AT THE HORSE SHOW

THE ART OF GROWING OLD GRACEFULLY

THE real answer to the question of growing old gracefully is, do not grow old at all. A hundred years ago a woman was considered old and discard a ruffled cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

For my part, I believe that old age is not a case of years. It is a matter of mind, drooping and gradually succumbs to fatalities one is old, too, and look of 60 who are in their twenties, and somebody comparatively young. But then, should a woman, she is not for so many years able to maintain satisfactorily, but for good looks and decide herself to hanging out the flag of retirement, which is generally accompanied by a cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

For my part, I believe that old age is not a case of years. It is a matter of mind, drooping and gradually succumbs to fatalities one is old, too, and look of 60 who are in their twenties, and somebody comparatively young. But then, should a woman, she is not for so many years able to maintain satisfactorily, but for good looks and decide herself to hanging out the flag of retirement, which is generally accompanied by a cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

For my part, I believe that old age is not a case of years. It is a matter of mind, drooping and gradually succumbs to fatalities one is old, too, and look of 60 who are in their twenties, and somebody comparatively young. But then, should a woman, she is not for so many years able to maintain satisfactorily, but for good looks and decide herself to hanging out the flag of retirement, which is generally accompanied by a cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

For my part, I believe that old age is not a case of years. It is a matter of mind, drooping and gradually succumbs to fatalities one is old, too, and look of 60 who are in their twenties, and somebody comparatively young. But then, should a woman, she is not for so many years able to maintain satisfactorily, but for good looks and decide herself to hanging out the flag of retirement, which is generally accompanied by a cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

For my part, I believe that old age is not a case of years. It is a matter of mind, drooping and gradually succumbs to fatalities one is old, too, and look of 60 who are in their twenties, and somebody comparatively young. But then, should a woman, she is not for so many years able to maintain satisfactorily, but for good looks and decide herself to hanging out the flag of retirement, which is generally accompanied by a cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

For my part, I believe that old age is not a case of years. It is a matter of mind, drooping and gradually succumbs to fatalities one is old, too, and look of 60 who are in their twenties, and somebody comparatively young. But then, should a woman, she is not for so many years able to maintain satisfactorily, but for good looks and decide herself to hanging out the flag of retirement, which is generally accompanied by a cap, the badge of antiquity, at the age of 35. Then, as the world progressed, the minutes of which the best of life for women was supposed to be lengthened and adjusted to the age of 45 ere at last to 50 it.

Cleopatra that old when Mark Antony decided an imperial crown for her head. Yet, too, in a tropical country where beauty decays more rapidly than it does in temperate climes, Helen, after the ten years siege of Troy, must have been no longer a young woman, yet she was so beautiful that, as Homer tells us, when Menelaus saw her he forgave her infidelities and carried her back to Lacedaemonia rejoicing. Mme. De Maintenon was at when the faithful Louis XIV's mistress, Mme. Montespan, while Diana of Poitiers at 45 was the most beautiful woman at the court of Henry II. The famous French beauties, Ninon de Lenclos, Mme. Pompadour and the Marquise de Pompadour did not too their fascinations with advancing years.

Queen Louisa of Prussia, Amelia, Queen Elizabeth of England, Mme. Recamier, the beautiful Duchess of Devonshire, the unhappy Phillipa Wright, Vittoria Colonna, Queen Mary of Scotland and all the other women famous in the annals of beauty were and breathing fabric and fascinating man all on a level. Age is supposed to be favorable for thoughts toward prayer and emotions.

The beauty of woman is like a delicate flower. It needs the most exquisite care to develop its highest and most perfect. The gardener would not expect his orchids to bloom so perfectly if he left the plants unattended and unattended. So, the woman's beauty, which is more delicate and evanescent than that of any flower, to attain perfection it must be studied and cared for with a true intelligence. Her vital which accounts the evolution of the great cause.

In the age of labor saving devices for the household no woman should be called old until she is 75. I have seen them spritely and handsome at that age. Think of the beautiful face of Elizabeth Cady Stanton and Julia Ward Howe, as women who face the advance of years.

