

### Chat of the Boudoir.

FRILLS OF FASHION.

Tortoise shell buttons flaked with gold are a feature of the tan cloth coats.

Sable seems to be the only fur which is considered elegant enough to be used alone without any other fur in combination with it. Almost all the fur garments show some combination, the least effective of which is chinchilla and ermine. Contrast in color is necessary to produce a good result.

If you see any deep round lace collars, or collars of fine embroidered batiste on the bargain counter, do not pass them by, for they will give a fashionable touch to your summer gowns later on. The latest bolero, cut low, shows several circular collars, and any sort of collar in the Louis XIII. style is a good investment.

For trimming balls gowns silver seems to be taking the place of gold, and in combination with lace on pale blue tulle or net it is very attractive. Silver gauze roses are used effectively and lace with silver flounces woven in is another form of decoration.

Chiffon roses and poppies with silver centres are another feature of trimming on ball gowns, but the chiffon must match the costume in color.

Jewelled brooches seem to have found some really practical excuse for their existence and are used to fasten collarbands at the back, to hold up stray locks of hair, and to fasten dainty little boleros in front. The fashion of pinning them on just any where entirely for show has passed with many other fads and fancies.

The smartest muffs are very large, either in the oblong flat shapes with ruffles at the ends and a bow for a finish, or, if in long-haired furs like sable, made soft and round with a finish of tails. Wonderful creations are made of scraps of fur, chiffon and velvet or lace and satin and fur, as you like. There seems to be no rule for these connections, which can be easily fashioned out of odds and ends. The very latest fancy in muffs is made of ostrich feathers dyed to match the father boa which is of exactly the same tint as the gown.

Black embroidery on batiste and chiffon is of the novelties in trimming.

Gray suede slippers worn with gray silk hose are very smart, while for the ball room there are gilt slippers, and black satin slippers embroidered with gold.

The Parisian lapdog of fashionable distinction is supplied with a winter outfit which in money value would furnish one small child with clothes for a year. One little "Toto" has a coat of velvet lined with baby lamb turned back in a narrow collar around the neck. Other expensive furs are used of course, and the bride who takes her pet dog away on her bridal journey decks him out in a white broadcloth coat lined with ermine. This coat has a pocket in which there is a small handkerchief five inches square, embroidered with his initials in a color which matches the tiny border.

Rubber shoes which button around the ankle are one of the expensive accessories, and then there is the little wicker bed with a silk draped canopy to keep off the air, besides the greater luxury of an elderdown quilt with a linen sheet on one side buttoned around the edge.

#### THE GOSPEL OF BREATHING.

How to Fill a Caved-in Chest—Give Your Lungs Air Baths.

A hollow, caved-in chest is a beauty woe for which the afflicted one is herself responsible. If one is in ill health it is a different matter. Disease will cause the lungs to shrink and contract, and depression of the chest is then unavoidable.

Full, perfect development of the chest is as natural as red lips or bright eyes. Breathe properly, carry yourself with a little vim and use your backbone instead of a harness made of steels, whalebones and pink satin. Then you will be a real flesh and blood woman, not a fashion plate held together with hooks and eyes and braced up with a corset that makes one's equator feel as hard as an oak tree or a pavement stone.

The day of the wooden, corset-leashed figure is departed—praise be to heaven! The mode now is the rational one of nat-

tural, soft lines. The slender woman shuns corsets entirely and wears a cunning little girdle of tapes or ribbons that brings absolute comfort and yet holds the abdomen in place and gives a support for petticoats and gown. She can know the joy of full lung expansion—a privilege which civilized women have acquired only in recent years. The girdle is worn loose enough so that breathing can be from the diaphragm. If you don't know what a diaphragm is, look in the dictionary—but of course you know.

However, the subject of corsets is not the one which was to be harped upon to day. I began to talk about slumped-in chests and the absurdity of these unnecessary and disfiguring deformities.

Let me suggest some exercises for the beauty patient.

Stand in a doorway—a narrow doorway preferred. Place the palms of the hands flat on the door casing, the tips of the fingers being placed at the height of the shoulders. Walk through the door without removing your hands, until you are the length of your arms away.

At first you will declare that you can't do it. But keep on, day after day, and the first thing you know you will be so supple that you can float through the door after the approved hygienic fashion described. And its great fun asking other girls to try. It looks easy—but it isn't.

This exercise draws back the shoulder blades, bringing into play all the important chest muscles. It will make your throat full and pretty, and the bony girl will find that it will help fill up the ugly hollows in her neck and chest. Night and morning walk through the doorway fifty times.

