FOR AND ABOUT WOMEN

What Is Your Man to Do.

In office, store and stifling factory sit
In laundry, kitchen, restaurant, everywhere,
The female toiler works, her stiffness shows;
And many thousands to untimely graves go
Are passed by competitors fierce, relentless pace.

The timid frame of our mother's parlor day
To humanity's restlessness gives way;
"I" man and subway fear a rush-hour throng;
Of petticoated women pushing men along—
Maid, wife and widow entered in the grueling race.

Short-haired males with moll on their arm,
Five women cheaply to advance their grace;
And in their action, their descendants rise—
For each three working women desertor one male is.

Exercise Not for Women.

A famous physician of late has been earnly pointing out to women the foolishness of physical exercise as a means of resting the mind. He says emphatically that his old theory is to all intents—that the mind cannot rest when the body is tired. He says that the practice of taking a long walk or ride for the sake of a tired mind is entirely the wrong thing to do. In his words, "It adds one fatigue to another." He does not believe in strenuous exercise for mentally overworked people.

Another belief of his will cause more excitement and discussion than any other. "Women," he says, "who do not indulge in physical exercise live longer than men." He does not think women need exercise. This is a daring statement to make in the middle of a generation that is discussing gives over to the exercise fad. He is not alone in this belief, however, for a number of women who have gone to rest and study through physical exercise agree with the theory. The many women have become useless invalids through overexercising for this statement to be entirely denied. The theory that athletics grew gray in a woman has been discussed and there is quite a good deal of support given in high quarters to the new theory that heavy exercise suits a woman for living her life.

The doctor says that plenty of fresh air day and night and one hour's walk is enough for any woman. Regarding the subject of the annual vacation for women the doctor says: "Nine out of ten women feel worse after a vacation than when they started and are unable to resume work properly. A woman does not need a long rest, but a great number of short ones. It is better to rest four separate half hours a day than to go like mad through the week and rest sixteen hours on Sunday. It is better to divide the twelve months of work into eleven half holidays rather than take two months after ten months of exhaustion."

Sleeves cannot grow any smaller.

All the latest coats are diaphanous.

Millinery wings are larger than ever.

Long lines characterize every garment.

The big pillow muff supersedes all others.

In belts proper elastic will be the most popular.

Not for years has period hair been so fashionable.

The one-piece dresses lead all others in popularity.

The neat outline of bodices is likely to grow higher.

Stitched pipings with soutache are leading decorations.

Only the slimmest of petticoats are allowed with long skirts.

Only little fur coats are to be fitted wear for youngsters.

New shirts are generally plain, while bodices are highly ornate.

Green silk is used in big bows at the neck or some place on the hat.

There is no abatement of the rage for taupe color and unusual shades.

The Turtle hat is now worn in vogue and looks well with the new turban.

Fur wraps for evening wear are cut three-cornered like the old-fashioned shawl.

Skirts are to be no longer, but we are likely to see a new outline on the train.

The coats that belong to dressy suits or those worn with a shower gowns are very long.

When Is a Woman Old?

A Chicago young women's club has drawn the line against women over 40 years of age, on the theory that a woman just 40 is no longer to be classed as young. Naturally there is a vigorous protest, and many of the members threaten to resign. Of course there is no disgrace in old age—rather honor in it. Age is one of the very few things over which we have no control whatever, and for which we are neither to be blamed nor credited. Old age is honorable because it is the result of long right living. The vicious, the careless and the foolish never attain it.

It is by right living, by obedient observance of the laws of nature that we not only live to be old, but seem to be younger than we really are. It is just as much a matter of pride for one to look and feel like 40 at 60 as it is for one to be male at 90. Though there is no disgrace in growing old, there is decided inconvenience in it, economically, physically and socially. The woman who feels 40 naturally does not like to be classified and associated with women who feel 60. If she is bright and young in spirit she wants to continue to be so regarded by bright and young people. Vanity really has very little part in it. The woman's happiness and her symmetric relationship with the young and vigorous depend on it. She has a right to demand that she be taken at the age she feels and shows.