All eyes have their compensations, and when the years take one charm from the face they give another in its stead. When the freshness of youth and coloring is gone, the charm of expressive is supreme, and soul and intellect speak in the steely twilight eyes and lips. Gilbert Stuart's fine portrait of Alexander Hamilton, painted in and to have engraved his intelligence in point the portraits of women under 30 years of age, because, as he said, he hope that age a woman's face lacked character.

A woman who has plenty to eat and has only a moderate amount of worry and housework ought not to look or become prematurely old. Work now is one, but, remember, worrying does. The carrying in of a ton of coal, the lifting of heavy weights, are what I should call heavy manual labor. It is overwork, not work, that tests women. Experience should teach a woman how many tasks she can do without breaking down, and when she reaches that limit she should rest, assuming her occupation later if she must.

The peasant women of Europe were better than our women in this respect. They carry heavy outside wood, their heads, which although sometimes standing their growth, have their faces very wrinkled. One reason that they endure but so well is because they live simply. They do not wear corsets or tight shoes or eat all sorts of unwholesome and poorly cooked food.

While I would be a great deal better if we did not wear corsets at all, I acknowledge that with the present style of dress we are compelled to wear something of the kind. Generally, the women who wear an ill fitting corset is adding her years to her age by the deception to which she compels her features and her figure. I prize the Parisian bodices, who gride themselves in their corporality, therefore what they call a "long figure," which is, after all, only a new name for a fat body. Women are encouraged or pushed to conceal as it. As extras, with all her infinite variety, makes the figure of woman much more beautiful than that of man. Nature, with all her tools, the Parisian bodices have to be supported to a making over which in time induces its elasticity and ceasing.

Years take the simplicities from the features as we will, but they bring true face. The woman who throws only of strong a certain color to her skin who she acquires about as stiff as a cucumber's cucumber does not exercise only very great judgment. Rheumatism and lack of suppleness tell the tales of advancing years as clearly as a book to those unskilled in recognizing the limit of time. When a woman finds that she is less able to act about than she once was, she loses ambition; she does not care to arrange her hair elaborately—it is too much trouble; she begins to be careless about her dress, and frequent changes of her toilet are too much exertion for her increasing avoirdupois.

It is an unfortunate day even for a beauty when she loses interest in being well groomed.

When a woman realizes that her muscles are stiffening and that it is an exertion for her to go up and down stairs, it is time that she should begin to counteract the effects of time. There are a dozen of exercises in physical culture which every woman who expects to retain her grace and suppleness should practice daily. I have a series that was brought to me by the wife of a noted physical culturist. Although not herself a professional, she was, through her husband, one of the most informed persons on the subject of physical culture I have met.

A few of these exercises I will suggest for the women who feels that her body is not flexible. Stick it once was and who wishes to remember that misfortune before it is too late.

The severity process of the hips is the cure of wonder of superfluous adipose tissue. Stand with the feet close together and the following exercise is followed for a few minutes each day.

Stand with the feet firmly placed on the floor, heels together, toes apart, hands on the waist, and, with your lower limbs right, twist the feet slowly from right to left, and as slowly from left to right again. This should be repeated about 20 times.

For reducing the size of the abdomen take this exercise: Stand with shoulders back, feet flat on the floor, knees inclined and toes turned out. The arms should be stretched out straight in front of the body, then, without bending the arms or knees, let the arms drop until the tips of the fingers touch the floor. This exercise cannot be successfully accomplished when a corset is worn. One reason that locomotion is difficult after a few years of age is because the abdominal instrument of torture hardens the muscles of the abdomen. This hardening the bending exercise tends to counteract. During the stretching of the muscles in the back of the leg caused by bending over, it tends to give grace and ease in walking.

Another exercise good for the hips and for those muscles is that of giving what could be called the circular contract. It consists of a slow making of the body without moving the feet from the floor, the body simply moving at the joints, like a Jack in the box when the lid is closed.

To strengthen the muscles of the legs place with one hand on the table. With the body then supported swing one leg back and forward ten times. Then place the support on the other side of the body and swing the other leg.

For developing a scrawny neck the best exercise I can recommend is that of moving the head very slowly and firmly from side to side, as if trying to look over the shoulder and behind one as far as possible. After performing this movement ten times the head should be moved forward, then backward, then alternately backward and forward ten times each.

Mary Scott Cleland.

New York.

A PRETTY PLAITING YOKE.