Breathing exercises are invaluable if one would have a high chest, firm full bust and a waist round and supple. Nature did not intend us to waddle about with drooping chests that cause us to look like consumptives in the last stages of the disease.

Expand your lungs to the limit. Raise your chest and keep it raised. Practise the exercises as they are given here, but make it a rule to breathe correctly all the time. While waiting for a street car, while standing in the kitchen door, fill your lungs to the splitting point, and, more important still, expel thoroughly, emptying the lungs completely. It is quite as necessary to get all the bad air out as it is to get plenty of fresh air in.

When you arise in the morning slip on a bathrobe and bedroom slippers. Open the window. To take breathing exercises without perfect ventilation in the room is to waste your time.

Place yourself in an erect, easy position with one foot a little forward, allowing the weight to rest upon it. Put the arms skimming the fingers pressing on the abdominal muscles in front, and the thumbs on the dorsal muscles on either side of the spine. Hold the head vertical, the hips back, the shoulders backward and downward, chest high and full.

Take a deep tranquil breath, but one that will cause the chest to rise fully and to fall freely at every effort. Do this twenty times.

Second exercise: Place the heels together, right hand on the chest and left hand just above the waist line. Take a deep, long breath, raising the chest to the limit. Expel the breath from the diaphragm, allowing the left hand to press inward. But don't let the chest fall. Exhalation must be slow and complete. The air can be forced out of the lungs with the chest kept erect. It is not an easy matter to master this exercise in the beginning. Do this twenty times.

For relaxation try this exercise: Take a deep breath, close the hands, stretch one arm backward and upward, then the other, moving the body at the waist line one way or the other, expelling the breath slowly. Keep in mind that belts and corsets restrict the development of the abdominal muscles, and it is these that you wish to stretch and pull and exercise.

In the act of inspiration take in as much air as you can hold. In that of expiration retain all you can and give out as little as possible.

This is particularly necessary in effusive breathing, which is excellent for chest development. Draw in a full breath and send it forth in a prolonged sound of the letter H. Never mind if you sound like a steam radiator ready to explode. You'll get a chest, and the girl who laughs at you won't.

Exercise in expulsive breathing: Draw in a full breath, and emit it with a lively, expulsive force, still sticking to your H sound. Do not prolong it as you do in the effusive breathing. Let it be a sort of snort or moderately whispered cough. The breath is projected in the air. In the exercise mentioned just before this one the breath is merely effused into the surround-

ing air.

Before going to sleep give your lungs an air bath.

Lie flat on the back, with no pillow under your head.

Place the arms close to the sides, then inhale and exhale slowly, allowing yourself a rest of five or ten seconds between breaths. Do this fifteen times. Then, with arms extended straight across the bed, breathe slowly and deeply fifteen times more.

#### LIFE IS GROWING LONGER.

Statistics Show Considerable Increase in the Span of Existence.

From statistics and the result of certain changes in the methods of living we can safely affirm that the span of life is steadily lengthening. Three thousand years before the Christian era the average duration of life was said to be three score years and ten. This would make middle age come at 35. Dante considered that year the middle of life's arch and Montaigne, speaking for himself at the same period of life, considered his real work practically ended and proved that he thought he was growing old by falling into the reminiscent age.

At the present time fifty years is considered at middle age. In the days of the revolutionary war prominent men at that time were looked upon as old at 50 years. We are justified in supposing that the span of human life will be prolonged in the future because the possibility of living to an older age has been demonstrated by the great advances made in medicine and hygiene during the past ten years.

We have attained a vast amount of knowledge as to the causes of disease, and new remedies for their successful treatment have been discovered. We have no new diseases at least, of any serious character, and we are better able to treat the old ones, which, like old foes, appear to us with new faces.

One of the most interesting and trustworthy statements in respect to old age is the report of the habits of centenarians, made some years ago by a commission appointed by the British Medical Association. Without going into particulars of the different cases, it is valuable to note generally, the result of this investigation.

It seems that most of these old people were small or medium of stature and of spare habit of body. The voice was rarely feeble. Most of them had lost their teeth, but nearly all of them enjoyed good digestion, one old man of 98, a clergyman, placing his hand on the organ in question and saying that he never knew what it was to have a stomach. Nearly all of them had enjoyed uninterrupted good health, and many had never known what it was to be sick.

They were all very moderate in eating, most of them using little animal food. Few indulged at all in intoxicating drinks and those only in notable moderation. They took considerable outdoor exercise and nearly all possessed the good-natured, placid disposition.—Royal Magazine.

#### A LOQUACIOUS WITNESS.

He Was one of the Brand That Gives the Court a Pain.

