PARISIAN FROCKS DEMONSTRATE FRENCH LIKING FOR PIN TUCKING

Little Gowns, Fashioned of Exquisitely Fine Material, Are Cut on Simple Lines, and Are Very Distinguished. Lace Is Absent—Shot Taffeta Coat Popular.

Childish Coats Of Soft Faced In Paris

Paris Frocks Showing French Covered Pintucking.

FASHIONED of exquisitely fine material and cut on simple lines, these little Paris frocks are infinitely distinguished. Pin tucks, run by hand, are a favorite form of trimming with the French makers of children's wear, and both of these pretty dresses show a generous amount of hand-run tucks.

The younger girl wears a frock of embroidered batiste flouncing, trimmed with eyelet-embroidered insertion to match. The sash passes under box pleats in the skirt.

The second frock is of fine batiste, trimmed with eyelet embroidery and pintucking. No lace is shown on either frock.

Both of these smart coats were noted on the Bois one day last month. The top coat is very knowing with its hood lined with blue surah silk and its large white pearl buttons. The material is shepherd-checked mohair in black and white.

The shot taffeta coat is in a weave of blue and gray, and is trimmed with raveled out quilling at the edge of coat and collar. The collar is covered with white Venice lace, and there are narrow lace cuffs to match.

The lace bonnets trimmed with little silk roses are very French and very chic.

Answers to Correspondents

BY LILIAN TINGLE.

PORTLAND, Or., June 12.—Please give me (1) a few suggestions for an evening lunch after an auto ride. (2) Which would be best to use on that occasion, my lunch cloth, or a table cloth with a quilted pad beneath

I will also appreciate (3) a few suggestions for afternoon refreshments when some of my girl friends bring their fancy work and pass the afternoon with me. I want something not too difficult to prepare, but which will look awfully good and be delightfully appetizing for both occasions, and which will be different from what is ordinarily served. (4) What size of napkins and plates are proper to use? (5) If the napkins are the small-sized linen ones, with an initial embroidered on them, where should the initial be embroidered? In the corner or in the center of each?

(6) What will remove a laundry marking ink-spot from my pink gingham dress? (7) Also the stain from my kitchen sink? I have tried the powdered cleansers, but to no avail. (8) Please give me a recipe for a delicious rice pudding.

I hope I am not imposing on your good nature by asking so much. I shall be very grateful for any help you will give me.

"MRS. NEWLYWED."

IT WOULD depend a good deal upon whether the evening were a cool or a warm one, and also upon whether the masculine or feminine element predominated, as well as upon the particular tastes and habits of the group. A "Dutch lunch," for instance, might be very acceptable to some people, and quite repulsive to others. Jellied bouillon, salads, cold sweets and hot chocolate all appeal to the feminine rather than to the masculine minds, as a rule, as do "fancy" sandwiches and "little fussy things." Cheese dishes and the more substantial of chafing dish concoctions, with good coffee, or other masculine drinks, little hot chicken pies or cold savory meats tend usually to find more favor with men. Much depends, too, upon the hour of dining, and the kind of dinner taken. In short, it is a matter for personal study and knowledge, and an outsider's advice can be of no value to you.

One knows too well, alas! the kind of "entertainment" and "refreshments," obviously copied from the preposterous written-to-sell "suggestions" in some "woman's magazine," and absolutely unsuited to the personality, surroundings, circumstances and real tastes of either the hostess or her guests. Buy or borrow from the public library a few first-class cook books and do your own thinking. No one can do it for you.

2. Which ever your prefer. If you have a handsome table top and a nice lunch cloth and doilies use them. If not, use the cloth and table pad. If you have both, use which ever goes best with the style of "lunch" you plan to serve.

3. The conundrum is too hard for me. I give it up. I am always glad to help "Mrs. Newlywed," but in order to answer this question with any degree of intelligence I need to know the tastes and habits of your circle (for what is considered "awfully good," "delightfully appetizing" and "quite different" in one circle may be very commonplace or even quite unattractive in another), the degree of skill possessed by yourself or your cook (for often the "simplest," "easiest" dishes need the greatest amount of skill, taste and judgment) and something of your preferred method of serving on such occasions — "lap," "buffet," around small tables or with a "set" large table, and what your resources are in the way of china, silver, etc. Talking with you I could perhaps give you what you want; but a written answer to a question like this (one of the most frequently made, by the way), can never be really practical.

