

A Page of Interest for Milady

Care of Hands In Summer

BY ANNETTE ANGERT.

In summer constant care of the hands is necessary for the reason that the hand is exposed to rough exercise and to hot suns and winds. Rowing, especially, subjects the skin to that blistering sunbeam that comes from the reflection of sunlight on water, and the palms of the hands to callouses.

After coming in from any outdoor exercise in which heavy gloves have not been worn, bathe the hands in warm water to cleanse them. Corn meal or oatmeal, mixed with almond meal, is excellent to wash them with, because the meal not only cleanses but softens and soothes the cuticle. Then, if the sun has been very hot, bathe them with vinegar in which a little water has been stirred, and gently rub cold cream or cow's cream into the skin. The hands may then be dusted with oatmeal and wiped off. They will look soft and milky white and feel refreshed.

At night use a lotion on them, or meal and milk, and then cold cream, letting the cream remain on all night. Rub some of the cream into the corners of the nails every night, or every alternate night, to prevent the skin becoming callous at the corners, and twice each day push the flesh down from the nail with an orange stick. Repeat this every time the hands are washed, using a towel for the purpose.

It will be easy to keep the nails in good condition if the orange stick is used frequently, and the file employed every day, keeping the nail corners well rounded. Smooth the edges with an emery board and then soak the finger ends in rain water or distilled water, mixed with glycerine and rose-water. This will soften the nails so that any ragged ends at the corners may be trimmed off with the nail scissors. Never use a sharp instrument to cleanse the nails, for the skin beneath the nail and the nail itself will be roughened and scratched so that it will require a long time to remove the injury and to cleanse the nails afterward.

Where the fingers are really dirty use oil to wash them, wiping it off thoroughly before washing the hands with soap and water. Stains may be removed with pumice stone, lemon juice or, if obstinate, turpentine. After the nails are clean, trimmed and rounded with the file into an oval shape, polish them with pink manicure paste and then with a clean buffer. Five minutes' care of the hands at night, and ten minutes' care of the nails in the morning will save frequent hours of manicuring.

What Woman Does Not Wish to "GROW OLD A WHILE LONGER"?



STANDING SO, BEND THE TRUNK FORWARD TO REDUCE LARGE ABDOMEN

AN EXERCISE WHICH IS FAR REACHING IN EFFECT

TO OVERCOME FATIGUE AND TO PERFECT ONE'S BALANCE

TO INVIGORATE THE LEG AND FEET MUSCLES AND INCREASE THEIR ELASTICITY

EASY LIVING

Should Be Goal of Women Who Would Always Be Well.

BY LUCILLE DAUDET

A BUSY clubwoman, a woman doctor, a business woman and a schoolma'am, ranging in their ages from twenty-five to forty-five, happened to come together late one afternoon in the room of a sweet, old soul who has been a shut-in, and bedridden, for many years.

The old lady, propped among her pillows, looked from one tired face to another, while each of her visitors told how they had hurried in their duties in order to spend a little time with her. She listened sympathetically, and when they had finished, she began in the mildest of tones to read them a little lecture.

"I want you to look at me," she said. "I want you to remember how you have seen me all these years. And I want you to go back a great many years with me and take a lesson from my life."

"You see me a helpless old woman here, and I should be dead now but for my dear children, who carry me on their hands, as it were. But if I had only known long ago how to take care of myself, I would be on my feet now, active and useful, and glad to be living."

"Nobody thought there was any limit to what a woman should do in my day. Our parents started us to work when we were mere babies. When I see my little granddaughter come in from her outdoors play, I think how much better things are now for the little girls. Oh, how we girls had to work! And so much of it was indoor work."

"How well I remember, when I was thirteen years old, one of our neighbor families was taken down with typhoid fever. Five were sick at one time. Neighbors helped each other out in those days. I was only thirteen, but I had to do my share, and I was sent over there to do all the housework and all the washing for that family. I was there three weeks, and when I came home I was sick. My parents were getting ready to go on a long visit, and as they thought I wasn't really sick, they went and left me home with my sister. The next day I was in bed with pleurisy, and, though I got well of that in time, somehow I never really seemed to get real strong again."

