CONCERNING DRESS

OUT WELL FOR HEALTH

Schoolgirl's Thin Waist That In-vited Pneumania—If You Would Stave Sort, Beautiful Hair, Oo Without Hats in the Hot Months— Change Your Out-of-Door Shoes for Others as Soon as You Ars In-doors — Dainty Undercichting Characterizes the Befined School-stel.

girl.

BY MARGARET E. SANGSTER.
In order to be hesithful, the dress we waar must be suited to the season, the weather and the business we have in hand. We are now in the midst of spring with soft airs, sudden showers, bright sunshine, and every other deslightful thing that belongs to the most charming part of the year. But last December, although we had what is called an open winter, there were piercing winds and sullen sates, and much of the time the temperature was somewhere in the neighborhood of the freezing point.

A friend of mine had occasion to take a train one December afternoon

A friend of mine had occasion to take a train one December afternoon from New York to Albany. Midway on the journey the train stopped and among the passengers who stepped abourd was pretty girl with a jacket over her arm, no hat on her head, and protected from the weather only by the contract of the state of the same and the same and the same and embruddery, but, nevertheless, on that day and in that atmosphere, the girl's dress was an invitation to grippe or pneumonia.

dress was an invitation to graph pneumonia.

All last winter, any one who chose to look might see beautiful New York girls walking on Fifth avenue, in the afternoon, with furs around their necks while their feet were shod with low shoes and their short short with the short wi

a fashion.

Now that warm weather is here, the problem has less difficulty and the element of protection from cold is eliminated. You are rather better off without hats than with them in sumer, unless the sun is blazing and you to be screened from its direct

without hats than with them in summer, unless the sun is blaing and you need to be screened from its direct rays.

If you would like to have thick, soft and beautiful hair, you will run about without a hat whenever you can. I will have a summer wear, and a soft cape in the mountains or at the shore is a very confortable addition to a girl's wardrobe. When sitting out of doors on a summer evening, it is always well to have a wrap and either a golf cape, a railway rug or one of those sensible cloaks with hoods and pockets made so neatly by our Shaker friends, will fill the need to perfection.

A school-girl's dress should be well a shoulder, should never be allowed to become an impediment. An elderly lady whose girlhood was passed 60 years ago, in a southern state, tells me that she remembers when every girl's mother did her best to equeeze her daughter's waits into very small compass, and that a girl sometimes wore tied around that same slender waits eight or nine very stiffy a state of those days to often went into a deciline and early faded out of existence. Those who survived were delicate and fainted away at any slight shock, had very precarious appetites, and would have been amazed at the rade health of the girls of our time.

Whatever you do, girls, be sure that you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have ample room to breathe. Any form of dress that contracts you have a supple room to breathe. Any form of dress that contracts you have every chool-citil should take a long wait every day as a matter of course. The conit has a matte

ground.

You girls who read this possess a great advantage over girls who land a century ago.

The second of the s

Your fashions are less picturesque, but are really finer and better adapt-ed to your tramping out of doors in rain and sun, and to your varied oc-cupations when in the house.

and in your trampling out of doors in rain and sun, and to your varied occupations when in the house.

A glil who would-like to be splendidly well, must always wear shees that are hether too loose nor too tight. A shee that wobbles shout and does not juscify fit the foot, is as little to be dealred as one that distorts it by cramping and pinching and crushing the toes together, or other training to the body.

A chiropodist told me one day that in his opinion nearly all dealers in shoes hired lumaties for salesmen. I said: "In't that an extrems statement!"
"Not at all," he said. "If you could only see the feet that I do, the young tris who have businous and corns and hobble about in shoes never into the country of the training that it is not all the training that the training train

EMPIRE LAMP SHADES.

The Empire Craze Has Affected Lamp Shades, But There Must Not Be Too Much Trimming.

Plain green shades for libraries, etc., are also not permitted to escape the Empire craze, although in truth many periods of French decorative art are intermingled with the Empire. The green shades are made of pilatine statin, silk or paper of a dark one and finished with heavy gold frage. For decoration they have two or three tiny gold eagles, set midway between the top and bottom or the shade and the same modest offering of tiny gold Empire wreath growth and the same modest offering of tiny gold Empire wreath and the same modest offering of tiny gold Smpire wreath and the same modest offering of tiny gold Smpire wreath and the shade and the same and the same time shades are trimmed at the top and around the bottom with gold lace in



A NEW SHADE

A NEW SHADE.

bands, on which are tiny garlands of ribbon work flowers which carry out the design and color of the silk. Another innovation is the trimming of Reh panelled shades with shirred whits glazz ribbon. This is used to outline silk the panels and around the top and bottom. One flowered shade made over a pink lining had this ribbon outlining the panels and a botter also of brailt and fringe in white silk.

