and the back of the carriage filled with picnic baskets and presents for mother and Aunt Jane, and off we may start to try being girls again at home.

A Clear Complexion.

The complexion of the dairymaid is envied. Bridget has a good complexion, since by her exercise this enormous system of little spiral glands, which pierce with their countless mouths her skin and that of her lady's alike, are kept wide open by her in her daily toil, while my lady's are usually in a state of quiescence, choked by the accumulated layers of epithelium, which her lack of vigorous exercise and her ignorance of the proper methods of bathing have permitted to accumulate. My lady goes to specialists for her liver, her digestion, her neuralgia, and her rheumatism, not realizing that she is being poisoned from her neglect—that the impurities which the skin should cast off are kept in the body, poisoning by degrees her whole system. She would repudiate with scorn and deny with tremendously offended dignity that she bathed herself imperfectly; nevertheless, her skin is somewhat in the condition of the varnished frog. The difference is only one of degree. The varnished frog expired because he could not get rid of the impurities of his system by means of these glands; my lady dies by inches because her glands can only do a small part of the duties assigned to them. She bewails her red nose, her complexion covered with blackheads and pimples, and applies her lotions and unguents, and while looking with envy on the fair skin of Bridget fails to read the lesson.

The exercise in the open air brought about by the bicycle and the game of golf has been a great boon, but these games are not enough to keep the sweat-glands at their best. It is necessary to take Turkith baths, or to have at home one of the cabinets which can be used instead. The amount of sweat that the human body can pour forth in twenty-four hours is astonishing. It varies from four pounds to forty, according to the conditions, such as exercise, temperature, the amount of fluid taken.

Farming as a Science for Women.

The "advanced" English women do not hesitate to carry out many kinds of work, which are not as yet popular with her American sisters. Among other things she not only farms with a vim and energy very astonishing to non-English women, but she regularly and scientifically qualifies herself for farming by a course at one of the agricultural colleges for women, which thrive in England. The best and most favorably known of these, perhaps, is the Lady Warwick Hostel at Reading. The countess of Warwick, formerly Lady Brooke, and the "Babbling Brooke" of semifacetious London swelldom, stands at the head of this institution, and also edits the Woman's Agricultural Times, the monthly magazine published by the college authorities. "Practical Horticulture for Women," "Bee-keeping for Women" and "The Keeping of Milch Goats as an Occupation for Women," were among the subjects treated in a recent number of this periodical, and the manner of treatment was extremely plain and practical in each case. The linen industries, poultry culture and keeping, and the work of the various technical schools for women, which are under the special patronage of the princess of Wales, also occupy much space in most numbers. The whole tone of the magazine is one of study and seriousness, even the jokes and witticisms which adorn its columns occasionally are solemn, and have an agricultural flavor.

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The students at the agricultural colleges come from almost all grades and ranks of society, and the education provided for them is both thorough and varied. All about flower, fruit and vegetable growing, butter and cheese making, mushroom, bee and tomato culture they learn, and they must be well up in both theory and practice before they are entitled to the college certificate. A large majority of the graduates devote themselves to specialties of various kinds, it is said, and the masculine farmers of England are rapidly learning to respect both their learning and prowess, and to regard them as formidable rivals.

The cost of taking a thorough course at one of these agricultural colleges, with board or "residence," ranges from £70 and upward for each year, and the length of time spent in study varies according to the quickness and capabilities of the students themselves, as well as of the number and intricacies of the branches undertaken. The roster of students is usually a generous one, and occasionally applicants are obliged to wait some time before arrangements for their matriculation can be made.

The students, according to the public announcements sent out by the college, are not expected to perform the heaviest or laborer's work upon the college lands, which are theirs to experiment upon under proper direction, but it would seem from a report lately published by the warden of the Lady Warwick Hostel, Miss Edith Bradley, that at this establishment at least the students, all of them women, do "till the ground" literally as well as metaphorically.

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"Since the term ended in the last days of June," says this personage, "our regular students have been leaving in small detachments, as the weeks of their practical work came to an end. The last to go were some four or five who were intrusted with the making of an outdoor mushroom bed. Turning the manure occupied three weeks, and then the spawning could not be done until the proper temperature was reached. A careful record will be kept of the time and expense incurred in making this bed, which will be put against the amount realized by the sale of the mushrooms. In this way the students wil gain practical experience in branches of agriculture, with a view to specializing in it later."

PINK BATISTE WAIST.

The front of this dainty waist is embroidered in a scroll design, portions of which are cut out and underlaid with white Brussels net. Designed by John Bonwit.

An Old Ladies' Tea.

The first old ladies' tea which started the fad was on the birthday of a young matron's mother. She desired to give a fine spread of the most fashionable kind, but the mother objected.

"If you would give a real tea, such as we used to have at home, without all this modern fashionable fuss and feathers, I would really enjoy it," the mother said, "but I do not want all these courses, with different plates and silver every five minutes. It tires me all out."

So the old-time friends were invited to a very informal tea, and all dressed comfortably in their black silks, with little white lace caps, and brought their knitting and crocheting in the new old-fashioned reticules. When tea was served, everything was put onto the table at once, the servants dismissed and the things passed by the guests who sat nearest. Instead of modern salads, French dishes and conglomorations there were sliced tongue and ham, thin cut bread and butter, some fluffy stirred biscuits, apple sauce, preserved quinces, the little sour pickles, currant jelly, snow pudding, a light pound cake and tea.

There was nothing stiff or formal about it, and the old-time friends enjoyed recalling past experiences without interruptions or formality.

Separate Skirts to be Much Worn.

