

# OF INTEREST TO WOMEN

## BE SYMPATHETIC.

We must all realize that this life is full of sorrow, and if you personally have had the good luck to escape your share of it you are a very fortunate person.

But do not, on that account, allow yourself to grow cold-hearted and unsympathetic to others.

Those poor others! Their lot is often so hard—so lonely—so full of misery.

We are here to "heal the wounds and bind the broken heart," and the only way we can do this is by being kind, loving and sympathetic.

A few words of love will do more to help a sufferer than money, sometimes.

For heart sickness is much harder to help than hunger and poverty. Show interest in others; try to help them, go out of your way to lighten the burden of the heavily laden.

Do not hesitate to whisper your kindly thoughts in their ears. Don't pass on the "other side" if you are strong; then be merciful, says Woman's Life.

Remember, that we all look at life from different standpoints, and what might appear like a grain of mustard seed in your path to you is an almost insurmountable obstacle to your weaker sister.

The more she shrinks the more necessity for you to step in and help her on her way with genuine sympathy and loving sisterly words and acts.

## WHAT WOMEN SHOULD KNOW.

When the French woman has put in a part of her day upon her house she spends the remainder upon herself. She does not consider time wasted which is devoted to the preservation of her own good looks; in fact, were she to take her choice, she would much prefer to make herself beautiful rather than to expend her energies upon her dwelling.

"I must be beautiful, for I am the great attraction in my home," said a French woman to the caller, "and then, when I am charming, I can look to my house and see that it is in order."

This is the French woman's idea in everything. She must perfect herself, then comes her house. The ideal French woman will breakfast on a roll, see that the wheels of her domestic machinery are running properly; then she will go to her hairdresser. Here she will spend an hour, and on special days she will remain two or three hours.

The time is devoted to the washing of her hair and the scenting of it. Then she has it brushed until it is glossy, and dried in the air until it is very fragrant. Sometimes it is said with regret—she tints it, and there are pretty stories told of a French woman who gave her husband unmitigated joy by coming home in the afternoon with her hair changed to a bright red. This the American man would hardly appreciate, but there is a happy medium which the American woman would do well to strike.

In times of domestic upset, such as house cleaning and moving, the French woman proceeds on her way as usual. She does not allow a domestic upheaval to interfere with her beauty plans. She keeps herself just as beautiful as ever, even though the drays are at the door and the movers in her boudoir. She has a way of attending to her good looks under the most trying circumstances.—New Haven Register.

## HARMONY IN HATS.

Speaking of broad picture hats, it seems wise to put in a word of warning against every woman buying the absurd little French hat which is in fashion. It is by no means the only style to be considered, and it is altogether unbecoming to every one. The large, soft hat of felt is gaining ground every day, especially among conservative women. The favorite color is lablia or mustard and the trimming of American Beauty roses heaped with green leaves, says the Philadelphia Press.

The cavalier hat of very soft felt or velvet turned up at the side and trimmed with a waving feather is exceedingly becoming and graceful. It has a soft crown dented in and the brim is untrimmed and unfaced.

Brown with rose pink, champagne with sapphire blue, black with purple are among the artistic combinations.

Don't be misled by any rumors of hats being worn that are not in harmony with your gown. Americans have arrived at the only artistic way of dressing, which is to harmonize and match the different pieces of clothing, and they will certainly cling to it for some time to come.

The trouble with many women is that they overtrim all house gowns. A clever designer once said when asked what single piece of work would make women better dressed. "Take a pair of scissors and cutting off every piece of protruding trimming."

Any amount of trimming can be used if one would stick to the same material or to the same color. Ruffles and pleats galore do not ruin the gown like a few Parisian medallions, a little bright passementerie, a half dozen colored buttons, two kinds of lace and some satin piping.

The easiest mistake that the majority of women make is to puzzle their heads on what to get to trim a gown. This is of so little importance, or rather it

is of so much importance not to get anything, or at best one or two very simple touches.

