

THE REALM.



THE NEW AUTUMN GEISHA WAIST. CREATED BY FRANKENTHAL BROS., NEW YORK.

TO BE WORN AT TROUVILLE.

COSTUMES DESIGNED FOR RACING WEEK ARE OF SIMPLE STUFFS EXPENSIVELY TRIMMED.



Paris, August 16. The racing week at Trouville is responsible for some of the prettiest gowns that the Paris ateliers have offered this season...

Some beautiful lace gowns have the pattern crudely cut into with insertions of embroidered or stamped stuffs. Bands and stitched patterns of linen are considered a proper trimming for robes built of some exquisite pattern in gulfure...

JACKET WITH THE ARTIST'S TOUCH. A jacket, with waistband and shaped pieces over the hips—what the French call a habit—is a most popular model in lace and linen gowns...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Some pretty hatlets are striped with lines which appear to be machine stitching. A gown of this in the same style with white insertions of white silk...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

Another pretty example of a white mousseline de sole gown has the skirt laid in clusters of pleats, with lines of lace lozenges running up between. For the bodice is a dear little bodice of pleated mousseline, with very full, narrow corset-like bands...

FOR MOUNTAIN WHITES.

WHAT THE SETTLEMENT AND TRAVELLING LIBRARIES OF THE KENTUCKY STATE FEDERATION HAVE DONE FOR THESE PEOPLE.

Under the direction of the Kentucky Federation of Women's Clubs Miss Katherine Pettit, of Lexington, is carrying on a settlement among the mountain whites of Sasasaras, Ky. The crying need of the mountaineers throughout that region led this federation some years ago to establish a series of travelling libraries in the mountains...

RECEIVED WITH CORDIALITY. Miss Pettit and her assistants were received at Hazard with the greatest cordiality, the people seeming to understand at once why they had come. There was nothing didactic about the teaching...

BEATEN BISCUIT CRASE. The name "beaten biscuit crusade" has been bestowed in ridicule on the work of the social settlement, but, as in instances now historic, the settlement workers have adopted as their device what was meant as a badge of derision...

FOR FRIENDLESS SOLDIERS. A sunshine member in Massachusetts, after reading the plea in the column in behalf of the soldiers who have no friends to send them cheer, has written an interesting letter to the office, a portion of which is given below...

STATE OF AUSTRIAN EMPRESS. The statue of the late Empress of Austria, by Edmund Hellmer, recently placed in the Salzburger-Anlagen, represents her in the simple gown she wore as she left Austria round the last time. It was from Salzburg that she set out on the journey...

PICTURESQUE TENTS. "In staking their tents on a hill overlooking the town and crossing a piece of the winding valley of Troublesome Creek they were assisted by nearly every man, woman and child in the place, each bringing what was required with willing heart. Everything had to be carried up by hand...

PLEATED SKIRTS FOR FALL. There is perhaps, after all, no more useful gown for this season than a white alpaca, which may be the extreme of simplicity or most elaborately trimmed, as one chooses. A good illustration of the mean between the two extremes is shown in the following model, just sent out by a well known Paris tailor...

INTERESTED IN FORESTRY. Miss Myra L. Dock, of Harrisburg, Penn., who has been identified with the forestry commission that State for many years, has received an appointment from Governor Stone to membership in the State Forestry Commission.

STATUE OF THE LATE EMPRESS OF AUSTRIA. The statue of the late Empress of Austria, by Edmund Hellmer, recently placed in the Salzburger-Anlagen, represents her in the simple gown she wore as she left Austria round the last time. It was from Salzburg that she set out on the journey...

IN ONE OF THE GREENHOUSES AT BRIARCLIFF SUMMER SCHOOL FOR NATURE STUDY. The girls who have taken the summer course at the school know just what grass seed to sow to produce the best lawn, and will not make the mistake of sowing clover seed on the tennis court or croquet lawn, having learned that clover is slippery. They will appreciate the value of crimson clover as a fertilizer, however, and on the farms...

