NOTES ON OMAHA SOCIETY | day evening for Mr. and Mrs. Phillips | models of this type are popular. They lack

Numerous Dinners Scheduled Clubs for Saturday Evening.

COLLEGE FOLKS HAVE INNING

Mr. and Mrs. R. S. Hall Entertain Young People at Dancing Party at Home for Mr. Ware Hall.

One of the largest and most enjoyable parties given this summer for the younger to include New York City and Boston. set was the informal dance given Thursday evening by Mr. and Mrs. R. S. Hall visit Mr. and Mrs. Charles Urquhart, forfor their son, Mr. Ware Hall. The spacious | merly of this city. people danced, there was an attractive lived in this city. decoration of red roses. An added attrac- Mr. and Mrs. E. R. Perfect of Kansas girls. Among the dancers were: Miss Hotel Rome for a few days. Wanda Estee, Miss Isabel French, Miss in Omalia. Mr. Bradford graduated from Eyland, Miss Elizageth Congdon, Miss Harvard this year with honors. Caroline Condgon, Miss Margaret Guthrie, Miss Marthena Harrison, Miss Alice Carey. McGrew, Miss Dorothy Morgan, Miss Elizabeth Pickens, Miss Mary Richardson, Miss Mildred Rogers, Miss Elizabeth Sweet and THE SACQUE AND SKIRT IDEA Miss Marie Tzschuck, Mr. Hugh Mc Whorter, Mr. Gardner McWhorter, Mr. Don McCague, Mr. Frank Frederic, Mr. Harry Koch, Mr. Herbert French, Mr. Ben Wood, Mr. Ed. Creighton, Mr. Robert Dinning, Mr. Paul Gallagher, Mr. Lloyd Smith, Mr. Denise Barkalow, Mr. Stanley Ineson, Mr. Allen Lee, Mr. Doane Keller, Mr. Frank Hoel, Mr. Joe Ringwalt and Mr. Ware Hall.

Gardner-Doedynes. The marriage of Miss Minnie Doedynes to Mr. James Gardner was solemnized at 8 o'clock Wednesday evening at the home of the bride's brother, Mr. Henry Doedynes, at Twenty-fourth and Morideth streets, Rev. R. T. Bell officiating. A color scheme of pink and white prevailed throughout the rooms and was carried out in other details. The bride was attired in a gown of white chiffon made over white taffeta and trimmed with valenciennes lace and Miss Dora Sybenga of Tella, Ia., her only attendant, were a charming frock of pink and white. Mr. John Doedynes, brother of the bride, served as best man. An informal reception followed the ceremony from 8:30 to 11 o'clock, about 100 guests being present. Mr. and Mrs. Gardner will be at home to their friends at Twenty-eighth and Pinkney streets after August 1. At Happy Hollow.

Two large dinners were given at Happy Hollow Friday evening, one of twenty-one covers was given by Mr. and Mrs. Howard Kennedy, and another of fourteen covers by Dr. and Mrs. W. O. Henry, Saturday evening Mr. and Mrs. Henry W. Yates will give dinner party of eighteen covers at Happy Hollow, Mr. and Mrs. W. W. Johnston, dinner for four and Mr. and Mrs. E. Kimberly, a dinner for four, Mr. and Mrs. C. W. Russell will have a party of eight. Mr. and Mrs. A. B. Somers, five; Mr. Nordstrom, four: Mr. Thomas A. Creigh, four: Mr. Charles Johannes, two; Dr. and Mrs. E. C. Henry four; Dr. and Mrs. W. O. Henry, six; Mrs. T. C. Havens, four and Mrs. David McCulley, five. Table d'hote luncheon will be served

At the Country Club.

Among those who will entertain dinner parties at the Country club Saturday evening are: Mr. M. Ribbel, who will have six guests; Mr. Barton Millard, five; Mr. Edward Creighton, six: Mr. Harley G. Moorhead, four and Mr. Harry Tukey, six. Mr. J. B. Rahm will give a dinner of twelve covers at the Country club Friday evening.

