

WATER IS NATURE'S COSMETIC

RADIANT COMPLEXIONS AND SPARKLING EYES REWARDS OF THE DAILY DIP

As a rejuvenator and beautifier, nothing equals the daily bath. It keeps the complexion fresh, fair and radiant; it makes eyes sparkling and muscles elastic. Then, too, baths are like exercise; they set thin people on the way to accumulating flesh, and reduce the surplus adipose of fat folk.

Going directly into a cold bath, after rising, and using vigorously, first a crash bath mitten, and after that a rough towel, will do much for those in need of banting. The skin should be smartly rubbed from neck to heels. When thoroughly dried, the bather is ready for athletics.

Many people excuse their sluggishness under the plea of lack of time and opportunity to pursue gymnastic exercises, but "heavy woman by own athlete" can be realized inside of four walls. Wands, Indian clubs, or dumbbells are not absolutely essential. Let the fair athlete, who would reduce her proportions, or straighten her shoulders, or retain a youthful waist line, use her bath towel. It may well take the place of a wand.



ON THE WAY TO THE BATH THERE IS NOTHING MORE COMFORTABLE THAN A KIMONA & HEALTHFUL EXERCISE WITH A TOWEL

The common idea of a cold bath is that it is a dangerous test of nervous and moral strength, and that a tubful of water, at about 55 degrees for a plunge produces a shock from which only a powerful vitality can react. Nevertheless, there is a cold bath that the most delicate woman can enjoy and benefit by. It is the bath recommended for United States soldiers after drill, to strengthen muscles and nerves and to promote digestion.

It consists in rapidly swabbing one's self from neck to waist with a sponge, repeatedly wrung out of cold water, following the sponge with a rough Turkish towel, and then getting into half dress and repeating the process from waist to feet.

A bath like that is equal to a tonic. Proceed to it by using the toothbrush and drinking a half-pint of cold water, and within and without one is washed clean.

Another way to take a cold rub is to draw about a foot of tepid water in the bathtub, and stand in it, using a sponge and soap on the body. Then turn on the cold water, dashing the gradually cooling fluid up over chest, arms and shoulders. Flounder about and puff and blow as hard as you like, and stay in until the water is kneaded and sharply cold. Jump out and with a rough towel rub for dear life. Rub until you are in a glow, and then dress instantly.

Unless the bedroom is very warm, don't merely get into a flannel wrapper and potter around, doing up your hair and so on. This brings about a gradual lowering of the physical temperature that is harmful.

A bath of this kind is good for the woman who is over-tired. It is also a simple means of encouraging rosy cheeks.

Here is still another way to take a cold bath. When the water is in the tub, bathe first the face, neck and arms. Then, stepping into the tub, kneel on one knee, and with a sponge, throw the water first over one shoulder, and then over the other, down your back. That causes the reaction which makes the body warm. Quickly sponge over the rest of the body, make a few motions forward in the water, as if swimming, then jump out, dry the body as quickly as possible, and dress. A bath taken in this way need not consume more than ten minutes.

The most refreshing of all baths, excepting a dip in the sea itself, is the salt rub. It is matchless in its effect upon the skin and complexion. With all these virtues, it is the simplest and most easily managed of all baths.

Put a few pounds of coarse salt—sea salt preferably—in an earthen jar, and pour

some water over it, but not enough to dissolve it. This should then be taken up in handfuls and rubbed briskly over the body. The next thing is a thorough douching of clear, tepid or cold water, and a brisk rubbing with a dry towel.

The effect of freshness, elation and renewed life is felt immediately, and the satin-like texture of the skin and increased clearness and brightness of the complexion swell the testimony in favor of the salt rub.

The pine bath is a luxury and benefit that anyone can easily afford. The taking of one once a week will materially brighten the flesh and strengthen the muscles. Get a quantity of fresh pine needles and place them straight, until you have a bundle about as large as your fist. Tie this securely in the middle with a bit of twine, and then twist and bruise the bundle until the needles are half crushed and give out a strong and delightful fragrance. Drop them at once into the bath-

tub—half dozen or more of these bundles are necessary for one bath—and turn on the hot water. Let it be almost boiling. Possess your soul in patience while the water is cooling and getting all the pine odor and juice in solution.

When the water has cooled to the temperature of the body, remove the bundles. The water will be of a yellow color and sweet and fragrant.

Get in the bath, and stay there fully a half hour. While you are enjoying it, your nostrils are gratefully sniffing in the rich, healthful odor, and your lungs are fairly reveling in the sweet, pine-impregnated air.

Do not rub the body on leaving the bath, but dry it by applying soft, old damask towels. Slip into a nightgown and lie down for an hour. If you sleep, so much the better, for you will probably dream of wandering through the sweet, cool pine woods and you will awake rested, refreshed and rejuvenated.

