

# A Page of Interest for Milady

## PRESERVE YOUR HEALTH

Every youngster is familiar with the story of how a tea-cup suggested the steam engine. It is one of thousands of little things that count. The tendency is to overlook matters and to sneer at their importance. Watch anybody for a moment in regard to their hands as well as to other business. There are certain conditions which everybody overlooks which are so common, and yet which may have a very decided effect at times.

One of the principal means of carrying germs is by the hands. Watch anybody for a moment who is thinking or writing how their fingers are carried. If they are not clean, it is almost certain to carry germs to the mouth. Once there decayed or decayed teeth furnish splendid breeding-places.

Children in school show their penmanship as often as they exchange them. They are warned against it, and someone else's. Many people rub their fingers with their tongue to get rid of the germs, and despite the fact that it has been said and written by authorities about paper money disease germs, they resort to the method of counting bills.



SAGGING CHEEK MUSCLES A SIGN OF AGE

## LOOK YOUNG AT ANY AGE



WHISTLE TO GAIN A "CURD'S BOW" AND RED LIPS



WHISTLE TO GAIN A "CURD'S BOW" AND RED LIPS

## FAVORS Should Be Considered Debt of Gratitude.

BY EDNA EGAN.

EVERY one of us owes a debt of gratitude to some one. But do we ever stop to think of it? On the other hand, do we not recall some one to whom we have shown a kindness, and who, instead of demonstrating in any way that we have aided her, passes us by quite indifferently? We resent this indifference, and a feeling of bitterness comes over us. We accuse our friend of treating us unfairly, and assure ourselves that we would not even dream of such ingratitude. Yet we are not always as grateful as we would like to think we are.

There are people who enjoy envied positions today who obtained them through the aid of some good friend, but after a very short time the "good friend" is forgotten. This is especially true if the same good friend meets with sudden reverses, which should be the time of all times when gratitude should be shown her.

I have in mind a young woman occupying a fine position with a firm of national reputation. Ten years ago this girl was working in a local factory. An interested friend taught her the first rudiments of stenography. She finished the study at a business college and obtained a position, later going with the firm for which she now works. At the present day she passes the good friend who was instrumental in placing her in the position she now has, with scarcely a nod of recognition. Is ingratitude too harsh a word to apply to this young woman's attitude towards her friend? You may say this is an exceptional case, but it isn't. We are all willing to accept favors, but do we remember them, and do we ever hope a time will come when we can, in some measure, repay the kindness shown us by some good heart? The dog or the horse remembers the stroke of a kindly hand, and dumb creatures that they are, how they try to show their gratitude to us! Could we not learn a golden lesson from them?

Unfortunately, position and affluence often turn the heads of many women. In the heyday of their triumphs they probably can get along without any such attribute as gratitude in their make-up, yet regardless of all their power to satisfy and hold others, a selfish woman is really the most pitiable of all human beings. She may own the rarest gems, have the most finished taste in dress, and retain dazzling physical beauty long after others have lost it, but withal, she will be heart-broken and unhappy.

The best loved and happiest people are always people who show the gratitude they feel toward others, and grateful people as a rule, do not lose their heads by the puffs of the crowd. Fame dies almost the very day it comes to life. Another more capable, rises up to wrest the laurels from us, and so it will be until the end of time, but gratitude, which is a great virtue, and far greater than fame, will live until time shall be no more.

## TO WASH WOOLENS

THE very best way to wash sweaters, babies' socks, leg-gings and afghans—in fact, all garments knitted or crocheted of wool is to sew the article in a bag of cheesecloth or mosquito netting. Then wash the bag, with its contents, in soft water with a good white soap. The water must not be cold; neither must it be very hot, and, of course, the soap must never be rubbed into the bag, the water being soaped beforehand.



THE CROSS-STEP WILL RELAX MUSCLES

## GOOD THINGS TO EAT

BY MRS. McCUNE.

HERE have been a great many new food products placed on the market during the past decade, but few have been received so kindly or become popular in so short a time as the Tuna fish from Southern California waters. For many years this fish has been regarded with favor by the fishermen of the western coast, as its qualities as a game fish appealed strongly to their sporting instinct, and it was as a game fish that it first became known in the east and in European countries. Of late, however, the process of canning it in oil has been so perfected that the fish has become a staple article in nearly every first-class grocery store.

The name Tuna comprises many species, and it is the Albacore Tuna or long fin which is the one used by canners. These fish travel in large schools which appear off the coast of Southern California about the first of each June, and disappear about the first of November.

The meat of the Tuna is very white and delicate; it resembles the meat of a frog's leg somewhat or that of a crab. It is delicious served right from the oil in which it was packed, and makes the nicest sort of a salad or scallop. Many persons confuse the Tuna with the tunny fish, but they are of entirely different species. Tunny fish is rather an expensive delicacy, a five-ounce can costing twenty-eight or thirty cents, while a fourteen-ounce can of Tuna may be had for twenty cents, and sometimes less.