## FUTURE OF AMERICAN WOMEN.

Mrs. Russell Sage fears for the future of American women by reason of their tendency to smoke, drink and gamble. Well known matrons of New York, interviewed on the subject, generally declined to share in the views of Mrs. Sage. Some of them admitted that the customs mentioned do exist, and are growing. They contend, however, that they represent but a passing phase, and that the limitations are strict. One view is that women have so stepped into the places of men that the adoption of masculine vices has been inevitable, but they believe this only temporary.

The excuse given, whatever might be its validity merely as an excuse, is hardly sustained by the facts. Admitting the incultivation and growth of the practices, and that to a certain extent women have taken the places of men, the practices do not obtain among the women who have sought the new fields of endeavor. They are busy and useful women, with something definite to accomplish. Their novel duties do not suggest liquor, tobacco or the laying of wagers. For such indulgences they lack time, inclination and means. They are not attracted by dissipation, and their sporting proclivities, as a rule, are followed to the utmost when they are a box of cigars against a box of gloves, relying upon gallantry to release them from payment if they lose.

There may be certain club women who fall into their brothers' habits as a way of showing their independence, and proving that they live in an atmosphere of advanced thought. The average club woman, however, has a serious purpose, or persuades herself that she has, and, far from sanctioning levity of conduct on the part of her own sex, hopes to aid in its intellectual and material development. The woman's club, odorous of smoke and with a clink of glasses mingling with the rattle of chips, may exist somewhere, but respectability, gown or pantalooned, would look at it askance. This club would be as far as possible from typical. Womanhood in general could not be weighed by it, nor much hurt by it, for it would not have association with it.

There are women who are very rich and whose one duty is to kill time. The task becomes onerous, and recourse is had to anything that promises novelty. If they smoke or drink it is for a fresh sensation, and if they gamble they are frittering away hours that would hang heavy on idle hands, and of which they have so many that they represent to them no value. Their conduct is of some importance to themselves, but it has no direct bearing upon the conduct of the countless thousands of women engaged in business, in humble labor, or the still desirable roles afforded by domesticity.—Philadelphia Ledger.

## —Pretty— Things— to Wear.

For hard outdoor wear nothing is better than the jersey top petticoats with silk ruffles.

The Empire coat is the unquestioned leader in winter coat styles for every coating material but fur.

A dear little princess gown of radium silk in a pale raspberry shade was made with a very full shirred skirt.

Wreath effects (half, three-quarters or full) and sprays are best for low coiffures, though the little spray may be worn with any style of hair dressing.

Chamois is a very fashionable color this year, and broadcloths and silks are shown in its lovely golden yellow for the many to admire, but alas! for the few to wear with impunity.

As a rule a heavy, square built woman will look far from well in some frivolous bit of a fixing. For her a plain, rich bow or a single or rather heavy ostrich tip may be best.

Coats in the Louis or Directoire style, made of satin and pompadour silks, are worn with skirts of the same color, in chiffon, crepe de chine and mousseline de soie, which are decorated with bands of satin.

In separate waists there is a real novelty in the form of chamois blouses. These are not the chamois jackets of the cold blooded, but real waists, very smartly made in Paris of the finest chamois skins in soft golden buff.

The revival of satin is predicted. Satin and cloth are artistically combined in some of the best imported model skirts of henrietta and broadcloth are seen in company with satin coats of the same color and shade.

Though the simple Alsatian bow made of ribbon is the alpha and omega of feminine coiffure adorning, a useful little finish suitable for young or old, morning or evening, mourning or feasting, there are noticeable elaborations which are more novel and, some will admit, more attractive.

The original indictment of Aaron Burr for treason was recently found in the archives of the Federal Court, in Richmond.



## For the Younger Children....



## CANDLE AND STAR.

Said the Candle to the Star,  
"How very small you are!  
You never can outshine  
Such radiance as mine,  
Because you live so far."  
Said the Star to the Candle.

Said the Star, "Now wait and see  
What comes to you and me.  
Though I live far away,  
A million years I'll stay,  
But you'll forgotten be."  
Said the Star, "Now wait and see."