FOR CHICAGO SCHOOLS. The school extension committee of the Chicago Woman's Club proposes the following innovations for the public schools: Playgrounds in connection with the public schools. Shower baths and swimming tanks, such as are established at the Paul Revere School, Boston, Gymnasiums, with instructors. Branches of the public library for circulation in the neighborhood of the school.

MAKING SCIENTIFIC FARMERS. THREE-FOURTHS OF THE SUMMER SCHOOL AT BRIARCLIFF COMPOSED OF WOMEN—ONE WOMAN TO BE A VIOLET GROWER. The summer course in natural study at the School of Practical Agriculture and Horticulture at Briarcliff Manor, New York, has just ended, and the young women and men who attended it have gone to put their newly acquired knowledge into operation...

WAR ON MOSQUITOES. Salade's Mosquito Bite Cure & Insect Extirpator never fails to kill all insects, and to cure their bites or stings. Pint bottles, 50c. 9 in. bottles, \$1.00. At all Dealers of Salade & Co., 168 W. 23d St., N. Y.

THE TRIBUNE PATTERN. A TISSUE PAPER PATTERN OF INFANTS SLIP, NO. 2,956, FOR 10 CENTS. The simple little slip that is gathered with shirring stripes at the neck is one of the most useful and essential garments included in the infant's outfit. The pretty model illustrated has the merit of being easily made and easily laundered, and is suited to all fine white washable fabrics—nainsook, lawn, dimity, India linen and the like...

MAKING SCIENTIFIC FARMERS. THREE-FOURTHS OF THE SUMMER SCHOOL AT BRIARCLIFF COMPOSED OF WOMEN—ONE WOMAN TO BE A VIOLET GROWER. The summer course in natural study at the School of Practical Agriculture and Horticulture at Briarcliff Manor, New York, has just ended, and the young women and men who attended it have gone to put their newly acquired knowledge into operation...

ANXIETY FOR "LARNIN'."

To visitors were distributed papers, magazines and pictures. Often, however, when something to read was offered, came the pathetic remark: "I hain't got no larnin'; I never had no chance, but I like pictures." Singularly touching was the avowal of parents that themselves had "no larnin'" that their children should "earn something." Children who lived at a distance would come from the country to spend the summer with all the classes. Several girls came to the town to stay with relatives that they might miss none of the pleasures of the village during the summer...

It was a singular fact that the boys were as eager to learn to cook and sew as the girls, and did their work as well. Sixty-one children were enrolled in the cooking classes, forty in the kindergarten, 110 in the sewing classes, thirty-four boys, eight in the kitchen garden and thirty-two in the singing class. On the whole, the boys of the place became frequenters of the camp, and were always on hand to help in any way. One night, when there was a "no larnin'" party, the boys of the place spent the entire night on guard to make sure that no harm came to the camp on the hill. These lads were diligent in their studies, and were very particular to a boy that they could not live without liquor. Talks on the evils of intemperance were given them, and they were very responsive to the teaching...

EAGERNESS FOR READING MATTER. An event in which the settlement workers took a deep interest was the meeting of the Teachers' Institute. They decorated the schoolroom where it was held with Japanese lanterns, kindergarten chains, cedar boughs and tin cans covered with tissue paper and filled with the beautiful ferns so abundant in the mountains. They also washed the windows which had been soiled by the dust of the lesson as any other thing pictures and distributed papers and magazines. Many of the boys and girls who have had little education themselves have been able to read and write, and to do so with ease. At the close of the institute many asked to have their names mailed to them. The settlement workers gave to women's clubs and others who are willing to mail magazines and papers regularly after they have been read by themselves. The settlement workers took to the mountains any thing. When told of the travelling libraries, the people were eager for them, and the promise that they would be sent to them was eagerly received. A letter from Miss Stone said: "After the adjournment many followed us to get papers, and they were very glad to take them. They stood on the bridge at the 'Forks of the Troublesome' to bid them good-bye, and as they started to walk five, ten, twenty miles to their schools, with their literature in bags and calico pillow cases over their shoulders, we thought if our friends at home could see them they would be glad to mail their papers and magazines to the mountains."