- Tuesday's menu—  
**BREAKFAST.**  
 Fresh Apple Sauce  
 Boiled Rice with Butter.  
 Bacon Muffins. Coffee
- LUNCHEON.**  
 Cream Cucumbers on Toast.  
 Tuna Salad Bread and Butter Folds  
 Grated Pineapple with Sponge Cake  
 Iced Tea
- DINNER.**  
 Clear Tomato Soup with Tapioca  
 Cold Boiled Tongue  
 Potatoes au Gratin Green Corn  
 Tutti Frutti Jelly  
 Small Cakes Black coffee
- Bacon Muffins—Fry the bacon crisply and cut in small pieces. Make muffins after the usual recipe, and just before pouring into the pans stir in the bacon. Bake as usual. The quantity of bacon must be decided by your own judgment. Six slices are usually enough for a dozen muffins. No other meat is required when these muffins are served.
- Potato au Gratin—May be very easily made if one has a few cold boiled potatoes in the refrigerator. Peel the potatoes and chop them rather finely. Place a layer in a buttered baking dish, sprinkle with salt and pepper and dot with butter, then dredge with a little flour and cover with another layer of potatoes; continue till the dish is nearly full, then fill with milk; spread breadcrumbs and a little grated cheese over the top and bake half an hour.
- Cream Cucumbers on Toast—Peel two cucumbers, slice thin and simmer in boiling water till tender. Then drain and pour over them a nice white sauce rather highly seasoned with salt and paprika. Pour over buttered toast neatly trimmed and serve very hot.
- Grated Pineapple with Sponge Cake—Stale cake of any kind may be used for this dish, though lady fingers or sponge cake seem most appropriate. Peel and grate the pineapple and mix with sugar to sweeten well. Place the cake on individual dishes and cover with the pineapple, set in the ice box to chill thoroughly before serving.
- Tutti Frutti Jelly—Make a rather stiff lemon jelly from unflavored gelatine and sweeten rather heavily. Stand in the ice box to chill. When nearly congealed stir in a cup of red raspberries, half a banana sliced, three apricots, cut in quarters; two peaches, also quartered, and a few blanched almonds. Pour into a wet mold and chill thoroughly. When ready to serve dip the mold in hot water for a moment, then turn out and garnish with candied cherries and fresh raspberries. Serve with cream.

## ODDS AND ENDS

EVERY one who wears darned stockings—and that means almost every one in the world—knows how the darning cotton comes away from the sides of the hole, making the stockings tear. This may be avoided by holding the end, or skeln of cotton over the spot of a kettle-boling water. The steam shrinks and when the stockings which were mended with this cotton are washed no fear need be made of the darn showing.

To improve on something pretty is what the woman of clever ingenuity usually attempts and what usually results in things even more lovely. Two ornaments are made from cigar ends and both are neater and prettier than the trays. One is a thin glass lined with gold bands outlined black India ink. The bands are crowded together, but placed in designs and backed with tin foil. Gold and silver looks very attractive when so arranged and the tin foil is a silver lining for the jar. The second was made for a den and the tin bands are artistically arranged in a mat for a large picture. All-very kind of brand was used, outline around the mat opening bordered with silver horsehoes.

EVER was velvet so widely favored for hats as this season. Bordeaux red, violet, and blue are the colors most used, and trimmings of all the hats tend to imitate their shape. Birds applied on the brim or against the crown, or birds perched on the edge of the brim, are chic. Very amusing are hats when cut out of fur with their feathers, but quite as smart are hats with feathers. Steel ribbons are used a great deal, not only for embroidered designs, but for buckles and fancy ornaments. Ribbon, breasts and feathers also used.

BLACK pepper is one of the oldest spices and is generally more adulterated than any other. White pepper comes from the same berry as the black, but the inner portion of the berry. It is considered milder than the black, because the red seeds of pepper are left dried and ground. It is less allspice, so called because it combines various spicy flavors, is less green. If allowed to ripen it is some of its flavor.

Peas, too, require quick and careful harvesting, because, if over ripe, are of little value. The tender root is, on the whole, generally offered for sale. The nutmeg is the inner kernel or seed of a fruit about three inches long, resembles a peach and when ripe opens. The kernel is enclosed in a shell known as mace. Some people think nutmeg coated with this is not so. The coating is lime supposed to keep the nutmeg from spoiling.

LEEVES are long in many cases, and still made of the Georgia crepe that has been a great success. Light and beautiful they are also full, and have a charming appearance up-to-date, with the frilled cuffs or cuffs, the length that is desired, very little restriction is placed on shape, and we shall have the leg-

FOR a good perfume take five ounces extract orris, seven of extract musk, one and one-half extract vanilla, one and one-half drams each of otto rose virgin and santal flor, two and one-half otto geranium and two of benzole acid, forty minims otto super; water and alcohol to make bulk. This can be made in lesser quantities.