A number of small dinners were given at the Country club Thursday evening Mrs. F. A. Brogan entertained for her guest Mrs. Haskel of Chicago, a simple decoration of nasturtiums was used. The guests included Mrs. Haskel, Mr. Harry ukey, Mr. and Mrs. Wilson Low, Mr. and Mrs. E. H. Sprague and Mrs. Perley. Others having guests were: Mr. and Mrs. J. L. Kennedy, two; Mr. and Mrs. A. V. Kinsler, four; Mr. and Mrs. A. Remington, one; Mr. Euclid Martin, two; Mr. T. L. Davis, three; Mr. S. Canfield, two and Mr. and Mrs. C. H. Guiou, two. Central Whist Club.

The Central Whist club met Thursday afternoon with Mrs. Glenn Campbell. Miss Chumley made the high score and Mrs George Parker the second. Those present were Mrs. Eugene Atkins, Mrs. J. M. Ahnison, Mrs. A. H. Balser, Mrs. Robert Chumley, Mrs. Frank Carney, Mrs. Harry H. Davis, Mrs. L. C. Giles, Mrs. J. Henkel n, Mrs. J. A. Stowel, Mrs. George Parker, Mrs. William Worley, Mrs. Willey, Miss Mead, Miss Nelson and Miss Chumley.

At the Field Club.

evening at dinner. Mr. F. R. Hedrick will have four guests; Dr. Owen, six; Mr. W. J. Hynes, six, and Mr. A. H. Setters, six. Mr. and Mrs. Robert Montgomery of Council Bluffs entertained at dinner Thurs-

In compliment to Miss Bess Mensinger of clinging negligee, but they achieve a re-Chicago, Mrs. W. C. Lambert entertained markable piquancy, and being a trifle more at luncheon Thursday at her home in South men and Miss Keister.

Come and Go Gossip.

Miss Anna Peters of Leavenworth school and her mother, Mrs. Lena Peters, have been in Europe for the last three months. They are now in Paris and will sail for New York from Plymouth, England, on the Hamburg-American Patricia August 19. Mrs. Wilson Low and son, Raymond, leave Sunday for an extended eastern trip Miss Mildred Rose has gone to Chicago to

porches and lawn of their home at Thirty- Miss Margaret Saylor arrived Friday third and Farnam streets were lighted with morning to beathe guest of Miss May Ma-Japanese lanterns and in the large living honey for the coming month. Miss Saylor room and dining room, where the young is from Fort Wayne, Ind., and formerly

tion was the presence of several visiting City, former residents of Omaha, are at Bess Baum, Miss Hazel Connell, Miss Louis Bradford will spend the summer

Mrs. G. C. Cooper of Rochelle, Ill., is the guest of the Misses Riley of 927 North Twenty-second street, South Omaha.

Achieve Much Piquancy, Though Lacking Graceful Lines of Empire Models.

Among the less expensive negligee robes he kimono ranks first by force of numbers. out in many instances it is a modified dmono, retaining the loose lines, the picturesque sleeves, but fastening across with



EMBROIDERED LINEN.

knots of ribbon or buttons and loops and falling straight in a manner more snug and trim than the usual loose kimono worn without the sash which, in the Japanese version, gives the garment shapeliness and tidiness. The kimono is to be found in all materials from lawn to silk, and some of the flowered stuffs in dimity, lawn and china silk make most picturesque garments. Some attractive robes of the kimono class too pretentious for general wear. are also made from a sort of flowered models as the one sketched here, with and ice. A Maraschino cherry in each cretonne, soft but heavier than the ordi-

nary cottons and still washable. Slightly heavier are robes more or less on the same lines, but made up in albatross challie or French flannel. It is to these garments that the European traveler returns; for on steamer and aboard one is likely to need something warmer in the way of negligee than lawn or unlined china silk. For steamer wear the negligee fastening



PINK CREPE.

