



SATURDAY, JULY 28TH, 1906.

## MORE APPARENT HEIGHT.

May Be Obtained by Deep Breathing and System of Exercise for Reducing Superfluous Fat.

"As soon as you learn to breathe deeply all the time you will grow taller. As soon as you get into this habit of pulling a breath right from the bottom of your abdomen, you will grow stronger. As soon as you have acquired this peculiarity you will grow thinner. It exercises the muscles of the abdomen so thoroughly that they grow supple and able to throw off their fat. It is a cure for nearly every ill there is."

They come the bending motions, for it is part of supple muscles that one can bend double and lay one's hand upon the floor. Of course one should not bend the knees. The idea is to bend without bending the knees and to lay the finger tips upon the carpet. This is the best of all known exercises for making the muscles limber.

The most important exercise upon growing taller is the pole exercise. The pole must be a long one, and about as thick as your wrist. While it does not have to bear your weight, it must be stout enough not to break when your strength is thrown upon it.

The exercises are simple. The first one is that of touching the ends of the pole. Reach out with your finger tips and try to reach the tips of the pole. Have the pole so long that you cannot quite reach the ends. Then keep on trying to touch them. It broadens the shoulders and gives the arms the exercise they need for the second motion.

"The second pole motion is the real one when it comes to being higher. The pole is set on end, and the game is to reach up as high as possible. Try to touch the top. Don't climb the pole, but simply reach up. Keep on reaching up and up for five minutes.

The way to do it is this: Take a deep, long breath; grasp the pole firmly in the middle; then travel up, hand over hand, until you go as high as you can. When you have reached your limit, make a mark, and begin over again. The highest mark will record your progress for that day. Next day try again. Don't keep on for more than five minutes at a time, for it is easy to injure your muscles in this manner.

## PIANOFORE FOR MEALS.

Affords Much More Protection Than a Mere Bib and How to Make the Little Apron.

These pinafores take the place of a bib, and are really more protection to the white pinafore and dress over which they are worn. Diaper, linen and crash are all suitable materials in which to make it. The edge is buttonholed round in scallops, a small



TAKES THE PLACE OF A BIB. star or flower being worked in each alternate scallop.

In the transfer papers there are many pretty edgings suitable for the purpose. The design may be worked in colored flax thread, mercerized cotton, or washing silk.

A band to fasten round the waist is attached to each side.

## AT A HOUSE WEDDING.

Arrangement of the Receiving Party. Usually No Special Form of Entertainment Provided.

At a house wedding the bride's mother should stand near the main entrance to the drawing room and receive the guests as they enter the room. The guests who wish to remove any wraps should be told where the dressing room is by the servant, who opens the front door. After removing their wraps they should at once descend to the drawing room, directs Elizabeth Biddle.

As a rule guests are not seated at a house wedding. The near relatives and intimate friends of the bride couple should stand on either side of the room near the place where the marriage ceremony is to take place. If you are to have ushers they should escort the guests to their places in the room, taking care that the members of the family are near the bride party.

After the ceremony the guests are expected to look at the presents, if they are displayed, and to partake of the refreshments in the dining-room. The bride party should remain in the drawing room until they have received the congratulations of all the guests, after which they may go to the dining-room.

The bride's father and mother should introduce their friends to the mother and father of the groom, but no special form of entertainment is expected.

The Proper Card. A woman's card has her street address, without town or state. If visiting friends in a distant city one may write the transient address in lower corner of card.

## FOR YOUNG FOLKS

SOME ODD NESTS.  
Ingenuity Displayed by Some Birds in Providing Places for Their Young.

There was a time many millions of years ago, when birds built no nests, but did as some specimens are doing at the present time, when the ostrich continues to lay her eggs in the sand of the desert to have the hatching done by the rays of the sun. The Talegalla turkey of New Holland also follows the old custom of covering up the earth with feathers in the manner so that the eggs may be hatched by the heat engendered by decomposition.



THE SALANGANE.

