

Highest of all in Leavening Power.—Latest U. S. Gov't Report.

Royal Baking Powder

ABSOLUTELY PURE

FOR WHEELWOMEN

THEY ARE VERY MUCH IN NEED OF HYGIENIC UNDERDRESS FOR CYCLING.

LOOSE SILK IS THE THING.

ORDINARY STYLES ARE FOUND TO BE RESTRICTIVE AND AWKWARD.

A HEALTHFUL CORSET MODEL.

Golf Hose are Now Quite Discarded and the Modest Legging Hose is in Full Favor.

Women complain that no one has yet invented suitable underclothing for out-door sports. Cynical writers have paid so much attention to the length of the outer skirts, the question of "blowers or skirts," the most becoming shape of hat, the shoes, the necktie, the collar, and so forth, that they have had no time for considering the applicability of the unseen articles of wear of the "bicyclist."

It has been established beyond controversy that a woman cannot wear the same underclothing while bicycling or enjoying other athletic sports that she finds suitable for her ordinary avocations. She may wear a set of garments while shopping, visiting, or even dancing, with comfort, that would be restrictive and awkward for bicycling. Out-door sports are as necessary to woman's enjoyment of life as they are to the men. Women are doing nearly everything in the way

been found to be the coolest material for the bicyclist's underwear, though close-fitting and woven garments, without superfluous folds or trimming, that can be easily laundered, are popular. There have been many attempts to persuade wheelwomen to wear "tights," generally black, but the fair bicyclist does not like them. They cling tightly and are too warm. What is needed is something loose-fitting, so that there shall be nothing to impede the free movement of the limbs. The silk knickerbockers that are worn next the skin are the same shape as the bloomers outside, but not so full. They are buttoned below the knee with a narrow band and one button. They are fastened around the waist in a similar manner.

Some women prefer wool instead of silk. It might be thought that the wool would be scratchy, but it is of smooth finish, so that this defect does not exist.

The greatest care must be selected by the wheelwoman in the selection of a corset. Under this corset is worn little silk vest. One of the new bicycling corsets is of coarse netting, with a broad steel supporting the silk elastic webbing which forms the sides. The corset is only about eight inches from top to bottom, thus allowing free movement and escaping danger of being itself broken. Many women make shift when they begin to ride the wheel by resuspending a pair of half-worn corsets, and allowing them to take the place of some specially made. But most of the corsets designed for ordinary use are too long for comfort in riding, besides being too heavily boned about the hip and stomach.

A useful, healthful corset has a detachable addition to the lower portion, which laces at the sides in much the same manner as the ordinary abdominal corset. This allows freedom to the hips and gives added strength to the waist line. Another style is a lightly boned little thing, cut short on the hips, and still another reaches only to the waist line in front. At the sides it comes as low as in the ordinary corset, with double elastic bands around the body that give at every motion. A



OUT FOR AN EARLY MORNING SPIN.

of athletics that the men do, and doing it well, too. But dress is always an important factor in woman's satisfaction, no matter what she may be doing. Hence the anxiety to furnish her with the most desirable garments for wheeling.

Stores devoted to the sale of sporting goods have woman's departments. In these departments, while everything in dress cannot be bought ready-made, orders for things to be made can be left there with the assurance that the order will be promptly filled, no matter what it may be.

To begin with, the wheelwoman doesn't want muslin underwear. She has found that the delicate linens and embroideries and laces will not stand the wear and tear of hard riding. They must be frequently laundered, and that means rapid wearing out. Moreover, this kind of underwear is heating and bulky, and causes discomfort in a dozen different ways. China silk has

rust-resisting corset steel is one of the inventions that will be peculiarly useful to the "bicyclist."

One of the plagues of wheelwomen has been the garter. It has either been so tight as to impede the circulation of the blood or it has been so loose as to let the hose slip down. The knickerbockers already described have proven useful in keeping up the stocking, for the tightly-buttoned band is a pretty good substitute for a garter. The object of hose manufacturers is to make a stocking that will stay up without garters. They are made with an elastic top that clings, and the indications are that the experiment will be a success.

The "legging-hose" is a combined legging and stocking, fastened at the side with buttons similar to those worn on leather leggings. They are russet, black and other colors familiar to us in leggings, and are dainty and modest at the same time.

ONE JUNE BRIDE

SPEAKS FOR OTHERS AS WELL AS HERSELF CONCERNING GIFTS.

PREFERS THE NECESSITIES.

SAYS A ROLL OF GOOD STRAW MATTING WOULD PLEASE ANY GIRL.

A SET OF FURNITURE COVERS

Lunch Cloths, Dollies, Carafes, China and All Kinds of Linen Make Pleasant Presents.