Mr. George Rasmussen will entertain a trimly down the front is preferable by far party of four at the Field club Saturday to the carelessly donned kimono; for the voyage to and from the bathrooms entalls frequent encounters with fellow passengers. -The sacque and skirt idea has taken firm hold of the minds of the negligee designers and both in simple and elaborate grades

For the strong—that they

For the weak-that they

For the young that they

Uneeda Biscuit

the most nutritious food made

Clean, crisp and fresh.

In moisture and

dust proof packages.

NATIONAL BISCUIT COMPANY

may keep their strength.

may grow in strength.

from wheat.

may regain their strength.

"habillee" than the one piece robe, answer The guests included Miss Men- more house purposes than the latter. singer, Miss Louise Shindell, Miss Edith A lingerie negligee coat of the extrava-Pinch, Miss Julia Davis, Miss Dora Kurs- gant class was built on empire lines with embroidered belero, short waist line and soft skirts falling from under the little

the long graceful lines of the high class

Similar effects of line and shaping are worked out in the sack and skirt matinees of chiffon, soft siik, etc., and other designs, less complicated, but none the less charming, are many. One particular model, pictured here, was of a very soft pink satin surface silk with tiny self-tone dots sprinkled thickly over its surface.

The clinging, graceful skirt with accordion plaited and entirely untrimmed, while the short, loose sack was not extravagantly trimmed though most attractive. There was a deep, shaped collar of hand embroidered batiste in the creamy "antique" coloring and texture, softened by a little lace, and the sleeves were delightful little affairs with their kimono like caps of silk and undersleeves formed by puffs of valenciennes above cuffs of embroidered batiste and lace frills.

SOME OF THE NEW NEGLIGEES Hot Weather Gowns of Sheer Stuff

in White and Colored

Materials.

Perhaps before now the summer negligee as taken on forms as delectable as those displayed this season, but a round of the shops inclines one to a contrary theory. The cheap matinees and robes are dainter than usual, the costly matinees and robes are more exquisite than ever, and whether a woman buys the "wrapper" or the "confection" there is no excuse nowadays for her investing in a negligee that is not

pretty and becoming. Of very elaborate negligee gowns there are innumerable striking examples, and although these expensive confections are for a comparatively small class an amazing number of the dainty and costly garments are now sold, and all women view them with lingering admiration. Of the exquisite lingerie models prodigally trimmed with inset lace and hand embroideries we have already spoken. They are the most costly of their class on account of the handwork lavished upon them, but more striking effects are obtained in delicately flowered chiffons and silk mousselines, soft satin finished silks, crepe de chines and similar materials.

No amount of work is considered too extravagant for the embellishment of some of these models, though the outlines are usually simple and there is less exaggerated fluffiness than was once a feature of the pretentious negligee. Adorable little Empfre robes are made of crepe de chine ciennes frills bordered all the edges and a block of ice. hand embroidery in self color almost entirely covered the little bodice and climbed ade is refreshing and is prepared with very up the skirt far above the knees. There little trouble. Pare and grate a ripe pineis extravagance, if you will, yet the general effect was of a simple and graceful and a syrup made by boiling together for negligee easily thrown on and off and not a few minutes two cups of sugar and the

lightest weight pink satin plaited on the a few strawberries or raspberries. ilders and falling in long lines front and back over a lace trimmed robe of flowered silk net.

COOLING SUMMER DRINKS Delicious Concoctions Made from Fruit Juice Without Wine

or Liquor.

Not alone the temperence advocates, but many who approve of the use of liquors in cold weather, find summer drinks made from fruit juice and water much more cooling and otherwise preferable. Novelty in these summer drinks is also desirable and the recipes following will be found to meet both requirements:

Tea Punch-While fresh fruits are always preferable, canned berries and pineapple may be substituted. Steep two generous teaspoonfuls of tea in two quarts of water for five minutes. Then strain and add one pound of lump sugar, stirring until thoroughly dissolved. Grate the peel of eight good-sized lemons and extract all the juice. Cut three oranges into slices, shred one pineapple, slice five bananas very thin and hull one pint of strawberries. When the tea is cold add all the fruit and let stand in the refrigerator for several hours. Place a cube of ice in the punch bowl, pour the mixtures around it; when chilled serve in punch glasses. To get the best results from the pineapple, peel and remove the eyes, tear apart with a sifver fork, reject the cores, sprinkle with sugar and let it stand on the ice for twelve hours.

