WOMAN'S WORLD.

It is intended that these columns shall record woman's work in all the varied fields of usefulness, reflect opinion respecting women, and voice the views and thoughts of women. It is hoped that they may in some measure encourage and strengthen women in every worthy effort, aid them in solving the problem of self-support, protect them through knowledge of forms of business and law, inspire them to attain to their rightful position, and thus through enlightened, elevated womanhood ennoble the home, the race, the Nation.

"Woman's World" is wide. As wife, as mother, as home-maker, as worker, as educator, as philanthropist, as comrade, as citizen, and as a human being, woman is everywhere building for herself and her generation. From all sections of this world, brief reports of individual an organized work, news items, thoughts, suggestions and inquiries are invited for these columns.

Address all such communications to

FLORENCE M. ADKINSON.

The National Woman Suffrage Association will meet at Washington this week.

A disfranchised tax-payer rises to inquire why members of the Legislature are allowed mileage at the rate of twenty cents per mile, while railroad fare is but four cents.

The Cleveland Leader gives a highly commendatory report of Mrs. Mary E. Haggart's recent address in that city on woman suffrage. The meeting was held under the auspices of the Western Reserve Club, and was attended by about two thousand persons.

Senator Thompson has introduced a bill for the better education and instruction of convicts. It provides that the "moral instructor," now appointed by the wardens and directors shall render service daily instead of weekly as is now the case, that ignorant convicts shall be given secular education as well as spiritual instruction, and that the instructor may be a woman. The senator is anxious that a woman should be appointed in at least one of the prisons, for the reason that "the softening and refining influence of woman is better than scourging the back with a cat o' nine tails."

Doubtless this is all true, but there's a difficulty in the way. Will not this woman "moral instructor," who comes in daily contact with a penitentiary full of convicts be in almost as great danger of being subjected to unpleasant associations and of becoming contaminated as if she should go to the polls and vote or as if she should sit in the Legislature and help make the laws by which she is governed?

In a report of the work in the woman's department of the Exposition, the New Orleans Picayune says:

Mrs. Merrick, Southern Vice President, and Mrs. Josephine Nichols, of Indianapolis, were superintending the arrangement of the Woman's Christian Temperance Union square in the center of the department yesterday morning. Mrs. Nichols, a lovely and cultured woman, is a prominent member of the National Temperance Union, being President of the department of State and county fairs, hundreds of which she has attended and arranged temperance exhibits.

Mrs. Nichols says that the chief feature of the temperance exhibit in the Exposition will necessarily be literature, and that thousands of pounds of temperance literature, leaflets, etc., will be given away. Coolers of ice water will also be provided for the refreshment of those who pass. In this connection Mrs. Nichols is making effort to have drinking fountains established in the buildings. At present there are none, and the temperance women will not surely rest until this want has been supplied—even if they have to put up drinking fountains themselves.

As a public lecturer, Mary A. Livermore has served her day and generation well. She has served it well in other capacities, but by her platform work she will probably be best remembered. Every winter, except the year spent abroad, for nearly twenty years, she has traveled far and wide and filled long series of lecture engagements—a severe test of physical endurance as well as of mental breadth. Her themes have been many, her words as helpful as they were eloquent. Her voice has been lifted up in behalf of every good cause—the advancement of women, of temperance, of education, of every humanitarian enterprise. She has taught mothers how to teach their sons and daughters, inspired girls to higher standards of womanhood and to wider fields of usefulness, and encouraged tired housekeepers and told them of happier and more simple modes of living. In the helpfulness and suggestiveness of her lectures, in her wonderful and ever-ready resources of learning, experience and observation, and in her gift of vivid word-painting may be found the secret of her perennial success and interest.

When last year, Mrs. Livermore came before the public with her new lecture concerning the evidences of immortality outside of revelation—the evidences afforded by the natural law of demand and supply, by the longings and aspirations of the human soul in all its grades of development, and by the whispers reaching listening, straining ears from the invisible beyond—it seemed as though this, the most thoughtful, subtle and introspective of all her lyceum utterances, might prove her crowning effort. While the public hoped to greet her on numerous occasions, it scarcely expected another entirely new theme—it were fitting that the series should be completed with a sermon.

But in telling the story of Wendell Phillips and his times, in becoming the platform historian of one of the bitterest struggles and one of the grandest characters of the age, in paying tender tribute to an honored, beloved co-worker, Mrs. Livermore is probably rendering her best service to her day and generation.

Young America needs to be told and old America reminded of the anti-slavery battle and of its heroes. It is well to bury sectional animosities, to "clasp hands across the bloody chasm," to forgive, but it is not well to forget the horrors and cruelties, the intolerance and persecutions of the old slavery days, or the courage and sacrifices of the abolitionists. It is not wise that Birney and Lovejoy, Garrison and Phillips should become as myths; yet our school children are better acquainted with Cassius and Caesar, with Cromwell and Bonapart. An understanding of the origin, growth and downfall of American slavery inspires faith in the vitality of the Republic. The worst abused reformer of to-day will take courage when he compares his lot with that of Garrison, and the philanthropist who considers the man bought and sold a quarter of a century ago, but recognized as a citizen and a peer to-day, may have hope even for the elevation of the vicious, the criminal, the tramps, the offcourings of every race and nationality.

