

A Page of Interest for Milady

Vanity's Toilet Aids



THE SIDE PUFF THAT GOES UNDER THE HAIR.

BUNGALOW APRONS

EVERY mother likes to see her small daughter look daintily at all times. But girls, as well as boys, get their clothes soiled, and while boys can be put overalls or rompers, according to age, few mothers will like to see little girls dressed in these home-made aprons. But there will be no objection to miniature bungalow aprons in the order of those worn by the boys, especially if a pretty color is used.

Make the apron measure off the length from the shoulder of the wearer to the edge of her dress, and for a deep hem, fold this and the top in kimono fashion, taking under the arms to below the waist. Cut straight across to the hem and set on after cutting in the body of the apron to fit. The material holds the full-downs. If preferred, the skirt may be gored all the way down, the child does not get the freedom business allows.

These aprons are quite easy to make. The best kind of materials are the soft cotton poplins, the cotton and silk mixtures in the higher grades, and the crepe goods.



POWERING THE HANDS TO MAKE THEM WHITE.

MILADY'S BEAUTY

PLASTER is a good wrinkle remedy. Cut the plaster into triangles and strips to fit the wrinkles and paste on in the morning and night. Remove in the morning and apply for five or ten minutes a good cold cream. Use a strong black variety is best for this purpose.

MASSAGING the scalp every day tends to loosen the scalp and thus induce a flow of blood to the hair follicles, nourishing and causing a new growth of hair. Persistent massaging has often induced a new growth of lustrous hair where it had been thin and lifeless years.

WASHING powder makes the hair brittle; once a week it should be allowed for the hair. Make a cream especially by mixing half an ounce of almond oil with sixteen grains of resin and sixteen grains of salicylic acid. Add a grain of borax and forty of white wax. This may be rubbed on during the shampooing if on convenient.

BEAUTIFYING brows a soft brush must be constantly used and frequent applications of vaseline—that is, using it twice a day, morning and night—will be beneficial if instead of brushing the nose toward the other side. The stroke of the brush must be given in the same direction. The hair must never be pulled the wrong way. When the eye is employed the movement should be short and fairly hard to sufficiently so to stimulate the hair. A beneficial unguent to use in this way is almond oil—the



THE TAPE FILLET FOR WAVING THE HAIR.



THE BOUDOIR CAP—ONE OF THE MOST USEFUL OF VANITY'S TOILET AIDS.

CAN YOU KEEP A SECRET?

BY LUCILLE DAUDET.

SOME women cannot seem to do without a confidante. They must have some one to whom they can tell their secrets. And how absurd it is that they should think that any one will keep it themselves!

Making confidences is one of the most foolish practices in which human beings indulge. It only leads, as a rule, to vain regrets and resolutions never to indulge again. If these resolves were kept, all would be well, but unfortunately women who have formed the habit of imparting confidences never seem to profit by their past experiences.

The habit is formed in girlhood. Almost every young girl has her intimate friend from whom no deed or even thought is concealed. As the girl grows older she often replaces her school chum with other new confidantes, one at a time following after the other, until at thirty there is quite a formidable

array of women who have known her every thought and care.

Can't you see the folly of making confidences, girls? Looking back over the years behind you, you will find that the girls who were your best friends four or five years ago are scarcely acquaintances now. The friend to whom you now tell all your little secrets will be almost a stranger five years from now.

You may even quarrel with your chum in the meantime and make an enemy instead of a friend of her. Think, then, of the weapon you are placing in her hands when you confide your every thought to her, a weapon which she may or may not use, but one of your own making, nevertheless.

To be sure, there may be no harm in these confidences, there may be nothing which you think could act against you. But if you at any time estrange the affections of your confidante you have no idea what she may see fit to read between the lines of your confidences.

THE KITCHEN

Cream Eclairs.

Boil together for one moment one cup of water, half a cup of butter and one cup of flour, set away to cool and then stir in, one at a time, three eggs, not beaten, drop into greased pans and bake. After baking, which must be done in a steady oven, let them cool, cut a slit in the side and insert the filling.

Maple Walnut Tapioca.

