WHAT EVERY WOMAN WANTS TO KNOW

New Hands for Old, Milady

By Mme. Qui Vive.

Fear of old age, with its wrinkles and other unlovely evidences of youth's departure, is the busy imp that trails at the heels of Beauty, spurring her to fresh endeavor. Every woman knows that eventually the years will descend upon her head, but just how heavily they strike the blow depends upon her efforts to resist them. It's not how you look today, O charmer, but how you are going to look 10 or 20 years from now. With that thought in mind you can scarcely fail to do your best.

After the age of 40 the soft tissues under the skin dissolve more rapidly than nature can renew them. Sometimes this process begins earlier: it depends upon the woman's constitution and the good care she has given herself. The first tearful sign is a tiny fold in front of the lobe of the ear. After that the throat is likely to crinkle. Then the hands and arms begin to look wan and worn. Oh! that we might always stay young!

The average time fighter seldom considers the beauty of her arms. She will care for her hair, massage her complexion, manicure her shell-pink finger nails, and hunger herself to a state of starvation for the sake of her figure. Her arms are forgotten, which is a pity indeed, since these good members serve her well and are deserving of the best consideration. They respond more quickly to attention than any other part of the body. The following directions for hand and arm massage are an exploitation of the exact process given in the most up to date beauty shops of Paris. The treatment is wonderfully effective and will positively prevent scrawniness and ugliness, coarse texture of skin and the heavy surface of epidermis that often forms on the elbows.

Brew of Magic Lotion.

The first need is a cold cream. This formula is unexcelled:

Spermaceti, two ounces.
White wax, two ounces.
Sweet almond oil, ten ounces.

Melt in a porcelain vessel which has been placed in a hot water bath. When the ingredients are thoroughly incorporated remove from the fire, adding:

Stronger rose water, three ounces.
Powdered borax, 40 grains.

Fluff to a foam with an egg beater, pouring into small jars just before the mixture is solid.

Bathe the hands and arms in warm water and pure white unscented soap, drying thoroughly and frictioning with a Turkish towel. Anoint with the cream, massaging briskly and firmly into the skin. Stroke up and down the arms and then with the fingers bracelet about the arm go round and round from wrist to elbow. Massage the elbow itself with a circular movement of the finger tips.

Beginning with the thumb, treat each digit separately, taking great care to rub the cream well into every joint and knuckle. Smooth upward and downward, also round and round. Give particular attention to the cuticle about the finger nails. Finish up by rubbing the palms of the hands together. This massage treatment should be continued for 10 or 15 minutes. It is no trick at all, and the special, important purpose is to force the skin to accept as much as possible of the emollient. At the finish of the frictioning the flesh should be pink and glowing, and the arms warm. The heavier and firmer the treatment the more effective the results will be.

When the cream is pretty well absorbed sprinkle the hands and arms with powdered almond meal. Pat it on the flesh, so that all the surface is covered. Have some member of your family wring a large Turkish towel out of very hot water and cover hands and arms closely, so no air can penetrate. As the towels cool apply fresh ones, steaming hot; the hotter, the better. The effect of the combination of cream and meal will be really wonderful, imparting to the surface of the skin a soft, velvety "feel" that is positively luxurious. The compresses should be continued for 10 minutes.

Beware Soap and Water.

Remove the meal and cream with absorbent cotton which has been dipped in warm water to which a teaspoonful of tincture of benzoin has been added. Never remove an emollient with soap and water, else your good work will be lost.

Dry the hands and arms with a bit of old, soft linen, sprinkle with talcum powder and give a final dry massage for three or four minutes. A touch of violet water in the palms of the hand and your treatment is completed.