In her delineation of the life and character of Wendell Phillips, Mrs. Livermore inculcates other lessons still more sorely needed. Manhood more than womanhood to-day needs to be educated to a high standard, inspired to lofty endeavor. The "girl of the period," with all her follies and weaknesses, promises better as a rule in every grade from news girl to college graduate than the boy of the period in a corresponding grade. There doubtless is some truth in the outcry about the moral deterioration of girls of certain classes, if it exists it is not to be wondered at. The sins of the fathers are visited upon the daughters as well as upon the sons. It is not out of the order of human nature if girls turn liberty into license and indulge inherited appetites.

The effort that has taught girls to be self-reliant and self supporting, inspired them to seek education, culture and occupation, encouraged them to become physicians, ministers, authors, artists, attorneys, in brief that effort that has caused the wonderful development of womanhood within a recent period, needs now to be directed toward the evolution of a finer, cleaner type of manhood.

As books and flowers, beautiful pictures and artistic surroundings exert a refining influence, so do the portrayal and praise of lofty character and heroic deeds stir the nobler impulses of the soul to emulation. Would that courage, truthfulness, purity and devotion to principle as exemplified in the life of Wendell Phillips, were preached from every pulpit, taught in every school, praised in every social circle. With many it is a step gained when they are convinced of the existence of such a noble character. A host of women have no finer conception of manhood than that afforded by the coarse, selfish, profane, falsifying and loose men with whom birth and circumstance have associated them. A host of men have no higher ideal than the cheap success won by the subtervience of principle to policy and trickery, than the gross pleasures of gratified selfishness and appetite.

There are husbands and wives to whom the story of Wendell Phillips' wedded life is a revelation of an existence exalted beyond their ken: husbands who regard home and marriage as only a place and a relation for the indulgence of their selfishness, low desires and tyranny—wives to whom the only recompense of marriage is the degree of provision for material wants that it affords.

Wherever Mrs. Livermore tells the story of Wendell Phillips' home life, of his rare love for his wife—a hopeless invalid from girlhood—of his never failing consideration, courtesy and tenderness through all their years together, of his unswerving loyalty to his vows, of his constant efforts to make her days easier and brighter, always regarding her needs and claims as more imperative than any call from friends or the public—whenever this is told in Mrs. Livermores' vivid words, there are women who listen with tortured hearts, from whose souls comes comes this cry, "for such love, such marriage, such manhood. I could dare and do all things, endure all; hardships, poverty, sickness, suffering, sorrow, and yet feel infinitely blessed." It is the ideal of which they dreamed, hoped for, sought for, believed that they had found, and—bitterest of all disappointments—missed. Having missed that, life is robbed of its sweetest hope, labor of its best inspiration.

Wherever Mrs. Livermore tells this story of noble living she puts before young men a high ideal of manhood and marriage to strive after; before young women the same high ideal to expect and require.

The strength, manliness, and virility of Wendell Phillips' nature are unquestioned. He was a man, vigorous, harmoniously developed, with the physique of a Greek Apollo, with the brain force of a Jupiter—"full-summed in all his powers"—yet he had neither sowing nor harvest of "wild oats." His life gives the lie to the shameless assumption that virility and purity are incompatible.

"Hero worship" is not amiss when the hero is worthy. It is natural to the young, it stimulates to sublime purpose and high endeavor. The mother who would have her sons become something better than "dudes" and "bloods" would do well to enshrine on the home walls a portrait of Wendell Phillips, the dauntless, the truthful, the self-sacrificing, the lover of humanity, the leader in the struggle for liberty, the hero who laughed at persecution and mobs, the modern Sir Galahad

"Whose strength was as the strength of ten,
Because his heart was pure."

Early Days of the Woman Suffrage Movement in Indiana.

[Extract from a paper read by Mrs. Sarah E. Franklin, of Anderson, at the State Convention at Kokomo.]

The first Woman Suffrage Convention in Indiana was held in Dublin, Wayne County, October 29, 1851—more than thirty-three years since. The brave women who issued the call were Amanda M. Way and Fanny Hiatt. They were seconded by a loving friend of equal rights, Joel Davis, "without whose countenance and support I never could have endured and gone thorugh with what I did," said Miss Way. At that time she was twenty-five years old, and engaged in teaching school and taking care of the motherless children of her sister. I only mention this as she was an able representative of that class of women, who it was said were unsexing themselves. Upon Miss Way devolved the dreaded task of opening the meeting, which she did in a fearless manner by stating the object of the Convention to be a full discussion of the legal and social position of woman.