As I said before, do a little original studying and thinking. Successful hostesses are not made by imitation or by "answers to correspondence," but by the acquiring of that all too rare and desirable quality, "a sense of the fitness of things," and of people, to particular occasions.

4. Which ever is most convenient and best proportioned to the dishes chosen.

5. A matter of personal taste. If they were mine I should have the initial in the corner.

6. This is more of a "guessing game," as I know nothing of the kind of ink or of dye used. You might try, very cautiously, oxalic acid or javelle water. Try first on the hem of some concealed part to see how the color is affected. Use a medicine dropper. Rinse the fabric thoroughly after using either of the above or a hole may result.

Javelle water removes many kinds of stains on enamelled sinks. Get a can of chloride of lime and follow the directions printed on it for making javelle water. The directions were given in this column recently and therefore cannot be repeated at present. For stains unremovable by javelle water try a little hydo-chloric acid. Be cautious with both and rinse thoroughly after using the acid.

8. I can't guess the particular kind of pudding you want. A recipe and some suggestions in regard to simple rice puddings appeared in this column last week. You see, rice has so many possibilities. If last week's recipe is not what you want, write again, giving a more detailed description of what you had in mind. Was it hot, cold or frozen; plain or a combination? I enjoy answering questions and giving help where I can, but I am not always successful at "guessing games."

Portland, Or., June 14.—Will you please tell me how to can fruit in Economy and Mason jars in a fireless cooker? Please answer in The Sunday Oregonian. Thanking you for the favor. A READER.

I should need to know what kind of a fireless cooker you use; what temperature can be obtained in it; and how long such a temperature can be maintained. Home-made fireless cookers are useful for softening hard fruits or for extracting fruit juices, but usually do not maintain a sterilizing temperature. Commercial fireless cookers, with radiators, gas, or electric attachments can often be used very successfully in sterilizing. Usually with such cookers a special book of instructions is issued, and if canning is possible in any particular cooker directions will be given in such a book.

Pendleton, Or., June 14.—Will you please repeat the recipe given in the Fall for cooking lentils. A SUBSCRIBER.

I think a good many recipes and suggestions were given. You might write again and let me know which one you mean. In general, lentils may be cooked like dried peas or beans, though the time of soaking and boiling is less. They may be served plain or with a sauce, as a "vegetable," or with tomato sauce and potato or rice border as a meat substitute. They may be used in a salad, or made into soup; or baked, like beans. They are good mixed with starchy material, such as potato, rice, bread crumbs, corn mush, etc., with egg, fat and flavoring material, and baked or steamed in a "loaf." For such a loaf the lentils may be whole or in a puree, the latter being more digestible. The puree, well seasoned with salt, pepper, onion juice, lemon juice, chopped parsley, chopped celery leaf or similar flavorings, may be made into a loaf without the starchy materials, with a little melted butter and with or without beaten egg.

A similar mixture, with or without "binding sauce," makes good croquettes, rissoles, or "chops," without the egg, but mixed with creamed butter and lemon juice, or with salad dressing, the puree makes a good sandwich paste or "salad balls." For the latter, roll the balls in chopped nuts, grated cheese or celery leaf. Lentils may also be scalloped, alone or in combination with such vegetables as corn, celery, tomatoes, onions or potatoes; used in fritters or in a souffle (the puree is needed for this, of course); or they may be used alone or in combination for stuffed vegetables, such as tomatoes, peppers, potatoes, beets, carrots or turnips.

Portland, Or., June 15.—Please give a recipe in The Sunday Oregonian for Scotch short-bread. M. S.

The original foundation recipe is: Twice as much butter as powdered sugar, by weight, and twice as much flour, by weight, as butter. Knead to a smooth paste, without wetting; pat into round cakes and bake in a very slow oven.

The above recipe is the "Mother of Shortbread," but individual makers introduce minor variations in shapes, size and even of proportion. American tastes often prefer a sweeter mixture, and a little cornstarch, mixed with the flour, makes a more "melting-in-the-mouth" texture. Such a modification is the following: Cream one-half cup butter with one-half cup sifted confectioner's sugar. Add, gradually, one and one-half cups flour and one-quarter cup cornstarch, both measured after sifting. When the mixture is too stiff to beat, knead on a board till a firm but plastic paste, with a good "fracture," is obtained. Mould into round cakes and cut in pie-shaped pieces, or make into a flattened roll and cut in "fingers," or bake in a large, round cake after "pricking over" and pinching the edges. Bake 45 minutes or longer, if thick, in a very slow oven. The shortbread should be light colored and slightly "tinted" all through to develop the right flavor.

