

A Page of Interest for Milady

BEAUTIFUL FINGER NAILS

BY LUCILLE DAUDET.

My dear, your nails are in a dreadful condition," said the bustling little manœuvre as she spread Bessie's slender hands on her doiley-covered cushion. "Ragged cuticle, hang nails, white spots! See how puffy and red the flesh is at the base of the nail! And you can make them so pretty!"

"I give them the most careful attention!" waited Bessie. "That's the trouble," replied the bustling little manœuvre. "Too much attention of the wrong kind! Your fingers look ragged at nail and flesh and all. Some girls complain that they haven't time to manœuvre their nails, but that's because they are lazy and haven't formed the habit of taking time. They expect me to beautify them at a single sitting. You have gone too far in the other direction," she went on.

"To have nice nails means only about five minutes of daily attention and a weekly manœuvreing."

"You see," pointing to the tip of Bessie's nails, "they look as if you had cleaned them strenuously with a knife or orange stick, pressing on the nail and the flesh, marring and inflaming this line on the top where nail and flesh join, scraping the free inner edge of the nail into a roughness that catches and holds the dirt and gives an ugly whiteness instead of a delicate transparency."

"My dear, be just as careful in cleaning your nails as you are in cleaning your eyes. Gentle, gentle! Don't hurt them, don't make them bleed, don't do anything strenuous!"

"Every right-minded girl wants pretty finger nails. She should have them, too, because the beautiful is her birth-right, and because they are an asset in life, a life of leisure or a life of work. A carefully kept nail, like all carefulness in personal appearance, indicates a careful, well ordered mind."

"Now, home manœuvreing is not the insurmountable obstacle that some think it. Watch me carefully, listen to every word I say, get the right tools then you can soon develop the possibilities of your own nails and can give them the simple care that is within the means, however limited, of every ordinary girl."

WOULD YOU LIVE A HUNDRED YEARS OR MORE



TO STRENGTHEN THE SKIN

THIS EXERCISE FOR LIMBERING UP THE MUSCLES

THE KITCHEN

Hamburg Steak Soup.

Have lean beef hamburger and place on stove with cold water. Boil three-quarters to one hour only. Nice with rice and carrots, or rice only, also served as vegetable soup. Vegetables must be put in at once with the hamburger, as they will be done together. Season to taste. Quickly done and precisely the same as other soup. Nice also for supper to put the little ones to sleep on.

Goulash.

Cut up two slices of bacon and one small onion and brown together in frying pan. Then add some left-over beef cut up and some gravy and a little water and let simmer about three-quarters of an hour. Just before serving add one or two tablespoons catch-up.

Orange Pudding.

Put one cup of milk in double boiler. When hot add a beaten egg yolk into which you have stirred one-quarter cup of sugar and a heaping teaspoon of cornstarch. Cook until it is thick, but don't let it cook too long, as it will then grow watery. Slice one orange very thin, then cut into small pieces. Pour the cooled custard upon this. Just before serving beat one egg white stiff and put it on the pudding in dots.

Prune and Date Pie.

Soak prunes over night and remove stones. To two cups of prunes add half a cup of dates cut in tiny pieces, the grated rind and juice of one lemon, three tablespoons sugar and the prune juice. Dredge with flour, dot with bits of butter, put on upper crust and bake.

Boiled Cod, Cream Sauce.

After carefully cleaning a fresh cod fish place in a kettle of salted cold water. When it begins to boil let it boil fast for 15 minutes, then boil slowly until done. Take out and remove skin. Make a cream sauce by putting half cup butter into a stew pan. When melted, blend in one tablespoon of flour, brown and stir in a cup of cream, add a pinch of salt and pepper and serve with the fish.

Broiled Oysters.

Take one quart of large oysters; put them in a collander to drain. Put an iron baking pan on hot stove, with one tablespoon of butter; put in the oysters and let them remain until they begin to curl around the edges. In a covered dish put one cup butter and one tablespoon of table sauce. Pour oysters on the butter and serve at once.

Acadian Valley Bread.