Since the massage softens the cuticle about the nail, a manicure should follow. The nails are then in perfect condition for attention. If you are in the habit of taking care of your nails yourself, file them before the treatment; otherwise they will be too soft for filing. Treat the cuticle afterward, loosening it with an orangewood stick which has been dipped first in peroxide of hydrogen and then in powdered pumice stone. Snip off the raggedy shreds with the pointed scissors, cleanse the nails with the orange stick, polish with your little nail polisher of chamois, and the deed is "did." Your hands and arms will be like velvet, free of all roughness and soft to the touch of other hands. One hand-and-arm massage a week will keep those members young. Women who are partial invalids will find it a happy way of spending their time. Young girls should be made to follow these instructions. It will mean a great deal to them when they are older. It's the woman who gets an early start in the right kind of pulchritude habits who stays young the longest.

If the arms are sallow or brown, apply this bleaching cream the night before the treatment:

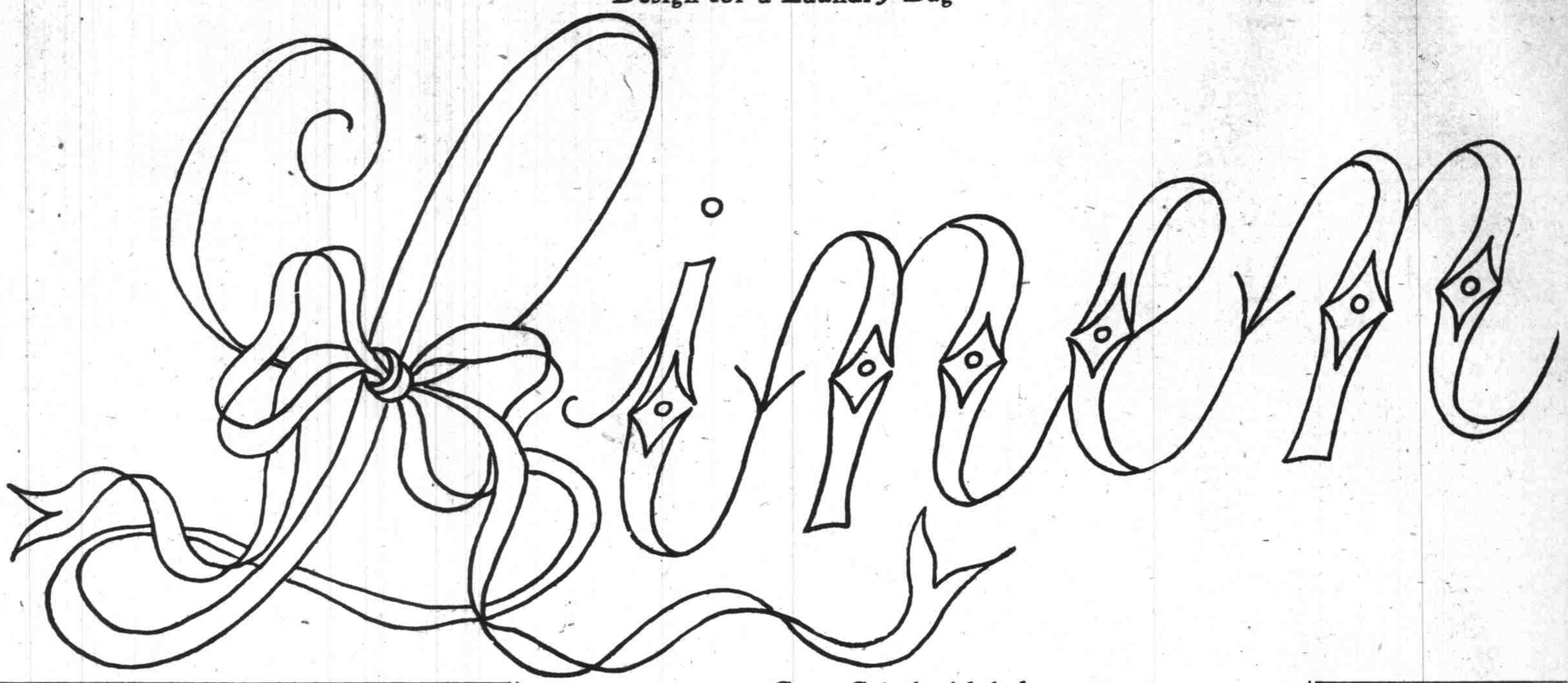
Lanolin, two and one half ounces.
Almond oil, two and one half ounces.
Sulphur precipitate, two and one half ounces.
Oxide of zinc, one and one fourth ounces.
Violet extract, two drams.