Forest Grove, Or., June 18.—Enclosed please find addressed envelope through which I should be exceedingly grateful to have you write me a recipe for preparing lemon extract or juice in large quantities for lemonade, so that it will keep, and thus avoid the daily mixing of lemonade and squeezing of lemons. Thanking you kindly in advance for your trouble. C. K.

I am unable to make personal replies to correspondents, so am answering your questions here, instead of by letter. I hope the following is what you want. Lemonade made in this way is good, but never so good as that made from fresh-squeezed lemons.

Lemon Syrup—Six pounds white sugar, 12 large lemons, 10 quarts water. Grate the yellow rind, or shave thinly (and strain out afterwards). Make a syrup with the sugar, water and rinds, boiling until thick, and taking off the scum. Add the lemon juice and boil 10 minutes. Bottle and keep in a cool place. Use about one-third syrup to two-thirds water, or, of course, more or less, according to taste.

Another way of preserving lemon juice is to boil it down to half its bulk with a little yellow rind. Bottle and use a tablespoon to a glass of water, sweetened to taste.

Hood River, Or., June 18.—May I trouble you to give me, through the columns of The Oregonian (1) a recipe for raspberry shrub, and (2) to tell me what parts of the nasturtium plant are edible and how they may be utilized. I shall be grateful for any information you may give me. L. K. H.

(1) A recipe for strawberry shrub appeared in The Oregonian last Sunday. Raspberry shrub is similarly made. Vinegar may be substituted for the citric or tartaric acid solution, though, to my mind at least, the flavor is not so good.

(2.) The leaves and stalks of the nasturtium may be used, chopped, to give piquancy to a salad (such as potato salad or a French green salad), a bread dressing, a flut loaf or a meat loaf. The petals also may be used in a salad. Whole flowers and leaves are used as a garnish, the half-ripened tender seeds may be pickled and used like capers. Seeds, stalks or leaves may be used to flavor vinegar for use in salads or sauces. I imagine that the leaves might well be used for "greens," like spinach; boiled, squeezed, chopped and reheated with butter (worked in a little flour, cream and a seasoning of salt, pepper and lemon juice). However, I have never had nasturtiums enough to try this last.

I must ask "Anxious" (Hoquiam) and "L. L." (Portland), to wait until next week for their replies.

HOW TO TREAT WRINKLES

"I HAVE a very thin skin and, alas, it is prematurely wrinkled. Please suggest some simple remedies for my great misfortune.

"A WOMAN OF THIRTY."

To be wrinkled at 30 is indeed a misfortune, and if the skin is very thin it must be admitted that it has less promise from beautifying treatments than the thicker one. Thin-skinned faces are at a disadvantage with every wind that blows, with sunburn, fire heat, indigestion, worry, etc. Everything that comes along seems to leave its trail over such a face, and life will go on making the wrinkles deeper if one does not turn to all the remedies within reach.

Thin skins need much more grease than others, for as a rule they are very dry and sensitive to all external influences, and sometimes it is necessary to cleanse such faces with grease instead of with soap and water. There are many excellent cold creams to be found in the market, all of which are good for this purpose, the unguents being put up in pots of different sizes and selling from 25 cents up on $1. This formula will also achieve a very good purpose if it is carefully made from pure substances:

Almond oil	4 ounces
Spermaceti	1 ounce
White wax	1 ounce
Cucumber juice	2 ounces

Select cucumbers ripe enough for table use; cut and chop them fine; then extract the juice by squeezing through a jelly bag. Then measure the juice and carry the required two ounces to a druggist, asking him to supply the rest of the ingredients and make up the formula.

When cleansing the face wish the cream work the grease into the skin with the fingers and then wipe off the residue with very soft cloths. The soil from the skin will be very visible on these, and the face can be massaged and worked over with the cloths until it feels as fresh as if washed in the ordinary way. If it seems to shine a little too much sometimes, heat a tablespoonful of some delicate toilet water and go over the face with this and a fresh, soft rag.

A lotion especially for strengthening relaxed muscles, and which is therefore extremely good for wrinkles, is made of the following simple things:

Fresh rosemary tops	2 pounds
Sage (also freshly gathered)	¼ pound
Rectified spirit	3 quarts
Water	1 quart

Digest for 10 days, then throw the whole in a still, add a pound and a half of common salt and draw off six pints. To this distilled portion put one ounce of bruised Jamaica ginger, and after the liquid has stood a few days longer either decant or filter it. This is regarded as a fine skin tonic, and it can also be used upon the hair to advantage.