Of the elder duck that builds a regular bed of down. During the next period the nests become not only the hatching place of eggs, but were also used by the birds for habitation. Special care is used in selecting a place for the nest, or else it is built in such a manner that it may form a protection against attacks of enemies. So the nest of the moor hen is built in the reeds, near the water's edge, and it has been noticed that in case the nest in one year was endangered by inundation, the bird selected a higher spot the next year in which to build his nest.

The birds have even become artists. The taller bird of South America makes his nest by sewing together a



leaf. He borrows holes with his beak and pulls a thread from bark through the holes, thereby sewing the leaf together into the form of a bag. The magpie fixes the nest with earth, as does the swallow, the nest of the latter bird having so small an opening that the bird is hardly able to enter it.

An artificial bird is the South American potter bird, says the Brooklyn Eagle. It builds the nest on the heavy branches of a tree or near the roof of a house. The material of the nest, that nearly weighs up to ten pounds, is mud and clay, the rear room to be used for habitation.

The salangane, a bird like our swallow, builds its nest from its own



THE POTTER BIRD.

branches of a tree or near the roof moon. These saliva nests are being sent from Australia and Java to be used in making bird nest soup.

Many birds weave their nest from bark, shaping the nests like bags of every description. The habit of the magpie to have its nests decorated with stolen glittering pieces of metal is well known, and a kind of night-gale, living in the Mediterranean countries, uses skins of snakes for the decoration of its nest.

The Australian chlamydochelys builds two nests, one a plain one of twigs for habitation, and another, lined with green grasses and the floor covered with little stones. This nest, about three feet high, is the so-called "wedding bower."

The Race for Fame. "So those two old settlers have quarreled." "Yes," answered Farmer Corantosel.

"What caused it?" "Jealousy. One of 'em was advertised in the paper as being cured by six bottles of patent medicine and the other had to take seven."—Washington Star.

## THE TELEPHONE-TELEGRAPH BIRD.

There's a little bird lives on the telephone pole. And a very wise bird is he; For he hears all the news from all over the land.

Yes, and even from over the sea. He's a little green fellow with silver-tipped bill. Though some people say: "How absurd! It is only a lump of green glass"—but they're wrong. It's the telephone-telegraph bird.

He's a fairy, you see, and would stay quite unknown. And from prying eyes make his secret well learned. He's obliged to turn into this shape. He has millions of little green brothers like him. And they all live on telephone trees. So, of course, any news that the wires carry on.

It is strange all the things that they hear. And these things very often they tell. For they fly round at night, when you can hear and remember with ease. A little ones sleep. And they whisper the things that befall. If you've told an untruth or been naughty or rude, By some means your mamma will have heard. If "a little bird told me," she says when you ask. It's that telephone-telegraph bird.

Now, of course, birthday secrets, surprises and gifts. To himself he'll carefully keep; And he'll even help out with suggestions and hints. Whispered low in your ear while you sleep. But if mischief you plan, or do wrong on the sly, I'd advise you to think of it twice; For that bird's bound to know and, as sure as can be, He will tell on you, too, in a trice.

I'm afraid there'll be some who won't credit this tale (Some grown folks and fairy-tale writers). Who will call the green things on the telephone poles.

Long names such as glass insulators. Let them laugh if they will, for we know what we know. We won't care if they don't take our word; And a nice little secret we'll have—you and I.

And the telephone-telegraph bird. —Julie Fay Shipman, in St. Nicholas.

## THE BOTTLE CANNON.

How Fun May Be Obtained with a Thick Bottle and Some Chemicals.

Take a thick empty bottle—a vinegar quart bottle will do—and pour water into it until it is one-third full. In the water dissolve one of the powders—bicarbonate of soda—that druggists sell to make seltzer water.

Put the contents of the other package, tartaric acid, in a playing card rolled up into a tube and tied around with a thread, explains the Chicago News, one end of the tube being sealed, or plugged, with two pellets of blotting paper.

Suspend this miniature cartridge from the cork by means of a piece of thread attached by a tin tack. The open end of the cartridge must be upmost, and when all is ready, you cork the bottle tightly, having allowed enough thread to swing the cartridge clear of the water.

To explode the cartridge and discharge your novel cannon, you lay the bottle horizontally upon two pencils on the table; they will act as your gun carriage.