One cup corn meal, one cup rye (the rolled oats), half cup molasses or sugar; scald these in one quart boiling water or water and milk; then stand until cool. Now add one teaspoon salt and one tablespoon lard; after it is cool enough add enough white flour to make the dough of usual consistency and add one yeast cake dissolved in a little warm water. Knead like any other bread. Fine.

Baked Carrots.

Take three or four good-sized carrots and cut into dice; put over a moderate fire in slightly salted water and simmer gently (don't boil hard) until very tender; drain off all the water, then wash fine and season with salt, pepper and a little butter; turn into a deep pudding dish and cover with fine cracker or bread crumbs; sprinkle a little salt and a dust of pepper over

put into a good oven and bake until the crumbs are a delicate brown; serve hot.

Colonial Cake.

One-half cup butter, one and a quarter cups granulated sugar, three eggs, half cup thin cream or rich milk, half even teaspoon soda, one even teaspoon cream tartar, two cups of pastry flour, half cup seeded raisins. Add whites of eggs last and bake in tube pan. When cold frost with a heavy white icing that will contrast prettily with the yellow of the cake. Citron sliced in thin strips may be used instead of raisins, or in combination with them.

Chicken Croquettes.

One pint of chicken chopped fine, one cup of cream or chicken stock, one tablespoon flour, two eggs, one teaspoon salt, half teaspoon pepper, one teaspoon onion juice, one tablespoon lemon juice, one pint bread crumbs, three tablespoons butter. Heat the stock, blend butter and flour together, add to hot cream, add chicken and seasoning; cook two minutes, then add two eggs well beaten; take from fire immediately and set away to cool, then shape and fry.

Mixed Beef on Toast.

Cut a cup of cold roast beef into small cubes. Make a cream sauce by melting one tablespoon of butter. When melted add one tablespoon of flour. When mixed, but not browned, add one cup of hot milk and season with pepper and salt. Stir until smoothly thickened and simmer three minutes, then add meat, stirring until heated, no longer. Remove from fire and serve on toast.

A Good Cup of Tea.

It is generally believed that any one can make tea. This is far from the case. Great care should be taken to have the teapot hot. Scald it out with hot water before putting in the dry tea. The water to pour on the leaves should not be only boiling, but should be freshly boiled. The big tea kettle which stands on the stove all day and is filled at irregular intervals, does not furnish the best water for the purpose. Get a small enameled ware kettle holding about a quart of water. Pour the water on the tea, which should not steep over three minutes. Then you will have a cup of tea which is not only very much better in flavor, but is much more wholesome than that made in the ordinary careless fashion.

Cheese Fritters.

Three ounces of flour, egg, gill of tepid water, three ounces grated cheese, little pepper and salt, ounce of butter. Flour and condiments are put in basin and water added by degrees, then cheese with yolk of egg is added and lastly the stiffly beaten white. Drop this by spoonfuls into boiling lard and cook about three minutes. Results are delicious, golden brown balls, as big as your fist, permeated with flavoring of cheese.

Leftover Creamed Oysters and Macaroni.

In a well-buttered dish put a pint or less of cold creamed oysters. Put bits of dry cheese (quarter pound) and six thumb-sized pieces of butter into one cup hot milk. When cheese and butter are dissolved, turn over the oyster preparation. Cover with cracker crumbs moistened in hot milk or water. Bake in covered dish and brown



THIS MOVEMENT STRENGTHENS AND STRETCHES THE WAISTS AND ARMS

THIS EVERETT AND GIBBS SYMMETRY TO THE WAIST LINE.

FUR SETS

Welcome to Paris one of the most popular and practical winter fashions it is possible to imagine; the three-piece set, consisting of muff, tie and toque, made of soft materials, combined with bands of fur. Some of the popular models are costly, but others come well within the grasp of girls of modest pin money.

Take, for example, a set seen the other day. The model was created by a world-famous artist, and it was expressed, so far as the bands of fur were concerned, in priceless sable. The materials of this particular model were duvety in a lovely shade of leaf-green, dull black satin and narrow bands of kolinsky fur. The quaint muff, which formed a jelly-bag point in front, was made of duvety and lined with black satin. This satin was corded at the ends and turned back in large gauntlet cuffs, bordered with fur.

The straight tie, which was moderate in length, was lined with the same corded satin, and it was fastened where the ends crossed with a large steel buckle.

