A Page of Interest for Milady

LWAYS BE PROMPT

of virtues, for even though rail at us for there are not either, who are invari-

with ourselves. o stroll in late at a din

matter of habit than any The commuter who lives of the city must be on ins will not wait. No mat eliminate his shave of but be there he must

ge girl has definite hours udies, and a moment's taught to become a who have learned mie training, to be punctua often retain that respect for exements all through their

re can all acquire it. If the rl who has allowed herself slack about arriving on pull herself up with a before the occasional tar omes babitual

just as well form the being on time as being late



MILADY'S BEAUTY

a dipped in the following hearty food." Editerized borax, one ounce; peris, two ounces; campbor at spirits of camphor). two

0 much grease or cold cream and be used on the nails if they are to look well kept. sping to bed. smearing the It if one is doing househ mils may be greased and em while handling brooms. whenbes. This will not only improve the nails.

ALESPOONFUL of olive oil the every night for a month cure nuny of the small is that afflict many women thir tempers and complexate oil is excellent for the distant and blotches and other this caused by indigestion. her, etc., soon vanish if olive he regularly. The oil should

At somen give a great deal of act to preserve require equal with that given the face. Stears. This will have the which is the mark of beautijouthful cars.

stury; watch their hair, their as good. Do not make a babit hings too hot or too cold; ad fur the teeth. Do not tair up or keep parting in may be rubbed on. place or atrain and tie It is far easter to preserve balth and the skin in good than restore them. Early risacise alike to health, beaucapile at both ends. You cannot

EN who want to be beautiful suts of flesh brushes, coma reliers, sosps nothing, not as can produce the slightest box to the complexion that

Mr skin is very only, do not while still allowing their daughters to rub it incessantly with hot devour fresh pork chops, yeal cutlets. vater. Give it a night and but never a bit of fruit or fresh greens. noming scrub, but during the "because they don't like anything of Mit off with antiseptic gauge that kind, but prefer good, substantial,

THE lazy girl will not obey the her limbs and faculties az it was intended that she should them. She infinitely prefers to loll about, reading rubbishy books which make no call on her nieutal faculties, absorbing caramels and chocolates she does not require, thus starving her mind and overfeeding her body at one and the same moment. By doing this she tends to lay on an excess of fatty tissue, which soon robs her youthful figure of any dainty charm it might possess, her digestive organs become derauged, her liver becomes sluggish and ber complexion assumes a sallow tint that adds years

NE of the best exercises for developing a skinny forearm is to close the hand tightly, curving the fingers well into thi cheap oil should never be the palm. This done, the person tries stelive oil cannot be bought to squeeze in the fingers and at the bule anywhere for less than same time to press the thumb more the hand held fist up. In this way the he and scientific attention to pressure will show in the center of letal massage, but do not the forearm, where the plumpness is sen to realize that the ears most needed. There is no danger of a beneficial exercise is provided by pulling at some stationary object. For ha of the fingers and gently instance, by grasping the edges of a bath tub one may attain quite a good minulating the circulation deal of the desired biceps. Care one who is mapping out a career feels Certainly she who only commences to trees. It also prevents should be taken, however, not to do at some time or another the spur of the soft lobe of the ear this exercise with the fingers. Sweep- dissatisfaction with the work he is is or restores the shell- ing is particularly recommended in rounding the contour of the forearm, for the firm grasp on the broom is reshould cultivate happiness as nightly massage of the arms is necesbeth and their skins, with a The arms should be first washed with sary to one who desires pretty arms. teping them in a perfectly a flesh brush, after which some good he condition, and, above oil should be rubbed in with a circubeth because unless foul is lar motion. Either sweet almond or hashested it is doing harm olive oil makes an excellent massage preparation for the arm. This should be slightly warmed before applying. After the application superfluous oil

LONDE hair often changes as a woman grows older. The reason for this is found in the trilly, but it must be early the sulphur or iron increasing and becoming more powerful than the mag-The use of peroxide of hydrogen is not desirable, because in time hus las attention to their than that at the roots. An excellent for Buckets of lotions, means of preserving the golden color bunds of colors, means of preserving the golden color bunds of colors. founds of creams and skin is to shampoo the hair with eggs, adding the juice of three lemons to one tablespoonful of salts of tartar to the plus to give the right col- all through the hair and shampoo and spoiled by improper food, the second shampooing the eggs spies make their appearance foam up like soap. They do not act lices many a mother will that way at first because there is still in the blood tonic and such, a suggestion of oil in the hair.

