

## Woman and Her Work

Would you be well, and beautiful, and hearty, healthy and happy, with an excellent digestion and a complexion to match; and would you live an indefinite number of years without experiencing any of the inconveniences of growing old? Of course you would; Well then straightway begin going without any breakfast. It is this breakfast, this useless, superfluous meal which nearly all of us persist in devouring, that is at the bottom of all our troubles, and most of our ill health. Therefore discard this unnecessary indulgence while there is yet time, and learn what benefits are to be derived from beginning the duties of the day with an empty stomach, and a clear head. You won't like it at first I can assure you, and you will probably have a terrific headache and a bad bilious attack for the first few days, but you must not mind that. Many of our most cherished tastes were originally acquired with infinite pains, and carefully cultivated for a long time afterwards. It was so with tomatoes and bananas, yet how difficult the lovers of both those products of civilization would find it to dispense with them now.

It is the same with the no-breakfast people, at least so they say, and to go back to the heathen darkness of even coffee and rolls at eight o'clock in the morning would be little short of suicide after having lived in the full glory of breakfastless enlightenment.

I do not think the no-breakfast theory is by any means new, it has cropped up on various occasions and every now and then a few people become converted, but whether they slide back again into the darkness from which they emerged and are no more heard of, or whether they continue to keep the even, and breakfastless tenor of their way, I know not. Suffice it is to say that there must be a good many people very much in earnest about it now, for the idea is steadily growing in favor in the United States, and numbers of people in New York practise it.

The founder of this singular theory is a Dr. Dewey of Philadelphia a physician of the old school who has been in practice for thirty years, and who believes that every organ of the body needs rest, but that the stomach is the only one which never gets it. We go in at six o'clock in the evening he says, tired out from the day's work, and set the stomach to work on a hearty meal which keeps it busy for four or five hours, and then when we get up in the morning our stomachs are really no more ready for food than a new born infant is for solid nourishment, and if we think we are hungry we make a very great mistake; what we feel is simply a false appetite, and the impression that we must have food has simply grown out of a misapprehension. All we want of food, says this authority is to replace waste, we do not eat to get strength, because we could not assimilate food unless we had strength to digest it; therefore the eating of breakfast is merely a habit which has become second nature with most people, and from which they should be only too glad to break away.

The no-breakfast folk rise in the morning just like their gluttonous neighbours, and instead of gratefully sniffing the appetizing odors of coffee, boiling, and bacon broiling as the more carnal minded of us while dressing, they simply go about their daily avocations as if no such thing as food existed. The business man goes to his office, the housewife to her duties without any cheerful gathering about the family board, or merry clatter of knives and forks, and until eleven o'clock no thought of food allowed to interfere with the daily duties; then the first meal of the day is served and it never consists of more than coffee, fruit, a cereal of some kind, and rolls. "I can't explain to you" says an ardent advocate of the new regime. "What a delight it is to get up in the morning and go to work without having to stop and go through the bother of eating breakfast. The brain is so much clearer and more active, and we all find that we are able to accomplish three times the amount of work that we formerly did."

"But don't you get faint, and didn't it inconvenience you at first?" asks the searcher after knowledge.

"Not for one day, or even for one minute" responds the enthusiast emphatically "my husband says that breakfast at eleven is as much of a surprise to him now, as it used to be at seven. We simply don't think anything about it, that is all there is to be said, and we are both much better off physically and mentally. I never ask my servants to adopt this plan, but three of them have done so voluntarily and are as much delighted with the result as we are."

Now for the wonderful results that are

supposed to follow abstinence from breakfast—if you have been delicate or a dyspeptic and obliged to follow a rigid diet, you have only to become converted to the no-breakfast theory in order to be able to eat anything and everything, and enjoy it as you did when a child.

If you have lumbago, sciatica or even plain rheumatism no breakfast will make you as good as new again, and if you are too thin for beauty it will put you in such perfect health that you will soon have rounded curves where the angles were; while it too much fat is your trouble the same plan will enable you to get rid of the superfluous adipose matter, tone up the muscles and restore the figure to symmetry.

