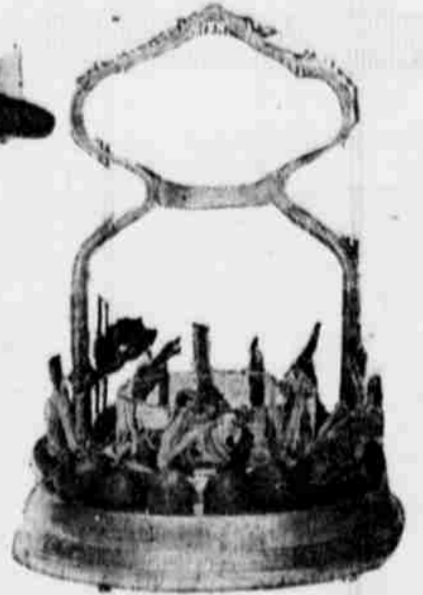


A Page of Interest for Milady

HERE ARE THE NEWEST FASHIONS FOR THE TABLE



THE IDEAL MIDDAY DAYS

Midday days are ideal, and the woman who is wise will do her sewing now. Many women protest at their declaration that they do not pay these days of ready-made sewing is a waste of time—sewing always pays. If you do not pay, always pay. If you do not pay, always pay. If you do not pay, always pay.

Women should learn to sew and take a certain pride in that. Where children are concerned, being able to sew is a godsend to the average woman with any taste. Design little frocks far ahead of any ready-made garment. Moreover, two of these tiny frocks can be obtained for the price of one ready-made.

Just as necessary today as when women spun their thread and afterward wove it into cloth where money is "an object of making ends meet" is the hard on the woman who cannot offer for not that they "haven't time." A woman who never have simply because they do not work systematically. Always on the verge of nervousness trying to do several things at once, an impossible feat.

MILADY'S BEAUTY

Spots on the nails are sometimes caused by bruises from the nourishing juices being stopped in some way. Try lemon at night a paste made of turpentine and myrrh, morning in the morning with

Unpleasant odor arising from the hair in summer is due to improper ventilation. The false hair now largely in use, causing free circulation and unless frequently air-impounded the hair becomes unmanageable and unpleasant. Gentle massage is soothing to the oil glands, and at night before retiring.

REPLACIOUS hair can be removed only by one means—the electric needle. Peroxide and ammonia are used to the hair and by continuous use they destroy the hair as does the wax, which follows each little to the place where it promptly annihilates it.

It will be found very effective for removing tan from the hands: Gum arabic, white, 120 grains; borax, glycerin, 1 ounce; water, 2 drams; borax, white rose extract, 1/2 dram; the tragacanth in water perfectly soft and dissolved in the glycerin. Mix thoroughly and use with a brush.

Give expression to the face almost as much as the eyes themselves. One can do a great deal to alter and improve the brows. Daily massage and simple devices will improve the growth and the brows, and by gentle rubbing the fingers. The face should be well moistened with vasoline, which also stimulates.

Great problem of all the women who would keep their hair in the matter of the hair. A generation ago she would dare no longer indulge in the use of the hair cream bath. She dabs with hot water until it is thoroughly wet, then applies the cream from the dairy, letting it dry. She puts on more cream, and then washes with water and lightly powdered.

Despair women have resorted to wigs. They have their hair into so many kinds of shapes that the hair is a waste of time. Some hours doing nothing is a relief from trouble. Gold teeth should be cleaned with powder at least once a week. A good mouth wash is listerine or rose water diluted with water. Ordinary baking soda is good to use, especially if the teeth are decayed. By all means have teeth filled as soon as they show signs of decay. A set of bad teeth, even one's own, if properly cared for and patched up, are better than artificial ones. Fine salt and weak vinegar water will cleanse yellow teeth. Medicine stains can be removed with acids. In severe cases dip a pointed stick into muratic acid, rub the stick over the tooth, without touching the gum, and immediately wash the teeth with soda water. This is not dangerous, but it must be used with great

go out of doors with your hands at all damp. If you have to wash dishes you should have some rubber gloves and use them to protect your hands while doing so. Almond whitener is a splendid hand wash, and you can rub it on your hands after every time you wash them if you wish. Always devote a few moments every day to your nails, rubbing the cuticle back of them, etc. Then, once a week, you should manicure them well; it is a simple thing to do yourself.

If you cannot go to a professional masseuse, it is well to own one of the massaging cups that can be bought for a small sum and do much to stir up a free circulation and to give exercise to muscles. These are small glass cups with a rubber top. The latter is worked gently and the suction is quickly felt on the flesh. These cups can be profitably used after the face has been well washed and greased rubbed in. Be careful to work it in an upward and outward motion, as otherwise wrinkles will result.

