be what I will be," and this should be the motto of every girl who aspires to be free from the habit under discussion. Hang the motto beside your dressing table, "burn it" in your brain, as scientific men say; carry it in your thoughts until each brain cell becomes impregnated with the idea of overcoming.—Pittsburg Gazette.

No More Burnt Fingers.

In comparison to a few pies the housewife cooks, imagine the number handled daily in large bakeries. In these establishments the bakers are continually burning fingers and hands, and such devices as the pie-lifter shown here are absolute necessities. It is made of wire, bent to form a grip for the hand, and two rectangular sections for engaging the edges of the pie plate. One of these sections is stationary and one is pivoted, so that a pie plate of any



FOR LIFTING HOT PLATES.

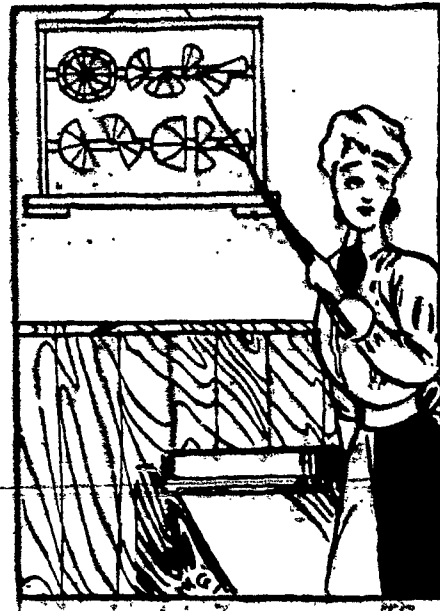
size can be lifted. The method of application is obvious. The lifter is placed under the edges of the hot pie plate, the weight of the pie and plate tending to draw the lifter together and preventing the pie from slipping. It would be difficult to imagine a better method of expeditiously lifting either pie or cake plates.

The weight of a soul having been determined, it is up to some scientist to put the still small voice on the graphophone records.

A HELP IN THE SCHOOLROOM

Device for Facilitating Teaching of Fractions.

School teachers assert that they experience little difficulty in teaching small children numbers up to 100, as parents generally impart this knowledge of figures to the



DIVIDES INTO FRACTIONS.

child before it goes to school. Their most troublesome task is to instill fractions into the youthful mind. In the illustration a device for facilitating the teaching of fractions is shown. It consists of a sphere divided into halves, and the halves again divided into a number of segments. The sphere is supported on wires on a frame, the individual sections being prevented from rotating, but can, nevertheless, be moved and separated from each other. The sphere can be quickly divided into quarters and eights, and the pupil given a practical demonstration of what seems to him an intricate problem.

HOUSEHOLD SUGGESTIONS.

To cleanse a mica chimney rinses it carefully first in vinegar, then in cold water.

Utensils made of aluminum must never be washed with soda or their appearance will be hopelessly ruined.

A cabbage is more wholesome when boiled in two waters. The first carries off the oil, which to some people is very indigestible.

Books with delicate bindings, which have become soiled through much handling, can be satisfactorily cleaned by rubbing with chamice skin dipped in powdered pumice stone.

Sponge carpets occasionally with hot water in which either common salt or powdered alum has been dissolved. This not only brightens the carpet, but prevents moths.

Gravy will generally be lumpy if the thickening is poured in while the pan is over the fire. Set the pan off until the thickening is well stirred in, then set it on the fire and cook it thoroughly.

Women in Hotels.

In proof that public sentiment has changed largely in regard to women, a writer calls attention to the fact that there are now so many more women to be seen in the lobbies of hotels than there used to be. One can scarcely conceive of a woman's passing any time in the lobby of a hotel unless it was necessary, but possibly the point lies in that, as a woman never hesitates to do anything that she considers necessary, this makes it proper.

Care of Brass Beds.

For brass beds no polishing powders nor liquids should be employed, the brass requiring nothing more than a rubbing with a soft rag to keep it looking bright. After the lacquer is broken by the use of powder it will be a task to keep the brass in anything like good condition. The lacquer with which these bedsteads are finished is not meant to be disturbed, but is intended to protect the brass from tarnishing through action of the air.

To Interest the Children.

