Of Interest to Women

Views On Women and Maternity—Prof Armstrong and Herbert Spencer Both Fee Confident that "Woman Must Fail and In Failing Must Carry Man to Her Destruction"

That the success of woman's ... for equality with man ... pass the ... race was asserted ... Armstrong at the ... British Association ... Science.

Those ... [illegible]

... striking exemplification of the view ... [illegible]

The ... [illegible]

claim to be on an equality with man, and to compete with ... May. There should be ... equality raised ... made between ... the question ... cannot ... is clear that ...

and it is to be feared that ... ing upon ... woman must fail ... must carry man to her ...

One American Breaks Barrier

Consuelo Duchess ... is the only American ... circle of the Duke of Richmond ... Duke like his father has a prejudice against Americans ... express wish of ... that he admitted ... Consuelo received her first invitation to Goodwood ... immensely tickled ... must be some mistake ... should be she sent ... letter with it saying ... was sent in ... pleasure of ... Duke of Richmond ... To this came a reply ... "the Duke and his daughter Lady Helen Gordon Lennox ... as a special favor ... would honor them ... as their Majesties ... it." The delighted Duchess ordered her maid to pack her boxes and off they went, and now she receives an invitation each year as a matter of course. But the Duke ... is determined to draw the line at all other Americans.

Good Form In Girls' Running

Probably the growing interest in athletics of all sorts is responsible for it, but, whatever the cause girls nowadays run in a manner that differs widely from the way their mothers did when it was necessary for them to sprint for a car. Watch the average girl running for a car or for any other purpose and you will notice the difference at once. They place only the ball of the foot on the ground and they hold their bodies and heads erect, as any one should do who is not induling in a hundred yard dash. It adds much to the grace of their apthing to do with their adoption of the pearance, a fact that may have some-style.

A New Way to Bind Rag Carpet

After carpet is cut sew it on the machine across the carpet, stitching straight on a row of rags. Use a short stitch and good thread as near the color of carpet as possible. Fasten firmly at each end and trim off close to the stitching. It will not pull or ravel, is neater than carpet binding, and at any time pieces can be joined to fit a room by overhanding the stitched edges together. Such a join is scarcely noticeable on the floor.—D. A. F.

Rubber Band Instead of Dental Floss.

Some dentists advise the use of a small rubber band instead of dental floss for running between the teeth. Sometimes floss instead of dislodging the bits of food presses them closer to the gum.

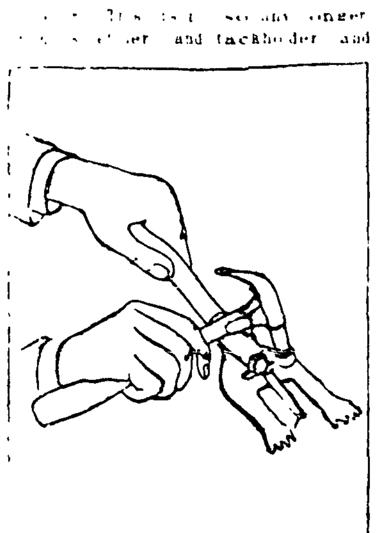
Notes and Comment

Of Interest to Women Readers

TO LAY CARPET SMOOTHLY

A Little Device Which Greatly Facilitates a Disagreeable Task

The secret of ... [illegible] ... and tackholder and



... stretcher are combined in a ... of such simple and ... construction that ... are regarded ... recently.

... provides ... right ... the carpet is ... floor. It also ... the fingers ... in the effort to drive ... nail.

MAKE YOUR OWN HATPINS

Embroider Them of Linen or Material to Match Your Frock

... embroidery which ... with the linen ... are being introduced ... instances in ... embroidered buttons ... The latter ... supplement the sun ... trimming of the giant sailor hat of the moment or that of the mushroom of Tagal straw.

Nothing can be simpler to work, says the Queen. You trace out the requisite number of circles enclosing designs upon a piece of linen left over from the dress and proceed to embroider them all before the circles are cut out. You can thus if you prefer it, work the designs in a frame, which is the most satisfactory method of keeping the rounds in shape ... carry the work out in the hand much more easily than if each button were embroidered separately.

Half a yard of linen will probably be sufficient for a set of hatpins and buttons but in estimating the amount of material it must be borne in mind that double the quantity necessary for ... embroidering must be allowed as each button or pin must be neatly finished ... the back with a circle of plain linen ... and invisibly hemmed ... as we have traced the circles for ... plain pieces at the same time as those for the embroidery and both ... of course be left with ample margins in the one case for turning ... over the edge of the mould in the other for turning under and hemming.

Nervous Prostration In Women.

Women who fall a prey to nervous prostration ... gaining ground by ... insufficient nourishment. An authority on the treatment of nervous diseases says when consulted by a ... woman whose appetite is weak and fitful he directs her to take nourishment at least six times a day. Between her regular meals she may drink a cup of hot soup, or a cup of very hot milk or milk with an egg beaten in it or she may eat a slice of toast with hot cream poured over it, but with no wine or liquor, which would be likely to develop indigestion. When such nourishment is beyond reach, as when traveling or riding a bit of sweet chocolate that can be conveniently carried in the pocket will be sufficient.