Alany of these shades, so the state of the shades of the shades of the shades of the shades. Silk, lace, creton in herry silk which handing down beneath the frings to its very end. These are used to make the light softer than it would be falling through the fringe alone. The chiffon and very elaborate lace or silk shades are also made with as many furfy underskirts as a ballet dancer; but it is always a question whether an overelaboration of chiffon is really beautiful on a lamp. After all, it is as a piece of furniture that a lamp must more or less be considered. It needs a certain rigidity of line.

WRINKLES THUS AVOIDED.

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Constant "Fidget of Features" Show a Lamentable Lack of Repose and Bring Wrinkles.

and Bring Wrinkles.

Women (according to an observant woman) expend much energy in useless and harmful contortions of the face. A too-expressive face is consequently a danger; its constant witches, contractions and expansions becoming at last crystallized in the form of wrinkles and "crows" feet."

Mental vivacity can be shown without the need of facial gymnastics; apart from which, the authority points out, the constant "fidget of the features" shows a lack of that repose which is the essential of good breeding.

There is no need, however, to fly to the other strene of cultivating "wood the constant of expression. Smiles are always permissible.

Ugly Nails.

The ugliest nails can be improved by taking the trouble daily to push back the hard skin that grows at the base of the nails. This should be done after the hands have been washed in warm soap and water and are still moist. A soft towel is the best thing to use for the purpose, or an ivory or bone implement such as is sold in sets.

TONIC TREATMENT

Weak Stomach and Sick Head Cured by Dr. Williams' Pink Pills.

Pink Pills.

The symptoms of stomach trouble vary. Some victims have a ravenous aspetite, others leath the sight of food. Often there is a feeling as of weight on the chest, a full feeling in the -thyoat. Sometimes the gas presses on the heart and leads the sufferer to think he has beart disease. Sick headache is a frequent and distressing symptom.

sometimes the gas presess on the feart sand leads the sufferer to think he has beart disease. Sick headache is a frequent and distressing symptomic disease of the sum of the su

TOLD OF THE TITLED.

The sultan of Turkey is a great col-

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The sultan of Turkey is a great collector of canaries.

Lord Tweedmouth, first lord of the British admiralty, is an assiduous collector of old china.

Freeident Diar returned the other day from a hunting trip with three mountain cast and IT deer. Mexico's Prince Kullson, formerly minister of railroads in Russia, and builder of the Trans-Siberian road, intends to make a tour of inspection of the railroads of this country.

Frederick VIII., king of Denmark, is said to be in the habit of inviting editors of leading political organs to visit the castle to discuss the different political issues of the day.

Prince Kotchoweff, a Russian, has been ordered by the Berlin courts on pay 1780 a year for life to Assian, has been ordered by the Berlin courts on pay 1780 a year for life to Assian, has been ordered by the Berlin courts on pay 1780 a year for life to Assian, has been ordered by the Berlin courts on pay 1780 a year for life to Assian, has been ordered by the Berlin courts of the part of the court of the court

The duke of Norfolk is a man of simple tastes, and yet he is the postessor of the most extravagant costume in England. The uniform which he wears as arm marshall exclusive of jewels. Seventeen thousand yards of embroidery are worked into the original cloth is to be seen. His grace feels more at home in his old clothes.

Still Spiteful. Her-Yes, she married him to spit

another girl.

Him—But why did she divorce him?

"So he could marry the other girl,
and thus spite her some more."—Chicago Daily News.

KNOWS NOW Doctor Was Fooled by His Own Case for a Time.

s easy to understand how ordi-people get fooled by coffee when ors themselves sometimes forget

doctors themselves sometimes forget the facts.

A physician speaks of his own experience:

That used coffee for years and proved the proper and the proper shadow the provisions of the new law. Violations religious the provisions of the new law work of the new law. Violations of the new law work of the new law work of the new law work of the new law. Violations work of the new law work of the new law work of the new law work of the new law. Violations of the new law. Violations work of the new law work of the new law work of the new law. Violations of the new law. Violations work of the new law work of the new law work of the new law work of the new law. Violations of the new law work of the new law. Violations of the new law work of the new law work of the new law work of the new law. Violations of the new law work of the new law work of the new law. Violations of the new law work of the new law work of the new law work of the new law. Violations of the new law work of the new law work of the new law work of the new law. Violations of the new law work of the new law work of the new law work of the new law. Violations work of the new law wor

MEAT INSPECTION ACT PASSES HOUSE

PRESIDENT WINS CONTEST FOR NEEDED LEGISLATION AFTER IONG FIGHT.