For Conversation Party.

Twenty good topics that will be amusing as well as entertaining are here given:

Should women vote?

What would you do with a million dollars?

How to keep house on $10 a week.

How to be happy though married.

How to be happy though single.

Is a college education necessary?

What was your most thrilling experience?

Tell the best joke ever played on you.

Should the girls propose?

What is your favorite hobby?

What trip would you rather take?

Who is your favorite novelist?

Secret of Nervous Balance.

Rev. Samuel McComb has written a few rules to guide a woman in keeping her nervous balance. Here they are:

Cultivate sound, healthy-exerting emotion—love, joy, peace, faith and hope.

Allow yourself sufficient time in which to do your work. Built to reserve a surplus stock of nervous energy by keeping within the limit of your organization.

Do one thing at a time. Prepare yourself in good season for sleep. Trust in the infinite goodness of God, who loves every creature he has made.

The Latest Overskirt.

A designer has brought out a new thing in the way of aprons. It is an overskirt, is a trifle high waisted and instead of having a box pleat down the side it is slashed open, finished with a two-inch hem at the edge, and is then laced from side to side through silk-covered eyelets. Silk or velvet ribbon is used.

The Correct Time for Bathing.

The morning is the best time for a cold-water bath, a dehot one morning or night, but a hot-water bath should be taken just before retiring, immediately as it is retiring. Never bathe just after a hearty meal. Bathe regularly every day.

The Soul Teacher.

According to a new oracle, human beings are divided into two distinct categories, the free individual and the collective type. The free individual bears the imprint of absolute value; the collective type is indelibly marked with the signs of relative value. It is chiefly through the eyes, the mirrors of the soul, that a new scientist reads the depths of our inner natures. If the eye is luminous, the mind is full of light; if the eye is troubled, vague or dull, the individual is somber and shallow. The clear transparent and profound eye reveals the genius of the sower or the creatrice; the hard and cold eye shows the power of the dominator of the director or the valuator.

GIRLS OF THE PERIOD.

—Baltimore Sun.

Effective Evening Gown.

The Suds in Dishwashing.

Washing soda can make dishwashing easier. Sprinkle one teaspoonful in the roasting pan, put in plenty of water, and let boil a few minutes. Even the corners will be found to be free from grease. Covers, frying pans, bread tins, etc. be cleaned by boiling for a few minutes in this solution. Silver, too, can be cleaned by boiling it a minute or two in a weak solution of washing soda. Rinse in clean, hot water and wipe with soft cloth or chamois.

Have Inviting Hall.

Many persons think that because a hall is merely an entrance or passage, it may be bare and unfurnished. On the other hand, the hall is the entrance to the home, and may be considered as offering the hospitality of the house. If so regarded, it should be cheerful and inviting, even though in city houses there is little opportunity for a display of taste and skill. At least it is always possible to secure a warm, hospitable color.

Rubber-soled Shoes.

Women who are good walkers and who do not fear the roads or pavements in any kind of weather have rubber soles put on their walking shoes. This also prevents fatigue as rubber is lighter to walk in than the ordinary heavy rubber sole. Rubber caps are also added to heels to make walking easier. They are said to prevent a constant vibration to the spine.

Cleanliness Is Necessary.

The scalp, like the rest of the body, to be kept healthy, must be kept clean. Shampoo your hair once every two weeks if it is inclined to be oily, and about once a month if it is the least bit dry.

When She Is 21.

After celebrating the 20th anniversary of her birth, the average woman's chief aim in life is to not look her age.—Chicago News.

"Have you got an independent fortune?" "No, I'm married."—Cleveland Leader.

Mrs. Knicker—Where do you keep your mind? Mrs. Newrich—In a mirage, of course.—New York Sun.