The little Star shines on;  
The Candle's light is gone;  
For one is God's own plan;  
The other made by man.  
The Candle's light is gone;  
The little Star shines on.

—Arthur Macy, in Youth's Companion.

## A FINLAND BOY'S BATH.

When the boys of Finland want to take a bath, this is the way they do it:

In the first place it is very, very cold in Finland, and the bathroom is not in the house at all, but in a building quite separate.

It is a round building about the size of an ordinary room. There are no windows, so light and air can only come in when the door is open.

Inside the benches are built all along the wall, and in the centre is a great pile of loose stones. Early on Saturday morning wood is brought in, and a great vessel standing near the stones is filled with water.

Then some one cuts ever so many birch switches, and these are placed on the floor of the bath-house. Next the fire is made under the stones, and it burns all morning. In the afternoon, when the stones are very hot, the fire is put out, the place is swept clean, and all is ready.

The boys undress in their houses and run to the bath-house. As it is generally thirty degrees below zero, you may be sure they do it in double-quick time.

As soon as they are in the bath-house, they shut the door tight and begin to throw water on the hot stones. This, of course, makes the steam rise. More water is thrown on, and there is more steam, until the place is quite full.

And now comes the part that I think you boys would not like at all. Each boy takes a birch stick and falls to whipping his companions. This is to make the blood circulate, and, though it is a real hard whipping, no one objects, but all think it great fun. At last, looking like a lot of boiled lobsters, they all rush out, have a roll in the snow, and make for home.

## A SIMPLE EXPERIMENT.

Have you ever seen a room on a dark night whose walls gave out light? If you have, it was because the walls were covered with luminous paint, and this will tell you how to prepare the paint at home.

Wash oyster shells in warm water until they are thoroughly clean, and



THE LUMINOUS PAINT SOLDIER.

then heat them for half an hour or so in a hot coal fire. When they have grown cool, pound them in a mortar, removing and throwing away all gray pieces, until only the white remains, ground to a fine powder.

Get a quantity of flowers of sulphur equal to the white powder from the shells, and put into a crucible a layer of the powder, then a layer of the sulphur, alternating the layers until all the powder and the sulphur have been used.

Cement the lid of the crucible with sand mixed with glue, and bake it in hot coals for an hour. When the crucible is cooled off and opened, the resulting powder in it should be white. If any is gray, remove it.

The white powder can now be made into paint by mixing it with gum arabic and water. The powder is sulphide of lime, formed by the union of the lime of the oyster shells with the sulphur. Any object coated with this paint will have for a long time the quality of glowing in the dark, and if the interior of a room is painted with it the room will be filled with a faint light on the darkest night.

Any boy, in the city or in the country, can easily make this luminous paint. It need not be used on the walls of a room, but may be used with a curious effect on toys of various kinds,

which will glow in the dark like little ghosts. It is sometimes used on the face of a small clock, the glow being bright enough to enable one to tell the time in the dark.—New York Evening Mail.

## A YOUNG SHEPHERD.

"Jack," called papa, "you had better feed the sheep a little early to-night, for a heavy storm is coming."

So little Jack ran obediently to the barn, to find, to his dismay, an empty fold, while a gate slightly ajar told that the flock of sheep and lambs had gone through the long lane to the wood-lot beyond.

"It is all my carelessness," thought the poor child. "I left that gate unfastened this morning. O dear, how black that sky is! But I won't ask any one to help me. I'll just get the big umbrella and hurry as fast as I can."

The sheep, of course, knew that the storm was coming, and were huddled closely together in one corner of the woods. They knew Jack's clear call of "Cud-dle! cud-dle! cud-dle!" and ran joyfully to him as he let down the bars, while great drops of rain began to fall.

The gentle creatures were tired with their long walk, after the winter's captivity, and when about half-way home one sheep and her lamb lay down, quite unable to go farther.

"Poor Nannie! Can't you go on? Let me help you!" But in spite of Jack's coaxing the sheep lay still.

