

WOMAN'S REALM

Fashions

Household Matters

MUNYON'S EMINENT DOCTORS AT YOUR SERVICE FREE.

Copying the English Garden.
There is one good result of all this invasion of English society by American women. One of the finest things in the land of Shakespeare and the suffragette is the characteristic English garden, and the American women who have wandered across the Atlantic in search of social excitement have adopted the English garden as their own. Mrs. John Jacob Astor has set her mind upon a typical garden for her Newport home, and Mrs. Harry Payne Whitney and Mrs. John R. Drexel are among others who have the same plan in view. The change will be welcome, especially as it will drive out the hard Italian gardens with their out-of-place statuary, and the Japanese gardens with their foolish stone decorations. It is not strange that the garden as it grows in England has caught the fancy of American women, for it is just what a garden means, with its bursting glory everywhere, its trim box hedges, its rose ramblers, its sweet peas and its honeysuckle, its flower beds, its shrubs and its narrow white gravelled walks. May Van Alen and her father, James J. Van Alen, together laid out an English garden in Newport half a dozen years ago, but Miss Van Alen tried in vain then to induce other young women to follow her example. —New York Press.

Her Figure Saved.
Are begins to tell after sixty. One must dress to meet it. There is no reason for the figure to lose its straightness or its good lines. These deplorable conditions are always due to indolence. Lazy women will tell you they are due to sickness; but the real reason lies in lack of endeavor and the will to keep one's self erect. The present-day women, who are between seventy and eighty years old, and were trained in a school of deportment that compelled them to walk, stand and sit correctly, are as straight and shapely as many of our younger women. It was the intermediate generation that went to pieces. Women of this age should never think of wearing any colors but

learned the right way it soon becomes a matter of habit.
When a girl walks heavily she is always walking incorrectly and is never graceful. Girls are not altogether to blame for this, as they are told, from childhood to "throw their shoulders back," which has a tendency to put the weight in the heels, a strain on the back and to throw the head forward. Instead the young should be told to throw the chest forward and the head and shoulders will take their right position.
Relaxation is the second thing necessary for grace, as well as for the nerves. But relaxation does not mean merely collapsing in a lackadaisical sort of way and being "willow." It means having the power to control the muscles—letting those rest which are not needed for the immediate work. Motion, of course, is at the joints, and the muscles moving them may be made to act rhythmically by a little practice. The body being constructed for movement responds quickly to the pendulum-like swing of the leg from the hip and the harmonious yet very slight swing of the arm. A woman's arms are stiff because her shoulders are usually tense. When the chest is active the shoulders will drop in place, and the arms should hang at the sides.

The Sensitive Girl.
She has a hard enough time, goodness knows, even among her family and friends, for her feelings are always being hurt by some of them. But when she goes into the business world it will seem to fairly bristle with thorns, so many will be the slights she will apparently receive.
Most of the wounds of the sensitive girl are self-inflicted, only unfortunately, she doesn't know it. When she gains this knowledge her suffering and her tears will soon cease.
It is wisdom that is slow in coming, for you can't make the sensitive girl believe that the slights directed her way are not intended. She is so sure in her mind that her grievance is just that argument is hopeless.

Raspberry Jelly With Cream Ice.—Put half a pound or a pint of loaf sugar into a stewpan with half a pint of cold water and the thinly pared rind of two lemons. Let the water come to a boil and then simmer for ten minutes. Stew until all the juice has been drawn from them. Pass the juice through a fine hair sieve. Then measure and re-heat in the proportion of half an ounce to each pint of liquid. Taste to see if it requires any more sugar and strain it into a basin. Put a cup of milk into a double boiler with eight tablespoonfuls of sugar and the thinly pared rind of a lemon. Stir on the stove until the sugar has dissolved and leave until cold. Whip a cup of cream, stir it into the basin containing the cooked milk and freeze. Serve together with raspberry jelly.

white, black shades of violet and soft gray. They should avoid anything with tones of blue, brown, red and green. They should cling to white for every hour that it is possible to wear it.
Stiff linens are not for them, nor heavy cotton, but soft muslin in all its forms. Embroidery of every kind can be worn as well as lace, but age must never tamper with inferior quality of either.
If her neck has the fullness that age often gives she can well adapt the present-day collars of soft fine lingerie that roll back from the neckband and are fastened with a brooch at a slight point in the front.
The old-fashioned way of cutting a blouse to a V in front and edging it with ruching is still one of the general fashions. The empire gowns with long full skirts make the best models for clothes. Elbow sleeves are always pretty when a woman has a nice arm.
As for headgear, that must remain a woman's own choice. The old-fashioned bonnet is quite out of style, but in its place there is a small hat of soft Neapolitan straw or horsehair trimmed with flowers.
A woman may add soft strings of satin to the under the chin, but as a rule this is not done.—New Haven Register.

