

HELPFUL SUGGESTIONS FOR GIRLS.

Health Standards Set Before the Students of Wellesley.

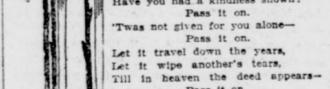
At Wellesley, where Miss Lucille E. Hill has instituted the most reforms in the matter of physical training, students are given carefully tested suggestions as to eating, drinking, sleeping, bathing and general care of the body, rules which apply to keeping in general good condition as well as to training for some particular form of exercise, such as tennis, rowing and field hockey.

Like many other kinds of advice, the rules are often in the nature of negations. Regarding food and drink Miss Hill says: "Eat slowly; do not study or exercise immediately after meals. Avoid sweet food, except in great moderation; avoid rich food, pastry, pickles and hot freely bread, except crusts and crumbs. Eat freely of fresh fruit, especially apples. Never eat sweets between meals or before going to bed."

Concerning sleep and bathing Miss Hill recommends: Eight hours (minimum amount) of sleep in a well ventilated room. Turn the skin cool and relax during the day. The cold plunge or sponge on rising is advised if a good reaction follows the bath. Use cold water, especially cold water, for a stimulant; if dependent on either, leave it off absolutely.

As to the care of the body after such vigorous exercise as tennis or rowing, Miss Hill directs: Rub the body with turpentine. If the skin is cool sponge off with warm water. If convenient, before washing on cold water, but use the cold water only on the face. Rub the body with a towel till the skin is in a glow. Occasionally rub in a little alcohol with the hand, especially on the back. Rub the feet with turpentine. Rub the hands with water, give a dry friction. Relax in fresh under-clothing and lounge on bed and rest absolutely. Do not walk, run, or do any other kind of work, in order that the circulation may become normal, the stomach ready for food and all traces of fatigue be overcome.

Every girl should have at least one hour each day of exercise in the open air. Miss Hill's requisit for the demands of health.



GOOD CHEER. Have you had a kindness shown? Pass it on. 'Twas not given for you alone— Let it travel down the years, Let it wipe another's tears, Till in heaven the deed appears— Pass it on.

Press on and climb, or linger still below: Life is a land we can but partly know. Leagues have been traveled, many wonders met, But the best of all adventures yet— (Edwin Henry Keen, in Outlook.)

NOTICE. All letters and packages intended for the T. S. S. should be addressed to the Tribune Sunshine Society, Tribune Building, New-York City. If the above address is carefully observed communications intended for the T. S. S. will be less likely to go astray. The Tribune Sunshine Society has no connection with any other organization or publication using the word "Sunshine."

THANKSGIVING MONEY. The thought of the many families who must needs go without a good Thanksgiving dinner, unless it be provided by others, has touched the hearts of Sunshine members and friends, and already they have freely responded to the plea in Tuesday's column.

What all her at all the man? she queried in a shrill voice. "Ah! it's strange 'yare, chilt, or ye wouldn't go askin' for informin' ye, 'Denis O'Grady?"

NEEDS. A Manhattan branch president who is actively engaged in relieving distress makes a very urgent request. She needs especially a warm overcoat for a twelve-year-old girl on the East Side whose father is in the hospital, and a blanket or comfortable for a family in which the husband is ill of work because of strikes and the wife is ill.

THE TRIBUNE PATTERN. A Tissue Paper Pattern of Plain Shirtwaist with Fancy Stock Collar, No. 4,577, for 10 Cents.

Plain shirtwaists are being shown by the smartest dealers and have an undeniable style of their own, besides being a relief after the somewhat overabundant styles of the past.