"Can any one tell me," asked a prospective bride, in an aggrieved tone, "why modern wedding presents consist principally of a clock and rocking chairs? Do the friends of the poor brides think that newly-married young women have nothing to do but to sit and rock, and look at the clock—till the cows—I mean, till their Johns or Toms come home?"

This indignant girl shook her head energetically, as she continued, rapidly: "Ungracious! Well, perhaps I am. But look at the situation. Suppose that I am married. Here I find myself with nine clocks and ten rocking chairs, all squeezed into the angular, circumscribed area of a bedroom. There is but one alternative when I stand at the door and look in. I must either jump out of the window or throw out some of my presents. The Harlem flat is not built to hold a bride and a full set of up-to-date wedding gifts."

This was a sensible girl that spoke, and she expressed the sentiments of many others. As there is the promise of an exceptionally large crop of June brides this year, her suggestions of wedding presents that would be useful as well as pretty are worthy of consideration. Said she:

WHY NOT GIVE CARPETS?

"Why should not friends give a new carpet to the bride who is anxious to make her home attractive and comfortable? That would surely be better than napkin rings or vases. A nice, big roll of straw matting for a bedroom would please any girl. These things need not be hurried to her father's house, to be displayed on the piano for admiration and criticism. They can be sent direct to her new home, and put in position before she goes in as mistress. A dozen good-sized aprons, that she can wear over her pretty dress while she is preparing supper for her new lord, represent a bright idea. I must say so, even if it is my own."

The bride-elect blushed and smiled, as she found herself running along so glibly, but she did not recede from her position that sensible presents were the best. She enumerated a few more, thus: "A set of crash furniture covers, to be used on sweeping day, is what I should like. There should be six pieces, including two for the bed, and two for the big chairs. I'll tell you what is a beautiful gift to a bride—a damask tablecloth, with a large initial embroidered at one end in loose thick wood. Oh, I should like that!"

The bride to be was talking to an intimate friend, and there could be no suspicion that this conversation was intended as a hint to the listener, the simple reason that they were candidates, and the matter of presents had been adjusted between them long ago, and it was not necessary to repeat to give to the other when their respective weddings took place.

REMEMBER THE KITCHEN. "Of course, one must have lots of friends' drop in to luncheon," continued the speaker, "and I think a set of pretty lunch cloths, dollies for plates, finger-bowls, carafes, and things of that kind, would be acceptable. Then there is 5 o'clock tea! China sets are always nice, and I should not care how many I had of them, because one can use a different set every day, and they look sweet in little corner cupboards when not in use."

Friends seem to forget that brides have to furnish kitchens, and yet what a terrible tax on John's pocketbook is made by pots, pans, kettles and flat-irons. Let not my kitchen nicely furnished, and I am not afraid that my parlor will lack necessities. There are always plenty of people to take care of the show portion of a home.

This little bride-elect was evidently willing to go on and mention a hundred other things that would be suitable for wedding presents, and that she didn't must be ascribed to wanting time rather than material. Which shows that if people would only think a little more than is customary in selecting wedding gifts there would not be so many duplicates, with resultant surreptitious visits to the jeweler to exchange them for something really needed.

HUSBAND AND WIFE PASTORS.

Mr. and Mrs. Sprague installed in Boston's New South Church.

The coarse plaid stockings, with "collars" below the knee, that are affected by many masculine riders, were suggested for women to wear at the beginning of the season. The idea was not favorably received, however, and although heavy gold hose was worn for a short time, even that, with its loud colors and coarse material, was soon discarded.

The silk knickerbockers for underwear are not kept in stock at the stores. They must be made to measure in every case. Many of them are made at home. Women often think they can make their underwear and save a little money, and are willing to do it. But they would not attempt it with outer garments, because they would be afraid that they would not show that indefinable twang of "style" that is the well-dress woman's perpetual ambition and worry. With home-made knickerbockers and a corset and hose such as have been described, any wheelwoman may feel that she has obeyed all hygienic rules that can be applied to the invisible portion of her riding costume.

EVERY KIND OF HUMOR FROM PIMPLES TO SCROFULA

Speedily cured by CUTICURA RESOLVENT, greatest of humor cures, applied externally by wash, internally by pills, and gentle applications of CUTICURA OINTMENT, the great skin cure, when all else fails.

Sold throughout the world. Price, CUTICURA, 50c. Sold by all druggists. Beware of cheap imitations. "How to Cure Every Humor," mailed free.

to the New South Church in January of this year. Mrs. Sprague is the founder of the Woman's Parliament of southern California, and is also greatly interested in the Woman's Congress in San Francisco. She is slight in stature and unassuming in manner, but she has a way of winning confidence and sympathy which has made her very successful. She has great ability, and her sermons are strong and interesting.

CURE FOR HICCUGHS.

