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### HOW TO REDUCE FLESH.

Special Course of Simple Exercises and Attention to Diet Work Wonders.

Most persons who are too stout have two peculiarities; they have good appetites and a disinclination for a great amount of exercise, says William S. Birge, M. D., in Good Housekeeping.

It is said to be almost impossible for anyone to accumulate a large stock of adipose tissue if really active exertion in proper amount is made every day.

Stout people begin to exercise in various ways, and are so possessed with the idea that they wear themselves out at the beginning; they are consequently unable to continue; they drop back into inactivity, on the plea that they really cannot endure so much exertion.

Many stout persons, women especially, find objectionable fatty tissue accumulating about the waist line. It is this fact that gives them the keen discomfort. A fat figure may be gotten rid of in a very short time if the owner is willing to make the effort. The important point is to educate the muscles. Many women seem to have no knowledge of the existence of the abdominal muscles. They have been in the habit of trusting to their corsets to keep them in condition, forgetting that the abdominal muscles have any part to play in the physical economy. To get rid of an unpleasant bulkiness, it is necessary to go through simple muscular movements.

Spread on the floor of the bedchamber a thick comfortable or blanket, and have ready a small pillow to use in case of need. Remove the clothing and put on a loose slip or nightdress. Then lie down on the blanket. If giddiness does not result from placing the head flat on the floor, take this position. If it is uncomfortable, use the pillow. When all is ready, clasp the hands together under the back of the head and straighten the body out, extending the muscles of the legs as straight as possible. Then begin by taking long breaths; after this try to contract the muscles of the abdomen. At first maybe there will be no effect perceptible, which is in itself the most conclusive evidence of the need of such exercise. Five minutes of effort at the outset is all that is wise to take without an interval of rest. If there is abundance of time, lie still on the blanket for a little while, put the feet close together, keep the head flat on the floor and resting on the clasped hands, then try to raise both feet at one time from the blanket. Do not move the body, simply lift the feet if possible. Very likely the attempt will prove a failure.

I know a woman who tried 25 times before she was able to raise her feet six inches from the floor. After the effort has proved successful, release the hands from under the head and let them rest gently on the abdomen, then lift the feet and observe the contraction of the muscles under the hands; the higher the feet are raised the more rigid these muscles become.

As soon as practice enables one to contract these muscles readily, study the structure of the body and try to move all of the internal organs independently of each other. This is possible, and it is surprising. Indeed, how many muscles will make themselves felt, muscles of which one never even suspected the existence.

A few months of this kind of training, with a diet carefully selected and reasonably restricted, will do wonders in the way of reducing corpulence.

### NEW NOTIONS IN DRESS.

Some of the Late Additions to the Wardrobes of Up-to-Date Dressers.

Muffs display two kinds of fur combined.

All the fur coats crave little cravats of ermine.

A cloth made of rabbit's wool is new in millinery.

Bright colors run riot in the silk petticoat corner.

Mink is accounted a comforting substitute for sable.

Brown is undoubtedly the fashionable color of the winter.

The finest of embroidery supplants lace on the new underwear.

Most of the taffeta frocks seem determined to be copper-brown.

Even the pert little plume that stands erect runs into several colors.

There are possibilities of a dainty evening wrap in an old white lace shawl.

It is generally accepted that a walking suit should have a plain coat sleeve.

Silk waists of all-over work in broderie Anglaise pattern are very handsome.

Velvet gowns take to themselves delicate chintilly laces of corresponding color.

Sealskin is restored to high favor, particularly in the close-fitting director coats.

Baby's clothes must now be embroidered with the birth-flower—the rose, the lily or whatever it is.

Novel Corn Gems.

Blend thoroughly in the order mentioned two cups of sweet milk, one well beaten egg, a pinch of salt, one tablespoonful of brown sugar, a tablespoonful of maple syrup, two tablespoonfuls of melted butter, one cupful of Indian meal and one cupful of wheat flour sifted with a heaping teaspoonful of baking powder. When very light stir in half a cupful of finely chopped dates. Have ready hot gem pans, fill each about three-quarters full with the batter and bake 30 minutes in a moderate oven.—Good Housekeeping.

Is It Strange?

Patience—I see that many paupers have lived to be 100 years old; but no millionaire has attained that age.

Patience—And yet there are people who prefer to be millionaires.—Yeekers Statesman.