Rub the oil gradually into the sulphur and zinc until a paste is formed, then add the lanolin and perfume.

Muskrat Pelt Sale Stopped.

Fremont, Ohio, April 17.—Low price prevented the annual muskrat hide sale at Vickery. The European war is blamed for the poor prices, as it is said to interfere with the famous London fur sale, scheduled for June. Hiram Roberts' hall was converted into a fur warehouse with 5000 pelts on display. Three thousand more were held in reserve by trappers, who called the sale off when 20 cents was the best price offered, which is 17 cents lower than last year.

Design for a Laundry Bag



Designs for Woman Who Sews--Sarah Hale Hunter

DESIGN FOR LAUNDRY BAG.

A laundry bag in blue or brown linen with this motif embroidered in a deeper shade than the linen, or in white, will make a useful gift. The letters should be heavily padded and worked over and over in close even stitches. The dots are solidly worked. Use mercerized cotton No. 18 in white or colors.

CROSS STITCH ALPHABET.

The cross stitch letters are much used in marking towels and bureau scarfs. They are more effective if worked in different shades of delft blue or old rose. Use mercerized cotton No. 16 and cross all stitches in the same direction.

DIRECTIONS FOR TRANSFERRING.

Lay a piece of impression paper, face down, upon the material. Place the newspaper pattern in position over this, and with a hard, sharp pencil, firmly trace each line.

If the material is sheer, this may be laid over the pattern, and the design drawn direct on the goods, as it will show through. When handled in this way, impression paper, of course, will not be required.

CRAFTY LITTLE CHAPEAU IS CALLED THE SUBMARINE

By Margaret Mason.
(Written for the United Press.)

A new hat is the submarine,
A shipshape hat it is, I ween.
Yet inconsistent it behaves—
It always rests above the waves.

London, April 13.—(By Mail to New York.)—Ye ho! there, my hearties! There's a crafty little new chapeau in the port of Fashion. Though it's dubbed the submarine, it refused to be submerged and proudly rides the crests of sleek coiffed heads and nestles snugly atop the Marcel waves of all the smartest dressers.

In its original form it is a close fitting, elongated turban, of tube straw in a Bordeaux color, with an astonishingly long cross aigrette jutting up almost perpendicularly. As the submarine hat, like all the others of the moment, is worn rakishly tilted well down over the right eye, it brings the aigrette to a most distressing angle for unfortunate adjacent fellow beings. Mayhap this is where it gets one of its reasons for being christened in honor of an undersea destroyer.

Another new hat fancy is the pansy bonnet. Shakespeare's Ophelia said pansies were for thought, so the modern maid whose only and every thought is for Fashion says pansies are for hats, and there they are.

Wonderfully realistic replicas they are of nature's most piquant flower and they bloom in purple profusion around the tiny toques and turbans of purplish taupe and tete de nigre straw, which have superceded the all black straws for wear with street and informal costumes.

One adorable model of mauve-toned taupe is of the tiny and elongated shape similar to the submarine. It has a soft crown of the same toned satin, and banding its brimless outline are exquisite pansies shading from deepest velvety purple and wine to light lavender with an occasional little sunny yellow faced one peering out coquettishly.

Aigrettes flourish with undiminished popularity on this side of the water. What can the lives of a few birds more or less matter in countries where human life is at present being sacrificed so ruthlessly.

Every hat that does not bloom with pansies, sprouts aigrettes in some form or orther. No wonder the aigrettes are usually "cross."