She then read a letter from Dr. Mary F. Thomas, of North Manchester, now city physician of Richmond, Ind., who urged the believers of equal rights to press forward and claim a place in the trades and professions. The first object of the Woman's Association was to open up avenues that women might have employment and receive equal wages for equal labor with man. It was useless at that time for women to ask for the same wages as men, though they submitted to the same requirements in trades and professions as men. Still it was argued that a man was more valuable than a woman who does the same work, and for that reason should command better pay.

It was also asserted that man to some extent sacrificed his independence of action in employing women to do men's work, and men lowered their dignity by working with women.

About this time I was awakened to the injustice done to women in regard to wages, and when I asked why I received but half the wages of my husband when my certificate was just like his and I was required to perform the same labor, the only answer I received was that he was a man, thus putting a premium on sex. I commenced a fight. I had an excellent letter of recommendation from the only female college in the United States, besides my certificate from the examiner of the public schools. The director was anxious I should teach, and he said he would advance the salary from $15 to $20 per month. I said "no, my husband gets $33.1-3, and I do the same amount and quality of work he does" In a few days he came back offering me $25, an advance of $10, saying it was the best he could do as he had to fight the other two directors to get that. I soon heard of what the Indiana women were doing and wrote to them. When the community was thoroughly aroused to the audacity of the women, there came the hue and cry, that the men would be thrown out of employment and wages would be lowered, just as they talk about the Chinese new.

Frightened by their husbands, married women joined in the opposition, and said their children would starve because their husbands could get no work. One editor said a gang of long-legged old maids were running around the country inciting insurrection, and discontent among the women.

When the first convention was organized; on the first morning after the assembling of the crowd, Hannah Hiat was elected president, Jane Morrow vice-president, Mary B. Birdsall secretary, and Amanda M. Way treasurer. Posters were immediately sent out announcing that a woman would lecture that night. The opposition also came out with carricatures and great capital letters, saying:

"A hen will try to crow to-night." "The women have unsexed themselves." "Gabriel sound the trump!!!"

If you want to know the public sentiment in regard to woman's equality—search the files of the Indianapolis Journal and Sentinel from 1854 to 1859, and you will find some interesting reading. You will be surprised to know that the women had the courage and endurance to wade through so much opposition. You know how the man in the Holy Scripture was enjoined to count the cost whether he could afford to meet an army of ten thousand men, with an army of one thousand men. The women, though not one to ten, have counted the cost and for thirty years—one entire generation—have given it that influence which being once awakened is powerful to maintain, notwithstanding the immense disadvantages to which they have been subjected. They have had to overcome habit, custom, and public opinion and submit to such restrictions that it is no wonder that every boy as he yells like a Comanche Indian, is glad he is not a girl. You younger women have but little conception of the ridicule, vituperation and disgusting epithets applied to the noble pioneers, who read in the Declaration of Independence that "Taxation without representation is tyranny." This convention lasted ten days, and was among the first in the United States. It was through this association organized at that time that the agitation was kept up which resulted in the demands of the woman for property, educational and industrial rights. When the free schools were first organized they were made with reference to boys. It was argued that as boys were to be the rules of this great and free government boys ought to be educated in order to be able governers. Women were not allowed to teach in the public schools, as they were supported by public funds, and men by virtue of their sex were entitled to public moneys. How absurd that reasoning seems now. Truly as one has said the nineteenth century will be the middle of history, with its universal activity, and unusual restlessness, its currents and counter currents, its progress and reaction. Among the enterprising spirits of the early woman reformation was Robert Dale Owen who made a demand in the Legislature, that it pass laws securing to women the property they received by inheritance, Two preachers opposed the measure saying "if wives had possession of their property their husbands could not control them and if things did not suit the women, they would take their property and set up for themselves." Preachers though they were they must have had terrible women for thir wives, or they were of the Carlyle stripe, who maintained man must be supreme ruler at whatever cost or else were bachelors, and had not learned perfect love casteth out fear. Mr. Owen's bill was passed however, and another link was rivited in favor of equal rights.

On the 19th of January, 1859, the first petition was presented to the Legislature by Mrs. Agnes Cook, who briefly invited a candid consideration of the subject. Dr. Mary F. Thomas read a petition signed by more than a thousand women to pass laws giving equal property rights to married women and to take the necessary steps to amend the State Constitution so as to enfranchise women. She claimed these rights then as now on the grounds of absolute justice. Mrs. Mary Birdsall followed with a clear, concise argument, occupying about half an hour. The petition and the addresses were referred to the "Committee of Rights and Privileges," which reported that Legislation on this subject is inexpedient at this time."

Except during the War the Indiana Woman Suffrage Association has met yearly and the woman suffrage sentiment is so ripe that were it not for the ignorant and vicious elements the women of our State would take an active part in politics. By our own people the capacities of women are well understood and when one sees the vast changes in the position of women for the better, it is impossible not to hope for better things in the future.

To quote from Our Herald; "In Indiana but a short time ago a wife had no right to her own earnings. She might go out and work all day, her husband could follow and collect her wages, by law they rightfully belonged to him. A woman could make no will, could engage in no business, she could not sue or be sued, she could make no contract, she could do no legal act.

