

SSIP FOR THE FASHIONS.

OF INTEREST ON THE FASHIONS.

Fate of a Flirt—Newest Mourning Bonnets—Church Women to Cut Wood—Few Women Breathe Properly

THE FATE OF A FLIRT.

An exchange tells of a young man it seems to name who has long held the village as "heart smasher," "imagined that half a dozen of the specimens of womanhood were anxious to hear a proposal" from him. They were hard, and he finally decided to make a selection. "He went one to another, until the entire six said "no," and has reversed his opinion but girls.—New York Advertiser.

NEWEST MOURNING BONNETS.

The widow's bonnet in mourning continues to be either the Mary Stuart capote shape, simply covered in English crepe, having the white ribbon in front and with dull black veil, of course, hides all but the extreme edge of the bonnet. For mourning, where no veil is worn, the small poke shapes are seen, with their edges defined with dull black ribbon. The silk bonnets, matter how light the mourning may be, are no longer counted good form. The French milliners are using quantities of dull jet and much silk crepe up to the crepe bonnets, but this rather elaborate style of trimming for mourning is not counted good form by either the English or American milliners. One always stands a mourning bonnet should always have the ties of the shade of black ribbon.—Ladies' Home Journal.

CHURCH WOMEN TO CUT WOOD.

The ladies of Equinunk, Wayne county, Penn., have adopted a novel way to earn money to build a new Methodist church in that place, by entering into contract with the Equinunk Chemical company by which they agree to cut pile 250 cords of acid wood, which belongs to the company and is located in that village. The cutting and piling of the wood are to be done in a skilful manner under the direction of Mr. Green, of the chemical company. The ladies have sent circular letters to their male friends to assist in the work, in which they provide that the best of the chopping is reserved for the ladies.

The letter further says: "In order that there may be no failure on our part to fulfill this contract we appeal to you to help us. If previous engagements prevent you coming, kindly send by mail one or more dollars and the work will be done for you."—New York Advertiser.

WOMEN BREATHE IMPROPERLY.

As a matter of fact, not one woman in a hundred breathes normally. The operation of the average woman varies with every change of mental state physical condition, and it is a rare thing for a woman to use her lungs to the best possible advantage without a constant knowledge of physiology and appreciation of the merits of physical culture.

Desirable as is a thorough exercise breathing, it is not safe to experiment in the matter. A very little instruction on the subject will enable any woman to comprehend the precise art of filling and emptying the lungs on scientific principles. After this has been acquired, the chief thing is to breathe in as much sunshine as possible and to believe in the efficacy of oxygen as a remedy for nearly all the ailments that are fashionable.

The following are some excellent exercises for improving the respiration and bringing it up to a normal condition: Stand in an open window or recline on a sofa with the waist and chest unbuttoned; hold the chest walls high and breathe in slow, long breaths; exhale as slowly, three times only at first. Gradually the number of times may be increased and the time lengthened for breathing exercises. Fifteen minutes, twice a day, at least, should be devoted to this exercise to accomplish the desired result.—New York Journal.

WOMEN AND THE BICYCLE.

A woman should always select a machine with a wide space between the spring center and the saddle-post, and a veteran instructor, as it is now mounting much easier. You see a woman mounts from the front, holding herself back on the saddle, the man mounts in exactly the opposite way. If your wheel has this space, and you put your right foot on the pedal, pull your skirt around in back, and press the bust hard against the handlebar, you will find that mounting is easy, and that four-fifths of your skirt won't be hanging on the side when you get up.

The fashionable way to ride now is to sit forward and over the handlebar, getting the full weight of the arms in the saddle. This is the best way, and it is the only way to ride that does not hurt the back.

PHYSICAL SUFFERING MAY WEAR OUT BODY AND MIND.

Ordinary Wholesome Food Will Restore the Former, but Not the Latter; a Brain Food Necessary. From the Times, Troy, N. Y. William H. Harrison, Jr., a well-known resident of Berlin, tells the Times how he was stricken with a complication of diseases some time ago, being left, after his partial recovery, a mental and physical wreck. Considering the fact that Mr. Harrison was compelled to use crutches, and has now fully recovered so as to be able to put the crutches aside, this was indeed an interesting case.

Mr. Harrison tells this story: "I am fifty-one years old. Three years ago last March I was taken sick with a complication of diseases; my doctor helped me somewhat, but I was left with my left leg swollen, there were purple patches on the inside of the ankle and there was so sorely my feeling in the leg from the knee down. Above the knee there was a weak, faint feeling. The suffering was almost unbearable. I was, in fact, a mental and physical wreck. I had neither energy nor ambition, my mind was blurred and I could not concentrate my thoughts. I was nearly discouraged when I happened to read an advertisement of the cures of Dr. Williams' Pink Pills. I felt that they would hit my case, and a friend of his, telling what the pills had done for a friend of his, made me decide to try the remedy, so I returned to send to Schenectady for some of the Pink Pills.

"For a year I had been able to do no manual labor and walked on crutches most of the time, but before I had taken half a box of the pills I felt like a different man. After taking several boxes of the pills my legs improved, and my bodily health was altogether better. I put aside my crutches, my strength returned, my mind became clear and all the organs of my body seem now to be doing their work well. "I am now working most every day and I am in nearly as good health as I had been for several years prior to my last illness."

Mr. Harrison was loud in the praises of Dr. Williams' Pills, and he continued: "I can honestly say that if I had not had the pills I should not have been here to-day, so I most cheerfully tell of the wonderful work they have done for me. I sincerely hope that the statement may reach some other poor sufferers and accomplish as excellent work for them as I have had the benefit of."

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing remedy for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe, palpitation of the heart, pale and sallow complexion, all forms of weakness either in male or female, and all diseases resulting from vitiated humors in the blood. Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, 50 cents a box, or six boxes for \$2.50 (this is never sold in bulk or by the 100), by addressing Dr. Williams' Medicine Company, Schenectady, N. Y.

There is more Catarrh in this section of the country than in all other sections put together, and until the last few years was supposed to be incurable. For a great many years doctors prescribed local remedies, but they failed to cure with local treatment, pronounced it incurable. Science has proved that it is a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. The only other one hundred dollars for any case it fails to cure. Send for circulars and testimonials free. Address: F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

In 1820 there were 100 practicing dentists in the United States.

FASHION NOTES.

The next season will be characterized by the prevalence of ribbons on all garments, and especially on capes.

Lace net crown pieces, embroidered in mock jewels, black spangles and jet, are very elegant for dressy bonnets or toques.

Round capes of cloth are trimmed with a neck ruche and jabot ends down the front, of changeable or chameleon taffeta.

Graduated loops of ribbon are a feature of hats that tend to broaden the effect, as they are placed in sets of three loops, one set on each side of the crown.

Tigre aigrettes—one color striped with another—also tiquets aigrettes, are innovations of the season. Black aigrettes, tipped and decorated at the base with turquoise, constitute another diversion.

A new veil, which promises to catch fashion's fickle fancy, has been introduced. It is a black net with white embroidery effect and applique border. Also a plain black having only the applique white border.

Persian printed cambric waists are seen in a very handsome assortment of dark colorings.

The late hats from Paris and London are exceedingly gay and bright. They are of silk straw, as light as possible, delightfully lustrous and beautifully braided or platted.

Odd toques in black and yellow or green and white, edged with cuba-looped braid, have rosettes of the same braid already in place at each side of the back beneath the rim.

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