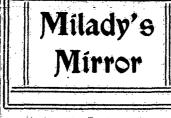
Woman's World Mrs. Diana Belais Pleads For Animals.



Hygiene For Business Women. First of all, seven or eight hours of sleep are necessary and if possible nine. Always have fresh air circulat ing in the bedroom. Cold weather need never be an excuse for tightly shut windows. No one who has honestly tried sleeping in a thoroughly yeu tilated foom will willingly go back to the slow suffocation caused by the want of oxygen.

If after a day's trying ordeal the body is tired, the mind sore and discouraged and the spirit drooping, eat sparingly of something very wholesome and simple that is easily digested, reax for half an hour, read a light book or stretch out in some comfortable chair, then sponge the body over with the following lotion, which will soothe the wornout nerves, rest the limbs and induce sleep. Sea sait, four ounces. spirits of camphor, two ounces; sph its of ammonia, two ounces; pure al-

The anti-vivisectionists of New York cohol, eight ounces. maded by the president. Mrs. Diana Add sufficient water to make a full Belais, have been watching the profes quart. Dissolve the sait in the hot' ors of the Rockefeller institution water and let it stand until cool. Pour whom they accuse of extreme cruelty the spirits of camphor and ammonia to animals in the pursuit of knowledge into the alcohol, add the sait water and by way of their experiments. This in shake well, then bottle for use. Wet stitute is said to be doing the most the body with this, then rub vigorously original work in the world in tracing until the skin glows.

the cause of disease and finding cures Whether the cold bath or the warm and is destined to be the great center bath is taken, it is purely a question of of research. It is consequently too individual taste and pleasure. If the bad that anything should interfere with cold water is chilling and there is no the work except that which is truly reaction after the friction the cold humanitarian. No doubt investigation bath should not be indulged in. The sensor, and you're de sull is ant to look a bit the worse tures were mounted on mats of uninow begun in earnest, will fix the French dermatologists object to the

PREVENTING RUST.

with a toilet vinegar or astringent wa-Electric Light a Means For Keeping ter. But this again is a matter of taste Out Dampness.

The next most important factor in Tamilles deprive themselves of the the business woman's care of herself pleasure of having their plano in the is exercise. Of course it is often imser home when the latter is to possible for her to take very much cated on the coast or in a climate outdoor exercise except on Sundays where dampness rusts the plano strings and holidays, but a few moments in and puts the instrument all'a jangle, the morning given to physical culture or a few simple exercises adapted to eventually ruining it. Owners of such homes may be glad her particular requirements will per

to know how Americans on the isth form wonders. on its borders, after drying then on the bealth if even ordinary care is bestow-thinmed with "hinestone buttons the many busy-nesses of the modern transferred from one group to another." At different sessons the interest is well, a cross of equal branches cut the is dropped an electric light built, conscientions y and carefully as far as in jabot form, the bow at the ton be- "Rushed to death!" the state of the interest is the many busy-nesses of the modern At Christmas the Madonnas claims is another. mus of Panama, where a similar couianos uninjured. Into each instru ed on our bodies and if we follow Quite a number are made with ends woman.

taining it dry and in tune. tined with canvas and heated with does develop every muscle of the silks. Besides the entire bow of Bul never occurs to her that this old world David. In the spring we are all enthusi- terior surface with your wet fingers, two electric bulbs, in which cupboard body. It gives polse and physical au garian design, touches of Bulgarian would wag along just the same if she astic about the flowers, birds and trees. as if you were going to make it ring. are kept wearing apparel; particularly thority. Select three or four simple colors are also used in giving an en-did none of these things-in fact, she "We are always careful to encourage you will perceive the glass to omit a shoes and cloth garments, that would exercises and rise fifteen minutes ear, livening touch of color to many of the would be highly indignant were such, even the youngest member of the fam-notice the following: If your finter absorb dampness and become molded lier. It may seem trying at first, but white designs At the senshore and other places where after a few efforts the results will be rust corrodes articles of jewelry and so gratifying that the fifteen minutes'

in talcum powder when not in use. | care the business woman should give It is a good plan to leave an ex- to herself. The first and most essen pensive watch at home when going to tial point in the matter of diet for the a rust inducing place, as the delicate beauty seeker is that it should be plain mechanism is soon affected, and the and wholesome, not flavored with rich owner remarks pettishly that her watch sauces or condiments. simple, nutriti "always gets out of order down here." ous and, above all, well cooked Breakfast should be light, but ample. For the Bainy Day In the Auto. and the midday meal be more solid When starting off for a day's trip For the hard worked business man strenuous objections are always made and for the great army of women by the avorage woman to taking the tollers it essentially applies that this heavy rubber blankets, even though meal should be wholesome, but not she may realize fully that the rains heavy-a repast that will give as much may descend and the floods come and nourishment and stamina as possible



THE CATHOLIC JOURNAL.