A French Punch-The French are noted for their delicate and delicious drinks. A favorite Parisian recipe calls for five pounds of raisins, five pounds of dried apples and five gallons of water. Put all together in a small earthen jar and let stand uncovered for three days, stirring occasionally from the bottom. At the end of that time bottle with half a teaspoonful of sugar and a stick of cinnamon in each bottle. Cork tightly and store in a cool place. The fruits having fermented, the irink will keep for a considerable length of time and is really delicious when served cold. It is claimed that over 50,000,000 gallons of this punch were drunk in France

in a single year. Iced Chocolate-This beverage is so generally served hot that the cool summer When carefully made and served it is deand elderly people. Put one ounce of unpour on it gradually one pint of boiling water, stirring all the time. Put the saucepan on the fire and stir until the chocolate is all dissolved, then add granulated sugar to taste and stir until it begins to boil. Cook for three minutes longer without stirring, then strain and cool. Add one teabler, add two tablespoonfuls of whipped sprigs of mint and add to the punch cream, one gill of milk and half a gill of a quarter of an hour before serving. carbonic or Apollinaris water. Stir thor-

oughly before drinking.

HARTMAN'S GREAT ANNUAL MIDSUMMER CLEARANCE

OFFERS SPLENDID OPPORTUNITIES TO SAVE



R FIRST and foremost thought now is to reduce stocks. It's no time to think of profit. All Spring designs in furniture, all Spring patterns in rugs and carpets in our store and warehouse must be closed out and that right quickly. We've reduced prices to such an extent as to create tremendous buying enthusiasm. Cost prices have been utterly disregarded. The bargain chances here now are far and away the best that have been presented by any home-furnishing concern in Omaha in years-there's absolutely no question about it. GENER-

48 Elegant Iron Beds-All widths, all colors of enamel, very handsome designs regu de 12 to 13, \$1.95 clearance price

25 Very Massive Iron Beds, slaborate brass trimming regular price \$14 to \$18. \$9.70

74 Combination Bookcases and Desks, quarter-sawed oak, of most substantial construction, bent glass doors, large French mirrors, were \$22.50

88 Elegant Three - Piece Parlor Suits, large spactous seats, heavy frames, tifully polished, mahogany finish. lot priced at about haif real value—special. 14.50

y carved, brilliantly carved, polished, superior in every letall, were \$29.50, now....

35 Five-Piece Parlor Suites, they sold at 132 before the beginning of this sale. They go at a sacrifice now. 24.75 have cut the

16 Elegant Five-Piece Parlor Suites, extra large, very massive, co perior quality materials— were formerly \$48.50, 31.75

Hartman's Imperial

Brussels Rug

11x9, Reduced to

\$10.95

SATURDAY'S

SPECIAL

Bread Trays Sc

Serving Trays6c

Nickeled Creamer . . . 13c

China Plaques 20c

32 Massive Three-Piece Suites, claborate-

39 Elegant Davenport Beds, automatic opening, quarter-sawed oak, of superior construction and finish, heavy coverings. 32.75

13 Extra Massive Genuine Leather Couches, superior workman-ship and finish, extra wide,

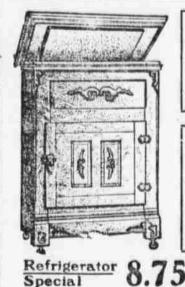
32 Genuine Leather Couches, quarter 21.50

47 Davenport Sofa Beds, quarter-sawed oak, automatic opening, imported velou covering, full steel spring 26.75 26.75 were \$40.00, now.....