Barley water was used in our grandmothers' times for wrinkles, and there is no reason why it should not be employed today and made up in the same old-fashioned manner. Ancient directions for this simple beautifier call for three ounces of pearl barley boiled in a pint of rain-water until the gluten is extracted; then the liquid is strained and is applied directly to the face, after it has been washed, on going to bed. Some of the beauty people of the present day make up this wash with the addition of 25 drops of tincture of benzoin to a quart. The barley water so prepared is declared absolutely proof against wrinkles, but one can only know the truth of this statement by testing it. Strained honey and sour buttermilk are other simple remedies against these subtle enemies to woman's youth, and these modest medicaments are available to all.

The thin-skinned face must always be protected against strong winds, grinding dust, deep sunburn and much burning over the cookstove if its owner wishes to avoid the bane of deep-seated wrinkles, and she must also strive to keep from frowning and grimacing and worrying. A veil is a necessary addition to the costume on going out in blowy weather, dust must be removed from the face immediately upon reaching home, and if there is cooking to do the skin should first be massaged with cold cream so that it can withstand the injuries of fire. If there is any eye trouble, and glasses are not used, the strain of focusing the eyes will bring the vertical line in the center of the forehead, which is so trying to the best of looks. Constipation and indigestion are other physical reasons for the lines which appear before they should, and without a doubt under nourishment is the cause of the lines one sees on many quite young faces. Look at the children of the very poor. How old they appear in comparison with better fed and properly cared for babies!

Wrinkles can always be treated locally with benefit, and there are plasters cut to fit the various points of the face so affected. Before using them the skin is washed in warm water and then massaged with cold cream; after this the lines are pressed apart with the fingers and the bit of plaster applied on the spot. The best time to use these somewhat unlovely beautifiers is at night when making the toilet for bed.

A number of trifles conduce to wrinkles. It is not wise to sleep with the hands under the face, to remain in light so strong as to make one blink, or to stay long in a room brightly illuminated and heated by gas. The tender skin will also resent rough usage with coarse towels, bad face powders, dry rouge, hard soaps and water, rancid creams, etc.

Steaming the face is sometimes very efficacious for removing tired lines from the face, and the tired line, remember, is always the precursor of the wrinkle.

KATHERINE MORTON.

HUMBLE COTTAGES MADE BRIGHTER BY CRETONNE IS VIEW EXPRESSED

Billiant Color Plays Important Part in Decoration of Summer Homes—Rooms Made Fresh and Cool With Simple Hangings of Attractive Hue—Latest in Beautifying Is Seen.

CRETONNE PLAYING PART IN SUMMER HOMES TODAY.

PLENTY of sunshine and plenty of cretonne, says somebody, will make the humblest Summer cottage luxurious; and indeed, the possibilities of cretonne in comparison with its trifling cost, are really wonderful. The tired guest from town will delight in a cretonne-hung and furnished room, fresh and cool and simple, and sweet with flowers and mountain or sea air coming in at opened windows, infinitely more than the most impressively furnished boudoir expensively decorated with gilt-legged, brocade-covered furniture.

Several suggestions are given for useful and attractive cretonne belongings for the Summer guest room; and of course the artistic hostess sees to it that everything in the cretonne-decorated guest room matches the general color scheme of the room. The catch-all bag is intended for laundry or waste paper and may be made from a yard and a quarter of cretonne, doubled and gathered along the upper edges over oval embroidery hoops of wood. Slash away the lower corners of the bag, as shown in the picture, to give it a symmetrical shape and sew the slashed edges and part of the sides together on the wrong side of the bag. Leave the sides open part way down, bind with ribbon and tie together with ribbon bows. The wooden hoops should be wound with ribbon before the bag is shirred on.

A novel match holder may be made of the child's slate covered with cretonne. Spread library paste thickly over slate frame on one side and lay cretonne over, pressing the fabric in at the inner edge of the frame. Paste a strip of crepe paper across the back to cover the edges of the cretonne. The match cup is made of cretonne-covered cardboard, finished with gold guimpe, and also pasted on. A bit of sandpaper, pasted under gilt guimpe, finishes the slate.

The cretonne pincushion has a trimming of white lawn, set in between hem and center of cretonne with beading, and the color of the silk cushion shows through the thin lawn. Ribbon bows match the dominant color in the cretonne.