Heat one pint of milk in double boiler, stir in carefully two tablespoons minute tapioca. Cook 15 minutes, then add the well beaten yolks of two eggs and a pinch of salt, but no sugar. Stir for three minutes, then let cool. Take two-thirds cup thick maple syrup and beat into the cool tapioca, and one cup English walnut meats closely chopped. Serve cold with whipped cream and place half nut meat on top.

Maple Blancmange.

Make one-fourth of the amount for a family of two, using one rounding tablespoon of cornstarch, half of a cup of syrup and a cup of milk. The printed rule runs thus: Mix five level tablespoons of cornstarch with one and a half cups of maple syrup until smooth; add one tablespoon of salt and half tablespoon of soda, and then pour the mixture slowly into one quart of scalding milk. Cook for 20 minutes, stirring frequently; pour it into small wet molds and serve cold with cream, either plain or whipped. When quartering this rule use the merest suspicion of soda and salt. Of course, too much would ruin the pudding.

Filling.

Fillings—One pint milk, two tablespoons of flour, two eggs, one cup sugar, a little salt. Let milk and

sugar boil and stir milk and flour until well mixed.

Oyster Soup.

Two quarts milk, a head of celery, one-half or three-quarter pound of butter, one cup rolled crackers, salt, pinch of red pepper. Boil the milk with the celery, strain off the celery, put the milk back on the stove, add butter, seasonings, 100 oysters (or one may use a smaller quantity). Let it simmer once or twice, or until the edges of the oysters curl; thicken with the cracker and serve very hot with oyster crackers. Very delicious.

Caramel Cake With Butter Frosting.

One and one-half cups sugar, scant half cup butter, half cup sour milk, half cup chocolate dissolved in half cup boiling water, two eggs, two cups flour, flavor to taste, one teaspoon soda, pinch of salt.

Butter frosting—One cup confectioners' sugar, one tablespoon butter, one tablespoon milk, one tablespoon coffee or cocoa, one-quarter teaspoon flavoring. Mix well with spoon, then beat with silver fork until creamy.

Cracker Raisin Pudding.

Six large crackers split and well buttered. Place buttered side up in dish; pour over one quart of warm milk and let stand overnight. In the morning take two eggs well beaten, half cup sugar, half teaspoon each of nutmeg, cinnamon, allspice, one-quarter teaspoon each of clove, mace, salt. Mix sugar and spice and salt together, then add the well-beaten eggs, row two-thirds cup seeded raisins. Put layer of crackers in pudding dish, layer of raisins spread over all mixture of spice, sugar and eggs. Do this until all ingredients are used, then add one cup more of milk. Bake in slow oven two hours. Keep covered first, then uncover, and if not wet enough add more milk, and when all soaked in add more.

Fried Scallops.

Clean one quart of scallops, turn into a saucepan and cook until they begin to shrivel. Drain and dry between towels. Season with salt and pepper, roll in fine crumbs, dip in egg, again in crumbs and fry two minutes in deep fat, then drain on brown paper. This is my way of frying them. You can dip in the following batter: Two eggs, one teaspoon salt, one-eighth teaspoon pepper, one cup of bread flour, three-quarter cup milk. Beat eggs until light, add salt and pepper and add milk slowly to flour. Stir until smooth and well mixed. Combine in a strainer.

MANICURING

BY EDNA EGAN.

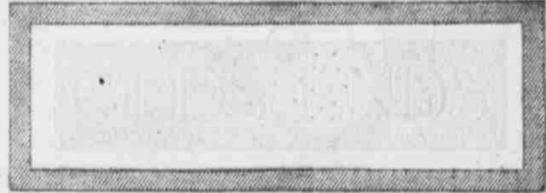
THERE! Your nails are manicured," said the bustling little manicure, leaning back and looking proudly at her work. "Have I hurt you? Are your nails sore? No? Just remember that the right manicuring, which is the gentle manicuring, does not hurt the nails, does not leave them sore or bleeding, and gives you an added sense of personal comfort. In fact it is resting to the nerves.