THE NEW SHAPES IN BATS.

Yes, they're here, the new fall hats habituab cold plunge, preferring the warm bath with the use of a cooler brown plush

spray afterward and a final rubdown One of the models is of this artist days.

Dressy Little Bews For the Neck. This is a season of bows, and there

Tee Much Busy-ness. s a great variety of designs. Small Falstaff's saying, "It were better to groups of pictures from becoming too bows of color showing a combination be eaten to death with rust than large and usually insures survival of Take a thin blown giass tumbles of silk and lace or velvet and lace scoured to nothing with perpetual mothe fittest.

an insinuation made.

tume.

Plush and Velvet to Be Fashionable.

wagon goes quietly

The woman of real executive ability

IN NUNTER'S ORKEN BROCADE

At the end of the season one's tailor-



Child's Knowledge of Art. A teacher was surprised one morn ing to see a pupil who had come to chool for the first time showing a remarkable interest in the reprints of great paintings which she had arranged along the blackboard. Unobserved, she drew near the child and was fur ther astonished to hear her exclaim delightedly, "There's 'Baby Stuart,' the 'Sistine Madonna' and 'The Horse Fair.' "

This teacher mentioned the occur rence to another teacher, who told he that the child's brother and sister had likewise surprised her by the knowl edge they had not only of master pleces in painting, but of sculpture and architecture as well. Later the teachers met the children's mothe and were shown the playroom.

Instead of the highly colored pic tures that one so often sees in play rooms, there were several good paint ings illustrative of the time honored childlore and the ever new fairy tale One could readily see that considerable time and money must have been spent on these pictures. The visitors par ticularly admired the imaginative sug gestion and harmonious coloring of a

painting of Cinderella. "That pic Copyright by American Press ture," said the mother, "is the best we Princes and princesses are a good have in the house. My little daugh ters and I sacrificed our new spring deal like other people, especially when bonnets at Cinderelia's shrine the first time we caught a glimber of her." time we caught a glimpse of her." Numerous prints of great paintings the trunks of his suit rolled as high

were arranged in groups according to as he can get them is Humberf. Prisce subjects around the room. These picserily as it is in the senson, and you're ed suit is apt to look a bit the worse tures were mounted on mats of uni-self on the beach by the Adriatic sa-going to be picturesque, milady, in for wear, and the woman who is ap form size and color, and each one was self on the beach by the Adriatic sa-fembrandt effects carried out in to the minute in smartness is buying a plainly labeled with the name of its studious boy and has a decided talent new costume for the early autumn author and its subject.

Une of the models is of this artisticays. type, the trimming being merely an She could not make a more modish are constantly changing," the mother his grandfather The prince, who is inconspicuous band of galon. The other hat is of plush, but a little the one pictured of hunter's green which appeals to him it is brought in Victor and Queen Helena. The other The other hat is of plush, out a little the one pictures of humer a steel which append to the picture, how victor and Queen Helena. The other more ornate in its trimming scheme brocaded cloth. metal wings used in Mercury fashion The deep cuffs and coliar are fash-being posed at one side of the creation longble features of this desirable cost group if any of the children raise a who will soon be eleven, and Princess valid objection to it. This censorship Giovanna, about six. not only develops the children's ob-

servation and judgment, but keeps the

ment is dropped an electric light build conscientiously and carefully as far as in jabot form, the bow, at the top be "Rushed to death!" she cries, "So most of our interest; later, when the the ends of the branches of the cress, which is kept burning, sending a gentle possible the simple, homely rules of ing rather small. Bulgarian silks are much to do, so little time," and away children are enthusiastically building in order to prevent it from slipping warmath through the piano and main health. Physical culture is the result made up into how and jabot effects. she patters to attend a committee meet-

alaing it dry and in tune. of long years of thought and experi- Other materials employed are crepeing or address a convention or "see we naturally turn to the groups headed if you now cause the glass to vi-dimilar in principle is the cupboard ence and is designed to develop and de chines, plain taffetns and flowered somebody" about something. And it by the Colliseum and Michelangelo's brate by rubbing some part of its ex-"We are always careful to encourage you will perceive the glass to omk a ily to contribute to the changing col- notice the following: If your fager

Well as a matter of fact, women lection. Occasionally we allow our rubs the glass under one of the do accomplish many good works. But judgment of a picture to be influenced branches of the paper cross, the latter aven. safety pins and the little brass given up to these exercises will be There is every eithere of its being they haven't as yet acquired the art by our hearts rather than our heads, will remain stationary. But if, on the "stickers" that are no good at all when come a pleasant babit. resty are kept in good condition if left Diet is another great factor in the The manufacturers have succeeded in as men do They spend too much en brought in a highly colored picture of situated between the branches of the ergy in getting ready to do things; Santa Claus which he evidently ad-cross, the cross will begin to twra

they futter too much. The empty mired and astonished all by requesting slowly as if it obeyed some magical wagon makes a lot of noise; the load as to hang it beside the Sistine Ma- influence, and will not stop until the



For the Children

Prince Humbert, Son

of the King of Italy.