YOUR skin is a sufferer in summer from many causes besides the hot sun. One of the chief sources of discomfort is dust. This is particularly bad if one must live in the city and go back and forth to business in open street cars. Do not attempt to remove this dust with cold water. Carry in your bag a small tube of cleansing cream or a vial of rose water and glycerin mixed. Wipe off the face with either of these cleansers as soon as you come indoors. In this way the pores are not given time to become clogged. If you feel water to be indispensable mop the face with hot water, using a pure cleansing soap. If your skin can stand it a glycerin soap is a good dust remover.

THE beauty of many a woman is completely spoiled by neglect of her hair. If women could only be brought to a realization of what beautiful hair will do for them, we should not see so many greasy, stringy looking heads. There are many small attentions which should be given the hair, but the principal one is washing, and unless shampooing is well, regularly and thoroughly done the damage inflicted cannot be overcome. More than one woman has injured her scalp by not rinsing out all the soap, for instance, and another hers by drying with heat. No matter how pressed for time one may be, or how tired, the scalp and hair should be dried only by rubbing. If there is any reason why this may not be done then postpone the shampoo until it may be properly finished.

FOR the care of the teeth have a good bristle brush, a box of tooth soap, paste and mouth wash and a spool of dental floss, says a writer. A little pumice can be used with the soap once in a while to clean tartar from the teeth. Gold teeth should be cleaned with powder at least once a week. A good mouth wash is listerine or rose water diluted with water. Ordinary baking soda is good to use, especially if the teeth are decayed. By all means have teeth filled as soon as they show signs of decay. A set of bad teeth, even one's own, if properly cared for and patched up, are better than artificial ones. Fine salt and weak vinegar water will cleanse yellow teeth. Medicine stains can be removed with acids. In severe cases dip a pointed stick into muratic acid, rub the stick over the tooth, without touching the gum, and immediately wash the teeth with soda water. This is not dangerous, but it must be used with great

THE WALL OF JEALOUSY

BY GENE A. GARNER.

THE first quarrel my wife and I ever had was when she wanted to give a little musicale in our home and did not name my sisters among the young people she was inviting. "You have forgotten Mary and Anna," I reminded her. "No," she said, "I have not forgotten them. But we cannot have them at every affair we give." "Why not?" I asked. "We have had them at everything so far." "Yes," Helen acknowledged. "I know we have, and we cannot keep that up always. The longer we defer entertaining without their assistance and presence, the harder it will be to begin. We would have to do so sooner or later anyway." "But they are always helpful," I argued. "You have often said how nice they are about advising you." "I have not said they were 'nice' about advising me," she corrected. "I have said they often advise me." "Well," I suggested, after a moment's thought, "suppose we do as you propose and leave the girls out of this affair and ask mother and father instead." "That would never do," she explained; "for this is a young people's musicale. There are to be no elderly persons present." I felt very uncomfortable about the matter and could only hope that my family would not hear of the function.

A few days later when I stopped in, as was my frequent custom, to see my mother, on my way home from business, she asked me bluntly how it happened that we had given a young people's party and left my sisters out. "They were surprised and hurt," she remarked. "I had felt all along that Helen was making a mistake, yet now I found myself championing her cause and speaking from her viewpoint." "Why, mother," I said, "you see we know a good many people, and I do

not expect to be invited to every entertainment we give.

"Why not?" she asked, just as I had done in my dispute with my wife.

"Well," I replied lamely, "Helen is a young housekeeper, and naturally she likes to run her own house unassisted—at least, she likes to show that she can do so. And if she has some of my people on hand all the time it looks a bit as if she depended upon them for help and advice, doesn't it?"

"I see," my mother said slowly. "Then Helen resents our desire to help her. The girls and I will try to be more careful in the future. We meant only to be kind."

I decided to talk no more of a painful subject and not mention Helen to my family, nor my family to Helen. I saw that for a while my wife was relieved by this arrangement. And I became uncomfortably aware that my mother and sisters had bored her; that she had social aspirations above theirs, that—as she would have put it—she wanted to live her own life. I also became convinced that she thought I, too, was drifting away from my own people.

I could not stand this and I forced myself to say casually to Helen, one evening, that I had stopped in to see mother, as usual, on my way home from the office. "As usual!" Helen echoed. "You go there just as often as you once did!" "Certainly," I replied with dignity. "I go to see my mother at least twice a week, as I have always done and always shall do."