AVOID JEALOUSY AND BE HAPPY

BY EDNA EGAN.

If you were asked which human trait was to blame for the most and greatest general unhappiness in the world you would be very nearly right if you answered jealousy. At the doors of the green-eyed serpent may be laid more misery than was ever created by any other vice. Jealousy and its close relation, envy, are at the back of the furthest reaching chain of wretchedness that was ever stretched around the world.

The best known form which jealousy takes is, of course, that shown between sweethearts. This kind of jealousy is more or less excusable, and is even admired in a mild degree. It is considered a sign of great love if the young man is jealous of every other masculine being whom his sweetheart addresses. It might be said right here, however, that trust and faith in each other are the truest marks of deep affection, not jealousy. But it is a popular fallacy that the man is most deeply in love who displays the most jealousy.

There are other shapes assumed by the green-eyed monster which are not so easily excused, and therefore concealed as often as possible. We call the jealousy of sweethearts the most common because it is seen more often than any other, but the other kinds are just as real—only they are hidden from outsiders' eyes. The jealousy between sisters or brothers is quite as often felt as the jealousy between lovers, and is as old as Cain and Abel.

In families where one sister is a trifle less attractive or a bit less talented or capable than another, jealousy is often rampant. Strange to say, it is not so frequently found in families where the difference between the sis-

ter and the other very plain, when one is greatly gifted and the other quite commonplace, or when one is a brilliant business woman and the other a simple home body, the less conspicuous sister is as a rule very proud of her sister's attainments. But when the race is neck and neck, so to speak, and one is not quite up to the other, then jealousy has its opportunity and generally uses it.

When the mother or father has a favorite among the children the others are very often jealous. When the mother is a bit more partial to one daughter than to another there is always that feeling of competition among them to see which can draw forth more demonstrations of affection.

Of course, no mother should display favoritism among her children, but it is quite natural that one should be a little more congenial than the others. It is not strange under such circumstances that the mother should prefer to be the most often with the child whose tastes are the same as hers. This is no reason why the others should be jealous, for the mother's heart is big enough to hold them all.

That is the tragedy of all jealousy—its utter uselessness. Those who allow the green-eyed monster to attack them in one guise or another, suffer all in vain for what good do their pangs do them? Not a bit! The young man only torments himself to no avail, for if his sweetheart is not true his jealousy will not help him to recover her love, and if she is true his doubts only hurt her and harm him.

The girl who is not quite so brilliant as her sister will find that if she forgets her jealousy and allows the sweeter part of her nature to govern, she will have admirers enough of her



FASHIONS

Tight Shapes Are Very Popular.

BY MRS. KINGSLEY.

THE tight, shaped coat has arrived. One of the shapely coats which had a full basque was seen this week. The little garment was of moderate length, and it was fastened by four very large buttons which crossed the figure from left to right. The material of the costume was velvet cloth in a delightful shade of dull strawberry pink, and the skirt was arranged in two tiers, giving a bounced effect. The coat was lined with creamy white satin and finished with a collar made of skunk, a cosy skunk muff accompanying the costume.

This is quite a new outline and it is one which is certain to become popular—and rapidly. Several of the leading dressmakers and tailors in Paris are making these tight coats and the Parisiennes have accepted them with enthusiasm.

It must be noted that the waist outline remains normal—that is to say, natural. Women have realized that pinched-in waists are very unattractive, and they decline to have an ugly and meaningless fashion forced on them. Waists curve in slightly—nothing more than that.

Smoke-gray duvety trimmed with smoke-gray fox makes an ideal winter costume for street wear. Imitation fox may be substituted for the real fur without any great loss of effect, as the art of imitating fox skins has been brought to great perfection.

Smoke-gray duvety is particularly becoming to fair women, and the subdued tint permits the introduction of a splendid note of rich color—violet crimson, or deep blue—in the hat or toque. When expense has not to be closely considered smoke-gray ante-lope boots should accompany the dress.