"The continual struggle of women for justice and for room in which to grow and act has caused our legislators to remove the bonds of those barbarous laws and recognize woman as an equal partner in the great struggle of life. At the present time in Indiana the laws in regard to man and woman as to property, crime, wills, contracts, etc., stand very nearly on an equal footing, an exception being in the case of widows, who receive but one-third of the real estate, and so much personal property, must suffer the inconvenience of unjust appraisement, sales, etc., while the husband upon the death of his wife, lives on uninterrupted by outside authority. But this relic of unjust legislation, like all others, must soon be erased from our statute books. Many years can not pass by before our legislators will recognize that the home and claims of the wife upon the death of her husband must be as sacred and free from intrusion, as is now the case of the husband upon the death of his wife."

General News Notes.

INDIANA.—A patent has been issued to Margaret Chilcot, Auburn, for a combined ironing table and clothes holder.—Clara Badgeley of Terre Haute has been commissioned Notary Public.

GEORGIA.—With reference to the work of women clerks in the Legislature, Gov. McDaniel testifies: "I have never examined an equal number of bills so free from errors and defects."

NEW YORK.—A catalogue received announces that Mary L. Benson, book-seller and literary agent, Knickerbocker Building, New York, sells books, stationary, etc., at low rates, and furnishes translations, compilations and original articles by competent writers upon short notice.—It has been decided by Chief Justice McAdam that a verification certified by a woman notary public, properly appointed and confirmed, is valid. The claim was made that a woman is ineligible to public office.

ILLINOIS.—Mrs. Elizabeth Boynton Harbert, Mrs. Helen E. Starrett and others have organized a society called "The Silent Ministry." Its purpose is to find, encourage and aid the sensitive, refined poor, whose suffering is not reached by the ordinary forms of charity.—At the last meeting of the Cook County Woman Suffrage Society, on Jan. 9, Mrs. Harbert read her excellent paper on "The Statesmanship of Women," and Mrs. Lida Hood Talbott, of Indianapolis, recited three selections. The Society pledged itself to support Mrs. Harberts' monthly the "New Era," formerly "Our Herald."

OHIO.—Mrs. Sarah M. Kimball started the Western Reserve School of Design, in Cleveland. Monthly receptions are given by the hundred or more founders who gave $100 each. It was originally intended for women only, but several young men have been admitted, and there are now over fifty pupils. Mrs. Harriet J. Kestoe, of the Philadelphia School of Design, is the principal.—Mrs. W. A. Ingham, of Cleveland, O., one of the founders of the National W. C. T. U., and of the Western Reserve School of Design for Women, has been appinted secretary of the North Ohio Branch of the Woman's National Indian Association, using her influence with the press of the State in their behalf. She has also been made journalistic secretary of the Woman's Home Mission Society of the Methodist Church, Mrs. R. B. Hayes president, bringing it before ten papers. She is an efficient, cultivated, and earnest woman.

W. C. T. U.—Not less than 1,000 of the 12,000 papers published in the United States, had last year some form of Temperance Department, conducted by the W. C. T. U.—Two papers are published by the W. C. T. U. women in Canada; The Telephone by Mrs. J. S. Cowie, Moncton, N. B., and The Woman's Journal, by Mrs. Chisholm, Ottawa, Ontario.

EDUCATIONAL.—It is expected that the Presidency of Girton College will be offered to Mrs. Fawcett, the widow of the Postmaster-General of Great Britain.—The Board of Trustees of the Columbian University of Washington has decided to admit women to the study of medicine in that institution with all the privileges of instruction accorded male students.—Lasell Seminary, which teaches the use of the hands, having lessons in cooking, dressmaking, millinery, etc., is now to have a large gymnasium added to its other advantages.—The young women carry off nearly all the first honors in this year's art examinations at McGill University in Montreal.—The Association of Collegiate Alumnæ has 358 members representing thirty States and Territories. Its annual meeting was recently held at Boston.

PERSONAL.—Mrs. Harry Woodburn, of Minneapolis, formerly Miss Genevieve Morris, of Indianapolis won the prize offered by the Minneapolis Evening Journal for writing the best Christmas story.—Miss Emma Harriman, State Suffrage Lecturer and Organizer for Minnesota, has removed to Topeka, Kansas.—Dr. Rebecca Longshore, of Columbus, Neb., writes to the Woman's Tribune from Sydney, Australia, where she has gone to assist her sister, Dr. Anna Potts. These ladies are the first women physicians, Dr. Longshore says, to visit the colonies, and they are thronged with patients. She says that they are arousing some interest and breaking down some of the opposition to women in medicine; that three young ladies of Melbourne have begun the study of medicine, and will attend college in America, as they would not be admitted to the colleges in the colonies. Dr. Potts is building a sanitarium in California, to which she means to return when she has visited several foreign countries.—Mrs. Erminnie A. Smith, a fellow of the Academy of Science and a member of the United States Ethnological Bureau, is preparing for the Bureau some dictionaries of the Indian language containing the Indian words and their English equivalents. Mrs. Smith has devoted much time to the study of Indian life and customs, and may, in a certain sort, be considered as an Indian herself, having been adopted into the tribe of Iroquois, christened or "heathened" with some outlandish name, and gifted with a beautiful costume resplendent with beads and embroidery, and finished off with a unique necklace of seal's teeth.