"In spite of the fact that she snubs and dislikes your wife?" Helen asked. "It is not her fault that there is a breach between you and her," I said. "It is not of her making." "Oh!" she exclaimed. "How can you say such a thing! Just because I showed that I had a mind of my own, and would not be directed and ruled by your mother and sisters, they have let me severely alone. And all this time, when I thought you were on my side, you have been going to see them. You

than you love me that you stand for that kind of thing!" "Helen!" I chided, "I love nobody better than you!" "Then stop going to see your people!" she demanded. I said nothing, but went out of the room and left her alone with her wrath.

FROM FASHIONDOM

BY MRS. KINGSLEY.

THE Parisienne are very fond of wearing transparent waterproof coats when motoring on dull days. These coats are charming in a bright shade of sapphire blue; they are also effective in carnation-red, with cuffs and collar of black leather buttons. Pockets are still ubiquitous. They are introduced at all possible and impossible points of a coat or wrap. Pockets large and pockets small. There are large side pockets, bordered with fur, which are so often seen on tailor-made skirts. These pockets are deep and practical, and since it is the fashion to have one's skirt bunched at the sides, it is possible to stow away a number of useful things in the side pocket.

The long straight muffer, made of knitted silk or of velvet, is a delightful item of feminine attire. It is immensely becoming and quite inexpensive. They are having these fascinating scarfs made of all sorts of materials, and in the most unexpected colors and combinations of color. A famous beauty recently appeared in Paris wearing a muffer tie, large flat muff and jaunty toque, all made of checker-board velveteen, black and white. The linings were flamingo-red satin, and there were splendid fringes, black silk, on the tie and muff. At one side of the quaint little toque there was a flamingo-red mount which looked rather like a miniature fan.

The French beret is nothing more or

ODDS ENDS

CUTTING a soft corn requires dexterity, for in formation it is not unlike a tough blister. Unfortunately, while it may be loosened around the edges, which detaches it almost entirely, it is held in the center by a growth that goes into the foot, and to get this out without causing blood to flow and making soreness is almost impossible. Before cutting the foot must be soaked to make the skin soft. Then a flat orangewood stick, sometimes a better implement than a knife, must be used. Trimming must be done as soon as the growth begins to form again.

THE use of a hot-water bag is occasionally unsatisfactory when a wet application is required, and the continued use of wet cloths, thus allowing cool air to reach the patient during the change, is not beneficial. Apply a hot wet cloth that is laid in many folds; upon this lay the bag of hot water and it will maintain a regular warmth for two or three hours. Sometimes it is well to wring the cloths from strong salt or mustard water.

EXTREMELY handsome-looking cushions for porch and summer use can be made from monk's cloth, as it is called. It is a fabric that is between common buriap and the more expensive craft.

large circular piece of velvet gathers into a narrow band which fits the head tightly. At the close of the Biarritz summer season these large berets, in black or dark blue velvet, were immensely popular. The pretty Spaniards wore them with pure white costumes at all hours of the day. When the Tam-o-Shanter is correctly worn, slightly on the side of the head, it is very becoming. And it is the easiest thing possible to make. The large circle of velvet must be lined with thick, soft silk to keep it in shape, and the band to which this full crown is attached must fit the head perfectly.

man's canvas. It is not so harsh in texture as the latter and a little more closely woven than the former. It comes in staple colorings and the usual decoration is a design cut from cretonne that is sewn to the cloth with a couching stitch. A black cord makes a most effective outline. The cloth is fifty inches wide and costs 69 cents a yard.

DAINTY alms bags can be made at little cost by any girl who knows how to crochet. For a fairly good-sized motif in Irish crochet must be purchased and then a paper pattern of the bag cut. Its shape is usually straight across the top and rounded on the bottom. The motif is basted down on the paper in the center and pieced stitch is used until the paper is covered. A piece the same size is worked for the back of the bag and may be entirely in pieced stitch. The two pieces are sewed together, leaving an opening at the top and all edges are finished with a narrow crochet lace. The bag should be lined with soft silk in a delicate shade and ribbons for drawing up will be run through an inch or so below the top.

EXERCISE that will reduce the hips must be performed regularly every day, night and morning for at least ten minutes, and preferably fifteen. They must also be done so that cords and muscles about the wrist are pulled and stretched; otherwise they will be useless. After all tight garments have been removed one may sit astride a chair, facing the back and holding firmly by the hands. The body is then twisted, first one way and then the other, as far as it can be without moving in the seat at all. Any change in the seat will make the exercise worthless. After that one may lie flat on the back and raise first one foot and then the other as high as can be done, so that the pull is felt from the waist. Another movement is to stand on one foot and cleanse the other knee, etc.