## A Page of Interest for Milady

wish to vary the olded church or club supa a mirth-provoking way. kitchen orchestra. ne of the best "barkers" attempted. The usual New England, Colonial spinning with fre, wooden chairs and which are served shioned dishes, is further enlistening music kitchen orchestra. This the kitchen buxom "kitchen ung ladies of the church saint caps, aprons and picthen attire, who discourse rom kitchen utensils. It close inspection to disus inwardness" of these back of the utensils, atem or cunningly concealed are the real noise-makof them "Kaalled, which when blown humming a tune, send reminiscent of the days wered combs with tissue blew through them. A frypider, for instance, is made a banjo, a funnel masas cornet, and if the funthed to a curtain rod which md down, it is strongly of a trombone; two wooden mis serve as Keute drums; des make excellent castacovers may be made to bals, an old-fashioned will supply the chimes, and th tubs skillfully beaten pins or potato mashers face of the big bass drum. with a little ingenuity and or, clarionets, flutes, bass her well-known orchestra be simulated-coffee mills. nutmeg graters, snow ed their plebian kin being service undreamed of by

pieces should be selected me may be ostentatiously y a flourish of castanets. abals or exaggerated roll Wherever possible, a plano ngthen the kazoos in carman's air so that the fact of the most aggressive ssile-such as ribbon-besifters as tambourines without giving any sound eem to swell the melodicus bets of music ostentatiouspen music racks fashioned itak brotlers, give an addidistic touch. A few rethis ingenious orchestra. the players to pour forth ovoking but timeful melthe leader's baton gives the



Ethildren are timid about eyelet hole of rather large size, and ering into a bath tub. then the fright comes from mag plunged bodily into watither too cold or too warm. this plunge is accidental. solved the problem by lay-Turkish towel in the tub a small stool on which ild sit part of the time. found very convenient when girl was having her hair lastead of filling the tub t, put a little in. The use th towel to prevent alipping unted for ciderly persons, I you do not have a gum d purpose.

ta likely that you will live th are centenarians, one ina trery 1,000 having achieved of this race is attributed to I by no means uncommon our and many have been thrive on milk a fortnight

E people think that a croed or knitted shawl must ecessity look stringy and opelessly stretched if they wash it at home. There is however, why it should not tod an new. An excellent lay the shawl to be washs of cloth big enough to gree. Min ax it on with stout cotof stitches all around the top it in position. quite dry, you will find light and fluffy and not

staucopia catch-all is now \*ashable affair. Formerly \*46 made of figured silk, an anental paper, a jute of and or anything that suited Now it can be renovated at ats forth from each lannre should be two pieces of in one piece is a daintir, basted into place and their edges. At the cen-

ribbon of the proper width is laced through these holes, holding the edges firmly together when in use. soiled and needing to be washed it can be laid out flat and treated as in the doing up of a doily, being put together afterward. As a hanger, an inch ribbon, in pink, blue or yellow, may attention to her appearance at all. But be made, with fluffy loops at opposite ends. The scallops may be worked in a tint to match the blossoms, or in a pure white the tone of the linen, the lacing being a very tiny cord.

N Holland the smartness of the

peasant woman's garb measured by the fullness of Perhaps "amartlive very largely on a ness" is hardly the word to use in this the diet from the cradle up, instance, but it comes as near as any word to approximating the distinction er than if you take up a that attaches to full skirts in the land It is estimated that the of tulips. Our style creators may not lire longer than any other be following the example of the Dutch to are at the present time dressmakers, but certainly they recogmen and women in that nize no restrictions in the width of spring costume skirts. One naturally wonders where this present tendency The astounding will lead to. With skirts getting wider each day, where will they end? Is at the people live chiefly on their vogue destined to die of overdoing? It may be that those of styles drink milk even after it which Dame Fashion would destroy she first overdoes. But who cares for the future of a style as long as it is attractive in the present? And surely these full-skirted spring frocks are fascinating in their quaintness. No woman but will fail to find a "come hither" appeal in them.