Expressions.

Did it ever occur to you how ashamed a pug dog must be of himself when he has to be seen in company with a woman who is fool enough to lug him about?—Exchange.

A baby's feet, like sea-shells pink,
Might tempt, should Heaven see fit,
An angel's lips to kiss, I think—
A baby's feet.
Like rose-hued sea-flowers, toward the heat
They stretch, and spread and wink
Their ten soft buds, that part and meet.
No flower-bells that expand and shrink
Gleam half so heavenly sweet
As shine on life's untrodden brink
A baby's feet,

—Anon.

General B. F. Butler says: "I have no more doubt of woman's right to citizenship under the Constitution than I have of the constitutionality of our legal tender currency. It may take some time to bring it out right, but it will come. The good sense of the American people will convince them that they can trust the ballot, with all its powers, in the hands to which they have committed the children and the homes of the nation.

Could anything be a better illustration of the way women do their work as compared with the way men do theirs, than to look over a village of, say a thousand families, on a Monday morning? In a thousand little kitchens a thousand women would be seen thrusting wood into a thousand little cook-stoves, heating a thousand little wash-boilers, bending their backs over a thousand little wash-boards, and hanging their clothes on a thousand little clothes-lines. If, by some singular social revolution, the men of such a village were to undertake to do the work, their first step would be to get up a stock company, invest capital in building and machinery, so organize the work that about a half dozen men would do the work for the whole town, receive good salaries therefore, and the rest of the men would go about their own business on Monday just as on other days.—Helen E. Starrett.

Health and Comfort for Girls.

[Juliet Corson, in Harper's Bazar.]

The enjoyment of physical comfort is such a matter of course with the majority of American women in easy circumstances that they seldom think how far it may eventually be effected by their daily habits. The idea of following any definite system of living for the purpose of insuring sound health is a most novel one to most of our young girls; in fact, some actual annoyance of illness is frequently the first call their attention has in this direction. But certain modifications of careless habits of diet, exercise and dress, easily made, result naturally in the substitution of an absolutely sanitary existence for one weighted down with unhealthful conditions. Without seeking to curtail youth of its joyousness, let us see how far, under the conditions which prevail in the lives of many of our girls, it can be passed as the natural prelude to a vigorous and happy maturity.

First, in regard to diet, while those who are in society are becoming wise in regard to certain plats, probably under the guidance of some amused gourmand, or having caught some point of training from their athletic friends, with home-keeping girls there is a degree of indifference to food and drink never found among men of their own age and class; they literally take no heed of what they shall eat and drink If they have any preference, it lies usually in the way of sweets, confectionery, cake, and pastry, and, for substantial fare, bread and butter and tea frequently make up the delicate limit. They may not thrive upon such food, even although all the chances of youth are in their favor, especially if they are engaged in hard study; but they do not realize the fact, and a woful physical future is theirs unless some caretaker is by to remind them that the powers of body and mind flourish simultaneously, and that physical recuperation must go on equally with the expenditure of vital energy. Women, at any period of life, while they need liberal diet, do not require the same kind of food as men; a vigorous man, engaged in any pursuit which insures him plenty of out-door exercise, can digest and assimilate almost every known aliment; but, like men who lead sedentary lives, women require food which is both nutritious and digestible. For instance, mutton, poultry, and game are preferable to beef, veal, and fresh pork; salads and succulent vegetables, such as lettuce, celery, asparagus, spinach, and tomatoes, are more suitable than the edible roots and leguminous varieties; red-blooded fish, such as trout, salmon, and sturgeon, may with advantage occasionally replace meat; and plain puddings, made with milk and suet, are more wholesome desserts than rich cakes and pastry; good milk, pure water, and light wines are better beverages for women than strong tea and coffee. At breakfast tea should not be taken, because it retards assimilation of nutriment at the time when the system is in most need of immediate refreshment. Warm tea and coffee are popular breakfast drinks because they impart a sense of comfort directly they are taken, on account of their stimulating properties; of the two, coffee is the least objectionable especially if it is made with much milk, in the French way; but cocoa, chocolate, and warm milk are far more wholesome, because they combine nourishment with warmth and agreeable flavor.

If there is any lack of appetite, a cup of hot milk or chocolate should be taken immediately upon rising; short exercise in the open air, if the weather is fine, or a light gymnastic exercise for about five minutes, should follow. This course will usually give rise to a natural desire for food, unless there is some illness pending, in which case a physician's care is needed. The breakfast should consist of milk, cocoa, or chocolate as a drink, and some light dish of eggs, fish, or meat, together with bread meat or toast and fruit. When this indisposition to breakfast exists the food taken in the evening should be very digestible and not excessive, and the sleeping apartment should be thoroughly ventilated.