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

LOUISE KLEIN MILLER. Who has been giving nature talks at the Briarcliff Summer School. Professor Samuel Frazer, horticulture, under Professor M. G. Kains; nature study, under Miss Louise Klein Miller, and cold storage, under J. Montgomery Smart. Mr. Frazer is a graduate of several English and Scotch schools of agriculture, and has had practical experience in scientific farming. The classes under him learned the character of soil and the need and use of fertilizers, and farm crops, farm animals, milk and its products, pigs and poultry were all studied practically. The school has sixty-five acres of land belonging to it, which are cultivated as farm and garden, and for the study of animals and milk the whole Briarcliff estate of Walter W. Law is at its disposal. Farming seems a fascinating business as taught at the Briarcliff school. Indeed, it acquires the dignity of a science and the "pathos" of "The Man with the Hoe" seems much like "bathing" when one sees men and women of college training as much interested in watching the actions of different fertilizers and the resulting variations in crops as they possibly could be in the latest novel or the newest play.

MARIE ANTOINETTE Pompadour Bangs. —the greatest of all "hair pieces" for summer wear—are constructed on skeleton foundation to secure lightness and beauty of form. They are our latest production, and embody all the essentials of "up-to-date" hair work. OUR WAVY SWITCHES command the attention of Ladies who desire something that can be arranged easily into many tasteful coiffures. Made of the choicest Covert Hair, these switches always retain the charm of their natural appearance. NEW WIGS FOR LADIES are of a specially high type of workmanship, combined with the best grade of materials. They are our latest production, and embody all the essentials of "up-to-date" hair work. GRAY HAIR FOR ELDERLY LADIES of any shade or color perfectly matched. Our immense assortment enables us to duplicate any gray hair necessary. Hair Dyes, Rouges and Hair Tonics, etc. L. CLAW, 54 WEST 14TH ST., NEXT MACY'S, NEW YORK.

WAR ON MOSQUITOES. Salade's Mosquito Bite Cure & Insect Extirpator never fails to kill all insects, and to cure their bites or stings. Pint bottles, 50c. 9 in. bottles, \$1.00. At all Dealers of Salade & Co., 168 W. 23d St., N. Y.

POWDERIN' CO. The athletic craze of the past decade has done much to improve the race physique, so far as women are concerned, and the younger women seldom complain of "nerves." With women of forty or more, however, the trouble is as frequent and serious as ever, and has as many manifestations. "Nervous absence of appetite is a very common symptom," says Dr. John K. Mitchell, in "Harper's Bazar." "If the difficulty is no greater than this, overcome it by steady effort, taking definite quantities of food at regular intervals, whether you eat it or not, whether you like or dislike it, and gradually adding to the amount. If there is real indigestion, that is a different matter, and again the patient will have to be referred to the doctor; but do not confuse the two symptoms; distaste for food, even discomfort on taking food, does not necessarily mean indigestion. "Without food there can be no gain of strength; hence, unless the stomach is in such a condition as to be substituted for it, except for a short period in an emergency. The habit of abstaining from food is a very difficult one to break in hysterical or nervous invalids, and often courageous and persistent effort will be required to overcome it. Appetite comes with eating, the French proverb says, but sometimes it is a long time coming; meanwhile the patient must get on as best she can. It is fundamentally true to some form of impairment of nutrition. The statement is a sweeping one, and would hardly hold true in the case of a patient who is technically, but when one considers in how many ways impaired nutrition may be brought about it is not so wild as it looks at first. There may be failure to eat enough to eat, or there may be enough, but not of the right sort; the organs of digestion may be so fatigued, so that the material is not taken in well prepared for absorption or not well assimilated, and from any or all of these causes there may be a resistance to disease and to many substances that under ordinary conditions of health have no bad effect, but which, when they are taken in this manner, are actually injurious. "A practical hint or two may be useful to those who have no appetite. Have nothing to do with the choice, preparation or service of your own meals. If possible, avoid a change in the hours of meals will sometimes help to provoke appetite, such as taking the chief portion of the day's food earlier or later, or transferring it from midday to evening or vice versa. "To rest before meals, so as to come fresh and untired to table is so-and-so to rest after meals is a great help to weak digestions. "Do not talk about your feeling or your fatigue or your sleep; do not allow the word 'nervous' to be uttered in your presence. To talk about your feeling is a habit of bad manners, and the least; to be sorry for yourself will not make any one more sorry for you, and self-pity is a poor kind of emotion. If you are in a habit of unconscious exaggeration soon creep into your mind, and you will find it difficult to get into it; the victim begins to make the most of the feeling, and when the feeling has occurred, and the look for new ones, in order to get all the sympathy possible, and from this to imagination, and to encourage genuine emotions to overgrowth in the habit of self-pity. "There are plenty of women who think it feminine and interesting to be nervous and ill, and to continue a state of excitement about little matters, and thus acquire not only false standards of feeling, but presently a total inability to feel genuine or simply about anything."