Professor Lepine Discovers That Pulling the Tongue is Effective.

In the last year a number of cases of prolonged and frequently fatal hiccoughs have been reported in the newspapers. Frequently without any warning persons of good health have started to hiccup, and have kept it up for weeks without cessation until the exhaustion proved fatal. The physicians in charge have tried many things as remedies, but as a rule failed to accomplish anything toward controlling the disease.

Professor Lepine, of Lyons, France, has just discovered a cure. A young soldier had contracted the disease and was rapidly losing strength. The new remedy consisted in pulling the tongue several times a minute, keeping it outside the mouth, and then letting it slip back again. This faithfully kept up produced a cure inside of twenty minutes.

Hiccough, when continued, is a serious disease of the respiratory centre in the brain. These rhythmic contractions on the tongue seem to effect the respiratory centre in a peculiar way. There is a bunch of nerves at the base of the tongue which communicates directly with the nerve centre in the brain. When the brain centre is inactive it may be stimulated by pulling the tongue. It is inactive in cases of suffocation.

If a baby does not breathe properly when born, if the tongue is systematically pulled a few moments the baby will begin of its own accord to attempt to breathe. Pulling the tongue also helps by clearing the throat. In cases of drowning it has been discovered that pulling on the tongue ten or fifteen times a minute acts as a more certain and powerful stimulus than any of the other methods, such as rolling the subject on a barrel, hugging him upside down from a meat hook, or "pumping" him with his arms, or blowing into his lungs.

Work for the Girls.

Do not let the girls grow up in ignorance of household work, says the Pittsburg Dispatch. If they thoroughly understand how things are done in managing a house, they will be well prepared for whatever fortune has in store for them. The girl who marries a poor man will then be able to economize without difficulty, and she who is to be rich can then manage her large household and numerous servants with success by knowing just how everything should be done from the kitchen up.

A Remarkable Woman.

Mme. Judith Gautier, daughter of Theophile Gautier, and divorced wife of Cataldo Mendes, is one of the most remarkable women in Paris. Her father had the curious idea that his daughters should learn the Chinese



A TAYLOR-MADE IDEA.

language, and for a time his daughters had a Chinese tutor. Not long after, Judith began the study of the oriental languages. She had tried all styles of literature, and a few years ago produced a veritable Japanese drama in five acts, an adaptation from a Japanese work.

A Costly Penecok.

The British crown plate includes a pocket of precious stones valued at \$5,000, which came from India; a tiger's head, with a solid ingot of gold for a tongue and crystal teeth, and a magnificent gold shield, valued at \$10,000, which was made from snuff boxes by order of George IV.

American ebony is one of the heaviest woods known, weighing 82.15 pounds to the cubic foot.

GRAND SUMMER SALE

DEPARTMENTS!

COME EARLY TO GET BARGAINS.

This Combination Oak Desk and Book Case only \$8.95

We have it in both Oak and Mahogany. Over 50 styles of desks and book cases to select from—finest by far in St. Paul or Minneapolis.

SPECIAL Large line of Side Boards and Extension Tables and Chairs. This Table—6 feet—only \$6.85

Sold elsewhere at \$10. A fine Cane Seat Chair, brace arms to match, only 86 cents. Kitchen Chairs only 37 1/2 cents.

SPECIAL NOTICE—New lot GURNEY REFRIGERATORS—cheapest ice saver made—a real economy. \$8.00 Onyx Table Special at \$4.85.

Porch Rockers and Chairs. Special Sale White Maple Ladies' Rocker, only 87 cents.

SMITH & FARWELL CO., COMPLETE HOUSE FURNISHERS, 6th and Minnesota St., ST. PAUL.

INSISTED ON LIVING

SURGEONS PREDICTED DEATH, BUT WOLOTT REFUSED TO SURRENDER.

SPINAL COLUMN FRACTURED.

LONG TRIP FROM CARACAS—NOW IN A NEW YORK CITY HOSPITAL.

PROJECTS FOR THE FUTURE.

With Legs in Splinters and Life in Balance, He Plans Balloon Trips.

Nearly every bone in Charles Wolcott's body was broken nearly seven months ago. He had jumped from a balloon, holding a parachute that failed to work. He was picked up a limp mass of flesh, and the surgeons said it was useless to attempt to do anything for him, as the injuries to his spine would result in his death in a few hours, says the New York Herald. He announced that he would "fool the doctors," and he succeeded so well that he was recently pronounced strong enough to be removed to this city. He now occupies a cot in St. Luke's hospital. It is very doubtful if he will ever be able to stand on his feet again, or, indeed, if he can ever sit up without assistance. The bones of his feet and legs were broken and dislocated, it is believed that his pelvis was fractured, his spinal column probably gave way at the same time—either through a fracture or a dislocation or both—he was given up for dead, told that he could survive only a few hours at most, but he laughed at the doctors and de-

INGENUOUS PLANS.

