

CHIN OF OUR YOUTH

WARNING TO WOMEN TO STUDY THEMSELVES IN THE GLASS.

Double Chin as Affliction to Which They Are Liable—Exercises to Overcome This—Evil Effect of Tight Bands About the Neck.

"Double chin used to be a mark of great elegance in the woman of forty, but that was long ago. A double chin meant good living. It meant that the world had dealt well with 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-old girl 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 blows, hard—enough—to make the tears come in my eyes. 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 lower it as low as I can. This is the most important exercise of the day. It is done in the middle of the day, and in the evening.

"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 they



children are to be seen in the streets of the Japanese towns trudging along, but little hampered by the baby which they are carrying, slung on their backs. The Indian has the papoose. The women of some of the Oriental tribes relieve themselves of a great deal of work by slinging their infant offspring to the neck of the mother. They 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 shoulder and the hip of the nurse, and in summer time has the advantage of being much more comfortable for the infant in that it is not 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 solved the problem to her own satisfaction in her town apartment, by having an addition built for their servants. Occupying an apartment 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 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 double sash window. Of course, the double sash window, as commonly designed, only admits of being half opened, that is, it may be put either up or down, but affords an opening but half the size of the



frames. The illustration shows a new conception in window architecture, in which the sashes disappear entirely, at will. A casing 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 sill carries in its ends recesses for the retention of the sash cords, locking the sash securely in the concealed position. When the weather is warm the window is transformed 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.

Shoe Senses.
The shoe should be three-fourths of an inch longer than the foot, for the foot works forward in walking. Short shoes force the toes back and finally the joints become distorted and bulge out on the sides and above. The corns, bunions and other ailments are a foregone conclusion.

When Widows Abound.
When the late Mrs. Belmont was taken ill, it was found that over a quarter of a million girls of five years of age and under were married.

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 rest. If the shoes are cleaned every day and dried 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.

Heels Should Always Be Kept in Good Repair.
Rubber heels will prevent the jarring that comes from contact of the heels with pavement. Be careful always to have fresh laces 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 a little beauty, a woman makes fewer conquests but more durable ones.—Dupuy.

Tears are the strength of women.
—Saint-Evremont.
A woman's best qualities do not reside in her intellect, but in her affections. She gives refreshment by her sympathies rather than by her knowledge.—Smiles.

A woman's thoughts run before her actions.—Shakespeare.
It is valuable 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 attention 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 upon the first resistance of the woman, or the obstacles that society puts in their way.—Balzac.

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 of a hurry that when they prepare a meal they imagine that what is necessary is plenty of fuel and a roaring hot fire.

With meats this simply bakes or scalds the fibers, instead of permitting the juices to perform their proper functions. And this "hurry up" system is what is slowly, perhaps, but surely making Americans a race of dyspeptics.

Untidy Man.
General slovenliness in the matter of dress has been steadily growing among us for several years past. There is no harm in a young man being a bit of a dandy. It is better than the slovenliness which seems to have become universal of late years, even at the universities.—The Sketch.

TO JUDGE AN OBEDIENT WIFE.

Open to Guide the Reader 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 edgits with her hands. Fidgety hands are nervous hands, and the woman with nervous hands is the woman who frets.

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 her 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 edgits 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.

Never marry a woman who is picking out a wife. A bad-tempered woman never dresses her hair slowly. 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 apt to be herself to learn anything new. She is either over-dressed or under-dressed, and there is no such thing as making her understand it.

Never marry a woman who bites her nails; 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 saddening in the long run.

Pick out a generous girl, if you want a generous wife. Pick out a smiling girl, if you want a smiling wife. Pick out a lively girl, if you want a lively wife. Pick out a good, true girl, if you want that kind of a wife. Women don't change much afterward. And one thing more, pick out a pretty girl, if you want a pretty wife.

Don't marry a woman with poor teeth. There is something about poor teeth which means poor health and ill nature. Bad teeth means bad digestion, and bad digestion means lots of bad things.

When Widows Abound.
When the late Mrs. Belmont was taken ill, it was found that over a quarter of a million girls of five years of age and under were married.

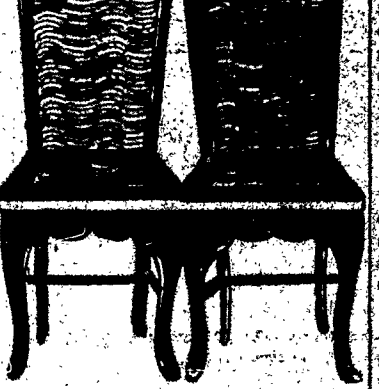
Between the ages of five and ten years over 2,000,000 married girls were found, and the number of wedded maidens between ten and fifteen years was nearly 7,000,000.

Marriage of children, so common in India is nothing but a contract entered into for them by their parents or guardians. Its most pathetic feature is the number of young widows left in that land of innumerable customs.