Strict Scrutiny of Packing House Products and Liberal Fund for Service Are Provided—Punishment for Violations.

Washington. By a practically unan-imous vote the house Tuesday adopted the ansended provision for meat inspec-tion, which the committee on agriculture agreed to Monday. This vir-tually ends the sensational controversy that has raged for upward of three, weeks and establishes one of the greatest victories ever won by the big stick in legislation. The sensite newly weeks and establishes one of three greatest victories ever won by the big stick in legislation. The senate prob-ably will agree to the house amend-ment just as it stands, and President Roosevelt will get what he set out to obtain. There was only 40 minutes of debate

in the house before suspending the rules and adopting the report of the committee. It takes a two-third vote to suspend the rules, but not even a division was called for. Chairman

committee. It takes a two-third vote committee. It takes a two-third vote of the control of the

set rules of reverse provided the substance is used in violation of the laws of the country to which they are to be shipped.

Inspection and labeling of canned goods, the inspection to be carried to the scaling of the can or other receptace. No false or deceptive name is to be used upon any label.

Sanitary inspection of establishments which must be maintained according to rules prescribed by the secretary of agriculture. Where the establishments which must be maintained according to rules prescribed by the secretary of agriculture. Where the establishments for the control of the condition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the animals and prohibition of the clearnes of the condition of the condition of the cond

tion and that the meat is sound and wholesome.

Exclusion from interstate and for-eign rommerce of all products until the packers have compiled with the provisions of the new law. Violations of the new law are to be punished by fine not exceeding \$10,000 or imprison-ment for not more than two years, or both.

Punishment of those who give bribes

CHILD'S AWFUL SKIN HUMOR.

ned with Pain—Suffering No Broke Parent's Heart—Speed ily Cured by Cuticura.

ly Broke Farent's Heart—Speedily Cured by Outleurs.

"I wish to inform you that Cutieurs.

Remedies have put a stop to stwelve pears of misery I passed with my son. As an infant I notised on his body a read an infant I notised on his body a read temedies for about five years, but when the speed pears to get a read to the doctors treated him the worse in grewt form. like scales. At high, it would be tracked, inflamed, and hadly swollen, with terrible burning and itching. When I am you had not be a readed, inflamed, and hadly swollen, with terrible burning and itching. When I am you had not be a readed, inflamed, and hadly swollen, with terrible burning and itching. When I am you had not to be a readed, inflamed, and had you had not be a readed on the service of my son made me full of misery. I had no ambioned to the service of the service of the pears about the world had not the service of the pears about the world had not be the pears about the world had to great in the pears about the world had to great in the pears about the world had to great in the pears about the world had the skin in sa fine and smooth as silk. Michael Sky. April 8, 100."

"HE RAN FOR LAWYER."

But There Was a Doubt as to Whether He Had Ever Caught the Office.

A man from Pennsylvania went to Vinciand on a business errand. The town was strange to him, and he was unacquainted with the man (a lawyer) he had gone to see. The directions he received were so indednite that he found himself on the eigh of the town without having come to the house he sought. Then he met an old neground asked the way of him and learned that the house lay about a quarter of a mile farther down the road. "The man I want to eas lawyer," he said to the old man." Is this Mr. Dash down the road lawyer?" "He said to the old man." Is the said to the old man. "Is the said to the old man. "Is the said to the old man." Is the said to the old man. "Is the said to the old man. "Is the said to the old man." Is the said to the old man. "Is the said to the old man. "Is the said to the old man." Is the said to the old man. "Is the said to the old man. "Is the said to the old man." Is the said to the old man. "Is the said to the old man." Is the said to the said t man from Pennsylvania went te

ORACULAR OBSERVATIONS.

Many a good resolution quickly runs down at the heel.

down at the heel.

A pretty girl can teach a man most anything but good common sense. It pays to look a mule in the face when you have anything to say to him.

About half of the things beught on regdit would not be bought if cash were demanded. Have you noticed that the bottom of a cup of joy that runs over is sel-dom far from the top? It's a good deal better to think poetry than to write it, and better to write it than to print it.

\$100 Reward, \$100.

The residence of the sater will be placed in the sate will be proved in the placed will be placed will be placed in the sate will be placed in the sate when the sate when the sate was the sate when the sate when the sate will be stages, and that is core now known to the melocal framewill. Careful control of the sate will be sate with the sate

Suggesting Safe Course.

me a liar!