17 Brass Beds, several designs, large tubing, regular price \$45 sale price \$32.25

Special Lot of 20 Blegant Chiffoniers - with large French bevel mirrors, regular price price \$6.75

Massive Dresser, made of solid oak of superior polish finish, with extra large French bevel mirrors. The dressers in this lot sold at \$18 to \$25 12.50



6 ft., Brussels rugs, of excellent quality, made for Hartman's chain of 22 great stores. Made by one of the best rug weavers of the two continents. Regular price \$21.50—clearance \$12.75 \$12.75

48 Brussels Rugs, size 9x10-

17 Guaranteed Steel Banges. full sized holes, an extra

large range, made of cold drawn steel, lined with asestos, duplex grate for coal or wood, extra large oven and fire box, complete with high warming closet and tea shelves, regular price \$35— \$26.75

Special It is strongly constructed, of great durability and most economical. It is lined with galvanized iron, has metal shelves, patent drip cup and other improved features. itent drip cup and

36 Pedestal Extension Tables.



China Sugar Bowl 15c and Cream Pitcher. price......\$12.75

by one of the largest manu

1414-1416-1418 DOUGLAS ST.



Hartman's Special Buffet 12.25 Made of selected quarter - sawed oak, beautiful glass doors, 2 large drawers, hadsomely ornamented with carving, large bevel edge French plate mirror.

21 Massive Extension Tables,

cupful of cold tea, the juice of five lemons the final period strain through a muslin ally necessary. A short walking skirt and natured, better looking and better fitted for to show a lace trimmed petticoat. Valen- Serve from . punch bowl in which is placed

Pincapple Lemonade-Pincapple lemonapple; add the juice of four or five lemons same quantity of water. Mix and add a More on the tea gown order are such quart of water. When quite cold strain its very wide scarfs of the softest and glass is an agreeable addition, as are

Some Hints on Choosing the Place and What is Necessary to

ishment with refreshment is sure to be requirements, avoid a gay place, where

gloves in order and not forget the dainty

absolute necessities of which one must A trunk is a convenience and one should

not hesitate to take it if she can make herself more comfortable by doing so. On walking trips and short excursions go lightly clad and carry as little weight as possible. Should one take a trolley trip do not spoil it by carrying a heavy suit case along. Either keep a trunk at a central point, which is a kind of headquarters, or else forward the suit case by express from point to point and carry only a small hand satchel with enough in it to make you comfortable if you spend a night

ADVICE TO THE GROWING GIRL Some of the Important Things that

Contribute to Repose

When Grown. An important feature in a school gorl's life is her attitude when studying. At school and at home in the evening, when she is preparing her lessons, one will find the average girl sitting or standing so badly that narrow chest and crooked figure are the result. If the girl's good sense cannot keep her from being round-shouldered. her vanity must be appealed to. An effort in this last direction will sometimes accomplish what any amount of admonition will not. Allowing the feet to become wet is another folly school girls do not realize may bring life-long injurious results. The constant nibbling of candy, eating of indigestible lunches, hasty swallowing of coffee on rising in the morning, and the daily rush to get off to school, all help under-

mine a girl's health. "Dreadfully stupid to read all this," says our young girl who realizes that she com-

purse, who may do whatever she pleases, to use both of her hands. It would surprise most persons to know how many people are out of proportion and have the right side developed more than the left. There pointing than to go on a summer holiday can be little symmetry or harmony of moand find everything in contrast to what tion in such a state. If children are taught whom she trusts herself in her summer the girl who learns to swim has an advantage over her other sisters. A girl whose