POWDERIN' CO. The athletic craze of the past decade has done much to improve the race physique, so far as women are concerned, and the younger women seldom complain of "nerves." With women of forty or more, however, the trouble is as frequent and serious as ever, and has as many manifestations. "Nervous absence of appetite is a very common symptom," says Dr. John K. Mitchell, in "Harper's Bazar." "If the difficulty is no greater than this, overcome it by steady effort, taking definite quantities of food at regular intervals, whether you eat it or not, whether you like or dislike it, and gradually adding to the amount. If there is real indigestion, that is a different matter, and again the patient will have to be referred to the doctor; but do not confuse the two symptoms; distaste for food, even discomfort on taking food, does not necessarily mean indigestion. "Without food there can be no gain of strength; hence, unless the stomach is in such a condition as to be substituted for it, except for a short period in an emergency. The habit of abstaining from food is a very difficult one to break in hysterical or nervous invalids, and often courageous and persistent effort will be required to overcome it. Appetite comes with eating, the French proverb says, but sometimes it is a long time coming; meanwhile the patient must get on as best she can. It is fundamentally true to some form of impairment of nutrition. The statement is a sweeping one, and would hardly hold true in the case of a patient who is technically, but when one considers in how many ways impaired nutrition may be brought about it is not so wild as it looks at first. There may be failure to eat enough to eat, or there may be enough, but not of the right sort; the organs of digestion may be so fatigued, so that the material is not taken in well prepared for absorption or not well assimilated, and from any or all of these causes there may be a resistance to disease and to many substances that under ordinary conditions of health have no bad effect, but which, when they are taken in this manner, are actually injurious. "A practical hint or two may be useful to those who have no appetite. Have nothing to do with the choice, preparation or service of your own meals. If possible, avoid a change in the hours of meals will sometimes help to provoke appetite, such as taking the chief portion of the day's food earlier or later, or transferring it from midday to evening or vice versa. "To rest before meals, so as to come fresh and untired to table is so-and-so to rest after meals is a great help to weak digestions. "Do not talk about your feeling or your fatigue or your sleep; do not allow the word 'nervous' to be uttered in your presence. To talk about your feeling is a habit of bad manners, and the least; to be sorry for yourself will not make any one more sorry for you, and self-pity is a poor kind of emotion. If you are in a habit of unconscious exaggeration soon creep into your mind, and you will find it difficult to get into it; the victim begins to make the most of the feeling, and when the feeling has occurred, and the look for new ones, in order to get all the sympathy possible, and from this to imagination, and to encourage genuine emotions to overgrowth in the habit of self-pity. "There are plenty of women who think it feminine and interesting to be nervous and ill, and to continue a state of excitement about little matters, and thus acquire not only false standards of feeling, but presently a total inability to feel genuine or simply about anything."