The extremely inadequate evening gowns have been appropriately christened "spy" gowns. After all, there is something in a name. In this case much more than is in the dress. The three tiered skirts that are also the whim of the moment are called "The Allies," and some even go so far as to show a tiny embroidered flag of the three nations on each embroidered on a tier. There is really a touch of embroidery on almost everything and designs of colored bead work are also having their ornate effect on many of the newest model frocks. Beaded bags are playing a return date, but this season they are made of larger wooden beads in neutral tints of gray, taupe or black and white.

Perhaps under the head of heads would come the earrings now dangling from some of our very best ears. They are simply a sphere of clouded amber swinging from the aural appendage by a slender golden chain. Of course, other semi-precious stones are used to form the spheres, and different color schemes are obtained with balls of jade, lapis lazuli and jet or crystal. It is the yellow touch of the amber, however, that holds the most ears in its fetching sway.

To show your heels is a sign of bravado these days, since to be well heeled is to be heeled in brightest hues. Red heels, green heels, white heels and silver heels add bright flashes of color under the full abbreviate skirts. It would seem as if an ordinary plain black heel were a thing to be despised. Silver sandals with a strap across the instep, fastening with a glistening buckle of precious stones to match the costume, are most alluring for evening wear. They are especially fascinating when the more conventional buckle is replaced by a scintillating dragon fly or flower poised airily on a hidden spring, gleams and trembles enchantingly with the least tripping of the light fantastic.

Indeed, it would take a colorsmith, not a blacksmith, to show all the racy little fillies on the track of fashion this spring and summer season of 1915.

COTTON SEED FLOUR

Dallas, Texas, April 17.—Wouldn't it make you feel good to read that they have invented a substitute for flour? A "better than flour" substitute? And wouldn't you think at once of the high cost of living getting a severe jolt in these days when the price of bread is increasing?

Well, a substitute for flour has been invented. It is cotton seed flour. But it's no cheaper than flour. In fact, just now it's twice as expensive. You may now have cotton seed biscuits, cotton seed bread, and cotton seed rolls. There's no limit to the use of the new flour that doesn't apply as well to ordinary flour. But the cotton seed kind is most expensive. A dozen rolls made from the new flour costs 20 cents here today.

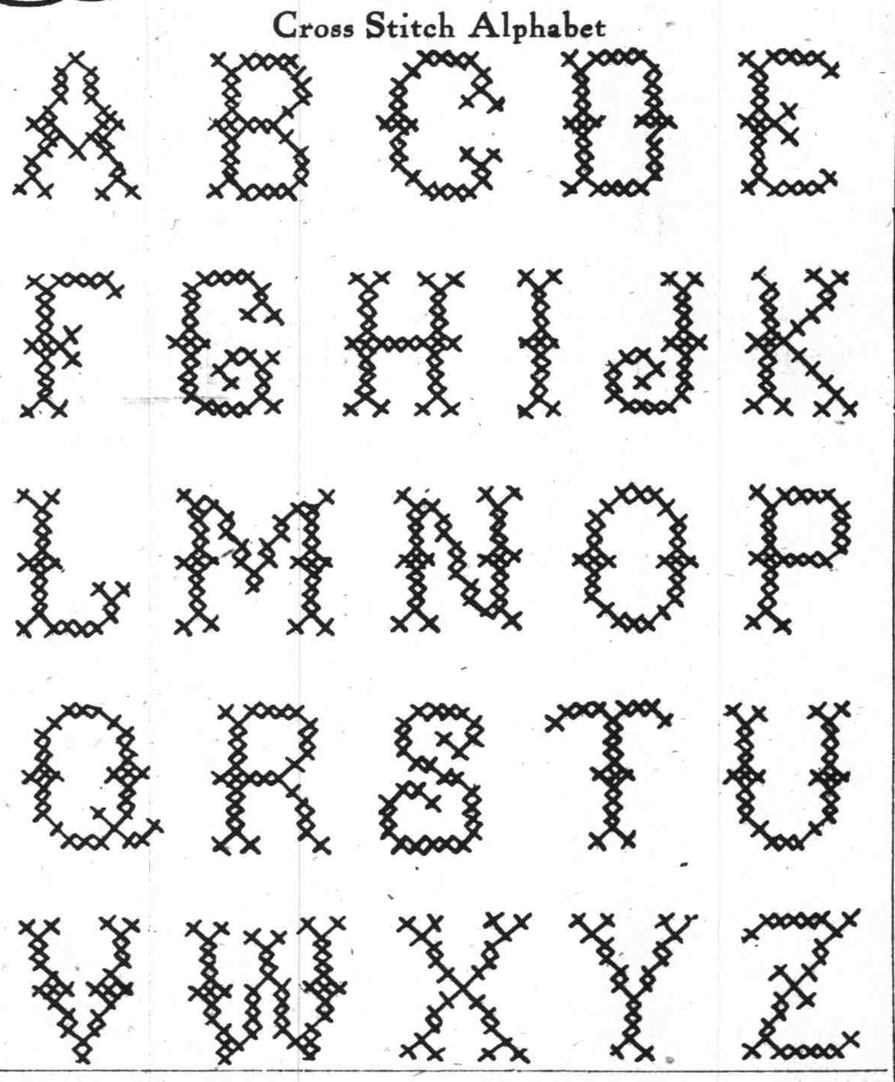
The manufacturers of the cotton seed stuff predict that when the process is better developed the new flour may be cheaper than ordinary flour.