The very thought of a mud wash is distasteful to most people, but it is a fact which some devotees. The idea is by no means new, but not until recently has mud been taken into account as a skin beautifier.

The skin should be thoroughly cleaned and dried until it feels warm and the perspiration has started. Then apply the mud thickly—mud from the bed of a

stream is best—taking care to keep it from the eyes.

The feeling of mud on the face is not so unpleasant as one might at first suppose. It feels much as a coating of vaseline or cold cream would, and its results are perhaps as beneficial. The hands, too, are treated in the same way. After about an hour wash off the coating of another earth.

Mud is a panacea for poisonous bites and stings, as every country maiden knows. It is quite easy to understand that it may remove sunburn and tan and whiten the skin.

It requires some exercise of will power to take an entire bath in mud, the kind of bath one gets at German watering places, for example. The bathtub, about three feet deep, is full of warm, black mud of the consistency of porridge. This is stirred by the attendant with fearless hand, who reassures one that it contains no animal life.

The novice, if she can, may practice a little mental science, and make believe that the stuff is pink—a warm pulp of rose leaves. Once in, the sensation is physically pleasant. The mud bears one up like a water bed. A delicious, soft, warm poultice embraces the whole body.

After 15 minutes, the attendant strokes each limb with warm water as it is withdrawn. The mud never sticks, but falls

away, leaving no trace, and afterward the skin is like satin. The last movement is the step from the mud into the clean, white tub of clear water. There the bather remains about five minutes, when she emerges once more clean, to be enveloped in a warm sheet, and to sleep for half an hour.

One of the fads of the day is an oil bath. Coconut oil or cotton-seed oil is the most approved medium. For giving softness to the skin, and also that firmness of texture so much to be desired, there is nothing better than oil. A thorough bath or massage with coconut oil is recommended as a preliminary to the pine bath, so that the pores of the skin may be cleaned and softened, and in a proper condition for absorbing all the benefits to be derived from the pine bath.

Regarding the proper time for a bath, a simple, general rule may be given. Take cold baths on rising in the morning, and warm ones just before retiring. In taking Turkish or Russian baths, the hour need not be considered, except as in all baths, none of which should be taken less than an hour before or after meals.

When it is possible, use fresh, clean rain water for the bath. This is the nearest approach to distilled water, which is too expensive for general use.

KATHERINE MORTON.

ECZEMA

Psoriasis, Scalded Head, Milk Crust, Tetter, Ringworm, etc.

Speedily, Permanently and Economically Cured, When All Else Fails, by

Cuticura

The agonizing, itching, and burning of the skin, as in eczema; the frightful scaling, as in psoriasis; the loss of hair, and crusting of the scalp, as in scalded head; the facial disfigurements, as in pimples and ringworm; the awful suffering of infants, and anxiety of worn-out parents, as in milk crust, tetter and salt rheum,—all demand a remedy of almost superhuman virtues to successfully cope with them. That Cuticura Soap, Ointment, and Resolvent are such stands proven beyond all doubt. No statement is made regarding them that is not justified by the strongest evidence. The purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy have made them the standard skin cures, blood purifiers and balmour remedies of the civilized world.

Complete External and Internal Treatment.

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales, and soften the thickened cuticle. Dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation, and inflammation, and soothe and heal, and, lastly, take Cuticura Resolvent to cool and cleanse the blood. This complete treatment affords instant relief, permits rest and sleep in the severest forms of eczema and other itching, burning, and scaly humours of the skin, scalp and blood, and points to a speedy, permanent, and economical cure when all other remedies and the best physicians fail. As evidence of the wonderful curative properties of Cuticura Remedies, and of their world-wide sale, we quote from

The Hon. Mr. Justice Finnemore's Letter.

"I desire to give my voluntary testimony to the beneficial effects of your Cuticura Remedies. I have suffered for some time from an excess of uric acid in the blood; and, since the middle of last year, from a severe attack of Eczema, chiefly on the scalp, face, ears and neck, and on one limb. I was for several months under professional treatment, but the remedies prescribed were of no avail, and I was gradually becoming worse, my face was dreadfully disfigured, and I lost nearly all my hair. At last, my wife prevailed upon me to try the Cuticura Remedies, and I gave them a thorough trial with the most satisfactory results. The disease soon began to disappear, and my hair commenced to grow again. A fresh growth of hair is covering my head, and my limb (although not yet quite cured) is gradually improving. My wife thinks so highly of your remedies that she has been purchasing them in order to make presents to other persons suffering from similar complaints, and, as President of the Bible Women's Society, has told the Bible women to report if any case should come under her notice when a poor person is so afflicted, so that your remedies may be resorted to."