Of all the bores in police court, proceeding the talkative witness is the most tiresome. There are individuals so constituted that they insist upon going into the minutest details when asked a simple question. They seem to think that they must relate their whole personal history, tell family secrets and lay bare the story of their whole past life, no matter how colorless or uninteresting it may be to the judge, lawyers and spectators. Sometimes it requires the entire machinery of the court to shut them off, and even then they will begin to buzz again at the first opportunity. A character of this sort caused more amusement than pain the other day when he ascended the witness stand with the air of a martyr and told or endeavored to tell how the two healthful looking men at the bar had cruelly robbed him. He was a loose jointed, gouty old chap, with a voice suggestive of the harvest field at bay time. First of all, the usual formal questions were asked. The witness said he was "47 come next birthday if I live an don't meet with an accident uv sum kind. Ye know."

"What is your business?" interrupted the lawyer for the defense.

The witness stroked his chin reflectively. "Waal," he drawlingly replied, "I'm part farmer an part politician. Hev trifled in politics considerable, but foun' it didn't pay, an so I went back tew farmin. Ran fer jestis uv th' peace out in aour townshup an got snowed under. Gass you can put me down as a farmer, all right, an—

"You just answer the questions as they are put to you, and we'll get along better."

Several times during the cross examination of the loquacious witness the court, was obliged to call a halt. The farmer-politician was cocksure of the identity of the alleged robbers, though he admitted "tein sorter chipper" when they "dove daown inter me pockets."

"How much money did they take?"

"Kain't tell, but it must 'a, been \$4,000 or \$5,000, 'cause"—

"Never mind," protested the attorney,

,"you have no right to draw conclusions. How many times have you been arrested?"

"What's that?" indignantly exclaimed the farmer politician, rising in the witness box and shooting a withering glance at his questioner.

"That's what I said," calmly responded the attorney. "How many times have you been arrested?"

"Waal," was the reply, "es I onderstand it, the word 'arrest' means tew 'stop an object or person.' Waal, I've been arrested many's th' time," and the loquacious witness smiled as though he had perpetrated an excruciatingly funny witticism.

"Come now," said the court sternly, "tell how many times you have been arrested. Answer the question properly."

"Waal, I was stopped" once aout on the city line 'cause th' policeman thought I wuz too drunk tew keer fer myself, 'spose yew'd call it an 'arrest,' 'cause I wuz stopped, but I wuzn't taken to the stashun."

Finally, after much trouble, tolerably clear and connected testimony was obtained from the talkative witness, and when he stepped from the stand the court promptly ordered a recess, so that those concerned in the trial could secure a much needed rest.

John and Jonathan.

A very dramatic conversation, printed in the London Outlook, has the double purpose of satirizing both the English and American bent of mind and manners. The "smart Yankee" is represented as coming home to his admiring town, and telling, in somewhat exaggerated dialect, what he thinks of his cousin over the water.

"Say, tell us," said a friend, "air the English so terrible slow and dull, after all?"

"Waal," replied the traveller, "I reckon so. I sat down one night in the parlor of a little village pub. Yes, fit's a public house, but they call it pub in England."

"There was the boss of the pub, the local butcher, the local everything, and there wuz myself. I just listened, though I can't say there wuz much much to listen to. The talk ran like this: 'I 'ear as Ted Robinson got the sack last week,' remarked a villager.

"Ted Robinson?" said the other villager, deliberately puffing smoke.

"Yuss, I 'ear so. Ted Robinson got the sack las' week."

"A pause. More smoke.

"Got the sack, eh?"

"Yuss, I 'ear as 'ow 'e did."

"A longer pause.

"Las' week was it, 'e got the sack?"

"I 'ear as 'ow it was las' week."

"A long, long pause.

"Ah! I 'eard that a Friday."

"And," concluded the Yankee, "not a soul among 'em smiled. It wuz their regular mental diet. Oh, yes, smart men the English are, and no mistake.

#### Troublesome Spiders.

Spiders are putting the Argentine Republic to not a little trouble. Not that they are in any way dangerous or destructive in themselves. The grievance is simply that they will spin webs.

Any one who has gone across the fields on an autumn morning before the sun has dried the grass will remember how the dew sparkled on the spiders' webs stretched across the grass and the bushes. It is just this dew on the webs that is the trouble in the Argentine Republic.

There the web-spinning spiders are so plentiful that they have completely demoralized the telegraph department. They spin their webs across the telegraph lines, and as soon as dew falls for a shower comes up, every microscopic thread with which the wires abound becomes wet, and establishes a minute leak. The effect of millions of these leaks is practically to stop the operation of the lines.