with short waisted body softly draped and five oranges, one pint of strawberry bag and add one quart of sugar to every jacket are appropriate for traveling and the duties that confront her. Just in the around the shoulders and cut with demi-decolletage. The sleeves were soft, loose grated. Let stand for several hours to utes, skim thoroughly, and let stand until sorts during a fortnight in the country. A puffs, the skirts fell in full, soft, clinging extract all the flavor and at serving time partly cool, then bottle and seal. At supply of shirt waists and one pretty sum- a great deal, walk correctly. With head folds from a girdle and opened at times add Apollinaris water to make a gallon, serving time stir into feed water in mer frock for evenings and Sundays com- thrown back, lungs expanded, abdomen in, quantity to suit the taste. Sweeten and plete the wardrobe of the ordinary girl and toes slightly pointed out, the girl con serve in glasses half filled with crushed so far as externals are concerned. Under- enjoy a walk where she will get tired out if clothing, stockings and shoes must not be she slouches along. Eastern women are neglected, and a girl who likes to make an well developed and have a splendid poise of PLANNING FOR THE VACATION appearance of smartness will have her body because they practice walking with something on their heads, usually a water stocks and ruching that finish an attractive Jar. A girl can attain the same degree of tollette. Constant and frequent changes of grace if she will try balancing an amphora Take Along.

clothing are mere encumbrances and not desirable. If one is to travel in a sleepting the choice of a locality, if one is not ing car the preparation for the night is going home, it is necessary to consider very simple. A local travel is an angle of or vase on her head. A book will do if there is danger of breaking the vase. It is poor economy to feel that one must not going home, it is necessary to consider very simple. going home, it is necessary to consider very simple. A long, loose kinnene and than this, it is folly to put off physical few strawberries or raspberries.

What special thing is most desired. If idleslippers, in which one may go from her than this, it is folly to put off physical
special thing is most desired. If idleslippers, in which one may go from her training. Far better to start in as a girl
berth to the dressing room, are the only training. Far better to start in as a girl and attain a well proportioned body in youth .- Vogue.

> contains no turpentine or acids, gives satin finish, will not rub off on the clothing

Goes Back to Journalism.

NEW YORK, July 26 .- Mrs. Rose Harthe field of journalism. She has sig-contract with the Vorwaerts. In a contract with the vorwaerts. In addition to writing an article every week on
"socialism," she will take charge of a
column devoted to advice to girls. Mrs.
Stokes, who started life as a otgarmaker,
educated herself and went into newspaper
work. In the field she met Mr. Stokes,
whose ideas agreed with hers in many
ways in the betterment of working people.

FOR 6 MONTHS

By Terribte Itching Eczema-Face and Head a Solid Sore-Spread to His Hand and Legs-Would Scratch Until He Bled Thry Sufferer Immediately Relieved and

ENTIRELY CURED IN 2 MONTHS BY CUTICURA

"When my son Walter was three weeks old, eczema appeared on his face. We did



not know what it was so went to a doctor who treated him for three months.
Then he was so bad that his face nothing but one sore and his ears looked as if they looked as if they were going to fall off, so we tried another doctor, He said he could

doctored there four months, the baby doctored there four months, the baby never getting any better. His hand and legs then had big sores on them and as for his sleeping, we could not think of it, the poor little fellow suffered so terribly. First I tied his hands to the crib to keep him from scratching, but when it got so bad I tied him in a shawl or he would scratch himself all bloody. When he was seven months old we tried a set of the Cuticura Remedies. bloody. Wherehe was seven months old we tried a set of the Cuticura Remedies. The first application of Cuticura let him aleep and rest well, in one week the sores were gone but it stayed red and sometimes it would itch so we used Cuticura for two months, then he had a clear and white face. Now he is two years and seven months old and has never had eczema again. I hope this letter will help some who are sufferthis never had eczema again. I hope this letter will help some who are suffering from skin disease. Every mother who has a baby suffering with skin disease should just try Cuticura; there is nothing better. Mrs. Louis Beck, R. P.D.3, San Antonio, Tex., Apr. 15, '07."

A single set of Cuticura Remedies is often sufficient to cure torturing, dis-figuring, itching, burning, and scaly humors, ecsemas, rashes, and irritations, from infancy to age, when all other remedies fail.