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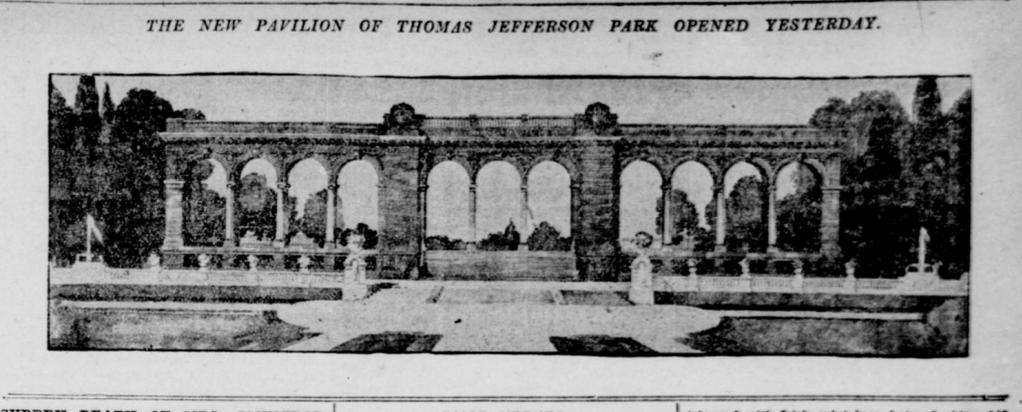
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SUDDEN DEATH OF MRS. CONVERSE.

White Chief of Six Nations Dies of Apoplexy.

There is mourning to-day among the Six Nations for the death of a dearly loved chief, Mr. Harriet Maxwell Converse, or, as she was called among the people of her adoption, "Ya-re-wah-no" ("She watches for us").

Mrs. Converse was the only white woman who ever made a chief of the Indians, and her interest in the red men and their confidence in her were both hereditary. She was born in an Indian village, and her father and grandfather were both adopted by Indian tribes.

CARELESS OF CONSEQUENCES. "She doesn't seem to care much about anything." "Care! She's as independent as a cook in a country family!"

A Lochinvar of the Bogland.

BY K. L. MONTGOMERY.

Without in the twilight an atmosphere of crowded faces pressed as thickly together as painted might sketch a background of misty presence for a descending Orpheus.

"Well, well, well, in me day, young women set more at themselves, than to go to the first strange boy they come across. There's some colicous is mighty obstrosophical."

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PAIGE-YERKES.

Plainfield, N. J., Nov. 19 (Special).—The marriage of Miss Grace Yerkes, youngest daughter of the Rev. Dr. David J. Yerkes, pastor emeritus of the First Baptist Church, and Dr. H. Worthington Paige, of New-York, was celebrated quietly this evening at the home of the bride in West Seventh-st.

The bridegroom was followed by a reception at the beautiful home of the bride's mother, Mrs. Louise Schuit. The spacious drawing room was fragrant with American Beauty roses, which, with ferns and palms, were also used in great profusion in the dining room, where a luncheon was served.

Mr. Vilas and his bride will spend their honeymoon at the villa of Mrs. Schuit, Green Cove Springs, Fla.

VILAS-SCHULTZ.

At St. Luke's Church, Murray Hill, N. J., Miss Elsie Schultz, daughter of the late Carl H. Schultz, and Ward A. Vilas, a son of Royal C. Vilas, of Chicago, were married yesterday afternoon at 4 o'clock.

The bride was attired in a crêpe de chine gown, trimmed with duchess lace, tulle veil, and carried a bouquet of white and white orchids. The bridesmaids, Miss Eleanor Vilas, of Chicago; Miss May Elliot, of Clinton, Conn.; Miss Grace Merwin, of Milford, Conn.; and Miss Basile Farr, of Holyoke, Mass., were attired in white mousseline de soie.

PAVILION CORNERSTONE LAID.

Commissioner Willcox Makes Address in Thomas Jefferson Park.

In the presence of half a hundred spectators Park Commissioner William R. Willcox yesterday laid the cornerstone for a pavilion in course of erection in Jefferson Park, which extends from One-hundred-and-eighth-st. to One-hundred-and-fourteenth-st. and from First-ave. to the Harlem River.

The pavilion has a floor of polished granite, and is surrounded by a series of arches ten feet high, and the building will be a terrace four feet high and forty feet wide.