There will be many separate skirts this season, skirts of lace, flitter, velvet and high class novelty goods. These are for wear with the handsome costume waists which have become a necessary part of every woman's wardrobe. In buying these skirts, or in having them made up, see that there is a color relation between the skirt and the waist to be worn with it. The black skirt and light waist is no longer good style, and, to tell the truth, it never was good style. No woman can afford to be cut in two, as it were, at the waist line. Long lines of the same color from the shoulder to the feet are the only permisible effect, if we consult our best interests. Stole effects, empire effects and princess effects—these are the lines upon which we must build ourselves for some time to come. The new corset helps this; indeed, makes it practicable. Even the stout woman has her opportunity now. The straight front corset with the separate waist pulled down in front to a point, or the dress bodice cut and draped in the same manner gives the fullest figure a deceptive appearance of flatness. These corsets are cut in such a manner as to compress the abdomen and to give plenty of room above. In other words, the flesh that is suppressed below the waist is allowed full play at the pit of the stomach and no one except the wearer realizes the fact, for the cut of the bodice with its slight blousing conceals it.

Exercises for the Hand.

To increase the strength, symmetry and incidentally the beauty of the hand, devote ten minutes before you go to bed to muscle bending and stretching. These exercises can be taken by my lady at her ease, seated in her most luxurious chair before her fire of blazing logs.

Extend both arms at right angles to the body, the backs of the hands turned upward. In this position the hand is to be bent upward, downward and sideways. With fingers first together and then extended and without moving the arm, bend the hands upward, from the wrist, as far as possible, in the direction of the backs of the hands, then in the original position, then downward as far as possible. For the sideways movement bend alternately toward the thumb side and the little finger side. Continue this swinging of the hands upward, downward and sideways for some minutes.

Hand rotation next follows. In this the arms are held as for the bending and stretching exercises. With even and constant movement, the hand performs all the previous motions, that is, from the bending position upward into the bending position sideways, downward, sideways in the opposite direction and so on; first the fingers are held together and then extended.

Finger bending and stretching comes next. With arms extended the fingers are slowly but vigorously bent enough to form a fist, and are then again opened forcibly.

For finger spreading, hold the tips of the fingers apart, with arms extended as before, and perfectly straight. After the spread, the extended fingers are brought together again, or are tightly clenched, this latter action increasing the effect of the exercise. Both the muscles of the hand and of the forearm are exercised by these movements, and after due time, if there is not a noticeable gain in the suppleness of wrist, contour of arm and shapeliness of the hand, there is only one reason for it—you are loking for results a little too soon. Persevere and still persevere, pondering upon such wise saws as "Rome was not built in a day."

The Tactful Woman.

"The art of being tactful" seems a complicated subject to a woman who longs to add it to her list of charms, yet it appears to come natural to others, who find themselves popular because of this seemingly unconscious charm. It is a truism to say: It is the small things of life that go to make up the sum total of human happiness and comfort," and yet it is a fact that is seldom studied in its many branches. For instance, we say:

"So-and-so" is a delightful conversationalist and has charming manners, not realizing that the attraction lies principally in tactful little ways that in themselves seem of little importance.

"I was noticing the other day," remarked a mutual friend, "the difference between Mrs. A. and Mrs. Z. in the way they carry on a conversation. Mrs. A. is considered to be exceedingly tactful and Mrs. Z. the reverse, although they are equally clever and interesting women. I was wondering vaguely what constituted this difference, but, in watching their methods I began to see. One little thing, for instance, seems immaterial, but in all probability that alone would make a decided difference. Mrs. A., in talking at the table or in a room where several persons were present, would invariably include everyone present, turning first to one person and then to another, while Mrs. Z. fastened upon one individual and almost pointedly, although, of course, it was unintentional, left the rest of the party entirely out of the conversation. This was only one of the many such details which was noticeable, and which went to make up the difference between the two women. Since then I have had occasion to notice this particular trait in others, and it always scores for or against. It seems a small thing to remember to glance in different directions while talking, but it shows a desire to include the person to whom the glance is directed in what is going on, and is, therefore, flattering." And the same subtle and seemingly unconscious flattery may be extended in many other directions, and the one who is willing to be thoughtful will find it a very easy matter to cultivate the art of being tactful.

SEND THEM TO BED WITH A KISS

O, mothers, so weary, discouraged,
Worn out with the cares of the day,
You often grow cross and impatient,
Complain of the noise and the play;
For the day brings so many vexations,
So many things going amiss;
But, mothers, whatever may vex you,
Send the children to bed with a kiss!

The dear little feet wander often,
Perhaps, from the pathway of right;
The dear little hands find new mischief
To try you from morn until night;
But think of the desolate mothers
Who'd give all the world for your bliss,
And as thanks for your infinite blessings,
Send the children to bed with a kiss!

For some day their noise will not vex you,
The silence will hurt you far more;
You will long for the sweet childish voices,
For a sweet childish face at the door,
And to press a child's face to your bosom,
You'd give all the world for just this.
For the comfort 'twill give you in sorrow,
Send the children to bed with a kiss!

—New Orleans Picayun.

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Mme. Ruppert's Gray Hair Restorative is not a dye, but returns gray hair to its natural color,	2.50	$2.19
Mme. Ruppert's Pearl Enamel causes the skin to assume a girlish loveliness, mainly for evening use,	1.00	83c
Mme. Ruppert's White Rose Face Powder, an exquisite powder,	.50	43c
Mme. Ruppert's Almond Oil Complexion Soap, a perfect soap, a combination of almond oil and wax, not a boiled soap, and contains no lye,	.25	18c
Mme. Ruppert's World Renowned Face Bleach, large bottle clears the skin of any discoloration, and beautifies the complexion naturally,	$2.00	$1.83
Mme. Ruppert's Egyptian Balm, a valuable skin food, and used in connection with the Bleach removes wrinkles,	1.00	83c

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