Newitt-Yes?

"Yes. What would you do about it?"

"Well, if I were you, I'd make it a point always to tell the truth when he's around.—Catholic Standard.

Different Kinds.
"A man in politics should have lots of friends, shouldn't he?"
"It depends," answered Senator Sorg-hum, "on whether they are friends who want to do something for you or who want you to do something for them."—Washington Star.

To Launder China Silk Waists.
China silk waists launder nicely. Remove any spots with bennien. Then wash in warm soap suds, rubbing between the hands; rinse through several waters. Use the fabric. Wring as dry as possible, wrap in a sheet and when partially dry iron or the wrong side.

Physical Impossibility.

The House Cat-You're getting fa and apoplectic. I can see your finish

The Pug Dog (making an effort it turn his head, but giving up)—Thore than I can do, anyhow.—Chicago

GIRLS WANTED.

Wanted in a family of three people, three girls—competent cook, house maid and chamber maid. Preferably friends or acquaintances who will work harmoniously and for the interest of the house. Must be thoroughly reliable and trustworthy and give good testimonials from former employers. House has every convenience; maids' rooms large, pleasant and opening together. Wages \$25 per month with a yearly increase to the right girls and two weeks vacation to each girl. All of present maids in my employ from three to ten years. Full particulars on application. Address Mrs. Geo. A. Joslyn, Omaha, Neb.

GOTHAM ORIST.

In New York city there is one policemen to each 620 persons.

In New York city there is one policemen to each 620 persons.

Alt5 acres of land, are sufficient for the burial of the city's dead, at the present death rate, for 160 years.

Since Peter Minutil, in 1626, bought Manhattan island from the Indians for 124 in merchandise, there has been a daily average of 39 persons arriving in the territory now known as New York city.

If the sewers of New York city were placed end to end in a straight line they would reach from fiere to Place's Peak, 1,710 miles, and the pawed streets of the city would make a road cling one side of them all the way.

If the wind have been the work of the wind would be the wood streets of the city would make a road continue its way, at its average velocity, it would make the circuit of the earth and be back there the last week in August, for it moved at the rate of nine miles an how at the rate of nine way at the rate of nine miles an how at the rate of nine way at the rate of ni

DOES YOUR BACK ACHE?

DOES YOUR BACK ACHE?

Curs the Kidneys and the Pain Will

Never Return.

Only one way to cure an aching back. Cure the cause, the kidneys and the cure the cause, the kidneys and the cure so made by Doan's Kidney Pills. John C. Coleman, a promisent merchant of Swainsboro, Ga., asys: "For several years my kidneys were affected, and my back ached day my back ached day languid, nervous and lame in the morning. Doan's Kidney Pills helped me right away, and the great relief the county of the cure of

Best He Could Say.

"What do you think of these peeka-boo shirtwaists the girls are wearing?"

"Well, they're almost clothes."—
Louisville Courier-Journal.

Most of us at times feel the need of a post-graduate course in the school of experience.

Lewis' Single Binder costs more the other 5c cigars, Smokers know why. Ye dealer or Lewis' Factory, Peoria, Ill.

It is sometimes easier to set a good example than to follow one.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces infammation, allays pain, cures wind come. Mrs. beetis.

The seat of conscience often seems to be in the liver.

INTERESTING LETTER WRITTEN BYA NOTABLEWOMAN

frs. Sarah Kellogg of Denver, Color Bearer of the Woman's Relief Corps, Sends Thanks to Mrs. Pinkham.



The following letter was written by Mrs. Keilogg. of 1628 Lincoln Ave., Denver, Col., to Mrs. Pinkham, Lynn. Mass.: Dear Mrs. Pinkham;

reacting of the vanue of Johnson and Parking of the vanue of Johnson and Landson and Lands

Too Much 80.

"Why do you call that feroclous bulldog of your 'tey?"

"Because when he once attaches
himself to a person he climps to one
so."—Baltimore American.

FIRS, St. Vitus Dance and all Nerroes
Discusse permanently cured by Dr. Klimes
Forest Nerve Restorer. Send for Free E20.

Grail bettle said treaties. Dr. R. II, Klimes
for happy asvages do neither.

A financier is a man who saran him
money by the sweat of other mean
house.

A financier is a man who saran him
money by the sweat of other mean
house.

Lewis' Single Binder straight 50. Yen
pay lio for egars not so good. Your dealer
t Lewis' Factor, Peoris, III.

To see a mill and say you saw R,
seek to see a saw mill.