Jimmie—My ma's gone downtown to pay some bills. Tommie—Pooh! The man comes to the house to collect mine!

He—She is such a charmingly innocent girl, isn't she? She—Oh, yes; she has taken years to acquire it.—The Tatler.

Knicker—You know that speech is given to man to conceal his thoughts. Broker—Well, sometimes it does it even better.—New York Sun.

She (at the piano)—I presume you are a true lover of music, are you not? He—Yes, I am; but pray don't stop playing on my account.

"John, you yawned twice while we were calling on that lady." "Well, dear, you did not expect me to keep my mouth closed all the time, did you?"

Magistrate—If I remember rightly, this is not your first appearance in court. Prisoner—No, your honor; but I hope you don't judge by appearances."

"I've just figured out how the Venus de Milo came to lose her arms." "How?" "She broke them off trying to button her shirt waist up the back."—Puck.

Weary Walker—I see 300 more men has been thrown out of work. Tired Traveler—Gee! Dere's gettin' to be too much competition in our business! —Puck.

"The seventeen mothers in the village mothers' club agreed to decide by ballot which had the handsomest baby." "Well, who won it?" "Each kid got one vote."

"Are marriages made in heaven?" "As to that I can't say, but I do know this much—" "What is that, Peter?" "There's lots of courting done in church."—Washington Herald.

"This watch will last you for a lifetime," remarked the jeweler. "Nonsense," retorted the customer. "Can't I see for myself now that its hours are numbered?"—London Spare Moments.

Man (to boy at roadside)—What time is it? Boy—Purty near 12 o'clock. Man—Thought it was more than 12. Boy—Nope. Never gets more than 12 in this country. Begins at 1 again.—Judge.

Bystander—Doctor, what do you think of this man's injuries? Doctor (of true extraction)—Two of them are undoubtedly fatal; but as for the rest of them, time alone can tell.—Boston Transcript.

"You have a new housemaid, I see, Mrs. Youngwife." "Yes, I got her about a week ago." "How do you like her?" "Very much indeed. She lets me do almost as I like about the house."—London Tit-Bits.

"What diagnosis did the doctor make of your wife's illness?" "Said she is suffering from overwork." "Is that so?" "Yes; he looked at her tongue and reached that decision immediately."—Detroit Free Press.

Mr. Newwed—You never call me pet names now unless you want something. Before marriage it was different. Mrs. Newwed—Oh, no. Before marriage I called you pet names because I wanted you.—London Gentlewoman.

"Jimmie, your face is dirty again this morning!" exclaimed the teacher. "What would you say if I came to school every day with a dirty face?" "Bum," grunted Jimmie. "I'd be too polite to say anything!"—Circle.

Mother (in a very low voice)—Tommy, your grandfather is very ill. Can't you say something nice to cheer him up a bit? Tommy (in an earnest voice)—Grandfather, wouldn't you like to have soldiers at your funeral?"—London Tit-Bits.

"I'm sure," said the traveler, "the public would be interested to know the secret of your success." "Well, young man," replied the captain of industry, "the secret of my success has been my ability to keep it a secret."—Catholic Standard and Times.

"I'm afraid I'm catching cold," said Eisenman, trying to get some medical advice free. "Every once in a while I feel an itching in my nose, and then I sneeze. What would you do in a case like that, doctor?" "Well," replied Dr. Sharpe, "I guess I'd sneeze, too."

The mother of a conscientious little miss, wishing to rid her of the fear of some cows in a field through which she had to pass, told her to go right by and pretend she didn't see them. "But, mamma," protested the small maid, "wouldn't that be deceiving the cows?"

"How did those two ever come to marry each other?" "Well, she was the only woman he ever knew who would listen to his anecdotes over five minutes at a time, and he was the only man she ever knew that could stay at her that long without getting nervous."—Puck.