If parents would invest in a small amount of ordinary modeling clay they would feel well repaid in seeing what a source of amusement it is for the children. They rarely tire of the work, and very quickly learn to model useful household articles. Vases, jardinières and even flower boxes can be made, and when covered with enamel paint prove useful for the summer piazza.

FASHION'S MANDATE.

A very novel collar is made of many ruffles of tulle mixed with velvet baby ribbon in black and white, the black velvet forming flowers.

Silver in braids or fancy trimmings is much used on the pale gray fabrics now so much in vogue.

A novelty in high shoes is of mor-dore leather, fastened with little tabs instead of buttons or laces.

Lace on lingerie, while still much in favor, is less popular than embroidery for trimming the corset cover intended for ordinary wear. The latter both lasts longer and washes better than lace, even the durable German Valenciennes.

HOW TO BUY MODERN CHINA

Begin by Buying a Few Pieces at a Cheap Price in the East.

In buying china several points should be kept in mind. It is cheaper in the end to buy a good quality. By this is not meant elaborate patterns. The simpler colors are the better. Gold is expensive and pieces on which gold is used will cost accordingly. Where stoneware is used comparatively little brush work is necessary, and, of course, all extra hand work must tend to increase the price. The finest brush work, known as stoneware, requires a skilled man. It follows that if a piece of china has only handwork it must prove very expensive. Thus the price of a single cup and saucer may run up to thirty or forty dollars.

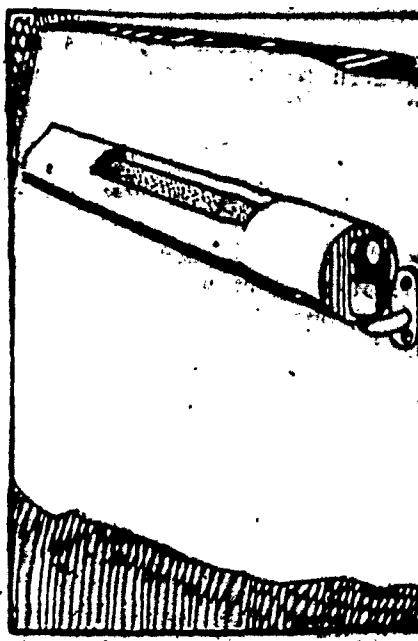
Always choose china which has a name on the bottom of the piece or a mark of the pottery. It is impossible in a short article to give these marks. Books are filled with them and their study is one of great interest. It should also be remembered that the lasting qualities of china are not necessarily determined by its thickness or weight.

If you can begin your collection with only a few pieces, be sure that there are representative examples of the potteries whose names they bear. All large houses carry number of these stock patterns, so that one may acquire a dozen breakfast plates at one time, a half dozen coffee cups and saucers at another time and so on, until he has a complete set, or as many pieces as are needed in the family.

Such stock patterns are by no means confined to the cheaper grades of china, but many of the best potteries bring out most desirable sets in quality and beauty of design.

Air Moistener.

A Kansas man has very carefully investigated the advantages and disadvantages of various degrees of air in the living room. He has demonstrated that rooms heated from stoves, heaters, etc., are detrimental to human life, as all the moisture in the air is absorbed by the heat, rendering the air exceedingly dry. To offset this dryness, he recommends placing an air moistener, or evaporator as shown in the illustration in every room. This device is in the form of a hollow tube and has covered water chambers at each end. Intermediate of the ends is



MOISTENS THE AIR IN ROOM.

an open trough filled with an absorbent material. Suitable fastenings are provided to attach the moistener to the wall or other convenient position.

NEEDLEWORK NOTES.

Velvet seams should be sewn by hand with a back stitch.

Cut your basting threads short when removing, for in the drawing out of long threads the friction is apt to burn holes in delicate fabric.

Dummy linings properly fitted and dress forms to build over save the price of the forms many times over in the saving from failure or the gaining of best results.

Bear in mind while working with colored silks not to dampen the ends of the thread in the mouth before trying to thread the needle. The silks are colored with poisonous matter and quite often persons have suffered intensely from poison caused in this manner. Dampen the finger tips and twist the threads.

Improving the Hair.

The luster of dark hair may be improved by massaging the scalp with a mixture made as follows: Beat a raw egg, to which has been added a quarter of a teaspoonful of bicarbonate of soda into half a pint of California claret.

