

Good Form

Accepting Invitations.

When an invitation to any sort of an entertainment is received its recipient should at once conclude that whoever invited him or her wished to offer a courtesy and that the only way to reciprocate would be to make him or herself as agreeable as possible in return. If young people are in the majority there is no surer evidence of proper rearing than their behavior to their elders, as a want of consideration for the convenience and comfort of everybody present shows plainly that they have never been taught the first principles of the laws of social usage we call etiquette.

If it is older ones and they have no regard for host or hostess they do not deserve to be honored again by invitations, and they may possibly in the future wonder why it is they are not. Those who do not care for music ought not to attend a musicale, as in their indifference they give offense by loud talking and more especially by the half suppressed but almost constantly moving about, showing impatience and preventing the enjoyment of those others who, loving music, wish to listen quietly and with understanding.

A point that may not be generally understood when attending private concerts, vaudeville or indeed any form of entertainment offered for them at a private house is that, while appreciation should be shown, very loud or prolonged clapping of the hands or stamping with feet for encores are in exceedingly poor taste. Such manifestations may be and are quite all right in a circus or public place of entertainment, but are considered quite wrong in private.

It is in the observance of these very small but very particular things that the well bred men and women show their training; to be reasonable in all ways and to contribute to the enjoyment of all present is to follow the laws of etiquette.

Announcing an Engagement.

"What is a pretty and novel way of announcing an engagement?" asks a correspondent whose love affair has culminated so happily that she wishes to tell her friends of the glad news. "I am going to entertain about twelve of my friends at a dinner Saturday night and want to make my engagement known to them. What is the best way to do it?"

An original and rather clever idea was carried out recently by a newly engaged girl, an idea which could be copied with very good effect by any one in the same happy situation.

Of course you have heard the expression "all in a nutshell." Well, the hostess took this as her motto and determined to give her news away "all in a nutshell." Her entertainment took the form of a luncheon—a dinner would do just as well—and there was nothing unusual in the table decorations to disclose the impending engagement except that at each plate, sitting directly in front of the place card, was a good sized horse chestnut tied with pink ribbons.

Of course the guests became curious the moment they sat down. They wanted to know what the shell contained. "Open it and see," said the hostess, with a sly smile. The guests untied the ribbons. The shell, which was cut in two, fell apart, and a tiny slip of paper fell out of its hiding place. Of course each guest pounced upon the slip of paper and eagerly read the following: "Engaged—Mary Louise Brown to James Henry Smith." The date and the year followed, and that was all there was to it.

"There's all the news in a nutshell," said the radiant hostess as her guests showered congratulations on the fiancée.

Etiquette For Business Girl.

The young business woman never should receive personal callers in her office. She should have her personal mail sent to her home address, and she should be careful about the number of telephone calls she receives or makes. Some offices, perhaps wisely, have a "No telephoning" rule. Where there is no such rule the office telephone should be used only in case of emergency.

There are several reasons why these no calls, no telephoning, no letters rules are wise.

To begin with, a young woman's employers and associates have much more respect for her if they know she has the good taste to wish to keep her own personal affairs more or less to herself.

For another thing, the employee is obviously paid for her time. The time she gives to telephoning and receiving callers and opening her personal mail is time wasted, from her employer's point of view. The time the telephone operator and office boy give to taking care of her mail, her telephone messages, and her callers is also time wasted, from the business point of view.

Good Form In Quarrels.

In a quarrel it is much more dignified to observe a silence and allow the other one to forget himself or herself and to have all the regrets. In this kind of an experience, which is not unusual in family or business life, there is such a chance to lose the self control and poise that we value so highly and is such a comfort to preserve.

HOW TO CORRECT EYE STRAIN IN CHILDREN.

Eye strain is said to be largely a defect of civilization. To counteract it children should be encouraged to use their eyes at long range, and older persons should so train themselves.

A teacher who has a surprisingly small amount of eye strain among her pupils attributes it to her practice of having the scholars drop their work at the end of each hour and look out of the window. There is a contest over who sees farthest. This rests and trains eyes and teaches observation.

A woman who does fine sewing for her living found her eyes strained and weak. She was advised to drop her sewing every half hour and look for a minute into space. Relief was quick, and the eye strain disappeared.

Nearsighted persons who hold their book or work close will ease eye strain and lengthen their vision if they frequently remove their glasses and look at some object on their farthest horizon.

FAST TO BE BEAUTIFUL.

How to Lose That Listless, Sleepy, Lopy Appearance.

A good deal has been said in the past few years about fasting. Some people are for it and others against it, but after sifting the wheat from the chaff we find that fasting is of immense benefit in certain cases if it is not carried to extremes.

When you are listless, sleepy and lopy it might well be that a day's fast would be the means of waking you up both physically and mentally. Usually the sleepy woman, who feels as if she could not move a finger, is the victim of overeating. It sounds unromantic, and it is unromantic, but what else could I say? Facts are facts, you know.

When our friend the dog has over-eaten he has sense enough to refuse all proffered food until he is himself again. Surely a human being ought to possess as much discretion as a dog. Next time you overtax your stomach and the eliminative organs fast and drink quantities of fresh cool water.

Moderate fasting is a good thing in those cases where the abdomen is very much enlarged. This is a hint that a great many women should take advantage of.