To Preserve Autumn Leaves.

To preserve Autumn leaves and berries in Winter, when there is often difficulty and inconvenience in obtaining flowers for table or other decorations, it is a good plan to have at hand leaves, grasses, or berries which have been preserved during the Autumn. The leaves should be gathered when traces of coming decay are visible in the varying tints of red, yellow and brown which late Autumn shows on vegetation of all kinds. It is not advisable to collect them in wet weather, and when a sufficient quantity of specimens has been gathered they should be dried flatly and carefully, so as to preserve their stems.

The Usual Excuse.

When a maid appears with a valued teacup in one hand and handle in the other, and announces "It just came off in me hand, Mum," nine times out of ten she tells the truth, having held the cup by the handle while wiping, not knowing that it gives it a peculiar twist, which will, if the grasp be strong and unyielding, literally twist the handle off. Servants should be guided in dish-wiping as well as in dish-washing.—Mrs. G. B.

Helpful Beauty Hints

Temperature of the Bath—How to Wash Face Properly and Remove Wrinkles—To Enlarge Hips—Walnut Hair Dye—Fat on Neck—Filling Out the Cheeks—Massage Cream

Generally speaking the ... bath is taken at night ... temperature of the water ... between 94 degrees and 104 degrees Fahrenheit. The cold sponge bath in the morning is taken with water between 55 degrees and 65 degrees Fahrenheit. The warm, soap bath is the cleansing bath, while the cool ... sponge is stimulating toning up the muscular walls of the blood vessels. If such a bath has the effect of making you shiver and turn blue you may make up your minds to one of two things either that you are not taking it sensibly or else that it is unsuitable for you.

To Wash the Face

It seems odd that many women do not know how to wash the face properly yet this is a fact, especially among women who are always in a hurry. The water should be used as hot as it can be stood, together with a generous lather of castile soap. The face should then be rinsed with tepid water after which it should be sprayed with cold water. It will clean the pores of the skin and prevent them from sagging. If the face is dusty cold cream should be placed on it before washing and then rubbed off with a soft towel.

To Remove Wrinkles.

Massage treatment is the only thing that will efface wrinkles. The face should first be smeared with cold cream, and this should be rubbed into the skin with the finger tips. In removing wrinkles caused by frowning use the thumbs, pressing against the temples as a lever, and with the tips of the fingers massage with a sidewise movement, rubbing the skin of the forehead. Wrinkles caused by raising the eyebrows are effaced by a rotary movement executed in almost the same manner.

Large Nose.

A H R. A preparation the application of which will sometimes reduce the size of a fleshy nose is made from one dram of muriate of ammonia half a dram of tannic acid two ounces of glycerine and three ounces of rose water. The ammonia and acid should be put into the glycerine and dissolved before the rose water is added. A linen wet with this is put on at night and the nose is bathed several times a day, letting the liquid dry on. It should be used for some weeks.

Wrinkles on the Throat.

If the lines are very deep, massage will not remove them entirely, but it will improve them very much. The discoloration can be whitened only by a bleach. It should be applied until it makes the skin quite red or nearly blistered. Then apply a cold cream until the skin peels.

Bleach for Throat.

Bichloride of mercury 4 grams; Sulphate of zinc, 8 grams. Spirits of camphor 10 grams. Distilled water, 300 grams.

To Enlarge Hips.

That sounds wasted advice these days of hipless women but there still are people whose ideals are other than the beanpole, and who sigh for larger hips than nature has blessed them with.

Such women will do well to practice swinging their legs pendulum fashion. Stand alternately on each foot and practice swinging the legs as far forward and as far back as they will go. Do not bend the knee and use considerable force.

Filling Out the Cheeks.

Many women, especially those well up in age, are troubled with hollow cheeks. One of the best remedies for filling out the cheeks is cocoa butter. It should be used by slightly warming a cake then fill the palms and rub the cheeks around and around. There should be a great change after a few weeks of this treatment. Always use soft warm cloths wrung out of warm water first, as this aids the skin in absorbing.

Orange Flower Massage Cream.

White wax, 1 ounce; Spermaceti, 1-2 ounce; Lanoline, 2 ounces; Cocoanut oil, 2 ounces; Orange flower water, 2 ounces; Oil of sweet almonds, 4 ounces; Tincture of benzoin, 30 drops.

Walnut Hair Dye.

The hulls of green walnuts are pounded in a mortar, and the juice expressed by squeezing in a tincture press; mix with rectified spirits until desired shade is obtained. Perfume with oil of cloves; the whole is allowed to stand for a week or two with occasional agitation, and the clear solution is eventually decanted. Sometimes salt is used to preserve it. This dye stains the scalp and must be used carefully.

Fat at the back of the neck can be removed best by the vibrator. Learn to walk erect. Carry the head high and hold the chest up, and you will not be apt to have a return of this undesirable excess of flesh.

