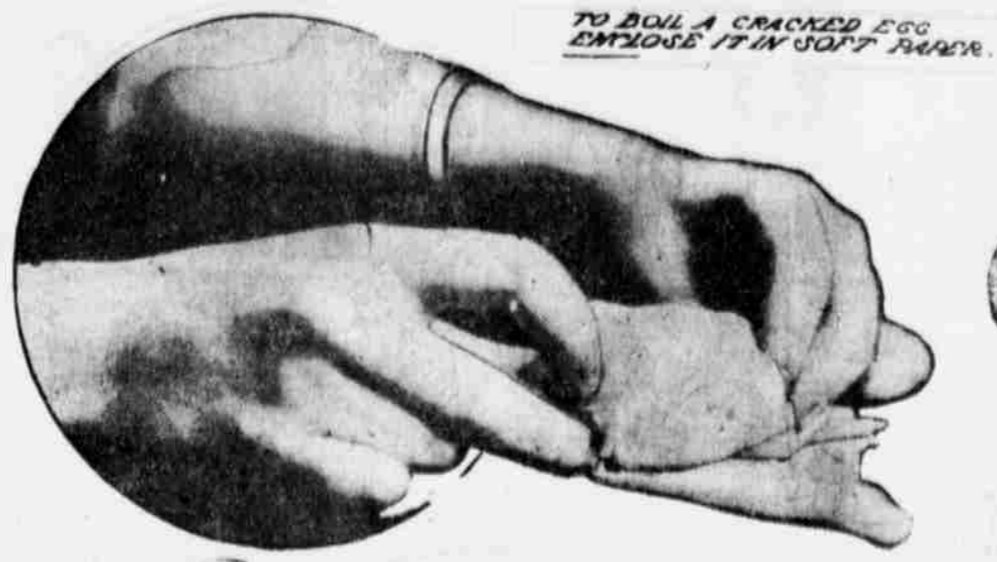


A Page of Interest for Milady

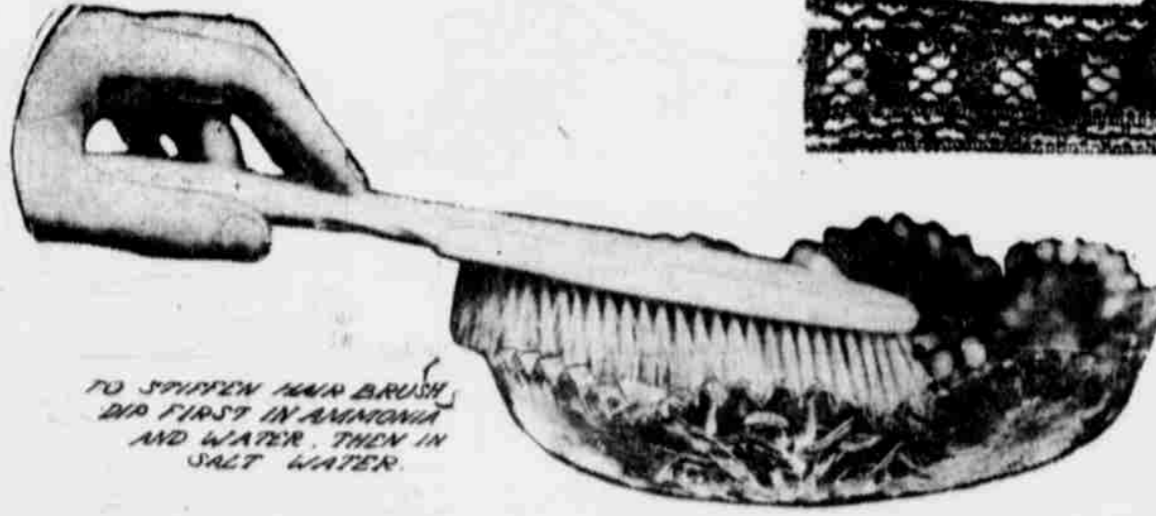


TO BOIL A CRACKED EGG EMPLOY IT IN SOFT PAPER.