A physiologist came upon a hard-working Irishman toiling, bareheaded, in the street. "Don't you know," said the physiologist, "that to work in the sun without a hat is bad for your brains?" "D'ye think," asked the Irishman, "that I'd be on this job if I had any brains?"

THE REFORMED BRONCHO.

May Be Seen Any Day in the Bottle Parks of Central Park.

To the general public the word bronco suggests everything wild and vicious in horse flesh. The associates the usefulness of the bronco almost entirely with the rugged West. That this wiry little animal could ever develop the points of a good park horse would be received with much reservation by most persons.

Yet some ten years or more of cross-breeding, says Country Life in America, has accomplished this somewhat amazing result. To-day one can see in the bridle paths of Central Park the well-groomed bronco fraternizing as an equal with the blue grass thoroughbred and his number is constantly growing.

To be sure, he is no longer the long-maned with a pronounced ewe neck, almost as devoid of flesh as a skeleton. He has developed a fine crest in this cross-breeding and can show as fine a neck as any Kentucky-bred horse.

His middle piece is no longer distended from much eating of grass food, nor is he so loosely joined to his quarters as his prototype. Higher living has rounded him into a strikingly well-proportioned saddle horse. In his new estate he subsists less on the fresh, juicy grasses, and the new order grows quite a different animal.

But through all this transformation he still retains the leg characteristics of his bronco ancestry, perfect in symmetry, rather light in muscle and slender in bone, but the muscles of strong quality and the sinews very firm.

His power of endurance has diminished somewhat, but even so, he has few equals and no superiors. His toughness and grit have changed little in the cross-breeding, and doubtless if turned out to the freedom of range he would give as good an account of himself as did his ancestors in the early days of the West.

Some people are ridiculous and then become indignant because people tell it.

No matter how loud a woman dresses, she imagines she is dressed artistically.

No, a woman doesn't necessarily handle a broom when she makes sweeping assertions.

A duty to be done is a stern reminder, but a duty well done is a pleasant remembrance.

He who reads will run against many clever sayings, but he who runs will never read them.

A parasol, though invented to keep the sun off, generally manages to induce some son to come nearer.

And it sometimes happens that a man is not fully appreciated by his wife until she collects his life insurance.

Honesty is a boomerang and its policy never looks better to me than when it comes back again to our own feet.

Dress is said to be woman's strongest weapon. Does that mean there is a dagger hidden in every sheath gown?

The recollection of a good act may give us a swollen head, but the knowledge of a mean one is as a shoe that pinches.

About the first thing a woman does after moving into a flat is to look in all the closets to see if the last tenants left any family skeletons.

The young man who presents a girl with a pound box of bonbons in her idea—until another young man comes along with a two-pound box.

The man in the motor car would have more respect for the pedestrian if he stopped to think how the airship man, in turn, looks down on him.

A Text for a Sermon.

A member of the faculty of the University of Pennsylvania has had frequent occasion to reprove his eight-year-old daughter for playing with matches.

Recently the youngster in the exercise of her favorite diversion succeeded in burning her hands.

Immediately she was summoned to judgment. "Clara," said the father, sternly, "I should punish you for your disobedience. There is, however, no need to in this case, for God has already punished you."

"Yes, sir," meekly responded the child; "but, papa, he let me play with the matches an awfully long time first."—Harper's Weekly.

Designations.

Some foreigners and even certain Americans are disposed to stand aloof from what they haughtily term the working classes of the country. It is to be regretted that they could not have overheard the conversation which took place on an East river ferryboat not long ago between a recently introduced—shall we hazard it?—wheelwright and shopgirl.

"Do you attend in Bergner's establishment?" he asked.

"Yes; I am one of the emporium ladies," she replied, with becoming dignity. "Where are you engaged?"

"I am one of Eddie & Co.'s repository for marriage gentlemen," he informed her.—Philadelphia Ledger.

