WOMAN AND HOME.

A DRESS REFORMER ON CORSETS AND PHYSICAL CULTURE.

Famous Women Writers—Fixing Up the Boy's Room—Symptoms of Crooked Spine—Beauties of a Contented Mind—Good Things for Women.

Instantly one sees a corset. The corset is an unnatural and unhealthful article of clothing, the educated woman of fourteen exclaimed she must have the support, that spread over her and hampered her, like Bunsen the hard working peasant woman, are magnificent and discouraging. She is both right and wrong if our readers can understand the paradox. But there is no reason why the woman who has not the development of elegant proportions should have the spread out appearance and tedious gait as if basic proportions of the person at waist than why her slender, tapering hands should grow into a resemblance to those of the peasant.

Certain conditions of life favor certain conditions of physical development, and what we claim and compass by certain elements of dress is that flexible, well shaped busts and tapering and elegant waists are built by physical development, and the cultivation of correct physical relations is necessary to insure the success of healthful modes of dress.

With the corset one sacrificial point of attack is concentrated, while pressure on the stomach, the abdomen and diaphragm, giving a tendency to cause a permanent displacement of the position of the body, which is ungraceful and awkward, beside being physically injurious. We have no single suggestion to attack upon the undulant waist for those who wish them, and it may be well to say at this writing that there is a prejudice against the waist will very rapidly spread if the results are left of and physical development neglected that will be neither natural nor beautiful nor promote a healthful, graceful outline.—Butter Magazine.

Women Writers.

The newspaper and literature free lance, which her girlhood and early years, has gone more into the more appropriate field of journalism. The strongly adequate literary position of all work such admirable type of the pen, no longer developed by the new conditions.

The article of the late Lucy M. Mitchell on literature, and of Mrs. Schuyler van Rensselaer on art and architecture, the historical work of Martha J. Lamb and of Eva Emerton, Mary L. Booth, the latest American authority on Gobelins, Gobelins and Arras, Mrs. Frederic Wolfe Peterson—these few examples are typical of the literary position and contribution of woman's work at the present day.

We notice in each new issue of a magazine the well known specialists. Miss Thomas has given herself to the interpretation of nature, in prose as in verse. "Olive Thorne" Miller to the loving study of Bird life. Mrs. Jackson, the most versatile of later writers, possessed the rare combination of versatility and thoroughness in such measure that we might almost copy Hartley Coleridge's saying of Harriet Martineau, "ask her a specialist about everything, but let none tell her more." Miss Phelps, with the earnest presentation of the wrongs of the Indian, the case of Elizabeth Lazarus with the intense and eloquent defense of the rights of the Jews.—Helen Gray Cone in Century.

"The Boy's Room."

Perhaps the boy's room out of an unprotected lot of boyhood, as he usually falls to the lot of most boys, to work with—an old letter from his mother, perhaps, alike, even in a set of buttonless vests. A comfortable and fair attack, to an old bureau we built my box and I one of dry goods boxes. The chairs we bought perforce of bottoms for some furniture men in work boxes in order make, then stained them all with Bliss walnut stain, purchased at varnishing. I decorated the bureau, bureau and mantelpiece with a [illegible] which the size chosen kindly stored for me from his pieces of cotton cloth. I had [illegible] to fit, well, which I made a handsome decorated scarf, [illegible].

I papered the walls with paper, cream colored ground, covered with a running vine with [illegible] peeping out, [illegible] I hung [illegible] in the room. I had an old [illegible] carpet, drab ground with a pattern of different shades of wood color in running vine. This I moped again, washed some breadth out, dyed a portion of it [illegible] with [illegible]. The dye colored the drab ground beautifully, while it only made the vine shades a little darker; so I [illegible] my carpet to match the rest of the room.

The [illegible] of turning red, with bamboo [illegible] on one side, a number of perforated [illegible], [illegible] with the other [illegible] a cozy room for my boy, at a cost of less than five dollars. The [illegible] I have seen is pretty [illegible] and I am repaid for my labor in [illegible] his enjoyment.—Cor. Spare Moments.