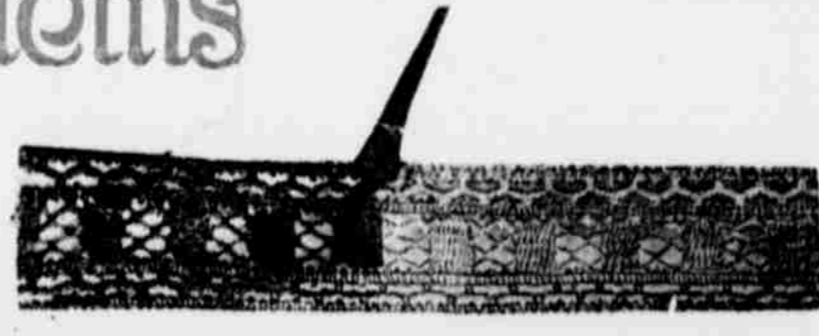


NAME MADE CELERY SALT HAS WHOLESOME

Overcoming Vexing Household Problems



TO STIFFEN HAIR BRUSH DIP FIRST IN AMMONIA AND WATER, THEN IN SALT WATER.



OLD LACE MAY BE UTILIZED FOR DRESSING BY PAINTING IT WITH GOLD SILVER OR COPPER PAINT.

GOOD NATURE

GOOD nature is one of the best assets a woman can have. A good-natured woman is always welcome, even when she is rather slow-witted, and a woman of the opposite class is to be dreaded and shunned because whatever brightness she possesses is of the personal and cutting kind.

"I shall never forget," says one woman, "a friend of my young days who was remarkably brilliant and entertaining, but who was feared quite as much as she was admired because even her closest friends were not safe from her wit and satire."

"At any gathering honored with her presence she was the last to arrive and the first to leave. The majority of girls would have remained all day and night rather than leave her an opportunity to discuss them by going out ahead of her. I positively know that many a social engagement was broken in this way."

enough for most persons. A larger quantity of fluid sits heavily and delays digestion. Coffee is better than tea in cold weather, but cocoa and chocolate are too heavy as a rule. Of course, individual tastes vary in this respect. It is wise to take whatever best agrees.

For delicate persons and those with weak digestions a couple of eggs cooked in various ways, or a little fish, is as much as they should take. In this case lunch should be early.

In summer less fat should be taken. Fish is then better than bacon. No sugar in the tea is a good rule. In cold weather as much butter, fat and sugar as can be digested should be eaten.

WHAT, AND HOW TO EAT

BY EDNA EGAN.

AN eminent physician regards inability to eat a good breakfast as the first sign of a breakdown. This must be an exaggerated view, for half the women and one-third of the men in this country have a very poor appetite for the first meal. Nevertheless, one of the surest signs that the body machine is in good order is the capacity to eat a hearty breakfast.

After the long night's fast, and as preparation for the work of the day, this should be a substantial meal, eaten with relish and followed by a feeling of perfect fitness for the day's duties.

How is one to get a breakfast appetite? He should go to bed neither with an empty nor a full stomach. The last meal of the day should be finished at least two and a half hours before bedtime; if it is taken earlier than this, or if it is a light meal, then a glass of milk with a few biscuits, or some milk gruel, or any other light and digestible food preferred, should be taken at bedtime.

The windows should be open, the bedclothing should be only just sufficiently warm to keep one from becoming chilled, the room should be dark, and thus refreshing sleep should be obtained. If these measures are followed by a bath, ten minutes devoted to Swedish exercises and the sipping of a glass of hot water, breakfast will be eaten in nine cases out of ten with keen relish.