LOVE AT FIRST SIGHT.

"If Mademoiselle wishes——" began the clerk.

"Pardon, Monsieur, I am Madam Montressor," interrupted the young woman.

"If madam wishes," corrected the clerk, "I am sure that M. Grigon would allow the buckles to be sent to the hotel, certainly, yes."

"But I do not wish him to send it to the hotel," replied Madam Montressor. "I will call again to-morrow, and then, perhaps, M. Grigon may be in."

"We thank you," said the clerk.

Madam Montressor ... the jewelry shop in the ... walked slowly until she met ... corner a man who bowed ... her and fell easily into step at her side.

"He was not in," ... Madam, briefly.

"Too bad," said the man. "Another day is lost."

"Yes," said Madam, "and it is expensive, this ... at the Hotel Ritz. How ..."

"About two thousand francs."

"Well, that's enough for another week," mused Madam, as she and her companion walked ... the hotel.

The following day Madam Montressor and the man ... Grigon's shop ... ed upon ... M. Grigon is within ...

M. Grigon ... "What would it be that you want?" he inquired.

Then he ... the young woman ... strolled ... swinging his ...

"My father ... Herr Rudolph Richter ... me to select the gift ... for my birthday. Yesterday your assistant was good enough to show me a diamond buckle which would please me."

Grigon stared at her again. Her eyes dropped and a faint flush came into her cheeks under the steady gaze.

"Would it be the Burmah buckle?" asked Grigon, finally.

"Perhaps. The man did not say," replied Madam.

Grigon turned to a huge safe and took from it a tray containing gems which an expert would have valued at more than one fortune.

"That is the one," said Madame, pointing to the most beautiful piece in the tray.

"That is the Burmah buckle," said Grigon.

"And its price," inquired Madame.

"Eighty thousand francs," said Grigon.

Madame picked up the buckle and held it to her throat. "Is it well here?" she asked, and her glance fell straight into the eyes of Grigon.

"Adorable," said the Frenchman.

"To-morrow," continued Madame, "is my birthday—the first since the death of my husband and my father desires to give me what I like best. Now, if Monsieur would be good enough to bring the buckle to the hotel to-night I have no doubt that Herr Richter will purchase it from him."

That evening Grigon went to the Hotel Ritz. Herr Richter appeared saying that his daughter was in the garden. With Grigon he went in search of her.

They found her in the balcony. Grigon seated himself beside her and Herr Richter walked away.

Grigon took the wonderful gems from the case. "I do not know," he began, "if Madame understands love at first sight. She has had the goodness to tell me that she has been but recently made a widow through the unfortunate death of her husband. I have seen Madame driving in the Bois these many days, but until yesterday when she came to my shop I had not known how much I loved her. If Madame will deign to show me the favor of hoping that I may ask her to be my wife, then she will accept from me the Burmah buckle in token of her favor."

Madame looked at him wonderingly. "Monsieur is good," she said.

Grigon laid the buckle in her hand. "It shall be as Madame wishes," he said. He bowed and bade her good-night. On the veranda he met Herr Richter. "I have asked you daughter to be my wife," he said, "and I have left with her the Burmah buckle for her birthday gift."

Richter went back to the balcony. Madame held up the buckle for him to see.

"That was easier than stealing it," he said, briefly.

Then he continued, "What will you do? Shall we take the midnight train for Berlin?"

"No," she replied, "I shall marry him. Then I shall give the gems to you."

A month later Grigon and Madame Montressor were married. She wore the Burmah buckle at her throat. The following day the papers told how Madame Grigon had been robbed of her jewels, and later in Berlin the jewelers were buying unset gems of great value from a man who would have been recognized in the Rue Scribe as Herr Richter, the father of Madame Montressor.

But Grigon had more gems, and he told his wife that the loss of the buckle should be replaced on her next birthday.—Henri Dronan, in San Francisco Call.

George Washington was so opposed to lying in any form that he refused to establish a weather bureau during his administration.

When some people eat breakfast food they give a realistic imitation of a grain elevator in operation.

GROCERIES

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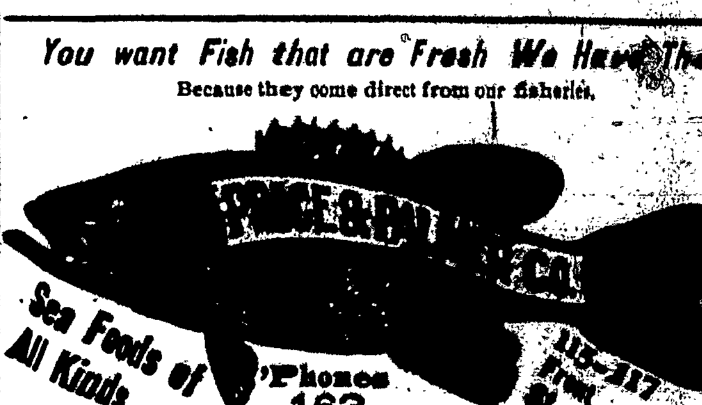

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