

Feminine Advice on Cultivation of Health

S REASONABLE and sensible suggestions, pitifully put, forms the basis of a sermon preached by Beatrice Fairfax in the St. Louis Times.

"If you want a great treat," she says, "try to get the day done! I feel as though there were a thousand hours in it."

A dear little chap who was playing happily by his side said: "Yes; but, auntie, these hours won't come back, you know."

The blessed baby brought me to my senses very quickly with his quaint wisdom; for I do love life, and I don't want to shorten it by one minute.

I think even the grumblers and pessimists live life, in spite of all their dreary forebodings.

Of course, a great deal of happiness comes with health. If your body is sound and wholesome, and you feel full of energy, you cannot stay depressed very long; because in spite of the most adverse circumstances your heart will sing, "The world is beautiful and the sun shines and I am alive."

There is no blessing in the world to equal good health.

You may be worth a million dollars, but if you have a weak heart, or indigestion, or a lame back, you cannot be perfectly happy.

But if you are all alive from head to toe with glorious health, you can soar to untold heights of bliss.

And all this preamble, my girls, leads to this advice: "Above all things cultivate health."

If you have to choose between a dance in a close, overheated room and late hours, and a good walk in the brisk air and sensible hours, choose the latter, for the sake of your health and complexion.

Don't think that I am urging you to give up all dances, as dancing in season is good, healthy exercise. But some of you go to three or four dances a week through the whole winter season, and no working girl can do that and keep her health.

If you were only going to live through the dancing age, I might say, "Go ahead! Dance every night; use all your vitality in that exercise."

But most of you, I hope, will live long lives of usefulness and the best part of life comes after the dancing age—the time when you will be wives and mothers, hoping to build up the nation.

So you see, dears, the most important thing for you to do is to keep yourselves healthy.

Get plenty of sleep. If you are obliged to rise early, make up by going to bed early. Nothing so quickly destroys health and good looks as lack of sleep.

Have fresh air in your sleeping rooms, and the days of your youth avoid strong tea and coffee and, needless to say, spirituous liquors.

St. Louis Heiress in a Temper.
"Woman, as a class, take very badly at the hands of Miss Mary Fullerton, heiress of the Fullerton millions and St. Louis' wealthiest girl."

"I cannot endure them. They are such liars," she says, in a newspaper interview. This criticism of her sisters applies to women as a class and not individuals, and the class she refers to are the society women.

"Maybe they do not lie maliciously, but they have just gotten the habit in society. You can't depend upon a word they say. Maybe it is diplomacy, and tact, but it looks to me like a surrender of independence and individuality."

"Individually women are adorable. I have some of the best friends in the world, but the average woman you meet are nervous, excitable and insincere. No, I can't see that the fad for athletics has made them less nervous, only more restless."

"I can't understand big, strong men not being able to get employment when there are so many shuffling examples of the weaker sex who are supporting themselves. I have no patience with a man who cannot make money."

"This is just my own opinion, a matter of personal taste. That's why I don't like New York. The men there are an idle, useless lot, doing nothing but loafing. In St. Louis there are fewer of that leisure class."

"I wouldn't marry a poor man. The American heiresses who marry titled foreigners, that class who just go over and buy a man."

Words were insufficient to express and certainly to describe the look of contempt which came over her face.

"Well, they deserve what they get," she continued. "Understand me, I don't dislike foreigners. I rather like Englishmen, but I think American men compare most favorably with them. At least they are good enough for me."

An Adamless Eden.
Long Island is to have an "Adamless Eden," Mrs. Davidoff, a native of Russia, but now a resident of New York City, is establishing an experimental farm at Bellecrest, near Northport, Long Island, which will be operated by women.

Men will be barred from the greenhouses, where fruits and flowers are to be grown every month in the year by the aid of electricity. While similar experiments have been made by this and other governments, Mrs. Davidoff believes her experiment will prove more successful than those carried on by the bureau of plant industry of the Department of Agriculture.

Mrs. Davidoff is a writer for magazines. She says the experiments will be based on the theory that the growth of vegetable matter, which ceases at sundown, will

continue through the night if proper artificial light is supplied to stimulate the developing powers of plants. Fruits and flowers that are grown in this section only in the spring and summer months, she believes, can be cultivated during the entire year by supplying the necessary artificial heat through the electrical process that will be adopted.