"If by any chance you have made them sore run hot water on them, and if they bleed apply a little peroxide of hydrogen.

"Your nails are in such a bad condition that the process of shaping them at the sides may take a little time and patience. Sometimes in such a case it is well to let them grow out once quite long, in order to get them back in their natural proportions at the sides, if you have been narrowing them too much.

"How often should you manicure? Once a week is enough if you give them a little daily attention, with oil and emery board and polish. By all means don't keep digging at them, and don't get lazy and say you haven't time to do them. Five minutes every day will work wonders. If they get bad again come to me; in fact, bad cases of nails should always be taken to a professional manicure to get them started right.

"Those white spots? I know you are waiting impatiently to hear about them. Prevent them, you can't remove them. It is generally said that they come from bruises on the surface of the nail, especially at the base where the growing nail is very soft, or further down on the finger where the root of the nail grows in a groove in the skin. Gentleness is the remedy. Don't press them with your instruments, don't hit them with the buffer. Be gentle while at your work. As the careful treatment, oiling and polishing go on the odious white spots will grow off with the growing nail and not reappear.



KEEP a large stock of clean tissue paper or white crepe paper on hand with which to dry windows, mirrors, etc. The paper absorbs the dampness much quicker than cloth, and after the water has been absorbed from the surface of the glass the wet sheet is thrown away and a new sheet is used to give a fine polish. You will find that the work of washing windows, etc., can be done in much less time when tissue paper or paper toweling is used in the drying.

THE arrangement of the sick room is important. People seldom realize the wonderful effect which a patient's environment has on his conditions. Brightness and sunshine must have a decided effect upon the nervous system during recovery from serious illness, although in its acute stages much shadow may have been necessary. The best outlook for a sick room is a south-easterly one. Much can be done at times by altering the bed in order that the light may not cause glare in eyes easily strained because of weakness and ill health. Have just a few flowers, very fresh, and always take trouble about their arrangement. Whispering or talking outside the door is quite unforgivable. Never, if you can avoid it, awaken a patient, whether with intention or by accident. The patient is infinitely more dependent on his food than on any medicine. Therefore, one should never spare any effort to provide him with dishes likely to be appetizing. But try not to ask him what he wants or likes. Surprises often stimulate the appetite.

ONE way to make the underwaist is to cut it from the shirt-waist pattern which fits you, making it round or square neck as you like, and with a peplum to avoid fullness over the hips. When it comes to mending, ordinary patches are put in all the way to the waistband if it seems worth while, otherwise round or square ones with the corners carefully mitered. Circular underwaist covers are a little harder to patch since the place where the holes come most quickly—under the arms—is on the bias.

TENACIOUS HABITS

BY MRS. KINGSLEY.

ONCE there was a professor at a well known college who used to exhort undergraduates to periodical disuse of tobacco; not because he thought tobacco a bad thing, but because he pronounced it weakness to make anything whatever indispensable to one's comfort.

Probably his principle was sound, though it requires a force of resolution rather higher than we are used to expect of human nature. But you will remark that it is a principle for undergraduates; that is, for young people. We are more adaptable at twenty than at thirty, and by forty we are nearly settled in our ways.

It is usual to speak of this as a rather contemptible, rather ridiculous tendency in human nature. We talk of people becoming fossilized, turning into mere oysters or barnacles. But in the slavery to habit there is some reason. By the time middle age is reached most sensible people have discovered for themselves the sort of life of all those within their reach that suits them best. They know what they can eat and drink without danger; they have learned by more or less unpleasant experience how much sleep their bodies demand.

So, too, with the more subtle, more spiritual needs of humanity. The middle aged know, for example, of how much self sacrifice they are capable, how very reluctant they are to be dragged or coaxed or bullied into enterprises for which they feel themselves inadequate. At twenty, even at thirty, you may believe yourself the stuff of which saints and martyrs are made. Once you have come to forty years you know how easy it is to be ridiculous.

But times of trouble often shed a new light on our possibilities. Many a woman has discovered that she can do without many of the things that she believed necessities, and that she is capable of accomplishing tasks of which she never dreamed. Many habits which seemed as natural as breathing are abandoned under the stress of a dwindling income. When poverty makes itself felt many women and men, too, have discovered that they can reconstruct themselves without catastrophe.