Every guest room should be provided with a simple sewing basket of some sort for the convenience of the guest who cannot be expected to carry sewing implements in a week-end suitcase. The cretonne sewing-box offers a new suggestion along this line. The top and bottom of a two-pound candy box may be cut away from the sides and all parts covered neatly with cretonne. The inner sides of both covers are provided with straps under which may be tucked scissors, needle book, tape measure, darner, thimble, etc., and the spools stand in a row along the bottom of the box, the sides opening on tape hinges as shown in the illustration. A handle of cretonne over cable cord, attached to brass rings is a convenient means of carrying the sewing box about.

The collapsible cretonne scrap-basket is made in four sections of heavy cardboard covered with cretonne, crepe paper being pasted over the inner side of each section. The ribbons are run through holes punched with an eyelet puncher, or stiletto, and there should be three ribbon ties at each corner.

Very useful also, is the cretonne-covered hat rest, of wood, which will hold a handsome hat clear of the closet shelf, without injury to the brim curve or facing.

FRECKLES

Don't Hide Them With a Veil; Remove Them With the New Drug.

An eminent skin specialist discovered a new drug, othine—double strength, which is so uniformly successful in removing freckles and giving a clear, beautiful complexion that it is sold by Woodard, Clarke & Co. under an absolute guarantee to refund the money if it fails.

Don't hide your freckles under a veil; get an ounce of othine and remove them. Even the first night's use will show a wonderful improvement, some of the lighter freckles vanishing entirely. It is absolutely harmless, and cannot injure the most tender skin.

Be sure to ask Woodard, Clarke & Co. for the double strength othine; it is this that is sold on the money back guarantee.

FEMININITY NEEDS APRON; GREAT AID TO COQUETRY

Variety of Materials Recommended for Making the Charming Little Bits of Apparel so Handy on Numerous Occasions.

APRON OF UNUSUALLY NEAT DESIGN.

"I'M a foolish little apron—
Lawn and lace—you know the kind,
With blue bowknots on my pockets,
And pert strings that tie behind;
But I wreak the deadliest havoc
That the heart of maid could wish—
When she wears me, superintending
Rarebits, in a chafing-dish."

There is no article of feminine attire that more subtly appeals to the masculine imagination than the "little apron," afrill with lace trimmings and gay with blue and lilac bowknots. It suggests domesticity and all the other kindred qualities with which man imbues his ideal woman and even when donned over a hundred-dollar gown that would probably fade at the very sight of a kitchen sink, it hints at homelikeness and modest, unprogressive femininity in a way that is distinctly fetching.

The woman who once acquires the "little apron" habit is apt to retain it all through life, and if she is adorable at 20 or 30 in a chafing-dish apron trimmed with blue ribbons, she will be equally adorable at 60 or 70 in a gray gown and a little, sheer apron trimmed with pale lilac bows. It is the innate coquetry, undying and unquenchable in the heart of the woman who is attractive, that prompts the blue and the lilac bows, and the bit of an apron that is captivatingly pretty as well as most properly practical.

Maid's Apron Is Plain.

Milady's apron differs little from that of her maid in shape; but though the parlor-maid and the housemaid may wear distracting little aprons that reach barely below the hip and have frill-trimmed bibs and shoulder straps by way of extra garnishment, these aprons may be built only of white lawn and embroidery, whereas the chafing-dish apron or the needle-work apron of milady may press into its service any dainty, sheer fabric that it pleases and may cover itself with any amount of lace—something denied to the apron of the maid servant.

Dotted swiss is the material of material for a fetching apron, and sprigged dimity, crossbarred with lace insertion is also a favorite. Charming aprons are made of sheer white batiste hand embroidered in white or color, and there are even aprons of white scrim with cross-stitch designs done in colored cottons in the bold, yet effective Norwegian colorings.

Sewing Aprons Are Practical.

Sewing aprons are a bit more practical and the most convenient sort has a straight strip of fabric across the lower edge which forms a long, deep pocket in which the work and sewing utensils may be kept. A drawstring is run through a casing at the top of the pocket, and also across the apron back of the pocket, and the top of the apron may be stuffed down into the pocket along with the needlework, the strings (or ribbons) drawing up the pocket into a bag which may be carried home swinging from the arm.