"This is not intended as a money-making enterprise," said Mrs. Davidoff to a New York Herald reporter. "While, of course, we expect the experiment to prove successful and the farm to be self-supporting, yet my object is to make it a philanthropic enterprise with the view of helping members of my own sex, as well as to prove the scientific value of the plan with which I have been experimenting for several years. There is no connection between my venture and the utterances of Sir Oliver Lodge, the English savant, relative to the influence of electricity on plant life. The two systems differ chiefly from the fact that all of my experiments are made under glass and under certain conditions a static machine is used in addition to dynamo."

Active work on the farm of Bellecrest will begin, she says, within one month upon the completion of the necessary building and the installation of the electrical apparatus.

Her Endorsement.
"Madame," said the teller of a bank in Baltimore to a woman who had handed him a check to cash—"madame, you have forgotten to endorse."

A worried smile came to the woman's face; but she took back the paper and wrote something on the back thereof.

When again the teller looked at the check he found that the woman had endorsed as follows:

"The Bank has always paid me whatever it owed, and you need have no worry. Therefore, I endorse this check. Very truly yours, Anns M. Blank."—Harper's.

Women at Stump Speakers.
"Woman, I think, is pre-eminently qualified for the political rostrum and lecture platform, by virtue of her wit, her influence over home and husband, and the fact that she is a born talker! Even if she is not exactly engaged in working for the cause women's presence at the campaign meetings should be encouraged, as it is always an inspiration for the men speakers. As for the women speakers, no better recommendation for their efficiency could be given than the tradition of their unflinching eloquence—a woman never loses her voice."

The above reasons why there is room and need for women in politics were given by Mrs. J. Ellen Foster, chairman of the republican committee on woman's work, whose headquarters are at the Hotel Marlborough Washington. A reporter for the New York American found Mrs. Foster preparing for her tour of the west, where she will stump for her party. She is very fond of being the pioneer woman campaign orator.

"Women have gradually come to their own," she said, "and it is gratifying to witness the progress in this national cause. Women speakers no longer limit themselves to the parlor and tea-cup persuasion. Their undisturbed powers of conversation have transcended to the public mass meetings. Women have discovered where they can apply their gift of influence to the best advantage. I find that in big cities of crowded districts a house to house canvass and store to store canvass are most effective in finding out the sentiment, and

in doing propaganda work for the party of your choice. I argue this among the local speakers, young women who have strong influence in their neighborhoods."

"I mean to distribute literature, to compare the record of Mr. Taft's performances with the record of Mr. Bryan's promises, and generally arouse the interest of women in our party. No, I never lose my voice nor my enthusiasm," she concluded emphatically. "Men are more prone to threaten trouble than women anyway, which is a convincing argument that women are born orators."

Knock for Husbands.
Miss Mary Coleman is the brilliant New York lawyer whose wit and eloquence turned, last month, a suffragette meeting in Wall street from failure to success. "A man doesn't need to be heckled to support our movement," Miss Coleman said afterwards. "It is wronging men to say our male supporters are like—like—"

Miss Coleman smiled. "A tall, stout woman seated herself before the haberdashery counter of a department store and said: 'I want to get some collars and neckties for my husband.'"

"Yes, madam," said the clerk. "What size collars?"

"The woman frowned and bit her lip. "Sugar," she said. "To save my life I can't remember!"

"Thirteen Twelve and a half," the clerk suggested.

"Why, yes—twelve and a half," said the woman. "How did you guess it?"

"Gentlemen who let their wives select their ties and collars take that size," he said.

Economy in Home Decoration.
Much practical advice of a positive character for those planning homes or remodeling old homes is given by Mabel Juke Priestman of Brooklyn in a book recently published.

The foundation for success in the decorating of a house is the color scheme, and the author keeps emphasizing this at every possible opportunity. And, as the walls are the foundation of the color scheme, these receive a great amount of attention. Contrast must be used very sparingly, if at all, and the best results come from a one-tone scheme throughout the home, or at least one-toned rooms as the walls and a somewhat lighter effect on the ceiling. In north rooms, warm browns, reds and yellows are excellent, but glaring shades must be avoided. And in every case color effects should be tried out both by daylight and artificial light, as a really fine color sometimes looks at most impossible at night.