The arrangement of the sleeping room has much to do with the health of the occupant. If as is generally the case at boarding-schools, the room is occupied more or less during the day, it should be thoroughly aired before bed-time, and the windows left open far enough to insure a supply of fresh air during the night; even in winter the rule should be followed, and plenty of blankets used to keep the sleeper comfortably warm. Both appetite and complexion largely depend upon abundance of fresh air in the sleeping apartment.

The breakfast of school-girls is the most important meal of the day; not only have they to replace in the blood the nutritive elements which have been assimulated during the night to meet the demand of growth and development, but they must provide for the activity of mind and body which their daily tasks impose upon them. It is an old saying that a boy is always hungry; it is equally true that if a girl is not hungry at least three times a day, she is in some wrong physical condition. The unnatural appetites which sometimes prevail among girls for pickles, chalk, slate-pencils, and like queer fare, always indicate a perverted state of the system, that should be promptly investigated by the physician.

Extremes of obesity and leanness, unless they are family characteristics, are indicative of a disturbed physical balance. Obesity may result from an ill-regulated diet as well as from overeating. While superfluous nourishment is stored up in the system in the form of fat, a similar condition may be caused by the undue excess of starch and sugar in the food, so that the appearance may seem to indicate high health when in fact the needs of the body are imperfectly met. The appetite of girls often inclines them to the use of bread and butter and sweets rather than to a mixed diet. The remedy in this case would be an intelligent explanation to them of the need of the system for this mixed diet of meat, vegetables, and farinaceous food, the scant use or entire avoidance of tea and coffee, combined with abundant out-door exercise and active games which favor the increase of appetite. Where there is a hereditary tendency to obesity, plenty of exercise should be taken persistently, and the food should consist of the lean meats, poultry, game, red-blooded fish, fruit, and the succulent vegetables. The vegetables which contain an excess of starch and sugar, such as potatoes, beets, parsnips, and carrots, should be avoided, together with fresh white bread, pastry, cakes, and sweets in general. All anti-fat remedies should be strict-forbidden, as should every extreme dietetic measure. The drinking of vinegar is almost suicidal; even the comparatively moderate Banting system should not be followed except under a physician's direction. When leanness accompanies the use of an abundant and varied diet, and the general health is fair, it does not indicate any unfavorable state; on the contrary, the capacity for exercise is increased, and the physical balance is in favor of resistance to disease. When leanness is the result of an attack of illness, of impaired or faulty nutrition, or of overwork, the remedy is to be sought in the use of abundance of digestible and nutritious food of a varied character, a moderate degree of exercise and plenty of sleep.

Now that the literature of physical culture is on the increase, it has become a promising field for individual experiment; following it under intelligent guidance, the general health is benefitted, and in special instances definite results can be effected. It has taken its place as a recognized feature in the education of young women as tending to the more perfect and equal development of mind and and body. Of course the muscular exercise it involves should be so graded as to avoid over-taxing the strength; therefore, where there is any tendency to illness it falls as properly under the direction of the physician as the administration of medicine. The growing popularity of out-door life with our girls and young women is gradually stamping them with that physical superiority co-ordinate with the capacity for all the enjoyment in living natural to their sex.

The sanitary value of baths is acknowledged, and has already been discussed in the Bazar, so that here it is only necessary to remind the reader that different forms of the bath produce different effects, the cold bath being tonic, and requiring sufficient vigor to insure reaction from the first shock it occasions, the relaxing effect of the warm bath making it necessary to guard against taking cold after it. Any excess in the use of the Russian or Turkish bath is to be avoided, especially where there is a tendency to heart-disease. The use of all baths favors a free action of the skin, and as a matter of course when the skin is absolutely clean the complexion is improved. The use of aromatic waters, oils, and perfumes in the bath is desirable from a sanitary point of view as well as a matter of physical luxury. Aromatic odors are to a degree disinfectant, and all agreeable perfumes have a more or less soothing effect upon the nervous system.

FASHION AS IT FLIES.

New Fancies—Hosiery—Boys' Clothing.

There is a revival of taste for the delicate aesthetic colors, and the new jerseys are brought out in these shades.

Mushroom is a favorite color, and handsome dresses and mantles are to be had in mushroom plush. Muffs are made to match every dress.

At a very elegant "german" recently, a tall, slender blonde wore a dress of black velvet, with a full white lace waist coat, which was barred across with black velvet straps, fastened by tiny diamond buttons. No flowers or other ornaments were worn, except a diamond arrow in her hair.

The latest novelty in imported evening bonnets is a butterfly bonnet, the border of which falls like small wings on each side of the head. It is made of chenille, satin, or velvet, and trimmed in front or at the side with feathers put on in large clusters.