In short we all eat too much, and have always done so, and the appetite for food which most healthy people feel upon just arising, and which they fondly imagine is a sign of perfect health, is in reality as much of a false appetite as the toper's craving for drink. Our energies are exhausted in getting rid of masses of unnecessary food, and our constitutions are undermined in the process.

But all the same I fancy that most of us will continue to regard our morning hunger as a healthy sign, and to enjoy our eight o'clock breakfast, at least until further notice.

The attempts to revive the early Victorian fashions form an interesting sort of study just now, and it will be amusing, later on to see how many people will be willing to make guys of themselves for the sake of paying a compliment to the "Widow at Windsor" who will be blissfully unconscious of their efforts to please her. It will indeed be a test of loyalty to adopt the early Victorian coiffure which is one of the very latest English fashions in hair-dressing, and consists of one or two up standing loops of hair on the top of the head with a bow of ribbon and a comb, as a finish at the back, and the hair drawn slightly down at the temples in front. It will scarcely be a becoming fashion however unique it may be.

I believe the ladies who are to attend the men's jubilee garden party at Buckingham Palace, are to wear real Victorian hats and bonnets, and that the latter will be genuine time-honored pokes, but we are given the consolation of knowing that in the skillful hands of the French milliners even these uncompromising ugly head-dresses will be transformed into things of beauty, and that miniature poke bonnets have great possibilities with a pretty young face inside. Unfortunately pretty young faces are rather in minority, but then as long as the young and pretty ones look well, those who are neither don't count. The dresses to be worn with these bonnets will be a sort of combination of old and modern styles, which will harmonize with the quaint headgear. Everyone will be glad to hear that black grenadines are coming in again, and that they will be worn by woman of all ages!

No material has ever been found to quite take the place of the ever useful, and ever beautiful black grenadine which was quite good enough for a ball and quite plain enough for a summer street costume according to the manner in which it was made. Many of this season's grenadine gowns are lined with black, the touch of color which is essential to the success of any gown now, being given either by bows or killed trills of silk on the bodice. The skirts are sometimes trimmed with narrow black satin ribbon put on in various designs; and sometimes with triple ruffles of the material set on from the knee down. Bows and rows of milliner's folds trim some of the skirts while others are garnished with numerous rows of tucks and insertions. Panels have taken a new lease of life, and many of the newest dresses show side panels, front panels, and plaited panels set in the two front seams and flaring out at the foot in fan fashion. Indeed every device in skirt trimmings which either past or present fashions can suggest seems to be utilized; but still the plain skirt holds its own.

The newest and most popular bodice is opened and trimmed on the left side, and the very latest fancy is a revival of the diagonally fastened bodice which opens from the left shoulder to the right side and is finished on the edge with accordion plaited trills of silk, chiffon or lace in double rows. For slender long waisted women it is a most graceful and pretty style, but, like so many other pretty fashions it is forbidden for the short stout dame.

That drapery is really coming in again, seems a fact that can no longer be disputed; we have all heard something like this before I know, but this time there is no mistake about it, the oracles say that we shall soon be flourishing in elaborately draped skirts and feeling quite as well dressed in them as we do now in our trim straight hanging garments.

Foulard silks are quite as popular as they promised to be earlier in the season, and it

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a good deal lately about medium and high priced footwear, now we want to let Everybody know that in the low priced shoes we also lead.

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is made up in many designs both for street, home and evening wear, and some of the contrasts they display are very startling at first. For example a blue and white check trimmed with green is a very favorite contrast, while black, with blue and white finds almost equal favor. One foulard gown of blue and white check has a yoke of perpendicular rows of black and white lace insertion, a black satin belt, and a full bodice of the foulard with five cordings an inch apart running around below the yoke. The skirt is made loose from the lining, plainly hemmed and eight fine cords are set in around the hips twelve inches below the waist, beginning at the front breadth, thus folding the fullness in check. Cording and tucking are special features of fashion particularly in the thin dresses, and the finer the tucks the more up to date they are. Tiny tucks drawn up in shirrings close together in groups, form one of the favorite effects for muslin gowns and they are all arranged around the hips on the skirts, and for the yokes on the bodices.