Wolcott believes that by taking a long pole to hang to and sliding down a certain distance he could guide himself by his own big body. If he landed on his trunk he would surely suffer, so he would have to get something to give the spring of the missing limbs. He thinks that this could be arranged by parallel bars of metal, with a heavy spring between them.

COULD NOT SAVE HIMSELF.

"I realized my position when I was about 150 feet from the ground," said Wolcott to me. "I was falling terribly fast and my only thought was to escape with my legs, as far as possible. I held my legs stiff, and tried to direct my course, so that I would fall on my left side. I kept that arm out, expecting to break it, and hoping thereby to escape more serious injury. I was going too fast, however, and when my legs touched they doubled under me."

HE SAW THEM.

No. 1. He—"Yes, I always like to see pretty stars."

No. 2. And—just then he stepped on a banana peel—

SMOKED ALL THE TIME.

"I have smoked cigarettes ever since I was a little fellow," said Wolcott, "but I don't think I ever smoked anything like as many in one day as I did then. I did not stop puffing for a single moment. The soldiers decided to keep on all night, and you can't imagine the noise they made. The morning at 9. I was left on the station platform, in the blazing sun, to wait for the train. There is but one day on the Central Venezuela Railroad that is not a Sunday, as it called, and that passes at about 1 o'clock. It was an awful wait. When the engine finally drew up the people found that I could not be placed in a passenger car, and for the moderate sum of \$12 I was located in a freight car, into which a crate of fowls was subsequently thrown. The roof of the car was of sheet iron, and the interior was like a red hot oven. When I reached Caracas that evening I was carried on the shoulders of four little policemen to the hospital, a distance of more than two miles. I was left in the operating room for a night, as they expected me to die, and the morgue is close by. They would not have had to carry my body far if I had expired."

SURPRISED THE SURGEONS.

His vitality surprised the Caracas surgeons, and his case was discussed far and wide. A little Sister of Charity was devoted in her attentions to him, and he seemed to improve. Then the doctors said he might live for some time more, perhaps for years, but that he would surely be paralyzed from his waist down.

His legs had up to that time been absolutely without sensation, but the prediction seemed to put new life into them. There was a pricking sensation in his feet, and he was delighted to find that he could move his muscles, "make them dance," as he used to say, drawing his covers taut over them to show visitors what he could do. His progress was slow, and he became more anxious than ever to get to this city. He was finally allowed to start. He was carried from the hospital to the railroad station in an open carriage. The rain was falling in torrents upon him until he was safely installed in a freight car bound for La Guayra. He was then transferred to the Red D steamship Venezuela, and he was landed here on her last trip. From the Red D docks in Brooklyn to the handsome new hospital on Morningside Heights was a journey of nearly four hours for Wolcott in a wide car.

When I saw him he was comfortably installed in his new quarters, and was delighted to be in his native land.

NOT ALLOWED TO SMOKE.

"All arrangements are better here," he said, "and they understand what to do. I could get along all right if they would only let me smoke all the time, as I used to do in Caracas. When I ran out of cigarettes there and did not happen to have any ready money, the little Sister of Charity went out herself and bought me a lot. I think that it has

made me feverish to stop smoking so suddenly."

One of the first things done by the hospital surgeons here was to put his feet in splints, to straighten the broken bones, to which no special attention had been paid in Caracas on the supposition that he would surely die. This operation was very painful, but Wolcott was willing to stand anything. "When I start out to walk," he remarked, "I want my toes to point north."

HE SAW THEM.



No. 1. He—"Yes, I always like to see pretty stars."

No. 2. And—just then he stepped on a banana peel—



No. 2. And—just then he stepped on a banana peel—



Beautiful eyes grow dull and dim
As the swift years steal away.
Beautiful, willowy forms so slim
Lose fairness with every day.
But she still is queen and bath charms to spare
Who wears youth's coronal—beautiful hair.

Preserve Your Hair

and you preserve your youth,
"A woman is as old as she looks," says the world. No woman looks as old as she is if her hair has preserved its normal beauty. You can keep hair from falling out, restoring its normal color, or restore the normal color to gray or faded hair, by the use of

Ayer's Hair Vigor.

THE GAS COMPANY

This Time Gas Ranges.

We have placed on our Bargain Counter ONE CARLOAD OF RANGES that we will sell at

\$11.50 AND \$12.50

each until all are sold.

These Ranges are of standard sizes, 4 top burners, even and broiler—UP TO DATE pattern, perfect and fully warranted, and are certainly the greatest bargain ever offered in a Gas Range.

St. Paul Gas Light Co.