Symptoms of Crooked Spine.

Crooked spine occurs for the most part in [illegible] children. When the curvature is [illegible] it [illegible] the attention of the parents, where it is really visible to the eyes of [illegible] there is hesitating the causes for assistance [illegible] and the [illegible] usually [illegible]. I think the [illegible] pain [illegible] or [illegible] of some kind [illegible] to become. This may be [illegible] and [illegible] been for although [illegible] the deposit [illegible] to be in the [illegible] it [illegible] to change. [illegible] in certain [illegible] without [illegible] the [illegible] of having [illegible] chosen.

But [illegible] the [illegible] is visible to the [illegible] of the other symptoms will be noted, the child will be pale and [illegible] and [illegible] [illegible] the most [illegible] [illegible] [illegible] a big girl in the earlier stages of the complaint will become [illegible] or old fashioned look and [illegible] often highly developed in the [illegible] the body. This is of course not [illegible] disease. The child, however [illegible] weakness in rising uprightly [illegible] itself up in bed. There is a peculiarity [illegible], the [illegible] being [illegible] [illegible] from rest, lying on the [illegible]. The hand [illegible] be freely used [illegible] forward, the child [illegible] support, while the [illegible] will be [illegible] side. In addition to [illegible] a generally stunted growth, [illegible] of health, [illegible] of [illegible] and [illegible] sleep.—Cassell's Family Magazine.

Contentment.

The great trouble with thousands of the women of our island is that they are discontented. "If I were only rich," is the cry of hundreds, "how happy I would be." For me to tell you that you would not be happy had wealth would be for you to disbelieve me. I shall not say so, but let me tell you what I read about the late William H. Vanderbilt, say over a table laden with the luxuries of the land, "Since the death of my father I can remember only three nights when I have been able to dismiss matters from my mind and find sleep." To associate happiness with riches is one of the greatest fallacies of the time.

Money is a comfortable thing to have, I grant you; but much of it is just as much of a burden as too little of it is a deprivation. To be discontented because you have not the means of some other woman of your acquaintance is treason the part of a British woman. All the wishing in the world won't bring another cent to your purse. Let circumstances take their course. Our conditions in life are always changing, and where there is lacking today there will be plenty tomorrow. Try the experiment of a contented mind, and see what happiness it will bring you.—Ladies' Home Journal.

Preserve the Hip Lines.

One of the greatest mistakes that women make in dressing is the common one of destroying the hip curves. The symmetrical lines of the hips should be brought out as carefully as in the bust lines, yet nine women out of ten will hold hands and aprons over the hips until every suggestion is lost. If the woman slender or fat by, she should always wear having the waistline of her dresses about two or three inches below the waist line, with as much stay as can given to do end of it as there is space the waist.

If you notice attentively you will discover that every woman who has a reputation for a beautiful figure invariably wears this style of dress. In fact, the reputation for grace and beauty of figure depends almost entirely upon the hip lines not being lost in drapery. Whenever the style of dress or drapery, this idea should be the fundamental principle, and modifications for changing fashions worked from it. It is becoming alike to both slender and fleshy people.—Chicago Herald.

Young Mothers Should Be Careful.

After the birth of the baby the mother should be kept perfectly quiet for the first twenty-four hours, and not allowed to talk or answer any one except her nearest relations, as fever will set in, may ensue. She should not get out of bed for ten days or two weeks, nor sit up in bed for nine days. The more care taken of her at this time the more rapid will be her recovery when she does get about.

She should go up and down stairs slowly, carefully and as seldom as possible for six weeks. She should not stand more than is unavoidable during that time, but sit with her feet up and lie down when she has time to rest. She should not work a sewing machine with a treadle for at least six weeks, and avoid any unusual strain or overexertion. "An ounce of prevention is worth a pound of cure," and carefulness will be well repaid by a perfect restoration to health.—Mrs. Elizabeth B. Scovil.

Feed the Baby Regularly.