EEPING up one's strength prevents the nerves from becoming panicky and encourages optimism to a surprising de-While it is true that luncheon consumes much valuable time, and where this is not possible, a cup of this with another piece bouillon, hot milk or chocolate will and basic it all togeth- take the edge off the appetite. Some-Wash thing warm is much better than ices tot hot, lather made with a and sweet cakes if you would keep up soap, squeezing rather your strength and subdue those unruly Linas thoroughly, press nerves. Eat fruit every day. Canned f and hang out on the line fruits are good. Cooked fruits are often better than dubious fresh fruits, but some fresh fruit is essential. Eat fresh, green vegetables whenever you can get them. Thoroughly wash all raw fruits. Eat some of the vegetables of low food value, like carrols. parsnips, spinach, turnips, squash and cabbage, to prevent over-nourishment. Eat slowly and taste your food well. When you feel worn out drop every other consideration and try to reha and new. A good stuff establish normal rest. Though the See is white Belgian linen, causes and needs of sleep are still somewhat of a mystery, we know that the activity of the brain cells is rend pattern of a bunch of duced. They are occupied in taking the or any of the culti- nourishment from the blood. Better Then the two results are had when the head rests low and the windows are wide open,

giving plenty of oxygen to the lungs.

BY EDNA EGAN.

ID it ever occur to you that a might be a valuable asset? As a rule, one hears vanity and all, yet she always looks well. pride derided and scorned. We all dislike the conceited girl with her airs and graces. And yet there are many persons walking the globe who would be far better off for a little honest conceit. Overmuch modesty is quite as big a bane as over-much vanity, but a moderate amount of both make an excellent combination.

The girl who is without a trace of sess an innate sense of neatness, cause if she has enough conceit which is all that makes her pay any such a one never makes the slightest attempt to improve her looks, because

many such girls there are. They are to look upon. not in the majority, to be sure, be-But, nevertheless, there are all too think more of themselves.

teaches one to try to look one's best down, but keeps herself up to a cer- ed with impartial eyes.

The overmodest girl, on the contrary, never takes the pains to study her own good points. She makes no endeavor to enter the lists for beauty, but lets herself go, buying the clothes that are at hand, without ascertaining whether they bring out the best or the worst in their appearance.

Even a girl who is impossibly plain pride or vanity is rather a hopeless in face and figure need not and should Sometimes she may pos- not be without a spark of vanity. Bewill make herself attractive in other ways besides in her apearance. One sees many, many instances where a PERSONAL girl without a vestige of beauty has she considers herself beyond the pale. far greater popularity with men and You would be surprised to know how women than her sister, who is lovely

There is no doubt of it at all that a cause the average feminine creature little vanity does more to bring out a s born with her own share of vanity, girl's best than all the modesty in the This does not mean that many who are out of conceit with should let ourselves grow puffed and themselves and the world. In most silly with conceit. After all, overcases they would be vastly improved weening conceit is certainly a sign of n every way if they could learn to inferior intelligence, for no one with common sense would ever allow them-A bit of vanity is really inspiring. It selves to become foolishly vain.

There are always scores of others at all times. The girl who approves far more intelligent, more beautiful, even mildly of her own appearance is more attractive, more gifted and more carful not to allow herself to run fascinating than we are, if we searchtain mark which she has set for her- most accomplished and wonderful self. If she looks in the glass one woman in the world is quite imposaimorning and finds her skin looking ble, except in one's own mind, for at lifeless she sets to work repairing it least a hundred other contestants once. The girl with a certain would claim the same title. So, no

A NOVEL DINING ROOM

BY MRS. McCUNE.