Next time you run up to your room stand in front of the glass and eye yourself critically. Then, still gazing intently at your mirrored reflection, turn slowly until you obtain a side view of your figure. If what you see does not please you it might be well to fast for twenty-four hours several times a month. Be careful, however, not to shock your system unduly. For fear of this begin by a semi-fast, especially if you are a woman of "un-certain age."

TRY THIS METHOD.

How to Skillfully and Neatly Mend Fine Table Linen.

Plain damasks may be darned, but in the damask is one of the pattern weaves a patch can be made more invisible than a darn. The patch should be either an old napkin or a piece of damask that has had some wear and if at all possible match the pattern.

To apply the patch cut away all the worn parts and shape the hole into a square or oblong; then cut the patch so it will exactly fit the hole and use fine drawing stitches, which should also be very close.

The drawing stitch is so called because the two edges, that of the patch and material, are drawn together and held in place by it. It can best be described as a fine stitch in the material. These stitches should be vertical, and as they alternate you can readily see how they would draw the patch and material together and hold them in place. If the slanting drawing stitch is easier it can be used, but for a patch of this sort the vertical stitch would be best.

Unless the quality of the linen is very fine and close a few darning stitches should be used when inserting the patch before beginning the drawing stitch.

How to Make Broom Cover.

Many housekeepers know the advantages of a broom cover, but not so many know the advantage of a broom cover with ruffles. A cover of this kind not only does not wear out as quickly as one without it, but it is more useful in reaching into the corners when used for dusting walls and hardwood floors. It will also clear out the dust behind the radiators and other places difficult to reach better than one without a ruffle.

How to Make the Fashionable Pillow.

The cushion of the moment is undoubtedly the new round shape, which is made of ruffled silk or satin and is big, soft and light as a feather. There are fine muslin covers designed for these as well as for the ordinary square shaped cushion, which is in France also recognized as the most comfortable form of night pillow.

How to Drive a Tack.

When a tack has to be driven in an inconvenient corner, force the tack through the end of a strip of paper and hold the paper instead of attempting to hold the tack. This will save the finger and thumb from the hammer and the recording angel from making an entry on the wrong side of your page.

HEALTH HINT FOR TODAY.

Proper Clothing.

The presence of clothing stimulates by friction the circulation and if of nonconducting material keeps the skin at a normal temperature and the blood from being driven from the surface of the body to the vital organs, thus preventing inflammations, congestions, kidney troubles and various other ills dependent upon the action of the blood and its vessels. A human body exposed to cool air soon begins to lose its heat by three different processes—viz, by radiation, by evaporation of surface moisture and by conduction. The natural heat of the body is necessary to life and must be maintained.

HEALTH HINT FOR TODAY.

Hurried Eating and Constipation.

Hurried eating is a common contributing cause of constipation as well as other ills. When the food is not properly masticated more energy is required in the upper part of the alimentary canal to reduce it to the condition necessary for complete digestion, and in cases in which the vitality is depleted this may so seriously cripple the activity of the lower part of the alimentary canal as to contribute largely to the atonic condition, which is a large factor in such cases. When the food is not fully masticated it is held back in the small intestine as well as in the stomach, and this also has a tendency to establish a sluggish action, which contributes to the condition favorable to constipation. While thorough mastication will not cure those cases which may be largely due to bad mental condition, excessive mixing of food, lack of exercise, overwork, too concentrated food or some physical defect of the intestine, it is an important factor, and more careful mastication will contribute to improvement in all cases.

HEALTH HINT FOR TODAY.

A Cheerful Mind.

"A merry heart doeth good like a medicine." The correctness of this latter statement is seen in the fact that it is much easier for a person to recover from an attack of illness if he is cheerful and hopeful than when he is either indifferent as to his recovery or despondent of it. This is also altogether aside from the strength of purpose which often helps one to throw off an illness by sheer force of will.

Just as the bodily health is improved by cheerfulness so the mental condition is equally benefited by it.

HEALTH HINT FOR TODAY.

How to Resist a Cold.

One way to overcome chilly sensations of the spine and back on the least change of temperature is to put your back up, so to speak, to contract the muscles of the back.

If you are getting chilly about the back of the neck stiffen the neck and set the muscles to work. When you are sitting still and find yourself getting chilly set the muscles to work and you will soon get over it. If you do not start your muscles going you will soon find them going of their own accord. You will begin to shiver—an involuntary action of the muscles. If you will set your muscles at work before that shivering comes you will be able to prevent it.

Contract your hands, your legs, the muscles of your back, raise up your chest, stiffen your neck, then turn it vigorously, slowly, from side to side or bend it backward and forward. This will keep you from taking cold. One need never take cold when sitting still. You can make your muscles work just as hard when sitting down as when walking about, and it may be more convenient.

HEALTH HINT FOR TODAY.

Carbolic Acid For Burns.

Three cases have come to light recently in which pure carbolic acid was applied to burns, causing immediate cessation of pain, with a subsequent cessation of inflammation. The corroded skin came off in a few days, leaving a new skin and causing absolutely no inconvenience or trouble, not even a scar or contraction of muscle. In one case the burn was very extensive, covering entire head, face, neck and hands, and in this case a hypodermic injection of morphia was given. The patient recovered without a single scar, although there was sloughing on the end of the nose and rim of the ears.

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