A very pretty plaiting yoke may be made from half a yard of silk. The model was made from rose silk, trimmed with cream lace and insertion, all around the outside edge. It is trimmed with ruched ribbon. Such a yoke over a lady's dress will give a touch of daintiness and elegance that makes it noticeable wherever worn. The yoke may, of course, be made in any color that pleases the owner. A very pretty one might be of white chiffon plaited over yellow or white silk, the chiffon softening the silk, and it might have that glaring effect in contrast to the face that is the case with most of the highest fashionable colors. A ruching of the silk may be set slightly into the bodice and form the crossgreens, white or black being chosen, or even a shade to match the silk lining.

HAVANOSE HINDOO WOMEN.

Many of the women of India, and especially those of Cashmere, are beautiful. In a typical Hindoo beauty the skin is just dark enough to give a rich, soft appearance to the complexion, the features are regular, the eyes mild and wide and shaded by long silky lashes, the hands and feet are small and elegantly formed, the demeanor is modest, the manner gentle, the voice low and sweet. These are not isolated instances among the middle class Hindoos as well as among the upper ten, and even among the lower castes the face show considerable refinement. Many a Hindoo woman, who has, perhaps, little pretensions to beauty of face, has, nevertheless, the step and carriage of a princess, and, if she is old her features show good proportions of eyes and mouth and nose, her figure as she walks down the street with her load on her head is truly a beautiful object.

ADVICE TO BRIDEGROOMS.

Don't be nervous. Of course you can't help it, but don't.

Don't shout at sensible times "I will," but just turn to those dear, dear, sweet, sweet ones that will make the girls in the innumerable rooms each other and say, "Don't be lovely."

Don't think you're giving first bills on your wedding day. You're not.

Don't give a bachelor supper before hand. At bachelors, no, don't.

Don't call her "old woman" or "Jackson Jackson." It fails in one and only makes her feel bad.

Don't think about how big your best man knows how when you kiss at the altar. Be disinteresting.

SUGGESTIONS FOR SYMMETRY-PRODUCING EXERCISES.

1. For reducing the size of the hips. 2. For reducing the size of the abdomen. 3. For strengthening the hip and knee muscles. 4. For developing neck muscles.

MATTERS CONCERNING WOMEN.

A new kind of embroidery, used to decorate Irish dressmakers, is said to be the invention of the queen of Saxony. It is of many colors, on one ground, and is spoken of as most effective. Approval from everyone who has seen it.

The Duchess Hardell-Coutts owns the finest book of goats in England.

It is a curious fact that red haired people are far less set in as bald than those with other colored hair.

A woman of perfect figure should wear 38 pounds and be 5 feet 5 inches tall; she should measure 5 feet 3 inches from the tip of the middle finger to the tip of the other when the arms are extended. The length of the hand ought to be just absolutely of the and one-seventh should be the length of the face.

The Santa Gertrudis ranch, owned and managed by Mrs. Richard King, is one vast pasture of 125,000 acres, with the shape of a single horse large enough to reach from London to Edinburgh. It is estimated that this track would hold up of the five sheep in Great Britain and half the world's population.

What is probably the oldest doll in existence is little Queen Hatasu, carved in wooden in the British museum. It was found in the excavations of an Egyptian princess who had died when a child three centuries before the Christian era. When the wrappings were unfolded the wooden body, the baby fingers still clasped the doll.

Queen Victoria has a large and perfectly shaped hand and wears a 7½ glove.

She wears only black gloves and affects still the two and four button kinds she wore at the beginning of her reign.

The queen of Greece is the only woman admiral in the world. She holds this rank in the Hellenic navy, an honorary appointment conferred upon her by the queen mother, her father held the rank of high admiral.

Sigrid De Eter Maeri, who has been appointed by the supreme council of public instruction to the chair of anthropolitic anatomy in the University of Pisa, is one of the most learned and famous of Italian ladies. She is a doctor of medicine and has written several books on subjects relating to comparative anatomy. She has been honored by several learned societies for her services to the cause of science.

Louise Fabert, the woman dean of St. Bernard, has received a gold medal from the French Society for the Encouragement of Good Actions in recognition of her five consecutive rescues of people in danger of death. Louise Fabert has worked as a diver for the past five years and has to her credit 1,000 lives saved, with her three brothers for her partners.