A smart walking costume was carried out in chiffon, velvet and fur. The velvet was chosen in a dark shade of sapphire blue, and both coat and skirt were trimmed with blue-gray wolf. The high Russian collar of fur was found most becoming, and the coat was fastened on one side with three fur buttons. The fullness at the waist was held in by a soft sash of dark sapphire blue satin, finished with tas-

SAVE your old silk raincoat to make a nice bathing suit for next summer. Cut the blouse and skirt from the best part and make the bloomers from what is left over, or from mohair. Trim it with a bright braid and make a tie and cap from the spare pieces. Another use for that old coat is to make it into waterproof bags which are very handy for carrying rubbers or slippers to school this winter. These bags are made in the shape of envelopes and are half a yard long and nearly as wide. Bind all around with tape and fasten with a snap. At the top and at each end fasten braid a yard long. This makes it convenient to sling the bag over the shoulder and carry in this manner.

THE newest patchwork has a wonderful charm of its own. Quilts, cushions and the like made of it should sell well at one of the many charity bazaars which will soon be the vogue. You take, say, for a child's coverlet, a square of quilted muslin, white for preference, and apply to it a wreath of flowers of fruit that you have cut out in washing silk or linen. The flowers, fruit and leaves must be of bright colors and cut out deftly with a pair of sharp scissors and basted onto the square of muslin before they are neatly sewn round. A brown basket design filled with little oranges and lemons and grapes is handsome on a green or purple silk cushion. Cherries with their leaves are charming on pale green linen. Serge and other woolen materials for foundation and appliques may be pressed, of course, into the service. Really the quaint and pretty possibilities that lie in the art of the new patchwork are endless. How glad one is that a fresh turn has been given to the dear old handicraft.

To cut buttonholes through two or three thicknesses of material without separating the fabrics mark place and size of buttonhole with basting thread or chalk and with a fine stitch and thread to match the buttonhole twist stitch with machine each side of and quite close to this mark. Cut the buttonhole between the lines of stitching. This will not only hold the various thicknesses together, but will form a stay over which the buttonhole may be worked. All buttonholes should be dampened and pressed.

A FRIEND of mine," says a clever needlewoman, "had occasion to open my shirt waist-box the other day. She came to me, saying: 'My, but you are extravagant! You have eleven pretty silk waists in that one box. How did you happen to buy so much wash silk?' My answer surprised her. My husband works in a bank and must wear very clean linen. He is partial to silk shirts, but as soon as there is the least break near the collar they are thrown away. Shortly afterward I appear in a new silk waist, for the

is a large man, and there is at least trouble in getting the waist the shirt. Sometimes I vary by putting on a plain collar and cuff, and you do not mind at all how many shirts the man at the house changes. You will even suggest at that a certain shirt in the wardrobe would look well on him—adventurally, on you."

ONE of the loveliest of gowns seen this year was simple in outline, but word Paris was written in twilled silk, one of the popular of the moment, and the skirt was wide and rather short. There was trimming on it, but the folds and artistic lines from waist to hem, there was a deep corset case made of real old Valenciennes and a Puritan collar of the same fell over the shoulders. An novelty of design is shown in a frock of yellow faille clasped with silk net. The net is draped in folds beneath a hip yoke, which minds one of the Elizabethan days. The bodice is distinctive because of its simplicity, the back being of faille, cut with a low, round neck, a portion of faille crossing in place effect. The embroidery of and pearls is particularly attractive. The full length sleeves of net are in bell shape with a piping of cord to hold out the lower edge. Tante satin of palest blue forms girle and accordion-pleated front of this charming dance which drops in deep indentations with rows of frothy ruffles. The is a simple affair of industrial volite, with short sleeves.

HERE are some very important don'ts for parents. Don't get that child, like you suffer seriously from sunlight. Don't forget that children are more seriously affected by sun than grown people. Don't let that little child be exposed to gloomy surroundings, this lowers their vitality. Don't let that loved child make more liable to catch any infectious case. Don't think that any room in the house will do for the sunniest, most airy and most cheerful room should be given to the child. If you want them to be healthy, shake or scold a child who wails and cries out in the night, or night terrors are a purely nervous affection, and any harshness only makes your little ones. Remember to tell child what he is to do, not what not to do. It often happens that children, especially those who are highly strung, are disposed to weeping when they get scolded. You wish a child to stop scolding, tell him to take a good drink of cold water. It almost always will stop

ODDS AND ENDS