The walls of the hall form the keynote of the color scheme and should be carefully considered. They are usually awkward at best and cost to decorate an amount out of proportion to results. If a light paper is used there should be a dado or panel of burip at the more exposed parts. Some sort of dado running the length of the staircase will save much expense.

No frieze should be used above the stairs. If there is one in the hall proper it must stop at the foot of the stairs. A panel reaching to the ceiling and a slight change in the style of paper at the foot of the stairs will permit of a change in decoration in the hall while the rest remains in the old style.

One or two-toned paper, with scarcely any ornamentation, is proper for any portion of the house. A "good color" is usually a bad paper and should be avoided, and in selecting a paper pay little attention to the season's "novelties," as some of the old standard patterns are usually more aristocratic.

The treatment of floors is simple enough, but requires patience; the application of ready-made varnish stain on any kind of floor is not real treatment. An old floor, even of wood, may easily be renovated. The old coating should be removed by softening with a good solvent applied with a paint brush and scraping with a putty knife. When it is reasonably clean wipe with a cloth saturated with benzine or kerosene. When quite dry color with a prepared stain and finish with two coats of beeswax, well rubbed in with a weighted brush.

Things to be banished if out of harmony, or to be avoided in making purchases, are of as much importance as things to be introduced. All ornate effects are taboo. Backgrounds should be simple and restful and good lines are to be sought rather than elaborate designs. Overcrowding of any kind is in bad taste. It is better to have very few pictures and ornaments of real worth than quantities, displayed simply because they cost a lot of money or are kept for sentimental reasons.

Always above all things, everything chosen with regard to its purpose as well as its inherent beauty and its destined surroundings.

What Women Are Doing.
The proposition to expend \$100,000 for the erection of a city hall at Geneva, N. Y., was recently defeated by a vote of 262 to 215, said to be the largest number of votes cast at a special election in the town. The votes against the measure were cast largely by women who gave as their reason that the city had already spent \$30,000 for a site and \$200 for plans without their consent.

Mrs. W. B. Wilson of Kentucky won the contest of the National Food Magazine, the subject of her essay being "Lemonade." She showed that this fruit has twenty uses. Among the uses named was to make tough meat tender, to clean brass with the rind, to improve the flavor of tea, to cure headache, for tooth wash, to make kernels of rice whiter and others that are well known.

One of the pleasant memories of young men who have graduated from West Point is of the late Susan Warner, whose sister, Miss Anna Warner, has recently given the name of the academy. She is described by one of them as having looked like a picture from God's Lady's Book, a sweet, fragrant woman, who made life very pleasant for the boys who had the good luck to make her acquaintance.

Miss Marie McKenna, only daughter of P. W. McKenna, second vice president of the Chicago, Milwaukee & St. Paul railroad, yesterday volunteered her services for relief of the famine-stricken people of Colorado. She applied to the Providence society of Alton for a list of families in straits through casualities in the great works of the town and expressed a determination of devoting the next few years to relief work.

A banner bearing the words "Votes for Women" has recently been set up on the highest peak in the state of Washington by the Mount Ranier club, formerly of Colorado. By leaving Paradise valley, where they had been camping, early in the morning they ascended the mountain and were able to reach the top of Mount Ranier before night. There, in a driving snowstorm, they set up the banner on alpine stocks and after taking several photographs of it folded it up again and took it with them to camp with them. They intend to set up the same banner another year in the crater.

in the sketch on the opposite page, and the high collar and front were bordered by a rather wide band of regular bandanna silk in red and yellow. Just why this model was as supremely chic as it was it would be hard to say, but all connoisseurs agreed that the garment was a triumph for Bernard.

Long, straight coats, suggesting Louis XIII rather than the directoire, accompanied by long elaborate waistcoats of embroidered silk or brocade, were among the handsome models, and there were some very successful combinations of cloth and satin, cloth and otoman, etc.

Child's Automobile Cap.
To keep children's curls free from dust while wearing a bathing cap or a cap made on the same order. These are attractive if made from pretty material with a large bow on one side.

Leaves from Fashion's Notebook.
Amethyst and gold make a charming color combination which is a favorite this year.

