

SIMPLE RULES OF HOW TO BE BEAUTIFUL

Margaret Frey, Winner of the National Beauty Contest Gives Advice to Seekers After Loveliness. Care of the Health and Person May Result in Dazzling Complexion and Make the Plain Girl Beautiful. What Constitutes Beauty.

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MISS MARGUERITE FREY, DENVER, WINNER OF AMERICA'S BEAUTY CONTEST. PHOTO BY ADELIN DE LUX, DENVER. COPYRIGHT, DENVER POST.

By Margaret Frey, the most beautiful woman in America.

WHEN I was a very little girl I used to play that dreams were real and real things dreams. And now I am playing again that dreams are real. For surely it is naught but a lovely dream that I have chosen the most beautiful of them all, and it's such a happy dream that I want every other girl to be as happy as I.

Care of Complexion.
Every night before retiring wash the face in tepid water, using a good, pure soap. Dry thoroughly and rub in gently a good massage cream with an upward movement. Remember, always with an upward movement.

Freckles and Blackheads.
Freckles are much harder to overcome, as they are an iron stain on the skin, and can only be removed by the use of an astringent which a face specialist will recommend.

HOUSEKEEPING UP TO DATE--Surprising That No One Has Realized That Housekeeping Is a Business

The housewife who has not yet had her eyes opened to the fact that housekeeping can be made into a regular business venture without assuming any hotel features which would make it too expensive for common people to take advantage of. It is also a surprise that architects or builders have, so far, found any solution of the problem which necessarily must and certainly will be found, if we expect ever to be able to lead a daily life undisturbed by the everlasting servant question. Still another cause of surprise is furnished by the non-economic and impractical manner in which an ordinary dwelling house for, say, 30 families is arranged. The supply of water, heat and light has been centralized, and it would be difficult to find any person who preferred to return to the use of the well and its buckets or kerosene lamps or heating stoves to heating apparatus without ventilation. Such an arrangement marks in my opinion a retrogression, as it deprives people of good air without giving them a fresh supply to exchange. And since it is not lawful to stifle people, I will suggest the enactment of an ordinance prohibiting the installation of heating apparatus where there is not the same time some provision made—it can be done at a very insignificant cost—for scientific ventilation.

Hotel Plan Impractical.
It would not do to try to arrange the daily life of ordinary people on the hotel plan. At the bottom of the heart of every American is the desire to have a home of his own, a place which he

A dry, wrinkled skin is usually the result of too much scrubbing—that's the only word which describes the treatment some people give their skin.

Tan and Sunburn.
Do you tan or sunburn? I am going to give you an old-fashioned remedy, and a real beauty specialist told me there was nothing better.

Use of Veils Necessary.
A dear little old lady friend of my mother's has the prettiest complexion I ever saw. I love to touch her cheeks—they feel like velvet. I'll tell you the secret. She always wears a veil—sometimes two—when she goes into the wind or sun.

Had Enough Toothpicks.
From Tit-Bits.
A well known sculptor tells the following story:

Proof of His Innocence.
A southern negro was brought into the courtroom, accused of stealing a neighbor's chickens.

Successful Elopement.
Her lover divulged himself and took a trusted mechanic and his swiftest motor-car to the village. It did not take him long to communicate with the Donna. Quickly an elopement was arranged.

College Girl Has a New Idea.
From the Philadelphia Record.
"These college girls" said a clergyman, as he gazed at the white and superb ranks of the beautiful graduates, "are a boom to the race. They introduce new ideas."

Love and Beauty.
The young man who was as quiet as a lamb. Throughout the ceremony it smiled up beautifully into my face.

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THE TYPICAL AMERICAN GIRL.

With a towel so arranged that the steam may be confined until the skin is moist. Then rub in thoroughly borax and massage cream, after which press out gently with a comedore extractor. Never use the nails or any instrument that will pinch or bruise the skin, for you thus make the result worse than the cause.

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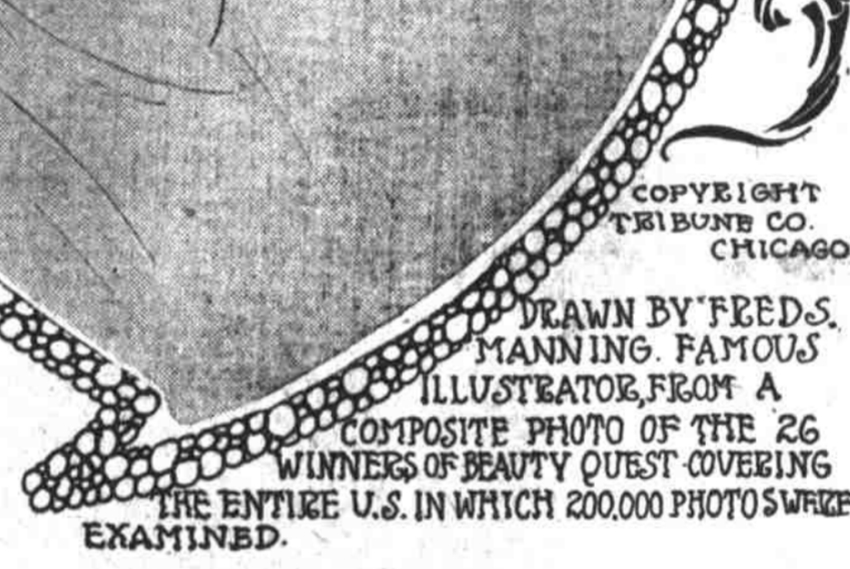
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TOTAL DEPRAVITY--Abandon in Gratification of Appetites Proves Existence of People Depraved Beyond Hope

By Mrs. John A. Logan.
WHO can doubt the soundness of the doctrine of total depravity when evidences are seen every day of its truth? Otherwise, how can we account for the

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A MARRIAGE BY SURPRISE--Romance Suggestive of Middle Ages

(From a Staff Correspondent.)
MARRIAGE BY SURPRISE--Romance Suggestive of Middle Ages

waiting, and then off to Madrid as silently and swiftly as could be. The young marquis did not scorch. He could not afford to meet with an accident nor run into the hands of the guards.

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to the appeal of their husbands, children and friends. No power seems able to restore them to their sense of duty or self-respect—death alone bringing relief to them and their heartbroken friends. In such cases who shall say there are not inclinations to total depravity?

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