To Walk Gracefully.
The modern girl is at her worst when she walks. Her feet are dressed in low shoes with high heels and her stride is out of all proportion to her height. Her right arm is swung vigorously back and forth, while the left one clutches a handbag and holds it at the waist line with elbow aggressive. Her chest is depressed and her head, with its marvelous adornment, is thrust forward.
The present fashion in shoes is partly responsible for the awkwardness of our girls, declares a writer in Vogue. Shoes with high heels tip the foot down, preventing the beautiful spring of the instep arch. If such shoes could be reserved for the house and girls wear well shaped walking boots out of doors they would not only be more graceful but would find more pleasure in walking—which as an exercise has much to commend it. Three suggestions will help any one who wishes to walk gracefully and with the alertness which is characteristic of youth; the forward foot should point practically straight (the strongest position in supporting weight); the back foot should push the body forward; the chest should be high and forward. As long as we live we must hold ourselves up by muscular effort, and when we have

Indeed, argument is hopeless most of the time with the sensitive girl. If you number such a one among your friends or in your family, try to change her way of looking at the world, instead of arguing with her that her grievances are groundless.
Try to get her to see that the world is too big and people too busy to be occupied in thinking up ways to hurt her feelings, and that in the main people are too kind to do such things anyway. The idea that people are continually shooting arrows her way comes frequently from an overdeveloped ego. She believes other people are thinking as much about herself as she is, and their words and actions she misconstrues as directed to herself, when the probability is they never had her in mind at all nor thought of such a construction being put upon their conduct.
This is particularly true in business. Business people are entirely too rushed to mind words or to consider how people may take what they say. The sensitive girl is extremely foolish to think every unkind word, every slur about poorly done work or slowness is directed at her. Rest assured if her work doesn't suit, she will hear directly from her employer. He won't beat around the bush about it. And she needn't torture herself with the thought that he is whipping her over somebody else's shoulders.
Common sense and a philosophical spirit are good cures for sensitiveness. But these are the very qualifications the sensitive girl is apt to lack. The best thing to help her is to mix with the world and with people, to get a big, broad view of life where she will see how extremely small she and her affairs are. This will gradually give her a saner and more rational viewpoint and her extreme sensitiveness will disappear. She will become much happier, much more companionable. The sensitive girl should endeavor to get this view of life, for she is making herself wretched over things which in the main do not exist, for most of the slights and wounds to her feelings are imaginary, not real. And it is a pity to spoil life with imaginary ills. —New York Times.

A Reminder.
"Your wife's mouth reminds me of a cherry."
"Indeed?"
"Doesn't it?"
"No, it reminds me of other things—empty coal scuttles, the pan under the icebox, the lawn mower and such things."—Houston Post.
Science and Imagination.
Science does not know its debt to imagination.—Emerson.

New York City.—The blouse that is tucked over the shoulders yet plain at the front is a favorite one just now, for it allows most effective use of embroidery, soutache and trimming of the sort. This one is designed for young girls and includes the new



tucked sleeves and is altogether attractive. In the illustration it is shown made plain in one instance, with an embroidered front in the other, and it is equally smart treated in both ways. It is adapted both to the odd waist and to the entire dress

Jabots on Plastrons.
Jabots are usually worn on the transparent plastrons of the shawl-fashioned corsages.

Pretty Belts.
Ribbons of various kinds are used with handsome buckles for belts, though the fashionable ones show the printed flowers overstitched with silk floss. The idea is good in trimming and brings out the flower in an embossed effect.

Misses' Skirt.
The skirt that is made with a pleated flounce at the sides and back is always a pretty one and is greatly in vogue, while it can be counted upon to be absolutely smart for the coming season. This one, designed for young girls, is adapted to almost every seasonable material. The full length panel at the front gives the long lines that are always desirable, while the flounce provides flare and fullness. The back is plain, finished in habit style. In the illustration serge is stitched in tailor fashion, but banding of any sort can be used above the flounce if a more elaborate effect is wanted; the panel could be either braided or embroidered, and, as the flounce is straight, the skirt becomes well adapted to all bordered materials, so that it is susceptible of many treatments in spite of its simplicity.
The skirt is made in five gores with the straight pleated flounce, which is joined to the side and the back portions and to the front gore. The closing is made invisibly at the centre.
The quantity of material required for the sixteen year size is six and



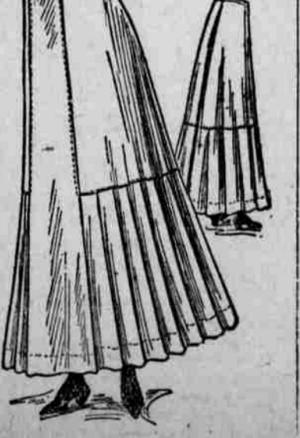
and to any seasonable material. The tucks provide just becoming fullness and if the plain tucked sleeves are not liked the new ones in bishop style can be substituted. Also there is a choice allowed of the stock or Dutch collar.