### Headache

Is often a warning that the liver is torpid or inactive. More serious troubles may follow. For a prompt, efficient cure of Headache and all liver troubles, take

### Hood's Pills

While they rouse the liver, restore full, regular action of the bowels, they do not gripe or pain, do not irritate or inflame the internal organs, but have a positive tonic effect. 25c. at all druggists or by mail of C. I. Hood & Co., Lowell, Mass.

last resort to connect the two points by an underground cable about a hundred and fifty miles long.

Mrs. Housekeep—I suppose you want a piece of cake too.

Harvard Hub—No, lady, but if there's an old black suit of clothes about the house I could use that. The poor fellow you gave the oaks to yesterday was my own brother.

Too Many People Daily With Catarrh.—It strikes one like a thunder-clap, develops with a rapidity that no other disease does. Dr. Agnew's Catarrh Powder is the radical, quick, safe and pleasant cure that the disease demands. Use the means, prevent its deep-seating and years of distress. Don't daily with Catarrh, Agnew's gives relief in ten minutes. 50 cents.—97

Towne—That boy of Jones' is older than he looks, isn't he?

Browne—I don't think so. Why?

Towne—I saw him out skating today, and he never once tried to see how near he could go to the danger signs without falling in.

Warrior Woes.—Through damp, cold and exposure many a brave soldier who left his native hearth as "fit" as man could be to fight for country's honor, has been "invalided home" because of the vulture of the battle ground—Rheumatism. South American Rheumatic Cure will absolutely cure every case of Rheumatism in existence. Relief in six hours.—98

"But I don't love you!" objected the young woman.

"Then why," howled the indignant youth, referring hastily to divers memoranda in his pocket diary, "did you eat a total of 65 lbs of 60 cent candy I brought you during the closing year of the 19th century, if you didn't love me?"

"'Cause," she said with a rapt expression on her lovely features, "I do love candy!"

Awful Experience with Heart Disease.—Mr. L. J. Law, Toronto, Can., writes: "I was so sorely troubled with heart disease that I was unable for 18 months to lie down in bed lest I smother. After taking one dose of Dr. Agnew's Heart Cure, I retired and slept soundly. I used one bottle and the trouble has not returned."—99

He—You are the only girl I ever loved. She—Then all I can say is you've missed a lot of fun.

"I believe it to be the most effective remedy for the Stomach and Nerves in the market," is what Annie Patterson, of Sackville, N.B., says of South American Nerve, for she says, "La Grippe and the complications which followed it left her next to dead with Indigestion, Dyspepsia and General Nervous Shattering. It cured her."—100

The Bachelor—You can't tell a woman anything.

The Benedict—Oh, yes, you can; but it wouldn't be wise to do so.

Proved Priceless.—Ruby coats and cinnamon flavor. Dr. Agnew's Liver Pills are household favorites. Impurities leave the system. The nerves are toned. The blood is purified. The complexion is bright and ruddy. Headaches vanish and perfect health follows their use. 40 doses 10 cents.—101

"Yes, Weary, I take that brine treatment on one condition."

"What's that, Dusty?"

"They'd have to guarantee that it would give me a perpetual thirst."

"My Physicians Told Me I Must Die," but South American Kidney Cure cured me of that awful Bright's Disease." This is a sentence from a letter of a well-known business man in a western town who through overwork and worry had contracted this kidney pestilence. It will relieve instantly and cure all kidney diseases.—102

"A writer of historical novels has to know a lot of history, doesn't he?"

"Not at all; but he can't get along without a lively imagination."

When Baby had Scald Head—When Mother had Salt Rheum—When Father had Piles.—Dr. Agnew's Ointment gave the quickest relief and surest cure. These are gems of truth picked from testimony which is given every day to the greatest of healers. It has never been matched in curative qualities in Eczema, Tetter, Piles, etc. 35 cents.—103

We have noticed that a woman who keeps everything else neat around a house, is pretty apt to lie down on the lamp.

"They Sell Well" says Druggist O'Dell of Truro, N.S. Want any better evidence of the real merit of Dr. Von Stan's Pineapple Tablets as a cure for all forms of stomach trouble than that they're in such great demand? Not a nauseous dose that makes one's very insides rebel—but pleasant, quick and harmless—a tiny tablet to carry in your pocket. 35 cents.—104

TO THE DEAF.—A rich lady, cured of her Deafness and Noises in the Head, by Dr. Nicholson Artificial Ear Drums, has sent £1,000 to his Institute, so that deaf people unable to procure the Ear Drums may have them free. Apply to The Institute, 750 Eight Avenue, New York.