ROBERT ISAAC FINNEMORE,
(Judge of the Natal Supreme Court.)
Pietermaritzburg, Natal, Oct. 29, 1901.

CUTICURA REMEDIES are sold throughout the civilized world. PRICES: Cuticura Resolvent, 50c. per bottle (in the form of Chocolate Ointment 75c. per vial of 999; Cuticura Ointment, 50c. per box, and Cuticura Soap, 25c. per cake. Book for the great work, "Humours of the Blood, Etc. and How to Cure Them," 64 pages, 300 Diseases, with Illustrations, Testimonials, and Directions in all languages, including Japanese and Chinese. British Depot, 27-28 Charterhouse St., London, E. C. French Depot, 5 Rue de la Paix, Paris. Australasia Depot, B. Towns & Co., Sydney. FOSTER DRUG AND CHEMICAL CORPORATION, Sole Proprietors, Boston, U. S. A.

GIVING A DINNER IN A SMALL HOME

ARRANGEMENT OF THE TABLE, THE KIND OF A MEAL AND A FEW DON'TS

BECAUSE you live in a house of only moderate proportions and because your cook, butler and waitress are all represented in the person of one dapper, demure little colored maid, there is no earthly reason why you should not give dinner parties and charming entertainments. Just bear in mind that, while dinner giving, like matrimony, is not to be entered upon lightly, unadvisedly or ignorantly, any woman possessed of the usual American allowance of brains and adaptability can learn how to do it, and that the successful hostess is made, not born.

When, therefore, enterprising Henry admits that he yearns to entertain his valuable new client at a savory meal under his own roof, or that it would mean a lot to him in his business if he could show some hospitality to Brown, of Boston, don't look helpless or frowning or rebellious.

Perhaps Calla Lily of the dusky hand is not a Savarin for us. Perhaps your dining-room is a tight fit for six. Perhaps you have never had a chance to become very familiar with the management of this most stately function of modern society. But, never mind, and just don't give this away to Henry.

Sit right down and pen a cordial little invitation to Brown, of Boston. Use your best note paper, and say that you hope he can give you the pleasure of his company on Thursday evening at 7:30 o'clock, and post it to Brown's hotel. If Brown is a gentleman bred, he will appreciate that note, whether he has met you or not. You must take pains to find out, through Henry, whether Brown is a bachelor man or a Benedict, traveling with or without his wife. If he is married and his wife is stopping at the hotel with him, you must send the note to her, and ask her to dine with her husband. Then the four of you will nicely compose the dinner company.

For Brown the bachelor, however, you must ask in a woman to balance him at table. Unless he is a very elderly, very crusty old bore, cast about in your acquaintance for the nicest, prettiest girl you know. Brown may not be ambitious or exacting socially, but he is usually able to appreciate the compliment of a charming vis-a-vis across the candles, and will digest his dinner and tell his own stories all the better for an audience that has bright eyes, a silky pompadour, a gay little laugh and a becoming frock.

As a rule, when the home has a little foot dining-room, it is the part of discretion, as well as comfort, to limit the dinner company to four.

You will do well to lay the board yourself. Put on your best of everything, and be guided in the arrangement by the eye of an artist and a mathematician. Use plenty of light, for that pleases the men, but be thoughtful of your women guests, and temper it to a becoming, carefree glow.

Don't use the overhead gas or electric chandelier, unless you swathe it in masses of pink or yellow or pale green silk, or tissue paper frills. The best and the least expensive recourse is the white or colored paraffin candle. Five or six of these, with pink or pale yellow paper shades, are adequate to the needs of a quartet at dinner. Be sure to rehearse the shade fixtures a little beforehand, to avoid accidents on the dinner evening.

We have grown past the barbaric stage in table decoration, and now the most elegant arrangement for any board is always the simplest. A light lace piece is put exactly in the center of the cloth. On this goes a three-branched candlestick, and at the base is laid a carpet of wild

fern fronds and a half-dozen frowsy-headed, fragrant, long-stemmed carnations.

The next most important point is the heavy suitable for the maid. A plain black frock, an apron that is as daintily white as a magnolia leaf, a little, diamond-shaped, 6-cent, tartan cap, white turn-over cuffs, and a white collar is her orthodox costume the world over.

If you are wise in your day and generation, and if it is your first dinner party, you will not attempt ambitious dishes. Remember that you are going to have men at dinner, and men like the substantial well cooked. The masculine appetite demands soup, roast, salad and a sweet. You can add shellish on ice if you like, but do not attempt fancy dishes.

