

IN THE DOMAIN OF WOMAN.

SPRING SIGNS IN SHOP WINDOWS.

Dress Gowns in Strips and Colors Far in Advance of the Season.

NEW YORK, Jan. 28.—"I turned over a new leaf on the first of the year, a leaf of strict economy. I took severe counsel with myself, denouncing my extravagant ways."

"Well," commented the hostess with friendly candor, "that is more heroic than I believed you capable of,"

"I suppose so," answered Maisie in a voice dangerously near tears,



THE MELON-GREEN ORGANDY.

with any New Year vows, and the things we saw were enough to try the resolve of the finest nuns.

"What did you see?" hungerly demanded the hostess, who under the exactions of her physician still nursed a cold by her own Colonial pillared fireside.

"Everything to tempt a woman to mad extravagance in spring shopping."

"As white as driven snow, gloves as sweet as damask roses," to quote William Shakespeare. You know what usually happens at this season, when one shivers in a snow whitened gown to gaze through a stretch of plate glass upon all the pomp and circumstance of summer."

"Among the sweet things I saw and gazed over, in spite of my inability to buy, were blouses of satin faced French flannel that my prophetic soul tells me are bound to be immensely popular in two months to come, when women begin to shuffle off by degrees the dull and heavy coat of winter clothes."

Inferences for Spring Dressmaking.

"But do get round to the millinery," interrupted Mrs. Van Knickerbocker gently.

"Of course I saw muslins and silks, too, and if you will only give me time I will get round to an account of a precious little frock over which my cousin and a tall, rosy, well-dressed creature from Chicago strove for possession."

Free to the Ruptured.

Dr. W. S. Rice, the Well Known Authority, Seculars a Trial of His Famous Method Free to All.

Any One Can Now Cure Themselves at Home Without a Doctor's Danger.

To the thousands upon thousands of ruptured people who are torturing themselves with trusses and in momentary danger of death from strangulation.



Dr. W. S. Rice, 512 L. Main St., Adams, N. Y.

top and bottom of the skirt and sleeves and the upper part of this unfigured foulard were packed into tiny tucks and then there was the mere outline of an overdress sketched on the surface of the skirt by a graceful piping done with a flat, cream colored cord.

"This corset bordered the fronts of the skirt and revealed a vest of cream laid over cream net. Upon the vest was knotted in pretty carelessness a sash tie of cream tulle and the ends were not fringed as you may have guessed, but were drawn down and concealed in the rather broadly pointed belt of the same color that encircled the waist."

"I spent at least ten minutes pondering whether I might accept as an indication of the future the neck arrangement of this gown."

"As I was going on to say to my cousin, with commendable fortitude, when finding herself wedged in the conflict over the silk gown, hurried for consolation to the counter where they are selling muslins and gingham, and our first purchase was a stunning melon green organza illuminated with black silk stamped upon its verdant surface."

All in Lateral Tucks.

"And you went and saw and were not conquered by those temptations?" asked the hostess with awe in her tones.

Symmetry Exercises.

Improving the Figure, Style, Carriage and Beauty of the Limbs.

"The next step is to raise the head slightly and affix that on the chin. If your body can now sway easily back and forth from the feet up, the posture is correct."



EXERCISE FOR IMPROVING LEG MUSCLES.

separate exercises for the muscles of the back, abdomen and legs.

"In order to strengthen the muscles below the knee, there are the exercises shown in Illustration No. 2. For a weak ankle and flabby calf, nothing can be more beneficial than the heel and toe movement."

Correct Poise of the Body that is Sure to Preserve a Handsome Figure.



CORRECT POISE OF THE BODY THAT IS SURE TO PRESERVE A HANDSOME FIGURE.

together, and then rise first on one heel and then on the other. The movements are made with some force or impetus and out as slowly as those of the back of the leg and both heels at once, which is a rather difficult matter. These movements strengthen the muscles of the front of the leg, while the toe movements strengthen those of the back of the leg, and both should be practiced daily."

Poor Women.

Accomplishments of the Wives and Daughters of the Burglars.

Hygienic Baby Clothes.

How to Make an Infant's Toilet Agreeable to the Child.

Woman's Wisdom Madame Yale's FRUITCURA.



HEBE THE GODDESS OF HEALTH. Fruitcura is a natural product for replenishing woman's strength and for overcoming all of her bodily ailments. To neglect weakening symptoms of the body is to encourage disease. MME. YALE... the greatest woman scientist, guarantees FRUITCURA to cure all of the organic ailments with which woman is afflicted.

FRUITCURA is the only absolute cure for complaints of women. It is a tonic surpassing in merit all others. Stop Women's Pains. FRUITCURA is Sold By All Dealers Throughout the World, Manufactured Only By Madam Yale's Great Tonic for Women.

MADAME YALE'S PRICE, \$1.00; OUR PRICE, 75c. DRUG DEP'T, BOSTON STORE, OMAHA.



of having the baby's veil washed. They wear one veil for an entire winter, so you can imagine the condition. Then, aside from this, a child's face is all the better for being exposed to the air, not only because it allows it to breathe more freely, but it is healthy for the complexion.

may, and as a rule should be kept on them in the early morning and late afternoon, in the middle of the day they should be removed. A common mistake among mothers, especially in fancy-heated city homes, is using excessively heavy clothing for their children.

Feats of Fashion. The flare around the lower portion of the dress skirt, which continues to cling about the line, will increase rather diminish as the spring and summer styles appear.

HAIR HEALTH. ALWAYS BRINGS BACK YOUTH. A Skin of Beauty is a Joy Forever.

Talk About Women. Mrs. Kruger is the daughter of a poor country woman. The ideal poor woman and there is scarcely a young girl's room in the Transvaal who has a picture of a president's wife by way of a continually present example.

Mrs. Mary Arnold Ward has just established a school for crippled children in London.