Pretty soon the water will penetrate the blotting paper plugs and reach the tartaric acid. Effervescence will at once take place, and the carbonic acid gas thus generated will throw the cork from the bottle with a loud report, the cartridge trailing after it like a rocket.

And you will have a still further imitation of field artillery in the recoil of the bottle, which will roll back several inches.

Make this little experiment; it is both pretty and harmless.

He Wanted to Know. A certain professor chemistry was one day talking to his class about the value of oxygen.

"Oxygen," said he, "is essential to all animal existence. There should not be any life without it. And yet, strange to say, it was discovered only about a century ago."

At this one of the students made a sign as if he desired to speak, and when the professor nodded permission, the student said:

"What I should like to know, professor, is how animal life got along before oxygen was discovered?"

Eating Snails. Do you know how many snails are said to be consumed in New York city in one week alone, when the season is at its height? Why, in the neighborhood of 20,000! They do not seem to be a very tempting food, but epicures like them, and pay high prices for the dainties. The supply comes from France, and it is stated that they are such a profitable product, that vineyards are given up as food for the snails, which bring better prices than grapes.

Skeptical. Benevolent Old Gent (to fellow passenger)—How fast we travel! But, ah, young man, have you ever thought of the flight of time? Think of the fleeting hours of youth, the golden days that swiftly pass away. Have you ever counted the minutes? Batteries (unregenerate and suspicious)—What are you trying to do? Sell me a watch?—Royal.

## THE TOO, TOO SOLID FLESH

Nothing Helps More Than Daily Exercise Religiously Kept Up, Perseverance and Success.

Solid flesh of many a weary woman may be truly reduced by daily practice. The waist and hips may be reduced at least three inches in as many months. As the waist muscles become stronger digestion is better and assimilated food goes to muscle instead of fat, thereby reducing the whole body.

Deep breathing also burns up fat. Place a pipestem in the mouth, breathe through it until the lungs are completely empty, then inhale through the nostrils until the lungs are packed. If dizzy do not be alarmed, the lungs are surprised at the gratefully increased amount of air. They will get used to it.

Practice this exercise frequently, extremely frequently. It is simple and most excellent.

Stand in correct pose, weight on balls of feet, heels and knees together, abdomen drawn back, chest out, and head erect; while holding the breath bring the arms out sideways, and up over the head; clasp hands and stretch upward, gently at first. Relax arms and exhale. After a few days' practice the stretching may be vigorous, and the upper part of the body away from side to side. Repeat this movement until tired. It is valuable.

The practice is made more interesting by taking measurements at the beginning and at the end of each month's practice, and comparing the figures. While disrobe measure the waist, hips below the waist line five inches, and chest, both with lungs empty and with lungs full.

Also measure from the base of the neck to the waist line, both in front and in back, to see how much the chest line may be lengthened. The hips should not measure more than 12 inches more than the waist, or five inches more than the chest. The chest expansion probably will be about one inch. It should be at least three inches.

In addition to practicing the exercises, the student would do well to observe the following advice: For the first month avoid rich desserts, sweets and fattening vegetables, eat lean meats; fish, eggs, dry toast and fruits, except bananas. Exercise until perspiration is profuse. If these rules are faithfully followed for a month and the exercise practiced faithfully the pupil should be able to keep the body in good trim by exercise alone.

## ARTS OF THE TOILET.

To Remove Tan and Freckles—Keep Hands Soft and White—Good for a Muddy Skin.

To remove tan and freckles, nothing is better than a lotion composed of four ounces of witch hazel, four ounces of glycerine and the juice of two lemons, we are informed by a writer in The Commoner. Apply to the face, neck and hands after washing, and at night.

Permanent freckles are akin to moths patches, and require both internal and external treatment. The internal treatment consists of something that will act on the liver and at the same time stimulate the circulation of the blood. For this purpose, olive oil, taken in teaspoonful doses before breakfast and at bed time, is recommended as being excellent. The local treatment ordered by some specialists consists of drawing them to the surface and gradually peeling them off, or bleaching them out. The freckle spot lies under the lower layer of the scarf-skin, of which there are four. The outer is no thicker than tissue paper, and it is this skin which is raised in a blister. Thus it will be readily seen why freckles are so difficult to remove, as the skin is stained through and through. Nearly all skin bleaches contain mercury (corrosive sublimate), which is an active mineral poison if taken internally, therefore the use of it is not recommended for careless hands.

