A Page of Interest for Milady

N YOU EAN HOUSE

and crevice, and every gle article that cannot be t at once in the household ven to the needy, or send some charitable institute. to use give to a rag-man. hing certain, they have been or the last time. What's the rding clothing, furniture, old papers for the moths to deto corrode, when perhaps shborhood there are those e very grateful for them. ing the same articles have to jownstairs, sunned, beaten, pstairs again, and packed the next spring, when the me program has to be car-It is well to keep a good supcotton and woolen rags in place, as they are useful chold ways, and do away he rest. If a piece of furnisy value and you do not need the poor; if it is absolutes, consign it to the woodthrough the store-room, the closets, the cupboards, the the shed, and remove perall articles not in active use re going to save room by disess encumbrances of your and also time, but above which has hitherto been ssly in caring for a lot of

LD YOU HAVE BEAUTIFUL HAIR?

APPLIED TO THE HAIR WILL INVIGORATE AND GIVE IT LUSTRE

MILADY'S BEAUTY

and then falls out, it is nearalways due to some grave the general nutrition. Local and stimulants are needed. is also necessary to take inemedies. Iron is often preand with good results. ent thing is cod liver oil

Y are of the opinion that the unsightly white spots on the finger nails are a neceasity and that they must be there, reality they are caused by This is often done ning, especially with a file. An stick with a blunt end and care taken not to naffs. If the pails seem to sensitive to the spots it is best the orange stick with a piece and avoid the possibility of when pushing the cuticle

MPLETE relaxation after eatng-a suspension of mental and physical activity-will favor the processes of natural a not only because of its trans effect upon the nerves but the stomach may use the surused energies of the body in the es of digestion. Happy the man an who can take an "after-din-It means health, happiness

WE English actress who is long past her 40th birthday and yet is as clear-skinned and brighteyed and youthful looking as always sponges her face with k and cau de cologne before lysa. Then she dries her face thy puts on a loose wrapper akes herself comfortable in a ed room. "If one cannot get the amount of sleep at night," says tress, "one should make up for s in the daytime."

All biting is a very common babit among children and is often the result of an extremely aervous temperament. It is plan to take such a child to a who will probably give him a neis to brace up the nervous The child should also bave out to him how ugly his nails gers are getting. Show him how p his nails clean and well and try and induce him to pride in them. A good plan is test him in kindergarten work s kind that will keep both his and brain employed; if this is he chances are that very soon hit will disappear.

GOOD cold cream containing as little grease as possible is excellent to rub on the face before applying powder. Take are to remove as much of the as possible before using the Face powder loses a great its harmfulness if the face is thly washed before retiring. A s of benzoin in the rinsing wabenefit your large pores.

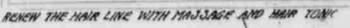
RIGH forehead may not be tatural, but caused by the bair stowing thin from continuously imbing it over a "rat." ly thins the hair over the tem-This d only short curls, or the bair sell to the front, will hide the Always parting the hair in exsame line will widen the part, bair pulls out at the marked of frequent changes are advisaying the hair, instead of using ing as most women do, use the gum curiers, with a slit in and a small ball at the other. ong the ball through the eye-curier can be pulled into place a the hair without tying. Afting the hair, if desired, the can be caully taken out.

More often than not the scowl itself is caused by working in too strong a light, the brow unconsciously wrinkling itself in an attempt to provide the eyes with shelted. Many women scowl, however, without even this ex-cuse, and if they knew how forbidding it makes the most amiable face appear they would certainly give it up.

ancient remedy looking to the softening of the skin is the Greek bath, now being revived by modern specialists. Mix seven tablespoonfuls of pure olive oil and one of lavender water and rub well into the entire body. Apply a little at a time and rub it in well with the palms of the hands, using a circufrom this bath the body should be kept very warm during the rubbing. If hot cloths are applied first to open the pores more of the oil will be absorbed Take the baths three nights in succession, then stop for a week and take the series again as necessary. The skin quickly improves under this treat-

HE lip-biting habit will mar the prettiest face ever turned out of nature's workshop. All the lip salves and glycerin lotions introduced upon the tollet table will not remedy the parched, cracked appearance due to a continual lipgnawing process. Not until the habit is entirely broken off is there any hope of a change. Girls frequently drift into this ugly practice through a foolish vanity that prompts them to "wear their dimples" all the time. Others blte their lips from nervousness and sometimes if a girl has pale, colorless lips she will try to vivify them by an occasional pressure with her teeth After a time, however, she nibbles away unconsciously, and by and by her mouth loses its pretty curves, becomes rough and puffy looking and all the charm of her face is gone.