POWDERIN' CO. The athletic craze of the past decade has done much to improve the race physique, so far as women are concerned, and the younger women seldom complain of "nerves." With women of forty or more, however, the trouble is as frequent and serious as ever, and has as many manifestations. "Nervous absence of appetite is a very common symptom," says Dr. John K. Mitchell, in "Harper's Bazar." "If the difficulty is no greater than this, overcome it by steady effort, taking definite quantities of food at regular intervals, whether you eat it or not, whether you like or dislike it, and gradually adding to the amount. If there is real indigestion, that is a different matter, and again the patient will have to be referred to the doctor; but do not confuse the two symptoms; distaste for food, even discomfort on taking food, does not necessarily mean indigestion. "Without food there can be no gain of strength; hence, unless the stomach is in such a condition as to be substituted for it, except for a short period in an emergency. The habit of abstaining from food is a very difficult one to break in hysterical or nervous invalids, and often courageous and persistent effort will be required to overcome it. Appetite comes with eating, the French proverb says, but sometimes it is a long time coming; meanwhile the patient must get on as best she can. It is fundamentally true to some form of impairment of nutrition. The statement is a sweeping one, and would hardly hold true in the case of a patient who is technically, but when one considers in how many ways impaired nutrition may be brought about it is not so wild as it looks at first. There may be failure to eat enough to eat, or there may be enough, but not of the right sort; the organs of digestion may be so fatigued, so that the material is not taken in well prepared for absorption or not well assimilated, and from any or all of these causes there may be a resistance to disease and to many substances that under ordinary conditions of health have no bad effect, but which, when they are taken in this manner, are actually injurious. "A practical hint or two may be useful to those who have no appetite. Have nothing to do with the choice, preparation or service of your own meals. If possible, avoid a change in the hours of meals will sometimes help to provoke appetite, such as taking the chief portion of the day's food earlier or later, or transferring it from midday to evening or vice versa. "To rest before meals, so as to come fresh and untired to table is so-and-so to rest after meals is a great help to weak digestions. "Do not talk about your feeling or your fatigue or your sleep; do not allow the word 'nervous' to be uttered in your presence. To talk about your feeling is a habit of bad manners, and the least; to be sorry for yourself will not make any one more sorry for you, and self-pity is a poor kind of emotion. If you are in a habit of unconscious exaggeration soon creep into your mind, and you will find it difficult to get into it; the victim begins to make the most of the feeling, and when the feeling has occurred, and the look for new ones, in order to get all the sympathy possible, and from this to imagination, and to encourage genuine emotions to overgrowth in the habit of self-pity. "There are plenty of women who think it feminine and interesting to be nervous and ill, and to continue a state of excitement about little matters, and thus acquire not only false standards of feeling, but presently a total inability to feel genuine or simply about anything."

POWDERIN' CO. The athletic craze of the past decade has done much to improve the race physique, so far as women are concerned, and the younger women seldom complain of "nerves." With women of forty or more, however, the trouble is as frequent and serious as ever, and has as many manifestations. "Nervous absence of appetite is a very common symptom," says Dr. John K. Mitchell, in "Harper's Bazar." "If the difficulty is no greater than this, overcome it by steady effort, taking definite quantities of food at regular intervals, whether you eat it or not, whether you like or dislike it, and gradually adding to the amount. If there is real indigestion, that is a different matter, and again the patient will have to be referred to the doctor; but do not confuse the two symptoms; distaste for food, even discomfort on taking food, does not necessarily mean indigestion. "Without food there can be no gain of strength; hence, unless the stomach is in such a condition as to be substituted for it, except for a short period in an emergency. The habit of abstaining from food is a very difficult one to break in hysterical or nervous invalids, and often courageous and persistent effort will be required to overcome it. Appetite comes with eating, the French proverb says, but sometimes it is a long time coming; meanwhile the patient must get on as best she can. It is fundamentally true to some form of impairment of nutrition. The statement is a sweeping one, and would hardly hold true in the case of a patient who is technically, but when one considers in how many ways impaired nutrition may be brought about it is not so wild as it looks at first. There may be failure to eat enough to eat, or there may be enough, but not of the right sort; the organs of digestion may be so fatigued, so that the material is not taken in well prepared for absorption or not well assimilated, and from any or all of these causes there may be a resistance to disease and to many substances that under ordinary conditions of health have no bad effect, but which, when they are taken in this manner, are actually injurious. "A practical hint or two may be useful to those who have no appetite. Have nothing to do with the choice, preparation or service of your own meals. If possible, avoid a change in the hours of meals will sometimes help to provoke appetite, such as taking the chief portion of the day's food earlier or later, or transferring it from midday to evening or vice versa. "To rest before meals, so as to come fresh and untired to table is so-and-so to rest after meals is a great help to weak digestions. "Do not talk about your feeling or your fatigue or your sleep; do not allow the word 'nervous' to be uttered in your presence. To talk about your feeling is a habit of bad manners, and the least; to be sorry for yourself will not make any one more sorry for you, and self-pity is a poor kind of emotion. If you are in a habit of unconscious exaggeration soon creep into your mind, and you will find it difficult to get into it; the victim begins to make the most of the feeling, and when the feeling has occurred, and the look for new ones, in order to get all the sympathy possible, and from this to imagination, and to encourage genuine emotions to overgrowth in the habit of self-pity. "There are plenty of women who think it feminine and interesting to be nervous and ill, and to continue a state of excitement about little matters, and thus acquire not only false standards of feeling, but presently a total inability to feel genuine or simply about anything."