Not so many years back the cotton seed was considered of little or no value. It was left in great stacks in the fields and used as fertilizer. Then a series of remarkable discoveries added millions to the value of each cotton crop by developing new uses for the cotton seed. It is now made into meal and hulls for livestock, oil for cooking and flour for baking, as well as leaving something for fertilizer. The oil has numerous uses, even appearing in adulterations of ice cream.

Amusing Place Cards.

If you have photographs of friends whom you wish to entertain at luncheon or dinner, cut out the photographed heads and paste them on bodies, cut from magazines or other pictures. Very amusing results can be obtained in this way. Mount these composite people, with your friends' heads, on little cards, and label each with the name of the person to whom the head belongs. Small snap shot photographs are the best for this purpose.

Cross Stitch Alphabet



SUGGESTIONS FOR HEALTH AND BEAUTY

By Mme. Qui Vive.

Cold creams and skin foods will not make an oily skin oilier. They supply a different kind of oil than that which is secreted by the sweat glands. They will cut and clear away these secretions. Enlarged pores is the most stubborn of all beauty ills. To correct such a condition is to change the texture of the skin, which cannot be accomplished quickly or easily. Never use warm water on the face except at bedtime. Bathe the face with cold water every morning, followed with applications of astringent wash. Before breakfast every morning take the juice of half a lemon in half a glass of water, with a pinch of salt added.

False hair wears out like everything else—hats or shoes or bonnets. Why not? The life of a switch is from two to three years. Without the natural nutriment the hair has no supply of coloring pigment, therefore it fades. One will find it a difficult matter to dye the switch. The cleverest people in the trade cannot guarantee the work. It is not easy to match hair even when one has quantities of shades from which to chose. As for throwing a switch into a pot of dye—Eureka! the best one can do is to hope!

At the age of 20 a girl who measures 5 feet 4 inches should weigh 130 pounds. There is nearly always a little gain as a woman grows older. The average weight of a woman is said to be 133 pounds and the average height 5 feet 4 inches. The average male height is three inches more than that of the female. To reduce flesh one must live on a selected diet, omitting bread, butter, potatoes, cream and sweets, and must burn up fat cells by vigorous exercise out of doors. The woman who wears very tight stays causes the muscles of the abdomen and hips to become lazy and flaccid, and fat accumulates there as a matter of course.

Savages who go bareheaded do not suffer from baldness, and the same immunity to early falling of the hair is said to be the good fortune of the lads of the "Blue Coat School" in London. These boys never wear any hats, no matter how severe the weather, nor how low in its mind the thermometer may be. Don't wear a hat all day; the habit will prevent ventillation of the hair and will restrict circulation. Nothing but a rip-roaring, rousing old bath spray will remove soapsuds from very fine, silky hair.