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OF PASTEL BLUE CLOTH AND CHIFFON, WITH PELERINE OF SABLE AND ERMINE. —(The Ladies' Field.)

TO CLOTHE THE NAKED.

Needlework Guild's Garments for Foundlings and Poor Women.

"I wish I could find words big enough, and long enough, and strong enough to tell you all the good you have done for the State Charities Aid Society," said Mrs. Mary Hatch Willard, at the thirteenth annual meeting of the New-York City branch of the Needlework Guild of America, which was held in the Assembly Room of the United Charities Building yesterday morning.

"Each to do that," she continued, "I would have nothing left to the homes of our foster mothers and let you see the babies who a few weeks or months ago may have been picked up in parks or gutters, or ash barrels, and whom you have helped to clothe. In 1888 from 50 to 100 per cent of these foundling babies were dying on Randall's Island, but since the State Charities Aid Society has taken up the work and given to each baby a few weeks of mothering which even the most expert institutional care cannot replace, the death rate has been reduced to 10 per cent."

"And not only do your garments help these babies when they are picked up destitute and naked out of the gutter, but when they are placed out in their foster parents' homes. When the child goes to his foster parents' home, he is a clean little child, and the value they place upon it is correspondingly enhanced."

"You have also helped us to get employment for five hundred women, with their babies, which we could not have done if they had not been well dressed."

Miss Barnum, of the St. Andrew's Convalescent Hospital, told of the good work which the garments of the Needlework Guild had done in that institution.

"Our patients come to us from the city hospitals after long illnesses, during which they have spent all the money they have," she said, "and they are coming left to spend for clothing, of which they may be absolutely destitute."

Mrs. Henry Villard, president of the Diet Kitchen Association, expressed the gratitude of her society for the wrappers and nightgowns supplied by the Needlework Guild. Miss Elliott, who represented the late Mrs. Harold G. Henderson, who had how useful the garments were in helping girls overcome many of the temptations of the street, and to get a new start in life.

Mrs. Tiffany thanked the thanks of the Home for Aged White Women, and Mrs. Clarence Burns spoke for the "Little Mothers." Miss W. W. Tompkins told what was done with the contributions of the guild at the White House, an institution in East Eighty-sixth-st., designed for the help of young colored girls.

Miss Grace Bigelow, president, and made a plea for the extension of the work of the Needlework Guild. If the women who now confine themselves to supplying garments to the institutions in which they are individually interested, she said, would do their work through the Needlework Guild, they would get better results with a smaller expenditure of time and strength.

"This is an age of co-operation and amalgamation," said Miss Bigelow. "We ought to co-operate in charitable work. The Needlework Guild of this kind, and if it were made so the institutions that have no rich members would not be doing all alone. The guild is needed to realize things."

The officers of the New-York branch of the Needlework Guild are: Miss Grace Bigelow, president; Mrs. H. M. Dewees, No. 12 West Eighty-eighth-st., secretary; Mrs. Harold G. Henderson, No. 22 Irving Place, treasurer. The headquarters of the organization are the Parker Building, No. 25 Haarlem.

HAARLEM PHILHARMONIC CONCERT.

A large audience was present at the Haarlem Philharmonic Society's first musical of the season, which took place yesterday morning at the Waldorf-Astoria, and the concert was one of the most successful in the history of the society. The artists were Mrs. Charlotte Maconda, contralto, and the Herrmann Quartet, composed of Carl Herrmann, piano; Edward Herrmann, first violin;

A Rare Delicacy. Cresca Figs and Stuffed Dates. Cresca Figs, big, plump, and luscious-sweet, tender dates stuffed with an assortment of candied fruits and nuts—put up together in imported grass baskets—making a treat for an epicure. For sale by PARK & TRUPOD and all leading dealers.

REISS & BRADY. MORE THAN A LITTLE BETTER.

EXCLUSIVE NOVELTIES in Stroll Jewellers, latest creations from Paris. Neckties mounted, beads with Parisian Nipon, perfect copy of Real Gown. Parfumerie. Nippon. JAPAN, with 20, West 6th St.