VENTILATE THE MAIR BY PASSING THE FINGERS THROUGH IT

HOTBED

LETTUCE

NE of the secrets of raising good lettuce in cold frames or in hotbeds during the cold months of the year lies in tho It must be sweet, very rich and worked. Prepare the soil for hotbeds in the following manner, in the fall of the year for spring planting, and in the spring for fall planting:

One part of well-rotted stable manure, one part of chicken manure, one part of sharp sand, and three parts of good garden loam (the blacker the oam the better for the lettuce) are thoroughly mixed, packed in barrels and stored under shelter until needed.

Begin now to get ready for early spring lettuce. All the old soil is taken out of the hotbeds and coldframes, a good thick layer of horse manure, six inches or more at the bottom, is put in at least a foot and a half below the surface, and the frame is then partly filled up with good garden soil, covered over, and left until the last part of January, which is none too early to plant the first seed, if the

To prepare the bed for seeds, the soil is loosened up and fresh horses manure, which is needed to give bottom heat, is put in, and a great deal is needed during the winter months. On top of this, with an ash or dirt sifter. some of the soil from the barrels is screened on to a thickness of about six inches. This fills the frames to within six inches of the top of the lower side. The seeds are sown and covered with a little of the sifted dirt, put on dry, and pressed down by a flat board. When all is done the soil is thoroughly watered and the sash laid on, taking care to leave no crevices for cold air to penetrate.

On very cold nights the frames are protected with straw mats or old carpets, and on warm days, at noon, the soil is watered, using water with the chill taken off. The soil must be kept moist, but it will not need to be watered more than once or twice a week, and care must be taken not to let the sun shine directly on the young plants after watering.

By the middle of February the first plants are ready to transplant into a coldframe, when they are placed six inches apart each way.

MANS "HAVEN OF REST" Home Should be a Place Where He Can Rejuvenate Tired and Worn Nerves.

comfort also.

BY MRS. MCCUNE.

OU will like my wife. She is a restful woman," he told me. And I did like her.

She isn't young-possibly a year or two older than her husband. She isn't beautiful. She doesn't appear to be particularly brilliant mentally. And her taste in dress is execrable.

But she is a mistress of the art of

She knows how to be quiet. And there is that about her which rests one just to be in her presence.

She talks very little but her listening is eloquent. Apparently she has no nerves-she never indulges in any of those little, nervous, futile habits that make one sometimes want to all the physical comfort I needed—sne scream out a "Do stop that!" Such as could not realize that I needed mental constantly twisting a ring on a finger. or snapping the catch of a purse with agonizing regularity, or fussing with a back comb, or jumping up every menute or so to "fix something." Why do so many women cultivate such annoying habits?

To go back to the restful woman-I like her smile. It is generous-understanding. And I like her laugh-s chuckle that betokens a full-breathed enjoyment. It's good to hear that sort of laugh from a woman, instead of the shrieks and the high cackle that show no real sense of humor.

The man who is the fortunate husband of the restful woman is a brilliant success in his profession. He is high-trung, trascible upon slight provocation, as inconsistent as a woman is supposed to be. At the same time he Stirest brow that ever when his first matrimonial venture morel the heroine of our fa-went on the rocks of the divorce court, buttle novel would be less his friends were surprised. Surely the

But I learned the inside history from himself the evening he drove us out to his house to meet the restful womanhis second wife.

"A man who demands everything of

PERANG THE ENERGING WILL CAUSE THEM

his nerves and his brain, as I do, has no business marrying a woman who, wants her own brains and nerves recognized," he told me. "My first wife was a splendid woman, but she needed a husband who would set her up on a pedestal and look up to her as the most wonderful of the Lord's creations. She was talented and mettlesome and I admired her, even when our love proved to be gone. She is a splendidly successful woman today in her own profession, and we are good friends. we had no business being married. She sunset. thought that servants could furnish me

"I had not intended to marry againuntil I met Agatha—good, old-fashion-ed name, isn't it? She was the old maid aunt of a New England family where I boarded last summer. I don't hostess. know where she got all her wisdomfor she is wise as well as placid. Perhaps her years of patient service as a poor relation, and the hours of thoughtfulness in her quiet village life, have spread. If the night is warm ice tea something to do with

There was something about the way she folded those big, warm hands of hers, letting them lie in her lap without motion, while she listened to what one had to say, that made me want to see her sitting that way beside my own

"My home is my haven now-not a place where I am whipped up mentally If you wish to serve a hot dish some to entertain somebody else, nor where sort of creamed fish or a lobster or any strenuous efforts are made to en-chicken Newburg will be nice. Little tertain me. It's the place where I re- rolls split and buttered should accom-