A WOMAN of 65 years, who has a head of hair few girls could boast, says the secret of it is her constant brushing. She has her head shampooed much less frequently than is the present fashion, but preserves a clean scalp by both wet and dry brushing. Twice a week she dips the brush in water and works all over the scalp with it, following it up by a dry brush. Once in ten days or two weeks she substitutes witch hazel for water. The alcohol in it acts as a cleanser and cuts the oil in the hair.

THERE is a decided fad for spinach eating. Several beauty specialists advise it for the complexion and it is a blood purifier, therefore should be eaten freely in spring. But, as with many other things good in themselves, the devotees of spinach carry their theories too far. One young woman ate little or nothing else for six weeks and almost depleted her system. Spinach has little nutriment in it; it contains a fair proportion of iron and certain salts which are mildly laxative, but is not a bone or muscle maker and should not be eaten as though it were.

A RECENT writer on cold baths directs attention to the fact cold produces heat. The sudden application of cold to the skin, he says, stimulates the nerve effect spreads to the whole nervous system. In certain physical conditions this is most beneficial, but not in the nerve exhaustions of hot weather, where the aim should be to soothe and not to stimulate. Those who take numerous cold baths in summer merely add to the draft of the furnace and produce more heat to bother and exhaust them.

IF you are too thin get as much sleep as possible. Do not rush or overdo your strength. Keep in the open air as much as possible. Take all the exercise your system can stand without feeling the least fatigue. Get into the habit of resting a little while in the middle of the day, even if you are not aware of being tired. Laugh as much as possible. Read funny things and cultivate that side of yourself. Suppress any tendency to take life too seriously. Do not worry about your looks. It is much easier for a thin woman to dress to conceal her defects than it is for a fleshy woman to do the same thing. And do not rush too madly into the fashion for skimpy things.

IF women would take proper care of their scalps by massaging and rubbing oil in to the roots, pretty hair would not be unusual and grayness would not be so common; for dryness, the condition that causes the tresses to become lusterless and to fade into grayness, could not exist. As to preventive treatment for this trouble, remember that scalp massage is not difficult. It merely takes time. To do it one rests the tips of the fingers on the scalp, the thumbs being firmly placed. The fingers are then pressed and the scalp itself is moved, the finger tips remaining quite rigid. Unless they are held

hard they will move over the hair, tangling it, and will give no stimulation. Each part of the scalp should be rubbed in this way, changing the position of the fingers every three or four minutes until the entire head has been worked on. This operation should take fifteen or twenty minutes. If any part of the scalp is given extra attention it should be that upon the temples, where the hair is apt to turn gray first.

IT is amid the difficulties and inconveniences of a long railway journey that one appreciates to the full the luxury known as the dry wash and, fortunately, the materials needed to enjoy it are simple and occupy little space. First of all, the face must be wiped with a soft linen cloth to remove the particles of dust and dirt that inevitably fall upon it on a journey. After a trace of one's accustomed cold cream or skin food has been rubbed in, the face is again wiped, and those to whom this method of washing is new will be horrified at the revelations of dirt removed thereby. Next a soft handkerchief is moistened with some tonic lotion and the face is carefully wiped with this, when it is ready for the powder.

THE secret of beauty does not entirely lie in the art of massaging, nor is it due to the skill of the perfumer, the taste of the dressmaker or the cleverness of the milliner, but in the recognition of the fact that the human face and form change with (every year of life and, knowing this, govern one's actions accordingly. If your face lacks intellectuality the only way to remedy it is to exercise the mind. Take up a course of reading and study beyond that you have so far attained. To put it figuratively, cultivate the muscles of the brain as you would cultivate the muscles of the body. It is the action of the brain that will influence the expression. Lack of sleep affects a woman's looks at once. Woman is supposed to require eight hours' sleep. Five excellent rules for health and beauty are to eat enough, but not too much; drink only water; walk two or three miles a day; sleep eight hours and slumber never. Thoughts are great rejuvenators and beautify the soul. Cultivate a dignity of manner. A charming elegance and refinement of speech, a soft well modulated voice. Finally, be tactful, for it is generally conceded that much of woman's charm lies in her delicate and happy knack of doing or saying the right thing at the right moment.

IT strengthens the eyes to bathe them either in very hot water or in very cold. Better yet is to take a piece of absorbent cotton rounded and made into a little pad to fit the eyes, dip them in ice water and place them on the lids, changing them as they become hot. After a few minutes of such treatment the eyes will feel comforted and relieved to a great degree. This is especially grateful to the eyes after riding in the wind or after having been subjected to the dust and cinders of a railway or the glare of bright reflections on the water when on a boat. Those who have a tendency to weak eyes should daily use an eye cup, in which is placed a boracic-acid solution. The saturated solution diluted one-half is generally the best and should be made fresh for each eye. The eye should be opened and shut in the solution half a dozen times or more, so that it will thoroughly bathe the eyeball as well as the lids.