DON'T BE A GRUMBLER

ISCONTENT works havon wher ever it goes. When a single seed of discontent is sown large crop is reaped, for it spreads rapidly and grows up in no time. One discontented worker in a factory can stir all hands to strike One disgruntled member can upset a whole family. And so it is:

The worst part of being discontenttightly over the fingers. In doing this ed is that it is so useless. You only exercise the arm should be bared and do yourself harm. The moment you become dissatisfied with your position you cease to do your work well. Then follows dismissal. The moment you become dissatisfied with your family ring her child's character are many the be included, as they lose doing this exercise too often. As pull- and friends you lose their wholeheartence in life.

Only one kind of discontent is wor- the years pass, she who clings most thy of any fine nature, and that rises determinedly to the exercise of confrom an ambition to succeed. Everyturning out. This is the right sort of discontent, for it drives him on to bet-

ter work. Discontent with yourself and the work you are doing is quite different from dissatisfaction with your circumstances, your surroundings and our friends. You ought to be dissatisfied with yourself if you are to keep out of ruts and to advance. How can success ever come to one who is perfeetly satisfied with his efforts, no matter how poor they may be? Every successful man or woman feels the pangs of dissatisfaction with life work. even after success has crowned his in-

If you really deserve success in this life you will eventually get it. So if you are not satisfied with the position you are holding don't stop to grumble about small pay and long hours. the matter with it that you are kept in this inferior position.

If you will use your common sense it will tell you that your employer would not keep you doing easy work if you could do more difficult things. It is simple enough to obtain employes for the small "jobs." The difficulty lies in obtaining workers capable of handling the big ones. So if you are really efficient it will soon be discovered and you will be advanced. If work making yourself efficient. er in the early days.

TRAINING THE CHILD

BY MRS. KINGSLEY

T is in the earliest periods of life that a mother's responsibilities are great and her opportunity for making or mar After a few years the child will pass from her control sooner or later, in greater or less degree; probably, as trol will lose its reality most quickly. exercise it consciously as her child lately semblance than of the reality in all her dealings; and if she deplores this deplores that her power is only effective by conscious effort, that an elusive spirit of opposition underlies outward compliance she will probably find the cause in those past days of babyhood, when doubtless the tiny body was well cared for, when dainty dresses and pretty ways were admired but when the potentialities hidden in the small, almost toylike, atom were disregarded or unrealized. The first thing then to do in this

or any other work of preparation is to think out carefully a definite scheme. Most training fail more or less egregiously because it is left to haphazard methods. No sensible woman would expect an undertaking which depended upon the co-operation of other per but look to your work to see what is sonslittes to succeed without reasoned care and thought being bestowed upon the proceedings to be followed. Now in the training of a child the environment is a factor of immense importance, and this must be obtained of favorable character by the organizing of borax has been dropped; then wash powers of the mother. For this reason, the simplest life is the easiest to Ringe in three waters - this is very imcontrol, and the fewer influences and personalities which are necessarily troduced into a buby's surroundings the last rinsing water just a trifle. the easier becomes the task of the Then hang the stockings in the sun



passes out of babyhood into the stage of daffodils, the back of the petals of of childhood will find far more of the the flower painted flat on water-color paper. The trumpet part of the flower was made of the paper in tube shape pasted to the back and painted so the fuzzy nap in the weave is laid per-cleverly that the imitation of the real fectly flat. flower was clever.