"She'll get sick, lying here, but we can't wait. The others must go home. What shall I do?" and tears came into Jack's eyes and voice. Then a happy thought struck him. "I will just put my umbrella over Nannie and her baby, and papa will come back with me to carry them home."

Mr. Aeton was in the barn, and started off with the wheelbarrow when his little son told him what had happened, and soon Nannie was safe with her mates in their warm pen.

Mamma looked quite anxious when she saw Jack's dripping little figure, but she gave him a hot bath and some ginger tea, and said, as she tucked him in bed, "Weren't you afraid of catching cold when you left Nannie the umbrella?"

"Oh, I did not think about myself; but I couldn't let Nannie get sick, you know, mamma." Lucy Carman, in the Youth's Companion.

## CAPTIVE GIRAFFES.

I never see a captive giraffe munching his bunch of hay, the mainstay of his life wherever he is a prisoner, without wondering how he can eat such strange food.

No one in Africa ever saw a giraffe eat grass, either dried or in its green condition. They did not bend their necks to the earth to get food, as they are often compelled to do in captivity.

The food of the giraffe in his native home consists almost entirely of the leaves and tender twigs of various kinds of acacia. There are some 400 varieties of this plant. Many of them exude gums resembling caoutchouc, and no animal could eat their foliage; but the leaves and twigs of other kinds make good provender for several species of animals.

The giraffe is among them; and, though I have seen him eat the leaves of other shrubs and trees, he seems to prefer these kinds of acacia. The natives say that he will wander out into the parched wilderness and remain there for about a week without a drop of water, the juices of the acacia being a very good substitute.

So the softest and most pulpy and juicy vegetation, without any of the fibrous quality found in most grasses, is what the giraffe craves for and needs. I don't think that his anatomical conditions adapt him for the fodder he is compelled to eat in captivity.

I have said this to the managers of menageries and zoological parks, and have told them also, as other men have done, that their giraffes are not thriving, and the principal reason is that their food is not suitable.

They are poor in flesh, and the vertebrae in their necks are actually revealed through the hides of some specimens in this country. The giraffe in captivity lacks the plumpness, the sleek fine coat, and the general air of well-being that makes him in Africa the most beautiful creature among all the mammals.—New York Sun.

## KOREA'S GREAT WHITE PARROT.

Min Yung Whan, the Korean prince who killed himself as a protest against the Japanese protectorate, lived in a magnificent palace of his own, which came down to him by hereditary right, and was surrounded with an army of retainers, fighting men, slaves and women. He had a table of beaten silver, encrusted with the most precious sapphires, and his state dress was so heavy with gorgeous jewels that it took two men to lift it over his head.

He carried with him on his travels a great white parrot, with rose-colored lining on his wings. The parrot's beak was perforated and on either side was set with priceless sapphires.

The ignorant natives believed that the great white parrot was Min Yung Whan's familiar spirit, and that when he died Min Yung Whan would die, too. When Min Yung Whan's body was found lying on the purple cushions of his couch, the great white parrot flew screaming out of the window and disappeared in the palm trees.—Philadelphia Record.

One-third of the persons who become demented recover their senses.

# CAUGHT BY THE GRIP.. RELEASED BY PE-RU-NA

Pneumonia Followed La Grippe—Pe-ru-na the Remedy That Brought Relief.

Mr. T. Barnett, West Aylmer, Ontario, Can., writes:

"Last winter I was ill with pneumonia after having la grippe. I took Peruna for two months, when I became quite well, and I can say that any one can be cured by it in a reasonable time and at little expense."

Systemic Catarrh, the Result of La Grippe. Pe-ru-na Receives Credit for Present Good Health.

Mrs. Jennie W. Gilmore, Box 44, White Oak, Ind. Ter., writes:

"Six years ago I had la grippe, which was followed by systemic catarrh. The only thing I used was Peruna and Manalin, and I have been in better health the last three years than for years before. I give Peruna all the credit for my good health."

Pe-ru-na—A Tonic After La Grippe.

Mrs. Chas. E. Wells, Sr., Delaware, Ohio, writes: "After a severe attack of la grippe, I took Peruna and found it a very good tonic."