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### A SPIDER MOTHER.

A Device by Which She Knew When Little Ones Were Harmed.

"God's gift to the weak," a poetic definition of instinct, is illustrated by an incident related by Mrs. Traill in her "Pearls and Pebbles." As she was rambling along the rocky margin of a Canadian lake one morning, she noticed a ball of yellowish silk hanging in a maple bush.

The ball, about the size of a pigeon's egg, was held in place by a number of strong lines. On Mrs. Traill's touching one of the lines, dozens of small spiders rushed out from the ball, and from the bottom of the bush, to which several of the threads were attached, came a large black spider.

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Up she hurried to the rescue of her brood. Examining the lines and finding nothing injured, she ordered the frightened little ones back to their cradle-bed. As soon as she saw them safely housed she retired to her post at the foot of the bush.

Again Mrs. Traill touched one of the strings; the little spiders again ran out, and up came the mother, angry at being annoyed, but anxious to see what had caused the vibration. Close observation showed Mrs. Traill that a thread was attached to each of the little spiders and fastened to the centre of the web.

When they ran out they formed a circle, and their movements caused the threads connected with the mother below to inform her that the brood were out of their nest. Mrs. Traill could not but admire the marvellous instinct of maternity implanted as strongly in this little animal's breast as in that of any human mother.

4,000 DUELS IN A YEAR IN GERMANY.

1,000 a Year in France and 2,759 Duels in the Last Ten Years in Italy.

More duels are fought in Germany than in any other country. Most of them, however, are student duels, which culminate in nothing more serious than slashed cheeks or torn scalps. Of all German university towns little Jena and Goettingen are most devoted to the code. In Goettingen the number of duels averages one a day, year in and year out. On one day several years ago twelve duels were fought in Goettingen in twenty four hours. In Jena the record for one day in recent times is twenty-one. Fully 4,000 student duels are fought every year in the German empire. In addition to these there are the more serious duels between officers and civilians. Among Germans of mature years the annual number of duels is about one hundred.

Next to Germany, France is most given to the duelling habit. She has every year uncounted meetings, "merely to satisfy honor," that is, merely to give two men the opportunity to wipe out insults by crossing swords or firing pistols in such a way as to preclude the slightest chance of injury. In the duel statistics these meetings are not reckoned, as they are far less perilous than even the German student duels. Of the serious duels, France can boast fully 1,000 from New Year's to New Year's. The majority of these are among army officers. More than half of these results in wounds; nearly 20 per cent. in serious wounds.

Italy has had 2,759 duels in the last ten years, and has lost fifty citizens by death on the field of honor. Some 2,400 of these meetings were consummated with sabres, 179 with pistols 90 with rapiers, and one with revolvers. In 974 cases the insult was given in newspaper articles or in public letters regarding literary quarrels. More than 700 principals were insulted by word of mouth. Political discussions led to 559; religious discussions to 29. Women were the cause of 189. Quarrels at the gambling table were responsible for 189.

A summary shows that, as regards numbers, the sequence of duelling countries is: Germany, France, Italy, Austria, Russia. As regards deadliness of duels Italy comes first. Then come Germany, France, Russia and Austria in the order named. For the most serious duels the pistol is the favorite weapon in all five countries.

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### His Little Mistake.

An exchange tells of a clerk who was showing a lady some parasols. He had a good command of language, and knew how to commend his goods.

As he picked up a parasol from the lot on the counter and opened it, he struck an attitude of admiration, and holding it up said:

"Now, there, isn't it lovely? Look at that silk. Particularly observe the quality the finish, the general effect. Pass your hand over it," he said, as he handed it to the lady; "isn't it a beauty?"

"Yes," said the lady; "that's my old one. I just laid it down there."

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