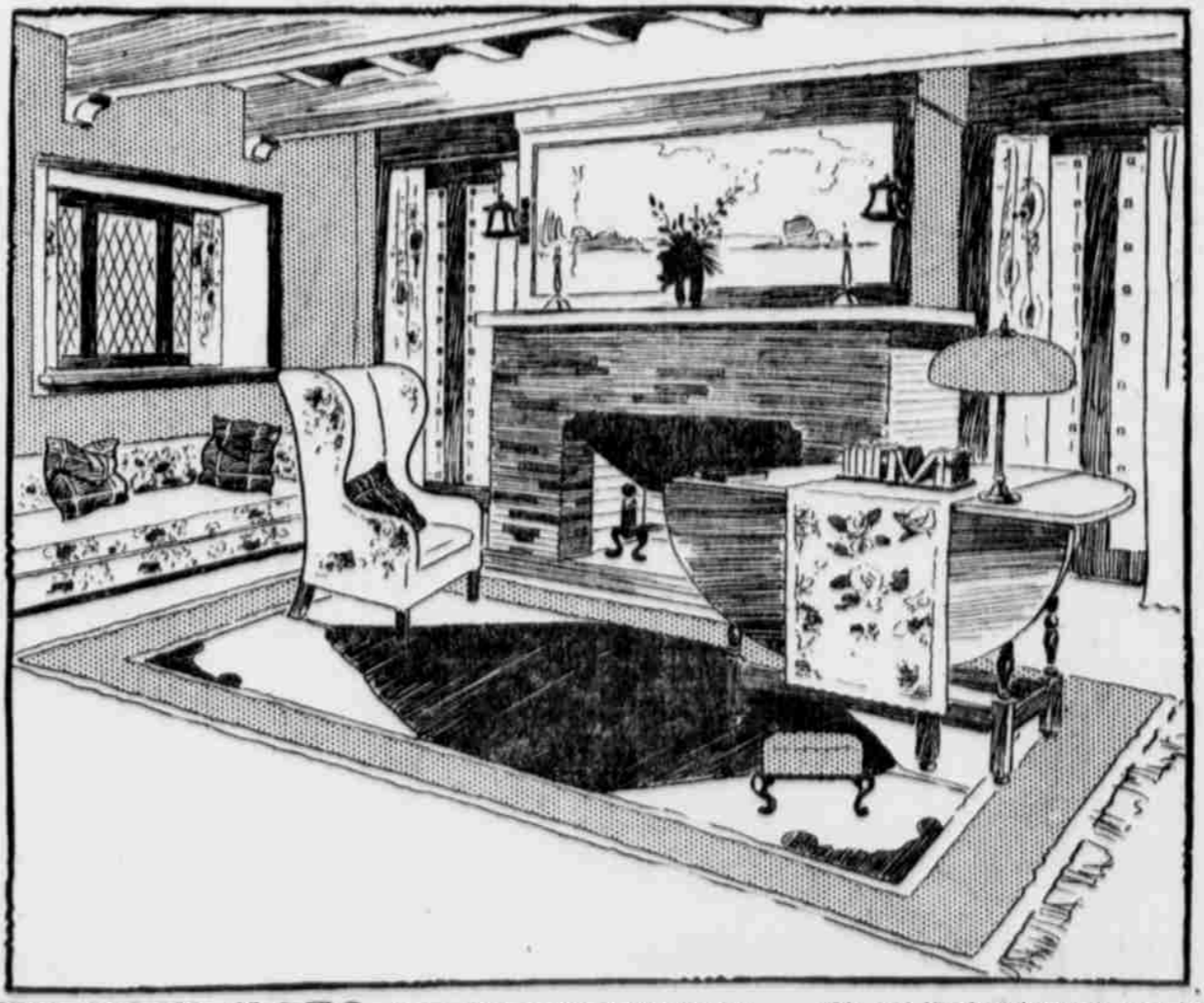
Breakfast must be eaten with leisure, therefore do not lie in bed till the last moment. Give plenty of time to this important meal and also time to rest after it before the day's business begins. Never read at breakfast; a great many people neglect this sound advice and fail to masticate their food properly in consequence. Dinner may be a solemn function, but let breakfast be a gay and cheerful one. It will be all the better for the digestion.

What to eat will depend on the individual and the season. For children a cereal or crushed wheat with plenty of milk, bread or toast, plenty of milk, or jam, an egg or two and milk or cocoa, not tea or coffee, to drink.

For healthy men and women, some fruit, a small plate of some breakfast cereal and then an egg with bacon, or other prepared dishes. Variety is as necessary for breakfast as for dinner. Instead of the eggs, fish or a grilled chop or a couple of cutlets will give the day a good start, though it is best not to eat meat in the morning.