T is said that "necessity is the fascinating in its plainness. mother of invention," and there is much more than a grain of truth in this old proall sorts of ways and means are re- and chairs, in fact, every single piece ly. sorted to in the hope of finally attaining the desired result, while with am- "kitchen furniture," but, oh, what a separate coat and about a half dozen ple means at hand to satisfy each and difference there was between the shirtwaisis are within the reach of every whim, one simply telephones an plain unvarnished articles in the shops almost every working girl. These arevery whim, one simply telephones an fers as "the very latest thing we have, and six chairs with flat seats covered Cheap material is always expensive. It madam." Of course, it is a delightful- in dull blue linen! An ordinary will not wear and cannot be remodly easy method, but, on the other hand, there is a certain compensation in pitting our intelligence and hands against the uneven odds of a limited purse, and as the upper doors were latticed glass. The amateur seamstress may have coming off with flying colors. There the pretty china was not hidden. On several changes of dainty blouses. is far more credit due the girl who either side of the fireplace was a small sum and who, through various used as a folding iron table, but the In these days of washable cottons a ingenious ideas and much thought and young mistress of the house had seen labor achieves a charming result, than to her more wealthy sister whose of a little paint and a cushion or two beautiful and elaborate home is the had transformed them into cozy seats at-the-heel appearance is gone. Good work of trained designers and deco- by the fire, where tea or after-dinner dressing and a good appearance are This fact is borne out by the new The room was gived.

over-burdened with this world's goods, odd beer mugs with curious designs travagantly. The girl who works must She and her husband had been given and mottoes inscribed stood on the a certain sum with which to furnish it, mantel before a row of Canton blue and they simply had to keep within it. china plates, and the electric fixtures The amount was not very large, and in the walls had quaint blue and white us it means some self-denial; but we with the exception of their wedding checked shades. presents, consisting mainly of china. It was simple and as inexpensively glass and silver and a few odd pieces furnished as possible, yet one could

ing room, especially, took the fancy; it

To begin with, the room was a queer old-fashioned shape and had a small priately dressed for her work. open fireplace of red bricks, with a Poverty sharpens the wits, and low broad mantle over it. The table and her glistening round white table kitchen cupboard had been bought and elled as a piece of good cloth can. painted white at home, it made a girl who can sew a little has many charming sideboard for the silver, and to furnish her house on a very small seat, originally intended to be their possibilities, and with the help

The room was given color and charhome of a clever young woman not acter by curtains of duli blue lines, can, but do not spend one dollar ex-

amount of conceit is careful to only matter how pretty or attractive a girl only the clothes which make her ap- may be, she would be a silly idiot to amount of conceit pear at her best. Consequently, become inflated over her charms. In a valuable asset? As though she may not be a pretty girl at fact, no one with any real claim to intelligence ever does become overcou-

Nevertheless, every girl should in-

still some grains of vanity in her system. Without it she will lose her looks and her charms. But that little spark of conceit will keep her up to the mark, will keep alive her interest in herself and others and will make her far more attractive in every way. Vanity in the proper proportions will work wonders in the weaker sex, and every one of us should have a moderate

## APPEARANCE

BY LUCILLE DAUDET.

OME one has said "Clothes do not make the man," but they certainty go a long way toward helping him make a man of himself. This is an age of appearance, and the woman who thinks any and on this line the unguent is applied. old skirt or coat is "good enough" is making a grave mistake. Good dressing does not mean a lot

of fol-de-rols. It means good material, cut on good lines. The average woman-especially the business womanshould take a keen interest, a certain pride, in her personal appearance. Dressing neatly and appropriately is a part of her stock in trade. bracelets, beads and other ornaments are all right for the evening party, but absolutely foreign to the surroundings of the average business office. A woman attired in a well fitting shirtwaist and tailored skirt, cut right, is a joy to behold. Of course, every girl and woman loves pretty clothes, dainty was very simple and yet was perfectly shoes and modish hats, but the buainess girl must put aside semi-evening attire if she wishes to appear appro-

Good dressing does not mean that one should spend money unnecessari-A two-piece tailored suit, two of furniture was of the kind known as separate skirts of good material, a advantages over the girl who cannot

The wife-the mother in her homeshould also study this dress question. woman may look fresh and dainty even

The day of the alipshod, run-down-By all means dress as well as you

learn the value of money. Making a good appearance requires intelligent study of one's finances, and to most of

## MILADY'S BEAUTY"

that such applications can not be used because the locks become heavy with the grease, will not be troubled if they know how to put the hair must be divided. Any other hair, sometimes to the exclusion of the with it. scalp, and it is the head alone which needs the unguent. For when the pores of the scalp are filled, the hair is nourished directly, and there is no grease in evidence.

other half is again subdivided and onehalf pinned out of the way. Another division is then made close to the first, This done, another part, parallel, not more than one inch away, is made and anointed. This process is continued until a that section of the scap is treated. The hair over it is pinned out of the way and the treatment given to each of the other divisions until the whole head has been anointed.