### GOOD OPENING FOR FUSS.

But Before Hostilities Were Opened a Proper Understanding Developed.

A new family had moved into the apartments on the first floor.

Coincidentally with the arrival of the new tenants a cat with a following of five or six half grown kittens moved in and took possession of an obscure corner in the hallway, says the Chicago Tribune.

From the statements of parties most interested it appears that these animals began howling at or near six o'clock p. m. of the same day, and kept it up without any intermission worth mentioning until 11 o'clock, at which hour a tall man wrapped in the folds of a dressing gown and wearing a pair of squeaking slippers was seen descending the stairway from the apartments on the second floor.

As he reached the bottom of the stairs a door leading into the apartments on the first floor opened, and a man with a skull cap and an angry countenance emerged.

"I don't know who you are," said the man in the dressing gown, "but my opinion is that you haven't got much humanity about you—if anybody should ride up in front of this building in an automobile and ask you!"

"I don't know who you are, either," responded the other man, "but you can't have any worse opinion of me than I have of you—if some man should happen to write you a letter of inquiry about it!"

"Why don't you take those cats in and feed them?"

"Why don't you do it yourself?" "The idea of half starving a lot of kittens and letting them yowl all night long and disturb everybody in the building—"

"It isn't disturbing you any worse than it's disturbing me. If you want those cats fed you can feed them!"

"I'll show you how I'll feed them," exclaimed the man in the dressing gown, striding over to the corner, gathering the animals up in his arms, taking them to the front door, and depositing the bunch on the porch outside.

"What have you got to say now, sir?" he demanded, turning and facing the new tenant belligerently.

"Nothing. Except thank you sir."

"Wh-what? Aren't they your cats?"

"Not at all. I thought they were yours."

"Well, by the great horn—say, my name's Rogers. What's yours?"

"Glad to know you, Mr. Rogers. My name is Hawkins."

### VARIOUS USES OF EGGS.

Useful Information Extracted from Prize Article by a Michigan Woman.

The yolk of egg alone is the better for invalids and will be frequently relished when the white would be rejected. When cream cannot be procured for coffee, the yolk of a soft-boiled egg is a very good substitute.

To prevent the juices of fruit pies from soaking into the bottom crust, wash the crust over with a beaten egg before putting in the fruit.

When making frosting in warm weather, set the whites of the eggs on ice for a short time before using. If the eggs you have to use for frosting are not quite as fresh as you could desire, a pinch of salt will make them beat stiffer.

The white of an egg, an equal quantity of cold water and pulverized sugar sufficient to make it the required consistency, makes a frosting which is very nice, and as it requires no beating is very easily made.

When beaten eggs are to be mixed with hot milk, as in making gravies and custards, dip the hot milk into the beaten egg a spoonful at a time, stirring well each time until the eggs are well thinned, then add both together; this will prevent the eggs from curdling.

It is often a question what to do with either the whites or yolks of eggs which are sometimes left over after making a cake frosting, and so forth. Either will keep well for a day or two if kept in a very cool place—the yolks well beaten and the whites unbeaten. Whites or yolks of eggs may be used with whole eggs in any cake or other recipe calling for eggs, counting two yolks or two whites as one egg.

When eggs are cheap and plentiful in summer, wash all those used in cooking before breaking. Save the shells and when a quantity are dry, crush them fine; beat half a dozen eggs and stir them into the shells. Spread them where they will dry quickly and when thoroughly dry put in a thin cotton bag and hang in a very dry place. In the winter, when eggs are scarce and dear, a tablespoonful of this mixture put in a cup, a little cold water poured over it and left to stand over night or for half an hour or so in the morning before breakfast, will answer every purpose of a whole egg in setting coffee.

### Carrots and Celery.

Cut the carrots into thin slices and the celery into short pieces, using the same quantity of each. Scald the celery and boil the carrots in slightly salted water until they are tender. Drain and mix the two vegetables, adding a half pint of milk. Add a teaspoonful of corn starch stirred into some of the milk and season with salt, pepper and butter. Let it boil and serve.—Chicago Post.

### Fresh Pork Salad.

Trim cold boiled or roasted pork free from fat, then chop not too fine. To two cups of the meat thus obtained add three hard-boiled eggs chopped fine and one cup sliced celery or one-half cup chowchow. Toss lightly until mixed; dress with mayonnaise, and garnish with fringed celery.—Good Housekeeping.

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