

Activities in the Realm of Progressive Women

Health and Beauty Helps

BY MRS. MAE MARTYN.

For Her Who Would Travel. I gratify the desire to see as much of the world as possible usually implies possession of a well-filled purse. Much depends on the traveler's ideas of her needs. A moderately-filled purse can be made to go a long way if the owner restricts herself to essentials and puts aside the non-essentials.

Some of these and anti-suffragettes. "Dr. Ida Harper Heustis of Duluth, "reminds me, in their strange humility, of the Widow Skimmer. "She had been twice widowed, and she was telling me about her two husbands over a cup of tea.

One Woman's Thoughtfulness. A thoughtful housewife in Philadelphia has put into practice during the hot weather the plan of offering to every person who comes to her front door a glass of cold water.

Banking Don'ts for Women. If every woman who has a check book will bear in mind the following points, says the Saturday Evening Post, every bank official in the country will arise and call them blessed.

Chat About Women. Ida Lewis, keeper of the Luma Rock lighthouse, in the southern end of Newport harbor, celebrated her fifty-third anniversary at the lighthouse July 1.

Health and Beauty Helps. My dear girl, never use a deodorant or "hair remover." A chemical that is powerful enough to kill hair is likely to prove harmful to the skin.

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Savings of the Business Girl. The start may be a small one, only 50 cents a week. But it is a start. And it is worth making. Perhaps the next year a dollar a week can be put away.

Grand Old Lady of Kansas. "The Grand Old Lady of Kansas." That is the title which has been given to Mrs. Margaret Usher of Lawrence, Kan., and one to which she has an undisputed right.

No Place for Poor American Girls. "Paris is Parisian; the rest of France is French," say the natives of the gayest capital in the world. Now, if the thousands of Frenchmen pouring into it annually from the provinces cannot make Paris French, much less can the mere handful of Americans living there make it American.

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Advertisement for BAKER BROS ENGRAVING CO. featuring the text "The Value of a cut is not what it costs But what you get out of it. We guarantee the quality."

Advertisement for CUTICURA SOAP. Includes text "KEEPING THE HAIR HEALTHY" and "To prevent dry, thin and falling hair, remove dandruff, allay itching and irritation and promote the growth and beauty of the hair, frequent shampoos with Cuticura Soap."

Bathing Suit Models That Reflect Modish Lines of Dress

NEW YORK, July 17.—There have been few real innovations in bathing costumes in the last few years. For the time changes came fast and furiously and the old-time flannel and serge costumes made way, not without lamentation and dire prophecy on the part of their wearers, for mohair and silk. But now the last word seems to have been said upon the theme of bathing suit materials and only in slight details does the suit of one season vary from the suit of the previous season.



BATHING SUITS OF BLACK, BLUE AND CHECKED SILK AND MOHAIR.

The collar is, however, more and more generally discarded, for what becoming all the materials before making up would render it possible to fit the suit carefully and trimly. Better quality of material than that used for the average ready made bathing suit could be employed and the work more carefully done.

Leaves from Fashion's Notebook. Mole and elephant gray are the favored tints in colored veils. Exclusive high-priced milliners are substituting elegant fully lined veils of exclusively manipulated velvet, for the more ordinary roses, peonies and irises.

Prattle of the Youngsters

"Curtis," said the teacher, "suppose I had two squash pies and cut one into six pieces and the other into twelve pieces, which pie would you rather have a piece of?" "The one divided into twelve pieces," answered Curtis. "I don't like squash pie."

Advertisement for WAKEFIELD'S Blackberry Balsam. Includes text "DIARRHOEA Quickly Cured by WAKEFIELD'S Blackberry Balsam" and "Read This Letter. I have used Wakefield's Blackberry Balsam for over forty years. I am not going to writing letters of this kind, in fact never did before in my life, but I wish to say to you, it has never failed me in one single instance nor any of my friends, I have recommended it to 'When drugging, I have seen a cure in something just as good, I tell them very candidly there is nothing just as good. The fact is I have never found anything just as good and I never expect to. I can cheerfully recommend it to any one young or old for all bowel trouble. It has certainly helped me when nothing else would."