This should be rinsed out well after the massaging. It will give red lights to the hair without changing the color in any way, and it also stimulates the growth.

An Emergency Dish.

A good emergency dish for Sunday night tea or the unexpected luncheon guest is this. Cut slices of bread a little thick and scoop a hollow in the center of each, leaving the crust as a rim. Grate some cheese, season with salt and paprika, moisten it with milk and spread the mixture on the bread. Then turn an egg with-out breaking the yolk into each place dot it with butter and bake about ten minutes.

REPLACING THE CUTTER

One Simple Device Fits Into the Regular Place.

A California man thinks that the common method of dissecting pies by the aid of the ordinary knife is too slow and also too inaccurate for these days of hustle and bustle. He came to the conclusion that a specially-designed pie-cutter was necessary for the purpose, and consequently, concluded to devise one. The result of his work being shown in the illustration. This pie-cutter comprises a base adapted to support a pie of the common size and shape. Hinged to the back of the box is the cutter proper, consisting of a lever and the knife blade. The latter is suspended from the lever directly over the place designated for the pie, and are arranged to divide the pie into six or more pieces.



SIX PIECES AT ONE CUT.

At one operation of the lever. Families containing many children would find this novel pie-cutter invaluable. As the pie would be divided into pieces of exactly equal size, there would be no possibility of showing partiality, and petty quarrels over who was to get the biggest piece would be eliminated.

FASHION'S MANDATE.

Navy blue is more in favor than it was at the beginning of the season, especially mixed with crude green and maroon.

Pompadour silks make charming evening gowns, under transparent over-skirts of point d'esprit, net or sprigged tulle.

Some of the new hatpins are truly to be regarded as jewelry. One of the novelties was a large head of tortoise shell, set with rubies and diamonds. Still another was encrusted with turquoise and diamonds.

Underskirts are growing more and more elaborate, and broad ribbon plays an important part in them. Many are of peau de seiche, with deep silk boucous, while white batiste petticoates are much trimmed with insertions of lace and minutely pleated batiste and mousseline de soie.

Saled For the Party.

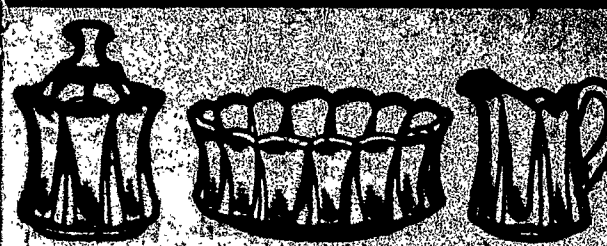
Chicken salad is the most dependable relish to serve at the wedding, feast, or party. It never holds the possibility of promoting poisoning as fish may and it does not wilt as a green salad would. If the reception runs for some length. Here is an old family recipe. This quantity should make very nearly two quarts of salad, sufficient for twenty people. It served with mayonnaise and low. Select two plump fowls, not too old, simmer in boiling water until tender. Do not cut them up before cooking, and do not cook in cold water, as this draws out the juice. When tender, remove from the liquor, cool and cut into dice. Add one pint of celery cut in dice, mixed lightly, sprinkled with a little salt. If you do not like oil use this dressing: Beat the yolks of seven eggs, add seven pinches of mustard, seven teaspoons of sugar, place in a porcelain stew pan, add slowly seven tablespoons of boiling vinegar. Cook slowly until thick; mix with sweet cream, whipped light, and salt and pepper to taste. If you like oil try this mayonnaise dressing: Into the well-beaten yolk of one egg add drop by drop one pint of olive oil. Boil two eggs hard; rub into the yolks a dash of cayenne pepper, one-half spoonful salt. Add this to the yolks and oil. Now add finely chopped whites of the eggs and juice of half a lemon; mix well, then add the well-beaten white of the uncooked egg, and the dressing is ready for use.

Bornes Suppression.

The natives of Bornes place rarely carved images of female figures by the side of the entrance to their huts. The image represents a goddess, which protects the house from any harm or sickness. If there should be illness previous to the placing of the building at the entrance she prevents it from becoming worse.

World's Silk Industry.

The ancient city of Lyons, the third city in France, with a population of 500,000, vies with Milan in importance in the world's silk industry. No fewer than 10,000 people, men, women and children, are employed in the factories.



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