Almond paste is not as desirable as almond meal, followed by applications of cold cream or skin food. There is no reason why you should be afraid to use powder. A good powder is a protection to the skin. Certainly a shiny, oily complexion is anything but attractive, and one really feels cleaner and fresher for a fluff of power on the face and neck. Purchase any good brand; proprietary powders are better than those which may be made at home, for the very good reason that certain professional appliances are necessary to reduce the ingredients to delicacy of texture.

A simple witch hazel cream which can be used as a cleansing cream while traveling is made by melting together nine ounces of white petrolatum, one and one half ounces of white wax and one and one half ounces of white spermacetti. Allow to cool somewhat, add three ounces of distilled witch hazel and fluff to a froth with an egg breater, pouring into small jars just before the mixture becomes very firm. Any prefume may be added with the witch hazel. The woman who never uses creams and the one who never uses soap and water are both making mistakes. The best method is warm water and pure soap at bedtime, followed by a gentle massage with a skin food or cream. This should be permitted to remain on the surface of the skin over night.

San Diego Fair to Get Noted Educator

Dr. Maria Montessori Will Explain Her Work Among Children in Various Parts of World.

San Diego, Cal., April 17.—Dr. Maria Montessori, world famous as an educator, is to spend a good part of July at the San Diego exposition, teaching the visitors to the exposition of her work among the children, now in vogue in many countries. This is a feature of the educational work being carried on by one division of the exposition. The last week has witnessed the holding of teachers' institutes at the exposition grounds, and similar educational conferences are scheduled for later periods of the year.

Your Child Needs Care

By Mary Lee.

Children's diseases—especially those which are contagious—flourish peculiarly during the early spring months and it behooves every mother to watch her children carefully for the first symptoms of measles, whooping cough, chickenpox, etc.

It is not easy to guard against these afflictions, for they are most "catching" in their early stages—even before the physician is able to diagnose them with certainty.

If greater care were exercised by mothers and teachers, however, much could be done to curtail the spread of such diseases. Watch the children carefully for signs of a cold or any slight illness, and at the first suspicion keep them from school, isolate them from other children, and send for a doctor. Measles begins with a running at the nose like an ordinary cold in the head, and whooping cough begins with a cough that often is mistaken for a mere cold—as the whoop may not develop for several days. It is wise, therefore, to be suspicious of the slightest appearance of a spring cold.

An old fashioned idea—now practically obsolete—was that a child should be allowed to take the minor children's diseases and "have them over with," the argument being that they were "lighter" with children than with adults or near adults. This, of course, was based on the assumption that everyone, sooner or later, must have chickenpox, measles, etc., and that, having had them, the victim became immune. Both theories are fallacious. None of these diseases is inevitable, and it has been demonstrated also that it is possible to have all of them twice if a person be twice exposed.

But the vanity of allowing children to contract these diseases when it is possible to avoid contagion is not the chief argument against that absurd old notion. The advance of science has shown that children's diseases are really serious. They should receive prompt attention and careful nursing, and the quarantine should be rigidly enforced to guard against an epidemic.

With infants especially the utmost preventive caution should be observed, as whooping cough and measles are very dangerous to babies.

The bulletin issued by the New York state health department notes that there are more deaths in the Empire state from measles than from typhoid. So keep these facts in mind, and watch your children during the spring months.

Women in the Week's News

What They Have Been Doing

Tokio, Japan—A long and bitter fight by an American society woman to regain possession of her beautiful daughter, who had been kidnapped from Boston and taken to Japan by the child's father, will end in the courts of Japan. On Saturday a hearing was given the petition of Mrs. John Eills, of Boston, for possession of her 7-year-old daughter, Olga, now in custody of her father, John Eills.