Instead of the time-honored orange flower wreath, brides now wear the veil fastened with several large diamond or Rhine crystal pins, the orange flowers forming bouquets wherewith to loop the draperies or adorn the corsage only.

To the floral garnitures for the toilet are now added tiny little bouquets of blossoms and vines mingled with lace, which are fastened to the sleeve just above the elbow where half-long sleeves are worn—this, of course, in evening dress.

A quaint toilet is created after the Dagmar dress, designed for the Empress of Russia; it is of plain laurel green velvet; the skirt has but two pleats five times double at the back. The bodice is crossed in front, but the dress opens from the waist line to show a fourrean skirt of pleated silk, and the top the very close-fitting bodice is slightly open to show a plastron of the same rich silk still more finely pleated than the skirt. A border of green silk passementerie goes round the sides and foot of the skirt, this trimming being outlined by silver, and the fronts of the bodice are trimmed in the same manner.

HOSIERY.

A plain-spoken Paris lady writes to an English magazine: There is very little new in hosiery this year, except that the black dyes are really fast now, and that manufacturers have been turning their attention to making the hose durable as well as good looking, hence very many of them are spliced and have double heels, so that you can wear shoes without any fear of the tops cutting at the back of the ankle, or of toes poking through before their time. Laced stockings have been brought out, and are liked by those who object to garters, and who have not yet adopted suspenders. The front of the stocking is slit from the top to the knee, strengthened by a facing, and laced with a smooth lacing-string. This lacing prevents the stocking from slipping down, at the same time causing it to fit neatly above the knee. Plain colored stockings, exactly matching the dress, are the most fashionable, some plain wove, some ribbed, but this year the ribs are wider. Still open-rib and elaborately embroidered stockings are worn by those who can afford them, especially with shoes. If you want a good-wearing woolen stocking, get one made of alapaca wool, wiry, light, warm, and strong. If you desire to match a dress, and not take a great deal of wear out of them, there is a new make of cheap, pure, silk stockings, brought out in all colors. Balbriggan, woolen, silk, and spun are the choice of stockings for winter wear. Americans and Parisians affect the stockings striped from top to toe, with two colors or black and a color. People with weak circulations will like to know they can have spun silk stockings with fleecy linings, and also armlets in silk or merino, woven so that they can be slipped on to legs and arms in a minute. To these people I would recommend wearing a Shetland spencer with long sleeves under the bodice of their dress. Nothing is so warm, and it takes up no room.

BOY'S CLOTHING.

Harper's Bazar says: Boys from four to seven years of age wear kilt suits with very full pleated skirts and jackets that are shaped into the figure more closely than those worn by larger boys. The single-breasted jacket is fastened by five buttons, and is cut away below. It has patch pockets on the sides, a slit for a breast pocket, and has no collar, as it is to be worn with a large linen collar either round or in sailor shape. The side pleats of the kilt are narrower than they have been of late, and the front wide space may be trimmed in cross rows of braid either of silk or mohair. For best suits are velveteens, or else diagonal or corkscrew cloths, in very dark blue, brown, green, or dahlia shades, or black. Straight lines of braid of two widths may follow the edges of the lower part of jackets of these suits, and extend up two side seams with curves at the top, while in front they are in crosswise rows in military style. For every-day suits there are Scotch Cheviots, checked English cassimeres, and French cloths in fancy plaids, with some plain colored twills that are either drab, gray, brown, or other quiet color, with flat braid bindings and no other ornaments. Small short trousers of the material are used with the kilt skirts of larger boys, but drawers are preferred with the first kilt skirts, and the kilt must be quite long, so that only the dark stockings are seen above the buttoned shoes. Shirt waists are worn by boys until they are eleven years of age, and these have a wide linen collar that comes over the jacket, six or eight tucks or box pleats in front and back, and a belt which is sewed on outside an eighth of a yard above the edge, on which are eight buttons corresponding to eight buttonholes inside the belt of the kilt. Long black, brown or blue ribbed stockings and buttoned or laced shoes without heels are worn by these little fellows. A large colored cravat bow is worn, and is held in place by an elastic that passes under the collar. Polo caps and jockey caps with visors and a round crown of six gores with a button in the center are made of the velveteen or cloth of their suits. Overcoats to wear with kilt suits are very long Newmarket shapes reaching below the calf. They are double-breasted, and buttoned to the neck with two collars, the upper collar of velvet and the second one of the cloth of the coat. They are made of plain castor beavers, of brown, blue or dahlia shades.

SUITS WITH SHORT TROUSERS.