A perfect roast is the king pin of a dinner, whether it is a rib of beef or a leg of lamb. A couple of vegetables should support the roast. A tomato and lettuce salad, with a mayonnaise made by yourself, should form the third course. Ice cream, with cake and coffee, will round off the meal nicely. Be sure, however, to have the hot things hot and the cold things cold.

Light up the table five minutes before dinner is served and then, when the guests are spreading their napkins, let the soup be brought in, one plate at a time. After soup, the head of the house, ought to carve the roast while the maid passes the dishes of vegetables. It is only polite to invite the guests to a second helping of meat and vegetables and to pass bread, celery, etc.

While soup is under discussion the wine—if there is any—should be introduced. One wine is ample at such a dinner.

Claret, sauterie or champagne are all a good choice, though the champagne is just a trifle dangerous for the maid to handle. The safest way with white or red wine is to uncork and decant it beforehand and put the decanter on the table, or to draw the cork, place the bottle on the sideboard and have it passed to your husband when the soup comes in. He will first fill the glass of the lady on his right and then his own. After this, Brown gets the bottle and fills your glass and his own. Thereafter Henry keeps the bottle beside him and sees that the glasses to right and left of him are properly filled. Be sure, as you value your reputation as a hostess, to prepare an extra strong, clear, hot and stimulating quality of after-dinner coffee. Serve it at table. It is as important as the soup and the roast and the quality of your husband's

cigars. It makes merry the heart of the guest and draws a cheerful veil of oblivion over the possible dash of salt in the ice cream, or the long wait between soup and roast, or the little accident with the ice water.

If you want to make this veil of oblivion thicker still, you must be sure to wear your smartest gown to dinner. Not every dinner party requires a décolleté frock. For a little intimate function of four it is much better taste for the hostess to wear something high in the throat, with long or elbow sleeves, a graceful train and carefully ironed and becoming cuffure. When asked out to dine, it is then your place to assume full dress, and the frock-hoist you have. Acting the part of hostess, however, you leave your gloves

in your bureau's top drawer, wear your most wondrous smile, and never lose your eyes. You are the first to shake hands with your guests, you give the signal for going in and out of the dining-room, and it is in your power to show a deal of grace and good sense, or lamentable awkwardness in doing these simple things.

If a long, narrow, dark hallway leads from parlor to dining-room, lead the way yourself, let your guests follow, and your husband bring up the rear. Should the dining-room open with folding doors into the parlor, the woman guest goes in on your husband's arm and you follow with Brown. Ask Brown to take the chair on your right, and the lady the chair on your husband's right.

Once seated, devote all attention to your guests. Do not attempt to hypnotize your maid with winks and hisses. Do not send cold shivers down Henry's back because he forgets and asks for something that isn't on the table. And do not freeze the general current of Brown's soul by tearfully apologizing for the hot forks with the ice cream, or the mint meringue from the sauce, or the fragrance of frying that hangs in the air.

In short, do not lose your nerve, your sense of humor and your composure. These are the qualities that go into the making of the ideal dinner hostess. Without them her cooking and her table spreading and her frock count only as the secondary essentials to the content of her guests and her own sense of gratifying success.



A DINNER FOR FOUR.

BEAUTY DON'TS WOMEN SHOULD STUDY

DON'T neglect the daily bath, if you don't want a radiant complexion.

Don't wear a high collar. It ruins the line and curve of the neck and hardens the flesh.

Don't talk when you are hoarse. Your voice may be permanently lost, or, if you exercise one part of the body too much and another part not at all. Let the development be symmetrical.

Don't exercise an instant after you feel exhausted.

Don't become so burdened with the ac-

cumulation of knowledge that you cannot spare time to laugh.

Don't be afraid of sunshine and fresh air. They give bloom and color.

Don't tell him you wish you hadn't married him. The chances are that you don't wish it any more than he does.

Don't treat your family to a regular morning view of curl papers.

Don't think "any old dress" will do to wear at home. Always wear a pretty and becoming gown, no matter how expensive.

Don't believe you can get rid of wrinkles by filling in the crevices with powder. Instead, give your face a good bath every night with warm water.

Don't forget that diet, quiet and sleep are the handmaidens of beauty.

Woman's Nature

Is to love children, and no home can be completely happy without them, yet the ordeal through which the expectant mother must pass usually is so full of suffering, danger and fear that she looks forward to the critical hour with apprehension and dread.

Mother's Friend, by its penetrating and soothing properties, allays nausea, nervousness, and all unpleasant feelings, and so prepares the system for the ordeal that she passes through the event safely and with but little suffering, as numbers have testified and said, "it is worth its weight in gold." \$1.00 per bottle of druggists. Book containing valuable information mailed free.

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