"I wasn't taught how to save myself, and I thought it was my duty to never spare my own strength. I married young and went to my husband's farm, where a woman's burdens were even worse, for then the children came—tell you—how I worked. And nobody ever told me different or warned me what I would come to. I saw wrecks of women all around, but I didn't take it to myself."

"So I want you to look at me and take me for an example. I used to think city women wouldn't come to what country women come to. But city women expect too much of themselves, too. Every time I see your faces they look more tired, and though your voices are always kind in this room, I feel they're growing sharper underneath, and when you speak of your work it's always about the hurry of it. You know so much more than the women of my time knew, and you ought to know that women can't stand

ODDS ENDS

FOR a bride-elect who will be married in January her bevy of friends arranged to purchase appropriate articles, one for each month of her first year. For January there was a good cook book with all verse apropos the need of just such a book in the household. February is a good month when a woman lives to make fancy work, so the little handkerchief bag was filled with the trifles needed in the work basket. March brought out a fan. Of course April was suggestive of house cleaning, and the kitchen apron, bar of soap and dustpan were very appropriate articles. So these gifts were all cleverly arranged, and while there was not an expensive article among them, they provided a happy surprise.

THE following are different ways in which milk may be prepared for children who dislike to take milk: Beat the yolk of an egg light, add a teaspoonful of sugar and half a teaspoonful of lemon juice; fill the cup with milk, stir well and call the mixture snow lemonade. Heat a cupful of milk, but do not let it boil, sweeten it and flavor with a little cinnamon and pour from a tiny teapot, calling it cinnamon tea. Put a cupful of milk and the white of one egg into a glass jar; add a little sugar, screw down the top of the jar and shake until the ingredients are thoroughly blended. Flavor with orange and serve as orangeade. Cocoa made with milk is liked by most children, and is even more nutritious than the milk alone.

ONE may have dozens of hooks in a closet, yet they will not take the place of one long curtain rod placed well back in the closet where skirts can be hung. The skirt hangers with large hooks must be used and dozens of skirts can be hung on this pole and take up so little room that it is remarkable that the idea is so late in making its arrival. Then if the hooks are placed closely together in neat rows, instead of here, there and everywhere, the waists can be placed on neat little paper hangers and hung in orderly rows, and it does not mean hanging several waists on one hook to be overtopped with a petticoat or bolero jacket, all to be taken down when the lower waist is needed. If women learned to properly place hooks in the clothes presses and wardrobes there would be less demand for more dress room.

TO wash corsets, first rip the front seam on both sides and take out the steels. Then dissolve some soap jelly, made by shredding half a pound of the best yellow soap in one quart of boiling water, and simmering until dissolved in warm water. Two tablespoonfuls of jelly to half a gallon of water is usually sufficient, but hard

water may require more. Put the corsets into the suds and allow them to soak for five minutes. Then spread them on a board and brush thoroughly with a well-soaped nail brush, dipping them occasionally into the suds to remove the loosened dirt. When clean, rinse through two lots of warm water and hang up to drip dry. When almost dry, iron on the inside with a warm flat iron, and after thorough airing replace the front steels and sew them firmly in. If this is carefully done, the corset will emerge from the wash tub as good as new.

IT is impossible to tell whether a color is fast before washing, but by far the safest plan is to "set the colors" before it goes to the tub for the first time. One of the best methods of setting delicate colors consists in simply making a strong brine of cold water and salt and soaking the garment from twelve to twenty-four hours. Of course this should be done just before going to the laundry, and the salt should not be allowed to dry in it. This is especially good for all shades of pink and green, and colors once set this way will be bright as long as it would be reasonable to expect it. A strong solution of alum water is good, particularly with blues and the more delicate shades of brown, but its effect is not so lasting as that of salt, and it is sometimes necessary to renew the bath after the first three or four washings.