"The pictures in the various groups" for music. He is the only son of King Victor Emmanuel and is named for

Experiment With a Tumbler. Take a thin blown glass tumble

beat upon that suto. She dislikes in small bulk. Begin the day with a those blankets not only because they glass of hot or cold water; then the are heavy, but because they are ugly rest of the meals can be taken dry and malodorous-two things offensive Drink several glasses of pure water to her feminine soul.

a blanket comes which is made of a hungry. A light luncheon of waters rainproof rubberized material that is and , warm milk, hot water and brown pretty, light in weight and hasn't a bread or even a few dates is enough bit of a "rubbery" smell. It is a good to stay the craving and induce sleep looking thing, for it is of a pretty The mistake is to eat heartly and hurshade of tan and is trimmed with riedly, imposing upon the stomach a bands and conventional corner designs full meal of half masticated food. of stitched velvet of a darker shade than the blanket itself.

It has a separate backing of cloth which adds to the warmth of the robe. Ing to cultivate a good complexion bat not to its weight. Altogether it should not drink ice cold drinks of any is a most welcome substitute for the kind. Plenty of cool water should be clumay and heavy rubber blanket.

Any girl who values or who is trydrunk, however, and two quarts each day is none too much. at least during

Way to Plant Fing Seed." the warm weather, says the Philadel Have the earth spaded carefully and phia Telegraph.

break the clods into fine pieces. Sooil Some girls declare they never drink is excellent to mix with flower bed much water. To those I would say break the clods into fine pieces. Soot earth. Sand is also good because it then it is high time they began. Just keeps dirt from becoming too compact as the body requires to be flushed ex-Having raked the bed smooth take an ternally, by bathing, so does it need in old sleve and sift fine rich dirt over ternal fushing, and plenty of cool the whole bed. Put your flower seeds tresh water will do this better than into a pepper box and shake them medicine. If you are no water drink evenly over the surface, and do not at er try it for the summer and note tempt to cover the seed with dirt. In the difference in your complexion a stend, take a block or trowel and press few months later. But do not be like the seed firmly into the soil. It is best the young girl who said, "Oh, I tried to have the ground slightly damp. This it, but like no good." - When asked how makes a smooth flower bed. The long she had tried, she said, "A couple plants will come up evenly and fewer of weeks." She might better not have tried at all. Another girl, said that she will have to be weeded out.

was just becoming discouraged when For the Girl Who Wears Flowers. one day she noticed how soft and When purchasing violets, sweet beas sating her skin appeared, where for pansies, daisies or any flowers that merly it was muddy and sallow. When are worn with a tin foll wrapping asked how long it had been since she about their stems, suggest to your flo-started to drink water regularly, she rist that he wrap a small amount of replied. "About a year." and added that molat cotton or dampened moss about the really thought it worth while to the stems under the tin foil. Thus the cultivate the babit of drinking water. "I love to wear flowers, but they She realised, as many girls do not, that die so soon," is silenced, for flowers all the old refuse had to be got rid protected in this way can be worn on of first before any change for the betof day with little signs of ter could take place, and naturally the warm ng.-Buburban Life this takes time

No load Drinks For Beauty,

GOWN WITH OUKER DRAPERY.

making this fabric in such light, weight that the old objection of clumsiness has been overruled.

Milady, realizing the becomingne of reivet, is welcoming the reintroduc tion of this material with pleasure. The afternoon gown in the cut is o a ribbed black velver, with a quee pinned about hip drapery of plush

which also is seen on the kimono waist in bands down either side of the front The Mothér's Part,

of a woman better than her mora sense.-Relief de la Bretonne.