OR grease in the form of a salve to be put into a line four inches long, and each lot is rubbed in thoroughly before going to the next. If this method is followed the hair itself will not be greasy, while the scalp will be thoroughly saturated. Nothing is better for putting on a liquid than a piece of absorbent cotton. I like it better than a brush, for it can be thrown away after each application. The pad used should not be larger than the tip of one's finger, and it is rubbed over the part like a small swab.

RACKS at the corners of the mouth, a most painful condition, are very frequently causby acid in the stomach. These cases may be treated by apply ing bicarbonate of soda full strength and dry, there being enough moisture on the surface to make it hold. This is done at night. Spirits of camphor may be highly beneficial both for chapping and cold sores. When applied it will cause a severe smarting, which lasts only a few moments. As the liquid is very stringent grease of some kind be applied immediately after-

best remedy for chapped lips and other preparations. To render the thecked shades.

All admire the well-groomed woman, best service mutton tallow must be it. Keep this up all over the head unlined as simple and as inexpensively and the humblest of us can, if we make properly prepared. Get the unrender-til the scalp is glowing and pink. Ten urnished as possible, yet one could the effort, dress neatly and appro-ed tallow, wash it carefully and pincs minutes of hair-pulling each morning.

OMEN whose hair requires only pinch of alum to keep the melted fat stimulants and who complain from becoming rancid. When the tallow is ready to be poured into a jas strain it through a double thickness of cheesecloth. Any desired perfume may be added, and sometimes a stick on the tonic. For example, in putting of cinnamon is put in the grease while on any application, liquid or saive, it is in the oven. For those who do not care for the plain tallow white method than this inevitably soaks the wax in equal proportions is melted

LMOND milk as a skin food and lotion is highly extelled, and, while not easy to make, can be accomplished even by ama-B EFORE putting on a tonic the monds are blanched and broken. For this thirty good-sized alteaspoonful of granulated sugar is two sections, one half being then added to them and a half pint of twisted and put back. The rose water is slowly worked over, rose water is slowly worked over, pounding all the time. The object is to reduce the nuts to the finest powder. They should be in glass or china while this is done. Only a few drops of rosewater are put in at a time. the liquid is finally in the lotion stands for twenty-four hours and is then strained. It is used as any cold

PREPARATION of sweet oil and glycerin, cut with alcohol, and acented, if rubbed in paims of the hand and then the finger tips make the best over the hair, makes the hair glossy. agent of application, as the To keep back refractory curls and natural warmth of the fingers have the hair smooth and wavy too softens the salve so it is more quickly when putting on a net, curl the hair absorbed by the head. Only a little, and arrange it to suit the fancy, dip what would equal a drop of liquid, is a small military brush into water, shake out the moisture and brush the hair as you would have it lie, but do not make the hair wet or the curl will This will hold the hair come out. smooth and in place while the net is being adjusted.

> NLARGED pores can be greatly helped by the use of the following lotion: Add to four ounces of witch hazel one dram of boric acid. This should be put in a bottle and thoroughly shaken up until the boric acid is well dissolved. Apply the lotion to the face once a day with a bit of old linen. Before using, however, the face should be thoroughly cleansed with first warm water and then cold. The resuit will be a very much improved ap-The enlarged porcs will nearance. slowly but surely disappear, which be a great relief to the one who is unfortunate enough to have them.

HE latest thing in promoting woman's glory crown is sys-tematic pulling of the bair. tematic pulling of the hair. The most scientific pulling. which is supposed to give a tingling UTTON tailow is still consid- sense of life to the scalp and promote ered by many persons as the a luxurious growth of hair, must be in steady, even, but rather brisk pulls and hands, despite the vogue Take a small strand of hair in more pretentious continents pull it firmly but sharply enough to preparations. To render the make the scalp tingle, but not irritate