THE "Do Do Room" is the most interesting feature of a New York home, according to a writer—a completely equipped play room, where the word "do" is never uttered. The idea of this room originated with paterfamilias, whose childhood was rendered unhappy by continually hearing "Don't do this!" or "Don't do that!" The room itself is a large sunny place, splendidly ventilated by plenty of windows, which are safely barred. One end of the hardwood floor is uncovered, while the other has a thick woolen rug, fastened down so securely that acrobatic feats or any amount of running or sliding cannot loosen it. The walls, which are deadened, so that noises cannot penetrate to other parts of the house, are covered with blue paper from which finger prints can be easily washed off. The pictures and electric lights are caged, this precaution making possible a wild game of baseball or any amount of handball or beanbag tossing. The chairs (minus rockers) and the tables are made with rounded corners. The fear of breaking dainty bric-a-brac does not bother the little inmates of the "Do Do Room" and the built-in bookcases, where favorite books and magazines abound, have no glass doors to be kept away from, or silk curtain which must not be touched.



THIS EXERCISE GIVES GRACE AND LITENESS TO MOVEMENTS

MECCA FOR STOUT WOMEN

BY EDNA EGAN.

WHAT though the stout lady sighs to be thin? It is not so everywhere. There is Mecca for the fat in Ibbio—and that's in Niseria.

Many and mysterious rites govern the lives of the women of the Ibbios, who have their secret societies, jealously guarded from men. According to Mrs. D. Amaury Talbot, wife of a prominent official of the country, these societies strike a note between freemasonry and trade unionism, and form the only safeguard of the Ibbio women against the tyranny of their menfolk.

One of the customs of these women is to go in procession to a certain pool in the garb of Lady Godiva. All men must keep indoors during this ceremony and any "Peeping Tom" who seeks to intrude on this, one of the most sacred of the feminine mysteries, used to be liable to the death penalty. Even today he is heavily fined, and would be hardly likely to live to see another such festival.

But the strangest institution is known as the fattening-house. The first great event in the life of an Ibbio girl is her entrance into the fattening-house, where she is kept in seclusion for a few months, allowed to eat as much as she likes, and is pampered on every side. Free-born girls, of good family, go twice and sometimes three times, into the fattening-house before their marriage.

The second period varies, according to the wealth of the family, from a few weeks to two years, and girls of good position who are regarded as likely to repay the expenditure by the man's dowry money are sometimes sent a third time into the fattening-house. The result is that they ultimately emerge, to the admiration of their adoring relatives and to the townfolk at large, perfect mountains of flesh. "A day is set apart," said Mrs. Talbot, "for the first appearance of the girls of each town who are ready to emerge from the fattening-house. On

several occasions we have been present when these swollen specimens of femininity strutted through the marketplace, enjoying their brief hour of importance, while the men, who at every other period of a woman's existence are looked upon as of superior race, draw back admiringly to give them passage.

"The wooers, who stand during this parade appraising the merits and value of the various debutantes, afterward hurry to the parents with offers of dowry. A marriage is speedily arranged for each, and the young bride quickly finds her place amid the new surroundings, no longer petted, spoiled, and pampered, the center of attention for whom her family stint and deny themselves, but only too often the slighted, hard-worked drudge of her new lord."

The etiquette of marriage differs widely in different lands. In Russia the night before the ceremony a dance is given which lasts all night, and on the actual day of the marriage the bridegroom and his friends walk about the village playing musical instruments and throwing sugar to the children.

In Spain etiquette is so restrictive in courtship, and it is so difficult for young people to get to know one another, that one wonders how they ever manage to get married at all. Even when, after many difficulties, the engagement is accomplished, the parents have a deciding voice in fixing the date; and, as they prefer long engagements, the wedding day is usually fixed somewhere in the dim future.

The best man and maid of honor are expected not only to fulfill the usual duties, but to contribute—sometimes very substantially—to the expenses of the wedding feast. Wedding cake is unknown, but instead packets of sugared almonds are distributed among the guests and sent by post to them who are unable to be present.