Women in this degenerate age and down the aisle on her father's arm but at the proper moment her mother rare to whom aught else, but sordid stepped from the pew and "gave the gain is dear .- Ludovico Ariosto." bride sway," so that she had a share A woman who loves, however erring in the actual wedding. It was a sweet can never be entirely selfish, for love put in each of the four corners. When thought that gave her more than the has a burnanizing influence, and a true picking up the toys the box can be insignificant part the mother usually passion renders any self sacrifice easy has in a marriage ceremony. -A. P. Peabody.

goes about her duties quietly; she has The "No Toy" Theory. mentally organized her work. Whether she moves about in her own house o engages in outside endeavors, she in which she always fell back. Her slo

calm and composed-and effective. She gan was "Sticks and stones for chill has, moreover, a sense of proportion dren." She believed, in effect, that which enables her to recognize how much of her energy and time can pro without any toys save sticks and head. fitably be given to any one thing.

You will find that the really effi cient woman is not busy with her busy-nesses all the time. She knows the value of leisure and that hurry and haste never produce the best re

sults. And quite often she is called upor to repair the results of overhaste or ill judged action on the part of those who act first and think afterward.

Kitchen Kinks.

To clean strainers and sleves rub with coarse sait and then pour bolling water through them.

When a dish is to be set directly or door loving child can find to take the place of toys. Doubtless the child who ice place a rubber fruit jar ring under it to prevent it from slipping off. has only a limited number of toys and To prevent a ladder from slipping is therefore forced to amuse itself with paste pieces of old rubber over each out them most of the time has a better support. This will protect the floor chance to develop its resourcefulness and imagination and its power of getand avert many a fall. Homemade sanitary duster: Dip ever it may be than the child who is piece of soft black cotton cloth in thin surfeited with toys. . . melted parafin and let dry. This will hold the dust so it will not scatte

Summer Clothing For Baby. In summer the baby's clothing needs

loose fitting, says Good Health.

warm garments, but swathed in-fan

overheated and perspires to excess. It

takes time and thought to watch his

comfort in this matter, but it does

much toward insuring freedom from

nel in the heat of the day he becomes

over the part rubbed by the finger. Thus, by moving the finger around the There was a woman, rather promi- glass, you make the cross turn as you nent socially. who had a pet theory on please.-Magical Experiments.

Riddles.

Which man in the army wears the children could get along quite well largest hat? The man with the largest

stones, that the fewer playthings they If a boy wears his coat out, what had the better off they were. She ar- will he do? Wear it home again. gued very convincingly. Of course In what place did the cock . crew when you found out that she had no when all the world heard htm?. In chick or child of her own, but was. Nosh's ark.

moreover, a spinster, your faith in her What animals are admitted into the theory perhaps was somewhat shock opera house? White kids.

ed. The theory was right nevertheless Why is it vulgar to play and sing by as you doubtless are forced to admit ourself? Because it is solo. when you ponder on the happiness of What are the best seats in the house!

the children you know. Without a The receipts. question toys do not mean happiness. Why should a fainting woman have

If you are a believer in the no toy more than one physician? Because if theory the summer is the best time to she is not brought to (two) she may put it into practice, for in summer die.

there are many things which an out of

A Guessing Game. When your friends come, seat your selves in a circle on your porch. The host begins by mentioning four distinct characteristics of a person about whom he is thinking at that moment. The game consists of the rest of the ting happiness and amusement wher- company, by questioning him, trying to guess the person to whom them characteristics belong.

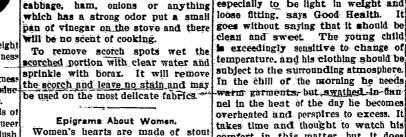
Optical Illusion, Hold a ring between your thumb especially to be light in weight and and forefinger at some distance from It the boy addressed, and, giving him a goes without saying that it should be crooked stick, ask him to close oue clean and sweet. The young child eye and try to catch the ring on the a exceedingly sensitive to change of stick. This looks very simple to do, temperature, and his clothing should be and any boy will think be can surely subject to the surrounding atmosphere. do it, but-

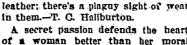
- Polly's Pies.

You ought to see wee Polly's plant She takes a bit of dough That cook allows her, and she tries "To roll it out "just so." But she must handle it a lot Before it fits her pan. And ple crust does show every spot When hands aren't spick and span. And ples, to be quite flaky, need The very lightest touch. The crust is very tough indeed If it is handled much. And when wee Folly's pie is made she teels a sad surprise When Cousin May says. "I'm atrait I dare not eat rich pies." But Aunt Estells takes a piece And mys: "Is this for me? fours very kind, dear little at FII take it home for tes." -Furm

disease

A Uniful Box, A box for children's toys can be made much more useful if two strips of wood an inch and a half wide are nailed across the bottom of the box one at each end, and a small castor is moved across the room, besides serving as a little wagon for the children.





For absorbing odors when cooking

At a recent weiding the bride cam

again.