A traveling apron will be particularly convenient for the woman who spends a night or two in Pullman sleeper. The traveling apron is built of pongee or silk matching the traveling kimono or dressing-gown and there are no frills or fancy elaboration about it whatever. It is oblong in shape and fastens around the waist with a firm, buttoned strap. Pockets of various sizes on the apron contain brush, comb, hairpins, face powder and puff, soap, manicure implements and other necessities for the toilet—each in its particular pocket and each ready-at-hand with no spreading out of belongings in a small dressing-room.

Health and Beauty Helps

BY MRS. MAE MARTYN.

Mrs. G.: Powder covers up but does not correct complexion faults. Use this simple lotion and your skin will assume its former youthful clearness and take on a charming tint: Dissolve 4 ounces spurmax in ½ pint witch hazel (or hot water) and pour in 2 teaspoonfuls glycerine. Using the spurmax lotion in place of powder overcomes the shiny, oily appearance and gives to a coarse, lifeless skin an exquisite fineness and healthy look. Even in hottest weather it is only necessary to apply the spurmax lotion once a day, because the perspiration does not spot it, and then, too, it is invisible when on.

Madge W.: I never advise the electric needle for superfluous growths, because delatone paste does the work quicker, more thoroughly and is devoid of pain. Mix some powdered delatone with water, then apply to objectionable hairs and after 2 or 3 minutes rub off, wash the skin and the hairs are gone. This leaves the skin smooth and firm.

A. B.: Cutting the eyelashes is dangerous. I would advise applyng pyroxin to lash-roots with thumb and forefinger, as this makes them grow long, curly and silky. Your straggly eyebrows can be made to come in thick and beautiful by putting pyroxin on with finger-end. Use caution and don't get pyroxin where no hair is wanted.

V. M.: Soap was never intended for shampooing, because the "free" alkali it contains raises havoc with the scalp and hair-roots. Use canthrox and you will find your dull, streaky, brittle hair will grow bright and even in color and be of a soft, silken texture. A teaspoonful canthrox dissolved in a cup hot water is ample for a delightful shampoo. This creates a wealth of rich, penetrating lather that thoroughly rids the hair and scalp of dust, dandruff and excess oil; and after rinsing, the hair dries quickly and takes on its former rich color and gloss.

Mrs. M. W.: Your blotchy, pimply skin proves that the blood is in a very unhealthy state and demands prompt action. Get ½ pint alcohol and in this put ½ cupful sugar, 1 ounce kardene and hot water to make a quart. A tablespoonful before each meal is the proper dose. This soon cleanses the blood of impurities and clears the skin of pimples, blotches and sallowness, as well as builds you up and gives you complete health and full strength. For a face lotion, see answer to "Mrs. G."

P. A.: You will find my quinzoin hair and scalp tonic very invigorating for lifeless, itching scalps. To prepare, mix together ½ pint each alcohol and water, then add 1 ounce quinzoin. Rubbing a little at a time well into the scalp banishes dandruff and puts it in a healthy, pliant condition. Continued using restores the former gloss and rich color to the hair, as well as induces a luxuriant growth—all your own.

Lillian R.: You can safely recommend my crystos eye-tonic to your friends, for it is quite harmless and has a wonderfully soothing and strengthening effect on sore, aching or weak eyes. Here is the recipe: Dissolve 1 ounce crystos in a pint cold, pure water. Two or three drops should be put in the eyes each day. Thousands of my readers have used this simple eye-tonic to bring back the sparkle to dull eyes and very frequently people have been able to discard glasses after using it for a time.

P. X.: The fat around your abdomen will soon disappear once parnotis is used. This will also banish your double chin. To make, dissolve 4 ounces parnotis in 1½-pints hot water, and when it cools take a tablespoonful before each meal. Continue treatment until your weight is where you want it, and when you stop the treatment you need have no fear of the fat returning. This method does away with dieting or violent exercise and is the only safe way of which I know to actually reduce weight.

Dorris: Greasy creams do more harm than good, because of their tendency to clog pores. This causes the skin to assume a leaden color and grow oily, and encourages blackheads, blotches and skin pimples. You will find this plain almozoin cream-jelly just the thing for complexion upsets and a permanent aid to real beauty. Stir 2 teaspoonfuls glycerine in ½ pint cold water, then add 1 ounce almozoin. When this is dissolved apply freely to face, neck and arms daily and it will cleanse the skin of impurities and give to it a charm and tint such as every healthy, well-groomed woman has. Use this every morning and your skin will be free from freckles and the sun and wind will not tan it. (Adv.)