A Norwegian wedding is a delightful spectacle. The picturesque Norwegian national costumes is worn, and the wedding

THE KITCHEN

Graham Gems.
Three cups of graham flour (sift it if you want to), 2 teaspoons baking powder, 1 egg, 1 cup milk, 1/2 cup of water, 1/2 teaspoon of salt. Beat thoroughly and pour into heated gem pans. Bake 15 to 20 minutes.

Meat Pie.
Cook 3 pints of potatoes until done, mash and add a little cream and salt. Spread in the pie dish like a paste, all with thin slices of underdone meat, either beef, mutton, veal or chicken, laid in thickly. Pour over them some gravy and 1 wineglass of catchup. Cover thick with mashed potatoes and bake till brown about 25 minutes.

Oysters A La Dumas.
Mix together in a bowl a heaping teaspoon of salt, 1/4 a teaspoon of white pepper, 1 small shallot chopped very fine, a teaspoon of chopped chives, 1/2 a teaspoon of minced parsley, a teaspoon of olive oil, 6 drops of table sauce, a saltspoon of table salt, and 5 tablespoonfuls of vinegar. Mix thoroughly and serve as a sauce for raw oysters.

Steamed Fruit Pudding.
Mix a cup of seedless raisins the same of cleaned currants, the same of shredded citron, and the same of chopped suet. Dust over 4 tablespoonfuls of brown sugar and a 1/4 cup of molasses, into which you have stirred 1/2 a teaspoon of soda dissolved in a tablespoon of water. Stir in a pint and a half of rolled oats, add 2 well-beaten eggs, a teaspoon of cinnamon, pinch of nutmeg. Pack into a mold, cover and steam for 2 or more hours (continuously). Serve with liquid pudding sauce.

Candied Orange Peel.
Remove all white membrane from peel. Cut peel with scissors into long strips 1/4 inch wide. Boil for 20 minutes in clear water, skim out from water, then repeat until it has boiled in four waters. Measure the peel and return to saucepan with an equal measure



of granulated sugar. The moisture from the peel will melt the sugar. Boil gently in this syrup as long as possible, i. e., until syrup is boiled away, stirring carefully lest it burn. Spread peel on large platters to dry, tossing frequently with forks, and sprinkle granulated sugar over it. When cold pack in tight tin boxes and it will keep moist for weeks.

Lucerna Potatoes.
Wash and bake six large potatoes, cut a slice from the top of each potato, scoop out the inside and mash. To three cupfuls of mashed potato add six cupfuls of finely chopped ham, two tablespoonfuls of finely chopped parsley, whites of two eggs, well beaten, four tablespoonfuls of cream or rich milk, salt and pepper to taste. Line potato shells with this mixture, place in each cavity a poached egg, and cover well the mixture and bake until browned. Poach the egg delicately. Boiled stuffed potatoes are popular.

Belmont Potatoes.
Reheat 2 cups cold boiled potatoes cut in dice in 1 1/4 cups white sauce. Put in buttered baking dish, cover with buttered crumbs, add to potatoes 1/2 cup grated mild cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

White Sauce.—Two tablespoonfuls butter, 1 cup milk, 2 tablespoonfuls flour, 1/2 teaspoon salt, few grains paprika. Put butter in a saucepan, stir until melted and bubbling, add flour mixed with seasoning and stir until thoroughly blended. Pour on gradually milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glossy.

New England Deviled Clams.
Put 2 tablespoonfuls of butter into a saucepan and fry in it a chopped onion. Add 1 cup of canned tomatoes, a pinch of powdered mace, and salt and paprika to taste. Cook for five minutes, add a tablespoonful of flour, take from the fire, and add 2 eggs slightly beaten. Add 3 dozen prepared clams, chopped fine. Mix thoroughly, fill buttered clam shells, cover with crumbs,

partly—in pretty carriages or on foot—walks or drives in procession to the church. After the ceremony there is a dance on the village green, with a violin for accompaniment, till it is time for supper. The next day the festivities are resumed, and possibly the