A new fancy noticed on one of the most expensive broadtail coats this fall is an outline of black silk. The seams are overlapping, and each is bound with the silk.

Not only hats but whole gowns are being made of heavy moire silk, and very lovely they are, for while the silk is thick it is remarkably supple, and may be draped in the most graceful manner.

According to a fashion oracle, an evening gown nowadays is all skirt and waistcoat. Many of the cloaks are made of the same material as the gown. The effect is very harmonious, though rather expensive.

There are striped cloths and spotted cloths and velvets, together with a modern version of bandanna silk, carried through in adorable yellow tones, shading from the deepest orange to a delicate canary.

Liberty satin is used even for evening cloths this season. One in this material noticed recently is in a dark, rich green with heavy silver embroidery. It has a collar of silver silk and is lined with white satin and plaid green chiffon.

A very dainty decolette gown is of acerbated plaid chiffon in Greek style. The skirt is of a deep home of white liberty satin. The overskirt is in tunic effect, edged with silver lace, and there is a silver lace girdle.

Tiny satin buttons placed close together all the way down the front and back in double rows, are a feature of a princess gown. The material is soft liberty satin in canard blue, and the buttons are of the same shade.

For the woman who wears a sheath skirt there are long bloomers of satin, made full, like Turkish trousers, with several bouces of plaid chiffon attached below the knee. Of course, the opening in the skirt is also filled in with chiffon.

A picturesque tea gown is of crepe de chine in that shade of blue best described as hyacinth, with a draped sash, also of crepe, in full purple, and adorned with a row of purple and blue foliage and little silver bells threaded in and out of the leaves upon a slender gold ribbon.

Velvet will be seen a great deal this winter in both gowns and suits. One of the some tailored suit of brown velvet has an absolutely plain empire skirt and a smart directoire coat. The coat trims with soutache and braid buttons in conventional pattern, and has a military collar.

Bachelor Girl's Reflections.
It is love that makes all the heartaches in life—but then it is love that makes life worth all the heartaches.

Good reputation is like a diamond tiara—you have to sacrifice so much real comfort in order to live up to it.

A man simply cannot understand why a woman will pay \$2 for the material in a peep-a-bo waist and \$10 for the holes.

A woman likes to travel the path of love slowly, but man always insists on rushing over it at the speed limit, in order to find out what's at the end.

A woman bates in a man who won't have anything to do with women because he doesn't trust them; a man bates in a woman who doesn't trust men because she has had too much to do with them.

Happiness in marriage depends not so much on whether or not a woman holds high ideals and how she does her duty as on whether or not she can hold a servant and how she does her hair for breakfast.

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to be seen to be appreciated, for the texture of the material and the perfection of detail excite us in a sketch.

The handling of the sleeve and bodice are especially good, the lines of fine sound being distributed in the bodice and entirely and give the impression of bodice and sleeve cut in one. This effect with its consequent length of shoulder line is considered particularly chic, and in this instance the long shoulder line is accentuated by a continuous line of fine all diagonal lines across the clinging skirt in the bodice.

Moreover, it is not necessary to have the empire skirt. A very large percentage of the simpler tailored costumes have skirts ending at the natural waist line, while to the coat is left the responsibility of supplying the shortened or merely straightened waist. The most trying feature of the average French street suit is the exaggerated plainness and tightness of the skirt back, and this effect, which is becoming only when associated with the straightness of back line that goes with erect and pronounced slenderness, can be modified by a group of flat plaits or some panel arrangement when the wearer's figure requires the relief.

The skirt opened up the side to show an underskirt or a simulated underskirt already been so commonized that the later models in dressy street suits are not insisting upon that feature, but long lines of buttons apparently or actually buttoning the skirt sides or front are as popular as ever, and occasionally such a buttoned-over arrangement as it nears the skirt bottom opens to show inset plaits or a braided panel.

Whatever the skirt trimming may be, it is adjusted to emphasize the long lines of the frock, and in the long skirted street gowns, as in the house and evening gowns, diagonal arrangements of skirt trimming often find place.

One of the prettiest street costume models made up in Ottoman silk, this heavy corded material being particularly smart when rather severely tailored on very chic lines and worn with handsome furs.