HOKING and stranging on liquids are somewhat similar, yet the former is more dangerous. If a baby merely strangles on milk quickly raise one arm above its head and draw the arm lightly. This overcomes the trouble at It sometimes relieves choking when caused by food, but a slap on the back between the shoulders will more quickly dislodge any food in the

HITE silk stockings have a most annoying habit of acquiring a yellowish tinge after two or three washings, and this is usually due to their being washed out in a basin and hung up to dry without bleaching. Soak the stockings half an hour in cold water into which a pinch portant, for the least bit of soap remaining will yellow the silk and blue you are not efficient what right have mother whose will and personality are pad wind to bleach and dry. Never you to be discontented? Better set to to be, as they should, the guiding poy the them with a hot iron, but when oughly dry smooth out and roll up. is possible; is a duty, indeed.

HE girl who can paint and ma- Never put white silk stockings to scak nipulate crepe and tissue pa- with black or colored silk stockings. per could easily copy some for the dye is very apt to run out and odd cards used at a dinner streak the white hose badly. White The cards were in the shape cotton stockings, now considered better taste with sport shoes than silk hosiery, may be washed in the same manner, but the cotton stocking looks best if pressed with a hot iron so that

HERE are many people who

seem to think that happiness is a thing, like a house, or a dress, that you can get hold of and keep, as it were a possession of your own. It isn't. It's a state of mind; a quality of character. You have to work for it as you would work for other desirable qualities. And you have to keep on working. Teach yourself to respond to everything lovely or cheerful, to see beauty, to enjoy the society of other persons, to delight in to find enthusiasm in play. Teach yourself interest in the atruggles and hopes of others; the sort of interest that is of use, that is a help. Learn to enjoy the many little things that turn up day by day. Make the most of your own mind, your own capacities. Don't sit around pondering whether you are happy or not, whether them in warm, but not bot water, or not life is worth living. Live it thoroughly; keep awake to all the wonder of it, and you'll be happy without knowing it, at first, until you have gone along far enough to realize what happiness is. Except in times of real tragedy and great suffering, happiness, in some at least of its myriad forms, TIPS FOR THE BRIDE

BY MRS. McCUNE.

AM compiling a book of useful knowledge for my little friend Betty who has just married Here is my page on weights and measures. How is it for first aid

to the ignorant?" "In Betty's previous experience a cup had no connection except as a re ceptacle for tea, coffee and such; now that she has adopted the profession of home-maker and cook extraordinary and plenipotentiary to her Tom, she must have more expert informa

'Of course, these things are a, b, c to the usual readers of cook books and makers of recipes, but for a beginner like Betty I know it will be helpful to have this condensed list to which she may turn.

So here it is One-half kitchen cupful equalsons

"One kitchen cupful equals one-balf pint or two gills. Four kitchen cupfuls equal one

"Two cupfuls of granulated sugar equal one pound. Two and one-half cupfuls of pow-

dered sugar equal one pound. "One heaping tablespoonful of sugar equals one ounce. "One heaping tablespoonful of but-

ter equals two ounces or one-quarter cupful. One cupful of butter equals one-

half pound. "Four cupfuls of flour (one heaping quart) equal one pound.

Eight round tablespoonfuls of dry material equals one cupful. "Sixteen tablespoonfuls of liquid

equal one cupful. Proportions to remember: "One teaspoonful of vaniila to one

quart of milk for custard. Two ounces of gelatine to one and three-quarter quarts of liquid. "Four heaping tablespoonfuls of

cornstarch to one quart of milk "One even tablespoonful of bakingpowder to one cupful of flour. "One teaspoonful of baking powder is equal to one-half teaspoonful of so-

da, and one teaspoonful of cream of "In preparing for baking, mix dry materials in one bowl and liquids in

another: combine them quickly, and put at once into the oven. The oven for baking bread should be hot enough to brown a teaspoonful flour in five minutes. For biscuits

it should brown in one minute. Rubbing a pie-crust with butter a few minutes before it is time to take it from the oven will make it crisp