A CLEVER SUNDAY MENU

HE woman who can with equanimity view a motor full of hungry persons arriving at her gate just at meal time is a woman in a thousand; and yet this is the situation that many country house hostesses are facing every day. Especially on Sunday afternoon is the influx of autoing visitors apt to be most certain, and although they may declare they cannot possibly stop for tea, it is to be noticed that a hospitable invita-

tion is seldom refused. If you live in the country, theu, my friends, it might be an excellent plan to accept the situation gracefully, and instead of hurrying together a hit and miss repast served with profuse apologies, arrange some light refreshments early in the day, to be served al fresco on the cool and inviting porch, just at

This will not entail a great deal of trouble, for the repast may be a very light, though appetizing and satisfy ing one. Chance visitors will not expect or desire an elaborate meal. These little Sunday evening festivities will prove very popular with one's friends and add greatly to the renown of the

A substantial salad, a dish of cold sliced meat, or sardines, sandwiches. small cakes and a beverage of some kind will make a very inviting little flavored with mint or lemon will be relished. Or you might make a mint flavored lemonade or a fruit punch. of Colonial glass, and see that there is plenty of whatever liquid refreshment you may select, also that it is very cold, and accompanied by a bowl of

chopped ice. If you wish to serve a hot dish some

tion of a few slices of hard boiled eggs and some peas added before the jelly

congeals. There are so many pretty bits of glass and china, and artistic trays and other paraphernalia for serving out-ofdoor meals that it is a real pleasure to prépare such a Sunday night tea as I have described. Paper napkins and dollies may be used very appropriately, and the whole affair be given a dispicnic aspect.

BREAKFAST. Sliced Peaches. Bacon with Rice Cakes. French Coffee Rolls. DINNER. Cantaloupe Curls. Roast Shoulder of Mutton. New Cabbage. Potatoes in Butter Sauce. Cucumber and Cress Salad.

Peach Dumplings. Coffee. SUPPER. Cold Lamb Sliced. Ripe Olives. Cream Cheese Sandwiches. Jelly Sandwiches.

Ginger Ale Lemonade. Cake.

Combination Salad-Boil ten small potatoes till tender, then chill and peel; chop fine with two hard boiled eggs, two beets, half a dozen spiced gherkins, one-fourth of an onion and one-half a green pepper, also chopped, flavored lemonade or a fruit punch. and two tablespoons of nuts—pecans. Serve these drinkables in large pitchers hickory, pistachio, or any that you of Colonial glass, and see that there is prefer. Season well with salt and paprika, then mix with a good boiled salad dressing made rather thick; pack in a wet bowl and stand in the refrigerator for several hours. When ready to serve turn from the mold on the white inside leaves of lettuce, and with a broad knife spread the sulad dressing over the mound as you would



has occasion to use glue for mending articles in her home. finds that frequently after the glue dries the article to which it has been applied breaks, tears or springs This easily can be remedied if glycerin is added to the glue in the proportion of one part glycerin to four parts glue, as the articles mended this way "stay mended" indefinitely.

ORN beef makes a change in the menu and it is economical. Plan to have it cooked when the laundry fire is hot, serve it hot for dinner, then sliced cold with baked beans, and the fatty parts and the undesirable ends will grind up and make an excellent corn beef hash for breakfast.

UST stains can be easily removed by putting vinegar and in the warm sunshine. Repeat this until the stain is removed. The ently referred to, and, there is space vinegar and salt (together) are very active and will remove the stain more quickly than lemon and salt.

A traced to the centure. The cellar that would give sufficient space for dinaunually opens into the rections, and lay it on wrapping paper litchen and the kitchen is folding the edges of the paper over while the cellar is not. Following natural laws the cold air of the cellar rushes to take the place of the ferred, but do not fold so tight as the

EARLY every housekeeper who bles may be there, or rotten wood. day should be taken to throw out all dirt, rotten wood, decaying vegetables and other accumulations. Brush down the cobwebs and give the walls and ceiling a good coat of whitewash. It a whitewash brush is not at hand take an old broom and spread the whitewash on thick and strong. It will sweeten up the air in the cellar, the parlor and the bedrooms, and it may save the family from the afflictions of fever, diphtheria and doctors.

N account of the inconvenience of getting wrinkled tissue paper patterns into the envelopes in which they have been purchased, it is better to fold them flat and place in large envelopes in which magazines or large catalogues have been received. The directions can be preserved by cutting the envelope which came with the pattern down one side and across the bottom and pasting salt on the stain and placing it it on the large envelope. In this way the directions can always be convenion the reverse side of the envelope for notes as to changes needed in the tern for different members of the family. Envelopes of uniform size can be made to hold patterns by taking a GREAT deal of illness can be piece of :tiff cardboard about the size