Toast is more digestible than bread. If bread is eaten it should be about twenty-four hours old, neither fresh nor stale. One cup of tea or coffee is

NOVEL LIVING ROOM FOR A BUNGALOW



THE NEW HATS

BY LUCILLE DAUDET.

SOME of the smartest and most becoming of the new hats are made in soft velours dyed in very beautiful colors and arranged with flexible brims, which can be bent into any shape to suit individual requirements. Other hats, again, are covered smoothly with black panne or peat de sole, their lightness of weight making them doubly desirable. Some interesting examples of the mil-

linery of the moment may be seen. Another hat was seen suitable for wearing with tailcoats and carried out in the favorite position shape. It is made in black panne, with a brim which turns up a little on one side, and a high crown, encircled by a broad band of emerald green corded ribbon, drawn through a dull gold buckle.

There still is another hat arranged with a crown of soft white kid, to the center of which a long black silk tassel is fastened. The brim is covered smoothly with white kid on the outer

side and lined underneath with black velvet. Soft folds of black satin are draped around the crown.

The latest picture hat is a thing of real beauty. It is sharply turned up at one side, but the upturned brim does not stand erect; on the contrary, it is cleverly bent so that it curves over the low crown.

This hat is made of velvet, black or some rich dark color, and the trimming consists of a flat ribbon bow passed through a buckle, or a single skin of mink or fox, the little animal being so arranged that the head falls

TO CLEAN JEWELRY

BY MRS. McCUNE.

ALL jewelry that is constantly worn should be washed every month or six weeks. It is not a difficult matter, either. All you have to do is to make a soapy lather and add a few drops of ammonia.

Take an old toothbrush and brush all the dirt out of the crevices. When quite clean, take the jewelry out of the water and rub perfectly dry with a chamois leather or ordinary tissue paper.

When cleaning any article that is set with stones, such as a ring, be more gentle with the toothbrush, for if you brush too vigorously you may easily loosen a stone. A pendant set with emeralds, rubies or diamonds is better immersed in a little eau de Cologne than water.

If you are the lucky possessor of any pearls, remember they must never be put into soapy water, though sea water is good for them. Pearls that are about away and seldom worn lose their beautiful sheen, so if you have a necklace wear it regularly, even if it is under your blouse. The contact with the skin keeps the pearls in good color.

Turquoises are best washed with warm water and a little ammonia, but no soap. Soap is apt to turn their pretty blue into a green. When you are cleaning opals, be careful not to drop them, for they are brittle and chip with alarming ease. In fact, they have earned a name for being unlucky simply because they are so fragile.

When you are not wearing jewelry do not leave it lying about or in a drawer knocking against other ornaments. Keep it either in a piece of leather or in cotton wool. Steel ornaments should always be wrapped up carefully in tissue paper, for the air will quickly soil their beauty.

Many women wear jewelry which is simply filthy—there is no other word to express the dirt clinging to the crevices of the ornaments. Needless to say, the stones lose all their lustre,

MILADY'S BEAUTY

OBNOXIOUS as it may seem to many, nevertheless the eating of onions will make a noticeable change in the complexion, because onions contain a certain percentage of arsenic, the same as lettuce. The onion is naturally soporific, and induces sleep when eaten at night, without harmful results. Lettuce has the same effect if eaten with vinegar.

DEEP breathing will help to make curves where there are angles, and it is a potent factor in the cure of emaciation, because it supplies oxygen to the wasted tissues and sets the machinery of the vital organs going, strengthening weak places and supplying red corpuscles to impoverished blood. It will promote digestion by quickening the functions of the stomach and intestines and promoting the assimilation of food.

A SHARP instrument must not be used for removing soft beneath the edge of the nails. A stick of any kind is best. When the nails are very soiled, the stick may be dipped into lemon juice or rubbed into the soap, together with a little water, forming a passage. Polishing

powders should be used, as their effect is excessively drying. White spots are sometimes caused by bruises, and if any are present special attention must be given in manicuring not to press the surface with knife or stick.