Most of the widows of such tender years become so before they know what widowhood means. It is only as they grow out of infancy that they learn the sad life to which they are condemned.

Though the English law in India would recognize the legality of a remarriage of these youthful widows, Indian custom forbids it, and its occurrence is rare. There were in India in 1901 nearly 435,000 widows under fifteen years of age, of whom nearly 30,000 were less than five years old.

An Odd Design in Wicker Chair.
The chair—of, rather, two chairs—here illustrated, have been affectionately styled "spite," because they are so adjusted that they may be arranged 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 forest green 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 treasures, and said: "Well, my dear, what do you think of my china?"

The child looked up, and pity was in her eyes as she asked: "Hain't you got any pastry?"

THE SPANISH WOMAN.

STRUGGLES OFTEN BORNE BY FAMILY FOR APPEARANCE.

Deprecating the Woman of Good Birth to Her Her Living—Merrings Their Chief Aim—All Must Have a Dowry.

The Spanish girl is strictly looked after by her mother, she is expected to yield implicit obedience to her father, but to her sisters she is a tyrant and coquette, and no woman in the world enjoys her kingdom more. From the time she is fifteen, when she is considered grown up, until she marries, every effort is made to provide amusements for her, and of these jaywalking is the chief.

The young Spanish woman never by any chance is allowed to go out alone, not as the mother or husband cannot always be in attendance, an occupation is provided for an indefinite number of middle-aged Spanish ladies of noble birth, who accompany girls, young married women, and widows to early mass, and on the subsequent round of shopping.

Nowhere is there a more unrelenting struggle to keep up appearances. No matter how perfectly stricken the family may be, the efforts of life are continued in order that the wife and daughters may have smart dresses in which to walk on Sunday in the Prado. A struggling man, holding some petty official position, which brings in perhaps \$200 a year, must stint his food to enable his family to go to the theater and to allow his daughter the chance of attracting a husband.

Every Spanish girl requires a dowry, whether she marries or goes into a convent, and the most strenuous scraping goes on to provide this. The idea of a Spanish woman of gentle birth earning money is not to be thought of, and she would be expelled from society if she followed any profession.

Bridge, Coats or Boleros.
Such tiny little coats as these are made of almost every possible material and treated in every attractive way to be worn for a variety of occasions. Made from all-over lace or



from embroidered lace combined with lace insertion edged as illustrated, the plain one becomes in safety a garment as possible while made entirely from lace or silk with trimming of banding. It becomes comparatively plain and simple. The scalloped bolero is slightly different in shape, perhaps a bit more jaunty, and allows of equal variation. In this instance lace is trimmed with lace applique and is finished at the edges with banding, but all-over lace embroidery, and, indeed, every material of the sort can be utilized. Or again, as in the case of the plain bolero, a simpler effect can be obtained by using plain material and finishing the edges with one of the many beautiful braids or bandings of the season.

HOME COOKING.
A Novel Apple Pie.
A good, plain, everyday pie is made by filling a buttered dish with sliced apples, strewn with sugar, spice and bits of butter, add a gill of syrup from any kind of canned fruit or preserves, pour with a small crust and bake an hour. This is delicious eaten hot with sweetened cream.

Excellent Shortcake.
Make a batter as for strawberry shortcake, and then while it is still hot spread with butter and a layer of bananas that have been sliced thinly with one orange (also sliced, and cut up very small), added to every three bananas. Mix the fruit and on top of the hot buttered layers of shortcake. Whip a cup of cream till stiff, sweeten and spread over the fruit without further seasoning.

Salad Dressing.
One and one-half tablespoons mustard, three eggs, three-quarters cup milk, one-half teaspoon salt, one-quarter cup vinegar, one teaspoonful sugar, small piece butter; cook in double boiler until thick.

Tomato Nut Salad.
Peel large, ripe tomatoes, cut into slices from top; remove seeds and fill with chopped celery and nut meats in equal parts; serve either with French or mayonnaise dressing.

EMBROIDERY NOTES.
Designs of all sizes and colors are the favorite floral designs in embroidery this year.

Tiny envelope sachets made of tinted rice paper and decorated with a flower design are selling for 10 cents and are nice to place among the lingerie in one's bureau drawers.

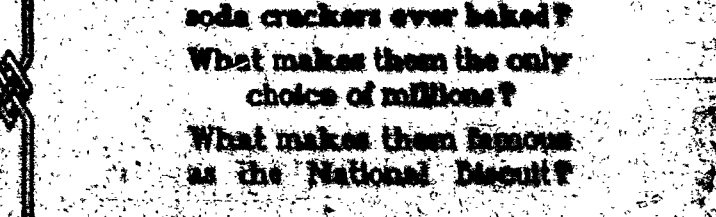
The best evening coats shown are of broadcloth in white and delicate tones. The Empire cut predominates.

An embroidered linen belt is six or eight inches wide, fastened with a gold buckle, and non-ferrous as well as gold, and supplied with a three-inch wide in the back to hold the fold in place.

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