"Most Effective Medicine Ever Tried for La Grippe."

Robt. L. Madison, A. M., Principal of Cullowhee High School, Painter, N. C., is chairman of the Jackson County Board of Education. Mr. Madison says: "I am hardly ever without Peruna in my home. It is the most effective medicine that I have ever tried for la grippe."

Mrs. Jane Gift, Athens, O., writes: "I had la grippe very bad. My husband bought Peruna for me. In a very short time I saw improvement and was soon able to do my work."



Suffered Twelve Years From After-Effects of La Grippe.

Mr. Victor Patenaude, 328 Madison St., Toledo, Kas., member of Knights and Ladies of Security, writes:

"Twelve years ago I had a severe attack of la grippe and I never really recovered my health and strength—but grew weaker every year until I was unable to work."

"Two years ago I began using Peruna and it built up my strength so that in a couple of months I was able to go to work again."

"This winter I had another attack of la grippe, but Peruna soon drove it out of my system."

"My wife and I consider Peruna a household remedy."

## WANTED.

"There comes an opportunity in every life."

Perhaps this is your chance:—

Special Representative wanted (man or woman) in this community. Must have good references and be willing to work. Address H. S. HOWLAND, 1 Madison Avenue, New York City.



## WINCHESTER

"NUBLACK" BLACK POWDER SHELLS. The "Nublack" is a grand good shell. It is good in construction, primed with a quick and sure primer, and carefully loaded with the best brands of powder and shot. It is a favorite among hunters and other users of black powder shells on account of its uniform shooting, evenness of pattern and strength to withstand reloading. ALL DEALERS SELL THEM

## No Waste in France.

Nothing goes to waste in France. Even the smallest twigs are carefully gathered by the fagot makers, whose bunches retail in town and city for five cents a piece.

## Many Children are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Feverishness, Headache, Stomach Troubles, Teething Disorders, Breakup Colds and Destroy Worms. At all Druggists, 25c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Sour dispositions should remember that weeds never have sweet perfume. The London County Council now uses motor repair wagons.

## BABY COVERED WITH SORES.

Would Scratch and Tear the Flesh Unless Hands Were Tied—"Would Have Died But for Cuticura."

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any sores of any kind since. He is now strong and healthy, and I can sincerely say that only for your most wonderful remedies my precious child would have died from those terrible sores. Mrs. Egbert Sheldon, R. F. D. No. 1, Woodville, Conn., April 22, 1905."

## A Novel Theory.

While in Honolulu recently Prof. W. H. Pickering, of Harvard Observatory, delivered a lecture in which he advanced the theory that the moon was originally a part of the earth and was thrown off, and that the Hawaiian Islands were about in the center of this lunar genesis. The space that was left when the moon material was thrown off was the Pacific Ocean.

It is understood that King Edward will confer on the Mikado the decoration of the Order of the Garter.

It is folly to be wise to aid you see and hear.

When the servants do well encourage them by a few words of praise.

Order maid who opens the door not to let visitors stand in the hall, nor to give parcels to strangers without previous instructions.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally to destroy the inflammation and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure, and for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

## Eat Beans Worth \$6,598,272.

Bostonians are still true to the baked bean. They spent on their favorite diet last year more than the cost of two battleships, or \$6,598,272. According to wholesale dealers, 68,732 barrels were consumed. The demand is increasing.

You may say the right word in the wrong tone, you may preach the gospel as if it were a curse.—Joseph Parker.

As the artisan bringeth forth the beauty in the diamond, so doth the experienced reveal the loveliness of the soul.—Corning Edwards.

Many women have their gowns made up with two skirts, one short and severe, the other long and trimmed.

Such a pretty opera bag for the woman in black is of black Irish crochet over silk. The mounting in gun metal.

The streets will be a gay riot of color this winter if all the rain-bow-hued suits one sees in the shops are to find purchasers.

Retain your temper under all circumstances.

Pay your servants' wages promptly.—Chicago Inter Ocean.