POWDERIN' CO. The athletic craze of the past decade has done much to improve the race physique, so far as women are concerned, and the younger women seldom complain of "nerves." With women of forty or more, however, the trouble is as frequent and serious as ever, and has as many manifestations. "Nervous absence of appetite is a very common symptom," says Dr. John K. Mitchell, in "Harper's Bazar." "If the difficulty is no greater than this, overcome it by steady effort, taking definite quantities of food at regular intervals, whether you eat it or not, whether you like or dislike it, and gradually adding to the amount. If there is real indigestion, that is a different matter, and again the patient will have to be referred to the doctor; but do not confuse the two symptoms; distaste for food, even discomfort on taking food, does not necessarily mean indigestion. "Without food there can be no gain of strength; hence, unless the stomach is in such a condition as to be substituted for it, except for a short period in an emergency. The habit of abstaining from food is a very difficult one to break in hysterical or nervous invalids, and often courageous and persistent effort will be required to overcome it. Appetite comes with eating, the French proverb says, but sometimes it is a long time coming; meanwhile the patient must get on as best she can. It is fundamentally true to some form of impairment of nutrition. The statement is a sweeping one, and would hardly hold true in the case of a patient who is technically, but when one considers in how many ways impaired nutrition may be brought about it is not so wild as it looks at first. There may be failure to eat enough to eat, or there may be enough, but not of the right sort; the organs of digestion may be so fatigued, so that the material is not taken in well prepared for absorption or not well assimilated, and from any or all of these causes there may be a resistance to disease and to many substances that under ordinary conditions of health have no bad effect, but which, when they are taken in this manner, are actually injurious. "A practical hint or two may be useful to those who have no appetite. Have nothing to do with the choice, preparation or service of your own meals. If possible, avoid a change in the hours of meals will sometimes help to provoke appetite, such as taking the chief portion of the day's food earlier or later, or transferring it from midday to evening or vice versa. "To rest before meals, so as to come fresh and untired to table is so-and-so to rest after meals is a great help to weak digestions. "Do not talk about your feeling or your fatigue or your sleep; do not allow the word 'nervous' to be uttered in your presence. To talk about your feeling is a habit of bad manners, and the least; to be sorry for yourself will not make any one more sorry for you, and self-pity is a poor kind of emotion. If you are in a habit of unconscious exaggeration soon creep into your mind, and you will find it difficult to get into it; the victim begins to make the most of the feeling, and when the feeling has occurred, and the look for new ones, in order to get all the sympathy possible, and from this to imagination, and to encourage genuine emotions to overgrowth in the habit of self-pity. "There are plenty of women who think it feminine and interesting to be nervous and ill, and to continue a state of excitement about little matters, and thus acquire not only false standards of feeling, but presently a total inability to feel genuine or simply about anything."