The blouse is made with front and backs, which are laid in tucks over the shoulders. When the stock collar is used it is joined to the neck edge, but if the Dutch collar is desired it can be finished separately. Both the tucked and the bishop sleeves are cut in one piece each and the bishop sleeves are gathered into bands.

The quantity of material required for the sixteen year size is three and seven-eighths yards twenty-four, two and five-eighths yards thirty-two or two and one-fourth yards forty-four inches wide.

Braiding.
A smarter way of employing braiding nowadays than as a regular trimming is to use it as if it were embroidery, very fine braid, closely set, forming applied emplacements, pocket flaps, deep hems to long stoles, elbow cuffs and quaintly shaped supple buckles or simulated clasps.

one-half yards twenty-four, six yards twenty-seven, three and three-fourths yards forty-four or three yards fifty-two inches wide.



A "Pilot Boat Fry."
The pilots have every facility for securing the freshest of salt water fish, and one of them says the only way to fry fish is to have pork fat enough to submerge the fish, and fry the pieces as you would doughnuts. They must not be allowed to stick to the frying pan and be broken up. In other words, the slices are to be boiled in very hot pork fat until a nice brown.

To Keep Flowers Fresh.
Often when we go out in the country to see friends they unselfishly bestow upon us some of the beauties of their garden. But the thought of how they will on the way home "fade" frequently makes us decline the flowers. If you are of such a mind, the next time some are offered to you—don't do it. Instead ask your friend to wrap a "damp" cloth around the stems—it will keep them as fresh as can be as long as the cloth remains moistened.—Philadelphia Press.

Use For Old Sheets.
A very good use to put old sheets to is the following: Tear them in half and tack up behind the best gown in your closet, against the wall. The other half sew small brass curtain rings to and hang over the gowns. In this way they are protected in the front and back from dust, and they will also keep from fading by being exposed to the light if the colors are delicate shades. Old sheets are very good when packed to cover the different trays of the trunk, and so protect clothes from dust which oftentimes will slip into trunks.—Newark Call.

Massaging Cups.
If you cannot go to a professional masseuse, it is well to own one of the massaging cups that can be bought for a small sum and do much to stir up a free circulation and to give exercise to muscles.
These are small glass cups with a rubber top. The latter is worked gently, and the suction is quickly felt on the flesh.
These cups can be profitably used after the face has been well washed and grease rubbed in. Be careful to work it in an upward and outward motion, as otherwise wrinkles will result.—New York Times.

The Spare Room Pitcher.
Every housekeeper knows how impossible it is to replace pieces of handsome washstand china when one piece is broken—and usually it is the most important piece of all, the pitcher, which meets with the accident. A solution of the problem is the purchasing, not of a fancy-colored toilet set, but of a bowl and pitcher of clear glassware. The smaller pieces may be easily provided in glass, and the whole set looks daintily white and clean on the washstand. These crystal bowl and pitcher sets are not at all expensive, a very gracefully shaped set costing but \$2 or \$3.—Washington Star.

Health Bread.
Take two pints of lukewarm water, three tablespoonfuls of olive oil, three tablespoonfuls of molasses, two teaspoonfuls of salt, one-half teaspoonful of chopped walnuts, two yeast cakes dissolved in a cup of slightly warmed water, with three teaspoonfuls of sugar, three cupfuls of white flour, two quarts unsifted graham flour, being careful to add the flour slowly, so as not to get in too much. Let rise until light, then knead down, let rise again, mould in three loaves, let rise and bake in moderate heated oven three-quarters of an hour, being careful not to have the oven too hot, as graham burns much easier than white flour.—New York World.

Cleaning Wickerwork.
Do not scrub your unpainted wicker furniture with soap and water, as it will turn it yellow and ruin its looks. Instead try scrubbing it with a strong solution of salt water.
If you have pieces that are so shabby that they must either be painted or thrown away, try the salt water treatment first. Scrub well and put in the sun and air to dry quickly.
If you must paint wicker furniture, see that you buy a paint that is well mixed and thinned to the proper consistency. If too thick it gets lumpy and the paint is apt to rub off on clothes. Porch chairs that are exposed to weather should be finished with a coat of enamel to make them last longer. The coat of enamel is also more easily dusted.—New York Times.