Bernard has a most successful model in taupe Ottoman, fastening double-breasted across the bust with big cabochons and cords, while from a point just below the bust line the fronts are cut away a little and fall straight, leaving an opening of perhaps four or five inches. In this opening appear the long fringed ends of a girdle of black liberty, and the collar and cuffs of the coat are of black liberty, with a waistcoat showing above the coat collar in of gray brocade with a cravat of lace.

And apropos of Bernard, the most amazingly smart street coat shown at this opening was one of his models—a long coat of redingote type in silvery gray broadcloth of most exquisite texture. Perhaps we can best give an idea of this coat by saying that the whole back of the coat and backs of the sleeves were cut in one, the fronts of the coat and fronts of the sleeves draped. Consequently there was a continuous seam from the collar down the shoulder and the outside of the arm to the cuff, but there was no armhole.

The coat was loose fitting, having seams only under the arms, yet was drawn somewhat closely round the body so that it hung softly and demanded the absolutely flat back that is a part of the modish figure. The front crossed to the left and fastened with big buttons, as will be seen

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Shoulder Brace and Suspender
STRONG, EFFECTIVE, SIMPLE.
The only brace that braces.
Positively cures the habit of stooping.
Produces that military effect so desired.
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BULBS
Peonies, 10 cents and up. Tulips, Hyacinths and others.
Stewart's Seed Store
119 N. 16th St.

Directoire Street Costumes Shown to Perfection

NEW YORK, Oct. 17.—A directoire street costume worn by a wax figure and a directoire street costume worn by a young woman selected because she has the ideal figure for such a costume are two distinct and separate things. A realizing sense of that fact came to us as we stood in the mob of women at the lower Broadway opening, to whose stunning collection of French models we owe all our sketches today, and watched the living models wandering about the stage in their lim, clinging clothes and silks and velvets.

The effort to fit the new frocks over old lay figures has brought about some distressing shop window exhibits this fall, and in all probability the effort to fit new frocks over human figures not built on directoire lines will produce results even more lamentable, but those willow, wand girls in the downtown shop made one think kindly of the directoire.

And, as a matter of fact, while many of the house and evening gowns make exacting demands upon the figure, the average street gown is far more lenient. To be sure, in its Frenchest version, it has a skirt that clings in trying fashion and is inclined to wind around the feet un-

less very skillfully manipulated, but there are innumerable variations upon this skirt, and a clever maker can ease it to suit the wearer's figure, introduce a plait here, a fold there.

The fact that a majority of the street skirts turned out by the French makers have the empire skirt complicates the problem of getting one's skirt properly cut and hung, but this shortened waist line, with its consequent length of shoulder line, is considered particularly chic, and in this instance the long shoulder line is accentuated by a continuous line of fine all diagonal lines across the clinging skirt in the bodice.

Moreover, it is not necessary to have the empire skirt. A very large percentage of the simpler tailored costumes have skirts ending at the natural waist line, while to the coat is left the responsibility of supplying the shortened or merely straightened waist. The most trying feature of the average French street suit is the exaggerated plainness and tightness of the skirt back, and this effect, which is becoming only when associated with the straightness of back line that goes with erect and pronounced slenderness, can be modified by a group of flat plaits or some panel arrangement when the wearer's figure requires the relief.

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WHITE CLOTH SUIT TRIMMED WITH WHITE SOUTACHE, SHOWING THE COAT AND GOWN.

Quaint Features of Life

An Unfortunate Fat Woman.
SUFFERING from an overabundance of superfluous adipose tissue.

This is the diagnosis of the Emergency hospital physicians in the case of Miss Mary Knox. 44 years old, five feet five inches tall, weighing 250 pounds, relates the Kansas City Journal.

The woman's case was brought to the attention of the police at No. 3 station recently. It was said that she was helpless, penniless and really a fit subject for the county home. The patrol wagon took Miss Knox to the Emergency hospital, where, after a thorough examination, the foregoing diagnosis was agreed upon.

"It is an odd case," said Dr. W. I. Gist. "Miss Knox is too fat to walk without assistance, as she would fall if she encountered the least obstruction. Then when she is down she can't arise without help. The police say neighbors have been caring for the helpless woman for some time."

Ten years ago Miss Knox is said to have been as lithe and slender as a gazelle. When she began to take on flesh no manner of dieting made any difference; she was destined to become very corpulent, and very corpulent she did become.