Suits with short trousers put on boys seven or eight years of age are made of rough Scotch goods in cross bars of gray, blue and stylish yellow-brown shades, also French cassimeres of blue-green checks, and Scotch homespuns that have a melange of colors and a very rough surface. Belted blouses are stylish for such suits, and are made with two or three box pleats in front and back. The belts can be taken off, as they are only passed through straps on the side seams and buttoned in front, and a leather belt of light color may be substituted. For boys only seven or eight years old these blouses button straight to the neck, and are worn with a large linen collar, but for older boys they have a small notched collar like that on men's morning coats. The short trousers come just below the knees, are straight (that is, not gathered), and have three horn buttons with eyes on the outside seam at its end. For the smallest boys these trousers open on the sides, while for larger boys they are buttoned in front. Jackets to wear with the first short trousers are made similar to those worn with kilt skirts, that is, they are single breasted, and have two back forms with a dart beginning in the armholes, but the back forms are straighter, so as to fit closely to the figure. At the age of nine years boys attain the dignity of vests, and their jackets have a narrow rolled collar, which may be plain, or else faced with silk; the edges of such jackets are bound, but the sleeves are merely stitched; the pockets have flaps. The vests have no collars, and the trousers are plain, unless a broad stripe of braid is down the outside seam. Their long Newmarket overcoats of the stylish yellow-brown cloths have the short waist defined by two buttons, and are open below these down the middle of the back. Pea-jackets are worn by boys from seven to twelve years of age, either over a jacket for greater warmth, or else they are the only coat worn. These are short, round, double-breasted jackets that button to the neck, and have a velvet collar and bound edges. They are made of chinchilla, Elysian, or fur beavers.

A NOISY SPECULATIVE MARKET.

Wheat Goes Up and Down With All Kinds of Rumors, and Closes Nearly the Same as a Week Ago—Corn More Steady.

Special to the Sentinel.

CHICAGO, Jan. 17.—During the past week the volume of business in the speculative pits on 'Change has again been very heavy. All interest centers in wheat, which has ruled active and irregular. Each day the great crowd has swarmed into the pit and sent up a continuous roar that could be heard two blocks away. Prices started out weak, owing to the free realizing by Bliss, Davenport and other big "longs." Then as soon as the decline was started it was helped along by the active dumping of the many little fellows who had taken hold at the top and could not stand a sag. Even a half million bushels decrease in the visible supply did not appear to have any effect on the selling movement, principally because the footings of the Secretary's report were just above what everybody had figured on and they had been discounted beforehand. Cables were weak and the Northwest said that farmers' deliveries there were increasing rapidly. Exporters, too, were said to be doing nothing and some lots already taken were reported resold. "There's more wheat in the country than the country has any earthly use for," was how a prominent and constitutional "bear" explained the decline. Still many thought the reaction a healthy one. Prices, it was noticed, made no bad breaks and eased off steadily as if tired by having been pushed up so rapidly, and although immense quantities of wheat were sold, somebody took it all, and the fact that it did not come out again showed that it had gone into strong hands. Sid Kent's name was given by many buying brokers, and Baxter (supposed to be acting for Armour) purchased a number of good sized parcels. Hence, after the crowd had sold all it wanted to and worked quotations down something like 1c, those who attempted to take profits found there was no grain for sale. So they bid prices up on each other and bid them up so fast that many sales were covered at a loss. The storm of snow which it was anticipated would act as a blanket for the winter wheat plant, changed to sleet and rain, and Kansas and Missouri reported the fields covered with ice. The feeling at the close, however, is feverish. Public and private cable advices are conflicting. Minneapolis millers are said to have advanced their prices in order to stop all Northwestern wheat there and many conservative men believe that a combination has been formed by strong parties here to manipulate prices upward. On the other hand, the number of recent failures, and the fact that general business is not picking up at all as anticipated, tends to shake the confidence of the bulls.

Corn has responded to all the strength shown by wheat, but has been very little depressed by its weakness. Receipts have been about the same, as regards quantity, but the quality has grown steadily poorer, until now scarcely 10 per cent. of the arriving grain grades No. 2. With this exception the situation remains very much the same as a week ago. The majority of traders are believers in corn, but are very nervous about loading up, lest any advance should bring to this market the shipments which are going around us to the East and South.

Provisions sold up some at first, and have since remained steady. Trade has not been heavy, and has been largely confined to local scalpers and packers.

REV. DR. JOHN JACKSON, Bishop of London, who died suddenly this week, distinguished himself by marrying his nine daughters to nine vicars of his diocese. It is useless too add that Dr. Jackson had a touch of Old Hickory in his veins, and his family motto appears to be: "To the vicars belong the spoils."

MEN OF THE HOUR.

THE ATTEMPTED ASSASINATION OF CAPTAIN PHELAN.

O'DONOVAN ROSSA, IN WHOSE OFFICE THE OCCURRENCE TOOK PLACE.

The story of Irish disaffection towards the Government of the United Kingdom develops incidents of exciting interest from time to time, not one of which exceeds in its sensational character the attempt to kill Captain Thomas Phelan, of Kansas City, by a Richard Short, professedly of New York. The event took place in the office of O'Donovan Rossa, New York City, in premises which are frequented by conspirators against the British Government and in which are written the blood curdling articles defending the use of dynamite or any other available means to injure the object of attack.

The proprietor of this historically interesting office is one of the most extreme men in the faction of which he is the arch representative. He has experienced the severities of the British retribution, and makes use of his security under the Stars and St