A SHAMPOOING lotion or soap jelly, a general tonic, a coarse-tooth comb and a practical hair brush with moderately stiff bristles that will penetrate the hair without breaking or tearing it, are a few articles that one finds necessary in preserving the beauty of the hair. Brilliantine should be sparingly employed. It is far better to resort to the more natural means of encouraging a beautiful luster by keeping the scalp and hair in a healthy condition. Dandruff, falling hair and other ills of the scalp call for special lotions and tonic, and, of course, are included among the toilet requisites.

SPRING represents a period of the year when the skin suffers perhaps more than at any other time. The painful effects of cutting winds when walking, driving or motoring long distances are only realized to the full by those who possess a dry skin. Nothing is more effective in such a case than to rub a good cream into the face before starting, and for this purpose the woman who is troubled in this way should be careful to find a pure one that absolutely agrees with her skin. After an application of such a cream there should be a dusting of an equally pure powder.

LEMON figures as an ingredient or the basis of innumerable toilet washes and complexion creams. For most complexions the clear juice would be found too harsh. It should be combined with glycerin. Add to the juice of one lemon one ounce of glycerin and two ounces of water or rose water. Shake thoroughly to mix the ingredients and keep in a closely corked bottle. Rub over your hands while still wet after washing. Dab them lightly with a towel instead of wiping them.

TO KEEP the hair bright and glossy and encourage a strong and rapid growth few better methods exist than that of ventilation. The treatment should be practiced for five minutes each day, night and morning. The tresses should be separated one by one and shaken gently and slowly, so that the air may penetrate between the strands. If a maid's help is obtainable, the attendant fanning the air gently on to the hair with the right hand while supporting one lock at a time with the other. This must be persisted in until the hair feels light and the scalp cool and refreshed. Besides proving excellent for the hair, the treatment is wonderfully stimulating after severe brain work, and has been much recommended in nervous complaints, of which headache and insomnia form a part.

over the curved brim and the body rests on the crown of the hat.

This is a specially becoming shape, even more generally becoming than the majestic cavalier hat which is "slapped up" at one side, while the other lies flat.

Although all-round flat-trimmed hats are still very popular, it is certain that the cavalier shapes are rapidly becoming fashionable. Now the large cavalier hats are worn with simple tailor-mades and with loose wrap-coats.

WORKSTAND

MOVE the canvas from a camp stool and enamel or stain the frame.

Then make a large bag of canvas, measuring thirty inches by four inches, and line it with the shorter sides of the material are measured two inches from the other sides are turned over into the same width, leaving two inches at each end unstitched.

Through each of the two hems last thread a piece of tape, which is brought out of the hem, and be fastened around the side of the frame.

Short sides of the bag which measured two inches from the top then be attached. Put the tape on the outer side of the top of the frame, and the lining on the inside. Then turn them both in a neat hem at the top of the frame. The ends where the other hem is need to be cut down and the top rails.

ODDS & ENDS

AVOID trouble in sorting stockings after they come out of the wash, sew tapes to the top of each and tie the pairs together. Keep them tied together when washed and darned and you will have no trouble in seeing "which is which" when it comes to putting them

EVERY woman who uses her eyes closely should give them frequent rests. Frequent, be it noted, not long rests, which are impossible to busy workers, are few, however, who cannot take the eyes every two or three hours minute or two. Try it today and what a relief it is both to the eyes and the nerves.

IT is not a difficult feat to manufacture a wide-mouthed bag from pink, blue or lavender chiffon gathered onto a round embroidery ring. Hangers of ribbon across the handle of the basket and tucked to the ring on each side with rosettes of the ribbon. Hang up a dozen small puffs of absorbent cotton drawn in at the top like a made puff by a string ribbon. Hang in the guest room or on any dressing table, these individual puffs will prove useful when there are visitors, and the puffs may be replaced as those used are worn away.

THE worst case of sore throat will yield to a treatment which consists of a gargle made with a half glass of water and two teaspoonsful of peroxide of hydrogen. If the patient swallows the peroxide it is not poisonous. It is true, however, the peroxide will kill