We have noticed that if you think before you speak, the other fellow gets in his lone first.

THE WEEKLY HISTORIAN

1492—Vincent Yanez Pinson sailed from Palos for America, with four ships, and was the first Spaniard to cross the equinoctial line.

1513—Francisco Pizarro sailed from Panama for the conquest of Peru.

1620—The "Mayflower" cast anchor in Provincetown harbor, Cape Cod.

1734—Zenger, editor of a New York weekly journal, was imprisoned for defending government by the people.

1755—Two hundred Scotchmen from Nova Scotia were banished from Boston.

1774—Louis XVI. re-established the French Parliament.

1777—Gen. Howe's army went into winter quarters in Philadelphia.

1780—Americans under Gen. Sumter defeated the British in battle of Broad River.

1796—Treaty concluded at Canandaigua between the United States and the Six Nations.

1816—James Monroe appointed United States minister to Spain.

1837—Americans defeated at battle of Chrysler's Farm, on the Canadian bank of the St. Lawrence river.....The junta, under the name of the National Assembly, declared the independence of Mexico.....British repulsed in an attack on Ogdensburg, N. Y.

1839—Two hundred persons drowned in the wreck of the transport "Sir Pounce" off the Newfoundland coast.

1842—The Croton and Seneca canal in New York was completed.

1859—Troops at Monterey revolted against the Governor of California.....President Guerrero of Mexico relinquished the extraordinary power granted him by Congress on account of the Spanish invasion.....President Jackson proposed to reduce the number of navy yards in the United States to four—Norfolk, Portsmouth, Washington and Charleston.

1861—Tampico, Mexico, surrendered to Commodore Conner of the American navy.

1881—Many lives were lost by the explosion of a boiler on the steamboat Louisiana at New Orleans.

1887—Prince of Sonderburg-Glucksburg proclaimed King of Denmark as Christian IX.

1864—War began between Brazil and Paraguay.

1869—England and the United States agreed to arbitrate the Alabama claims.

1870—Duke of Aosta elected King of Spain.

1871—Henry M. Stanley discovered Dr. Livingstone at Ujiji.

1872—Fire broke out in Boston and in two days burned over an area of sixty-five acres and caused a loss of $80,000,000.

1876—Forty persons were drowned by the sinking of the packet Empire in New Orleans.

1882—Charles Guiteau was placed on trial for the murder of President Garfield.

1884—The third plenary council of the Roman Catholic church met at Baltimore.

1889—Brazilian monarchy overthrown and republic established.....Washington admitted to statehood by proclamation of President Harrison.

1891—William J. Florence made his last appearance on the stage at the Lyceum theater, Philadelphia.

1896—Electrical power generated at Niagara Falls was transmitted to Buffalo.

1898—Earl of Minto sworn in as governor general of Canada.

1905—Martial law declared throughout Poland.....Prince Charles of Denmark was chosen King of Norway.

1906—Sultan of Morocco received United States Minister Gummere at Fez.....A suit to dissolve the Standard Oil combine was filed in the United States Circuit Court at St. Louis.....Countess Jean de Castellane was granted a divorce and custody of her children.....President Roosevelt sailed from Cuba for Porto Rico after having inspected the laborers' quarters at San Cristobal.

1907—Secretary Root opened the Central American Peace Conference.....German Emperor and Empress arrived at Windsor on visit to King Edward.....The German Emperor visited London.....The German Emperor received the Oxford honorary degree of D. C. L. from Lord Curzon.....The second Russian Duma was opened.....Oklahoma admitted to the Union.

Exactly So.

"Oh, yes, he's been in jail half a dozen times and he doesn't hesitate a minute to."

"Yes? Has the courage of his convictions, eh?"—Philadelphia Press.

Niche.

"Well, how does it feel to have a niche in the temple of fame?"

"Quite natural," replied the poor unappreciated poet. "I've always lived in a hall bedroom."—Washington Herald.