Turkish Chair Cover.
In the perfectly appointed modern bathroom all that is not nickel plated is white enamelled, and while all of the sanitary requirements are thus met, considerable of the old-fashioned comfort is left out. A resourceful mother of little children, who objected to this cold comfort after the bath, has made a pair of slip covers for the white-enamelled chair.
They are of absorbent Turkish toweling in white, perfectly washable, and the maker avers that each week sees one of them sent to the laundry. They do not extend as far as the floor, but form a liberal cover, cut to fit the back and the seat, over which they slip, and reaching six inches below the edge of the seat.—Boston Post.

Not a Penny to Pay For the Fullest Medical Examination.
If you are in doubt as to the cause of your disease mail us a postal requesting a medical examination blank, which you will fill out and return to us. Our doctors will carefully diagnose your case, and if you can be cured you will be told so; if you cannot be cured you will be told so. You are not obligated to us in any way, for this advice is absolutely free; you are at liberty to take our advice or not as you see fit. Send to-day for a medical examination blank, fill out and return to us as promptly as possible, and our eminent doctors will diagnose your case thoroughly absolutely free.
Munyon's, 53d and Jefferson Sts., Philadelphia, Pa.

So Long, Schooner!
Statistics compiled by the commissioners of navigation disclose the rapidity with which the sailing carriers on the Atlantic coast are disappearing. The figures show that during the year ending June 30, there have been lost of this once great fleet one ship, one bark, two barkentines, one brigantine and 38 schooners. There have been sold to the Pacific coast two ships, while four brigantines have been cut down to become schooners. To replace these losses, there have been built during the same period but eight schooners. No steamers, ships, barks, barkentines, brigs or brigantines were built or denationalized for the Atlantic coast trade during the year.—Philadelphia North American.

College Boys Growing.
Measurements by scientists bring out the interesting fact that the American college athlete of today is much larger than his father was and is constantly growing. The average height of the Yale athlete today is an inch and a half more than it was five years ago; he is 22 pounds heavier, with three inches more chest development and 42 cubic inches more lung capacity; the average height of the Yale athlete is now 5 feet 9.9 inches and their weight exactly 170.5 pounds. At an examination of Harvard athletes Professor Sargent found that they were an inch taller and from four to five pounds heavier than were the students of 30 years ago.—New Bedford Mercury.

Woman at Her Rudest.
The mad, glad moment when woman is at the apogee of rude manners, so competent observers assert, occurs when she is bunched at a bridge party for women only. The mash that delights the masculine heart is discarded as a useless weapon, and manners, so to speak, get down to bedrock. Small pity for her who trumps her partner's ace; it's a time when you can ignite the gas with the light that lies in women's eyes. As a matter of fact, a well organized, so-called "hen" bridge party is guaranteed to reduce feminine manners to "a rag, a bone and a hank of hair" in the shortest possible order.—Washington Post.

Rubber Preferred.
Real Estate Agent (rattling off description of house to Mrs. Fradley, a prospective tenant)—Here's the kitchen—splendid room—all modern conveniences—hardwood floor—
Mrs. Fradley (interrupting)—Oh, it won't do at all. My present kitchen has a soft wood floor, and the breakage of dishes even on that is something frightful.—Brooklyn Life.

SENSE ABOUT FOOD
Facts About Food Worth Knowing.
It is a serious question sometimes to know just what to eat when a person's stomach is out of order, and most foods cause trouble.
Grape-Nuts food can be taken at any time with the certainty that it will digest. Actual experience of people is valuable to any one interested in foods.
A Terre Haute woman writes: "I had suffered with indigestion for about four years, ever since at attack of typhoid fever, and at times could eat nothing but the very lightest food and then suffer such agony with my stomach I would wish I never had to eat anything."

"I was urged to try Grape-Nuts, and since using it I do not have to starve myself any more, but I can eat it at any time and feel nourished and satisfied; dyspepsia is a thing of the past, and I am now strong and well."
"My husband also had an experience with Grape-Nuts. He was very weak and sickly in the spring. Could not attend to his work. He was put under the doctor's care, but medicine did not seem to do him any good until he began to leave off ordinary food and use Grape-Nuts. It was positively surprising to see the change in him. He grew better right off, and naturally he has none but words of praise for Grape-Nuts."
"Our boy thinks he cannot eat a meal without Grape-Nuts, and he learns so fast at school that his teachers and other scholars comment on it. I am satisfied that it is because of the great nourishing elements in Grape-Nuts."
"There's a Reason."

It contains the phosphate of potash from wheat and barley, which combines with albumen to make the gray matter to daily refill the brain and nerve centers.
It is a pity that people do not know what to feed their children. There are many mothers who give their youngsters almost any kind of food, and when they become sick begin to pour the medicine down them. The real way is to stick to proper food and be healthy and get along without medicine and expense.
Ever read the aboveletter? A new one appears from time to time. They are genuine, true, and full of human interest.