Another whey for the hands is composed of lemon juice, three ounces, white vinegar three ounces, white brandy one-half pint. Corn meal rubbed over the hands after washing is excellent. It should be used before wiping the hands.

For muddy skin, a good rule to observe is, when the tongue is coated, or there are indications of a clogged internal condition, to stop eating, fasting a day or two at a time, or with only light food once a day. Instead of eating, drink copiously of pure water between meals. Several quarts a day is none too much to flood out the impurities. A sallow or pimply skin is a lazy skin. Exercise should be taken to induce perspiration.

Use almond meal in place of soap for washing the hands, and the skin will not get dry and wrinkled; the soap takes out the natural oil.

Cotillon Favors. The advantage of having paper favors for a club dance or a cotillon is that they can be made at home for absolutely nothing, and if several girls worked on them they would make their dance most effective with little outlay for ornamental trifles that are the principal parts of such affairs.

A Good Skin Food. Take half a cup of pure mutton tallow. Add half a cup of pure almond oil. Beat together and beat with an egg beater as they are cooling. Put in just enough perfume to scent. This is not very cheap, but it is very good.

Simple Cosmetic. Take a cucumber, split it lengthwise, apply it to the skin and let the juice dry on.

For Freckles. Use a weak lotion of lemon juice and water followed by an application of cold cream. Cucumber lotion is also a good thing to use.

The Latest. "The people in the next flat seem to be fond of the latest songs." "Yes. They don't appear to care for any that are sung earlier than ten p. m."—Washington Star.

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## SOUTHERN RAILWAY

TRAINS LEAVE RICHMOND.

N. B.—Following schedule figures published only as information, and are guaranteed. 7:30 a. m.—Daily. Local for Charlottesville, also connecting at Charlottesville for Chase City, Clarksville and Buffalo Lithia Springs. 12:30 p. m.—Daily. Local for Charlottesville, Clarksville and Buffalo Lithia Springs. 4:30 p. m.—Daily. Local for Charlottesville, Clarksville and Buffalo Lithia Springs. 11:30 p. m.—Daily. Limited. Pullman ready at 9:30 p. m. for all the South. YORK RIVER LINE. 4:30 p. m. Except Sunday, No. 10, Baltimore Limited. 2:15 p. m. Except Sunday, No. 10, Local to West Point. 4:45 a. m. Except Sunday, No. 74, Local to West Point.

TRAINS ARRIVE RICHMOND.

6:58 a. m. and 7:50 p. m. From all the South. 8:35 a. m. From Charlottesville, Durham, Chase City, Raleigh and local stations. 9:40 a. m. From Knoxville and local stations. 9:15 a. m. No. 15, From Baltimore and West Point. 4:45 a. m. No. 9, 5:15 p. m. No. 73, From West Point and local stations. No. 15 and No. 16 stop Quinton, Tunstall, White House and Lotts Manor. 10:30 a. m. From West Point, D. P. A. 9:30 E. Main St. W. B. SPENCER, General Manager, W. H. TAYLOR, G. F. A. Washington, D. C.

## SCENIC ROUTE

TO THE WEST

CINCINNATI, INDIANAPOLIS, ST. LOUIS, CHICAGO, LOUISVILLE, NASHVILLE, MEMPHIS, 2:15 p. m. and 11:00 p. m. daily.

WESTBOND LOCAL TRAINS.

7:30 a. m. daily and 5:15 p. m. week days.

NEWPORT NEWS, NORFOLK AND OLD POINT.

9 a. m. and 4 p. m. daily.

Local For Newport News and OLD POINT.

7:35 a. m. and 5 p. m. week days.

JAMES RIVER LINE.

10:30 a. m. daily; 5:15 p. m. daily.

Arrive Main Line from West: 7:30 A. M.

10:30 A. M. From Main Line to West: 7:30 P. M.

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