Crying spells are not without cause. In the majority of cases indigestion makes the trouble. In colic, that most painful form of indigestion, the infant kicks and screams at short intervals, the abdomen becomes hard and tense, and at the slightest pressure the little one's anteries become more distressing. Warm applications of flannel or flaxseed plaster generally bring relief. The child's meal times should be announced by the clock, irregularity in this matter having much to do with the so called stomach troubles. A teaspoonful of lime water with every meal will act as a regulator for the bowels, refresh the stomach, and aid in the formation of bone and teeth. It is necessary that the child be kept in an even temperature as near 70 degs. as possible, the whole body being protected by light flannel underwear, high in the neck and long sleeved.—Exchange.

To Make Lace Look Ancient.

By a little clever manipulation even an ordinary quality of machine made lace can be made quite to bear a close resemblance to the genuine article. If the pattern is good and showed not too coarse for the wearer to feel [illegible]. She may use for dyeing, tinting with impunity, and even permit stricting secure in the success of her imposition. Here is the recipe by which hundreds of yards are satisfactorily treated every year: Make a strong decoction of Oolong tea, strain, and when cool use to rinse the lace. Do not crush in wringing but press with the hands until partially dry. Now spread on a clean ironing board, and be careful to separate the delicate points so that the pattern may be preserved. When dry a fine tea tint will be remarked, lending the new material a valuable tinge of yellowed antiquity.—Exchange.

Canadian Tobogganing Dress.

In Harper's Magazine Julian Ralph tells how the Canadian women manage to keep warm. He went out to a toboggan slide and nearly chattered his teeth out, he was so cold. He asked a Canadian lady how it was that the girls could stand such weather, and she answered naming a list of principal garments those girls were wearing. They had two pairs of stockings under their shoes and a pair of stockings over their shoes, with moccasins over them. They had so many wooden skirts that an American girl would not believe one who gave the number. They wore heavy dresses and buffalo jackets and blanket suits over all this. They had mittens over their gloves, and fur caps over their knitted hoods. And these bouncing barrels, pretty Canadian girls are as healthy a lot of women as can be found on this earth.

Why Men Obtain Bigger Salaries.

There are in New York probably eight men milliners who command salaries of from $5,000 to $8,000 a year. When not making samples or order hats they go into the salesroom and tempt customers into buying. The man milliner will pick up a flower, trimmed hat, shake it into a jaunty shape, and waits for both. It in this position with one hand he throws a wonderful series, flowers or feathers around it, and offers some of ten the customer asks an answer or two hats, feathers and flowers.

The woman salesman tells the buyer what pretty head pieces can be made out of these that "shape" trimmed with the latest trimming. She doesn't illustrate her plan; she doesn't think it necessary, and consequently she doesn't make the sales and cannot demand the salary a man obtains.—Exchange.

Education and Society.

Too often the first thought of a mother over the cradle of a little child, especially if it be a girl, is how to enter and remain in the charmed circle of society. Too often the mother's ambition is that her child may first upon the scene of social success. The schemes and struggles and worries of some of our mothers in New York to achieve this end, the compromises in which they involve themselves, and the energy which they expend to control or w[illegible] their children and guide them in a school in matters of which they have no knowledge or skill, would be amusing were it not so painful. While they talk of anxiety and interest for the education of their children it is this meretricious end alone which many parents are seeking. The teacher receives their children with the knowledge that her best work will never be appreciated.—Mrs. Sylvanus Reed in Scribner's.

A Wealthy Woman Physician.

Dr. Mary Putnam Jacobi is said to have the largest income of any woman in America who follows a profession. She earns $20,000 a year from her practice and her writings, and yet she lives as simply as if she earned a mere pittance. She is a wiry, percy, alert little woman. She has little sympathy for women who fancy themselves ill, while for a woman who really suffers her sympathy is boundless.

Women have gone into medicine against the most violent protests. They have been called "hen physics" and various other names, which did not in the least appal the brave family, but with the perversity of our first mother strong within them they have gone on just the same, and today the male doctors must look to their laurels.—New York Press.