Complete External and Internal Treatme-very Humor consists of Cuticura Sopp. Gd range the thin. Cuticura Olument (Soc.) to 8kin, and Cuticura Esselvent (Soc.) to

NEGLIGEE OF TUCKED BLUE CREPE AND LACE AND A SCOND OF SPRIGGED NET WITH PINK MOUSSELINE DRAPERY. drink is far less familiar than it should be. welcome on a warm day. Break a whole there is a great deal of bustle and someegg in a glass and add two tablespoon- thing is going on all day long and late in licious as well as wholesome, and can be fuls of any fruit syrup preferred. Fill the evening. It may easily be that one safely recommended for delicate children with iced bottled soda water and mix needs excitement and diversion. In that thoroughly in an egg shaker until light case plan the outing in company with a sweetened chocolate into a saucepan and and foamy. Pour into a glass, add a dash party of congenial friends who will be of phosphate and grate nutmeg lightly ready to join in an excursion on land or over the top. Spring Punch or Ginger Ale-Make a and who scoff at the idea of simply loading rich temonade by boiling one quart of and inviting one's soul. If one needs rewater and ope cupful of sugar together for five minutes and adding the juice of five lemons, the grated rind of one, when

the syrup is cool. Put into the punch spoonful of vanilla extract, bottle and bowl with a lump of ice in the center Inquire weeks ahead, secure references and store in a cool place. When needed put and add one quart of ginger ale. Bruise two tablespoonfuls of crushed ice in a tum- the leaves and stems of half a dozen

Raspberry Shrub-Few city people are familiar with the refreshment found in this Temperance Mint Julep-Bruise the leaves simple drink, although the raspherry makes and stems of two or three sprigs of fresh one of the best flavors known. Put two mint between the fingers and place in a quarts of the ripe fruit into a stone jar glass half filled with shaved ice. Macerate and pour over them one quart of good it was represented. Anybody who has once to use both hands equally well, the arms thoroughly, add four tablespoonfuls of cider vinegar. Cover and stand in a ward be careful to learn as much as she ming is one of the best exercises to teach the liquid, taking care not to mash the may about the place and the people to the equal use of both sides of the body, and Apollinaris Punch-To make this truly berries, and pour it over a second quantity delectable drink boil one cupful of water of the fruit. Again let it stand for two with two cupfuls of sugar slowly for ten days, when repeat the process and stand For a vacation of a week or a fortnight body is symmetrical not only can endure minutes. When the syrup is cold add one aside for the third time. At the end of a suit case may contain the clothing actu-

water, in games or a dance in the evening. pose and refreshment in solitude under the trees look out for a quiet farmstead tucked away among the hills or a little country inn ascertain particulars before you go. I am not addressing today the girl with a full but the girl who must look strictly after her spending money and consider ways and means. Nothing is more dolefully disap-

holiday.

somewhere enroute,-Margaret Sangster.

mits all these errors of conduct. Yes, but you will be glad if you abandon them. If at 20 you are straight, of good physique, with fine complexion and unruffled demeanor as the result of taking care of yourself you will feel that the self culture of school days paid well. Let the young girl be comfortable, wear hygienic garments in the daytime; put her hair down her back to rest her head and slip into a dressing gown to rest her body and into slippers to rest her feet, when she starts to study at night and the day's routine will not be half so wearing. Try it, girls, being sure to study in a good strong light which falls, preferably, over the left shoulder and to sit correctly, and the day will not seem half so hard. If you have contracted the habit of nibbling at a box of candy, keep some oranges or other fruit near you. Oranges are the best possible substitute for sweets and many an actress when she has found that indigestion and accumulating fat made her begin to look heavy and to disfigure her has turned to oranges and obtained beneficial results. If before you start to study you can have a good, hearty bout at the bean bags or double up your fists and punch vigorously at the punch bag which should be swinging in your bedroom door, you will actually enjoy studying and your brain wil

act twice as quickly. A valuable asset to any girl is the ability