ANEAT little frame for a picture is made with a handkerchief. It is first stiffly laundered. All points are directed toward the center and ironed. The four points are then turned back, just reaching the edge. They are pressed and held in place with baby-ribbon rosettes. This leaves a small square for the picture. Hang it diamond shape on the wall.

DON'T throw away sour milk. It is highly nutritious and easily digested. In fact, many people who can digest little else manage well with this. Of course, the more thoroughly the clot is broken up either before or during its consumption the better able will be the gastric juice to get into it. All milk becomes clotted after it has been allowed. It does so in rather large lumps, which are difficult to digest, and it may be mentioned in passing, that one reason for adding lime water to infants' milk is that it makes the clot finer. Clotted milk when taken in that state, does not form large masses in the stomach.

CUT off some strong branches of the lilac and put in a crock of earth. Put a strong solution of plant food in the earth and set the crock in a deep saucer of water, never allowing the water to dry out. Occasionally pour a weak solution of ammonia water around the stalk. Some try to force the buds by growing them in water, but, while they bud, they soon die and are never fully matured. By adding natural plant food, keeping the plant warm and moist, the flowers will develop nicely. All kinds of fruit blossoms will develop if the branches are kept in jars of water, placed in the strong sunlight.

OLID gloves, so often thrown away, have good uses. The backs of light or white ones will make face and leg coverings for dolls wanted on the Christmas tree, and there can be no better iron holders than those made of three or four placed together, as the heat will not penetrate them. Two pair of old black kid gloves boiled to a pulp in a quart of water will produce a black liquor which jellies when cold. This jelly can be melted and used as an almost unrivaled reviver of black lace and stuffs.

THAT TIRED FEELING

BY MRS. McCUNE.

THERE are times for every one of us, when we get tired of what we are doing. Some grow tired of doing nothing and some of having a good time, but most of us are tired of the everlasting grind. Not always—but now and then.

The feeling comes when one catches a glimpse into the future and can find no hope of a change for the better; when one sees old age in the distance and nothing but loneliness as a reward for one's life endeavors.

If one could only loaf a while. If the brain and the tired muscles could have a rest. If the soul's longings could only be satisfied sometimes. If one could have a bit more leisure, some change of scene, even a change of occupation, without the risk of losing the little one has.

A sweet woman once said to me: "I've had many sorrows in my life, but I never think of them now. I'm remembering my blessings."

It is a good rule to follow. But there are times when one simply cannot remember blessings of the past in the pessimism of the present. Even blessings take on an indigo tint when the future seems to be marked out in the same old groove.

But the next time I'm tired of my own personal grind, I'm going to think of Mrs. Anna Nagy.

Mrs. Nagy has seven children of step-ladder ages. They are all young and must be cared for. Mrs. Nagy is thirty-four years old. Her husband earns a laborer's wage. They live in a small place near a big city, and have been married sixteen years.

In all that sixteen years Anna Nagy has never had a rest. Most of the time she has held a baby in her arms, and other babies have been tugging at her skirts.

She has kept house for her family, doing every bit of the manual labor herself. She has fed a hungry husband and seven hungry children and, when she wasn't too tired to eat, she fed herself.

Anna Nagy never sat down to rest. If she sat down at all, it was to sew or to hold a baby, and she never sat long at that, for every minute some need made her jump up to attend to it. Nor was there time to sleep enough.

Seven small children have a way of keeping their mother awake nights. And of course, the man of the house must have his rest!

The other evening Anna Nagy fed her seven children, undressed them and tucked them into their beds. She washed the dishes and cleaned up the kitchen. She looked at a pile of mended clothes to be done. And then she put on her coat and tied a shawl over her head and went out into the swirl of a blizzard night.

She walked seven miles through the snowstorm before she was found, half frozen, half unconscious, and hurried to the city hospital.

"What was the matter? Why did you do it?" she was asked.

"I was tired," sighed Anna Nagy. "I was hunting for a place to rest."