Duties of Parents to Children.

One of the most important duties of a parent in bringing up a child is to prevent its entire from doing itself harm. The children are known, for instance, that unless always and solely before the eyes of good reputation the mother does now. Beyond it is her duty to have the child's supply of sweets and sours limited. The child does not know that the opportunity of getting knowledge at school, if neglected, is not likely to return, nor that future happiness and success depend so much upon its improving the opportunities which its school now affords. The parents do know these things, and it is their duty to persuade, urge and, if necessary, to compel the child to study.—New York Ledger.

A new idea embraced in Eli's Cream Balm. Catarrh is cured by cleansing and soothing the nasal passages. It does not dry or irritate, but is readily absorbed into the system. Its effect is magical and a thorough treatment [illegible] Page 8.

Will be paid to any druggist chemist who will find, on analysis, a particle of Mercury, Potash, or any [illegible] in Swift's Specific (S. S. S.)

AN EATING SORE

Henderson, Tex., Aug. 29, 1890.—"For eight years I had a [illegible] on my tongue. Doctors [illegible] local palliatives, but it [illegible] the [illegible] gradually [illegible] worse. I [illegible] taking to 10, 12, 15, 8, and was entirely cured after using a few bottles [illegible] of your [illegible] to publish the [illegible] for the benefit of those similarly afflicted."—C. B. Ketchum, Henderson, Tex.

Treatise on Blood and Skin Diseases mailed free. [illegible] SWIFT SPECIFIC CO., Atlanta, Ga.

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become listless, fretful, without energy, thin and weak. But you can fatten them and build them up, by the use of

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They will take it readily, for it is almost as palatable as milk. And it should be remembered that as a PREVENTIVE OR CURE OF COLDS OR COUGHS IN BOTH THE OLD AND YOUNG, IT IS UNQUALLED. Send 10 cents for 50 page Book. Page 8.

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200 CHILDREN'S SUITS AT $1.25 AND $1.50,

worth $3.00; Children's Suits $2.00, worth $5.00; Children's Overcoats $1.50, worth $3.00; Children's Overcoats $2.00, worth $5.00; Children's Cape Overcoats $2.50, worth $6.00; Youths' Overcoats $3.00, worth $7.00; Youths' Overcoats $3.50, worth $8.00; Men's Heavy Winter Overcoats $7.00, worth $15.00; Men's Beaver Overcoats $7.00, worth $15.00; Men's Astrakhan Overcoats $7.00, worth $15.00; Men's long standard Kersey and satin lined coats, all sizes, worth $20; Women's [illegible] Overcoats, worth $20; Misses' and Boys' Winter Clothing, [illegible]; Men's, Boys' and Youths' Fall Suits, in fact we have Men's, Boys' and Youths' clothing of the very latest style, $4.50, worth $10.

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It is a genuine gold "filled" or "stop" Pocket case, patented and made use by half a dozen manufacturers, such is the excellent wear as the solid gold case, and they [illegible] and [illegible] [illegible] the [illegible] watches on the market now [illegible] them, on account of their greater strength.

A [illegible] watch thoroughly guaranteed by the Manhattan Watch Company to run in accuracy one year from [illegible] [illegible] the [illegible] & Co. for [illegible] years.

The watch rest on the left [illegible] stops and starts [illegible] the [illegible] on the right hand corner [illegible] setting the watch. It need never be opened. It is a ratchet stem winder, full jewelled balance movement, and as good a timekeeper as any man wants.

The back of this watch is engraved by the engraver by hand.

Neither dirt from nor back is hinged. Both cases are with a long thread, making the watch absolutely dust proof and water proof, which it cannot be if it were hinged.

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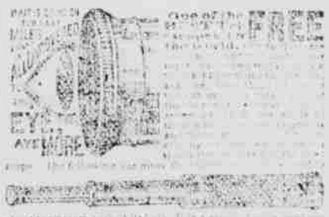

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