Some years ago the Eills family came into the American limelight. Eills, who had been a telegraph operator, a stock broker and a minister, was sued by his wife for possession of their little daughter. The courts awarded the girl to the mother. Suddenly leaving his parish and his friends, Eills seized the little girl and brought her to Japan. The mother traced them to Tokio, and when she tried to get possession of her daughter the police interfered. Mrs. Eills in her court petition bases her allegation on the decision of the Massachusetts courts, which gave her the child.

Washington — Whether the United States law of 1907 which expatriates American women who marry foreigners applies in her case, is being tested by Mrs. Ethel C. Mackenzie, of San Francisco, in the supreme court. She was denied the right to vote on the the ground that she had lost her American citizenship by marrying the subject of Great Britain living in California. Her argument is that congress cannot, merely because she has entered into marriage, take away her citizenship as long as she remains in the United States. She argues that husband and wife can no longer be considered as politically one, with their identity merged into one, and that the husband's.

San Francisco—"Teddy" is not the only one who changes the atlas with his discoveries. Mrs. Julia W. Henshaw, of Vancouver, now lecturing here, had added a range of mountains, a lake, a couple of canyons and a stream which she declares is not a "river of doubt," to the map of Canada. Incidentally she is said to be the only feminine Fellow of the Royal Geographical Society. Her love of flowers, forest and streams and the out-of-doors generally has led her into strange regions.

Washington—The congress of the Daughters of the American Revolution, which convenes here Monday, will lack none of the traditional thrills. For the contest for the presidency has its usual keenness, two separate factions backing Mrs. William Cumming Story, of New York the incumbent, and Mrs. George T. Guernsey, of Kansas. Mrs. Story's campaign for reelection is based on the courtesy of a second term, while Mrs. Guernsey's friends point out that Mrs. Story herself entered the lists against a first term president-general some years ago.

London—That the English and French women will ignore the Women's Peace Congress which assembles at The Hague on April 28, under the leadership of Jane Addams of Chicago, is indicated by the attitude of Mrs. Emmeline Pankhurst and other suffrage leaders. Mrs. Pankhurst makes the claim that the congress was inspired by pro-German interests. Whether the French and German women will recede from this view and join the congress, at the request of the American women, is still in doubt.

Seattle, Wash.—Called to the pulpit which her son recently vacated, to accept charge of a church in California, Mrs. W. T. D. McCullough, Seattle's first feminine member of the ministerial federation, has been officially installed as pastor of the Second Baptist church. At her opening service she baptized six candidates. Mrs. McCullough formerly lived in New York.

Ann Arbor, Mich. — Miss Frances Hickok of Plainwell, Mich., will represent the University of Michigan in the Northern Oratorical league contest at Iowa City, on May 7. She is the first woman chosen to represent the University of Michigan in a contest of this sort. The oration that won this honor was entitled "The Mission of the New Womanhood."

Boston, Mass.—Countess de Pierrefeu of France, formerly Miss Elsa Tudor of Boston, who has been resting in New Hampshire, sailed from New York on Saturday to take up her work again as a war nurse. Last August when the war broke out, the count gave up a position with the United States Steel corporation, and with his wife, went to the front. The countess was assigned to a hospital at Dinard. After a few weeks, she was made head nurse of the hospital. Her brief stay at Hancock, N. H., with her children, has greatly revived her, and she is eager to be once more at the front.

Boston, Mass.—Miss Aida Miner of Malden, Mass., who is now Mrs. Walker, is traveling by dog sled to her new home in Russia. She journeyed alone to Liverpool, where she was married to Walker, who was a childhood friend in this city. Walker is a geologist in Russia, and the home he built is in the Ural mountains. Their trip took them through Norway and Sweden, and after leaving the train at the end of the railroad, they took to the dog sleds.

Washington, D. C.—One of the early spring engagements of interest is that of Miss Alexandra Ewing, daughter of Commissioner of Parents and Mrs. Thomas Ewing, to Newbold Noyes, a prominent newspaper man of this city. It is expected that the wedding will take place during the summer.

New Orleans, La.—Mrs. Paul Breaux, of Thibodaulx, La., is the oldest mother in the south. She has reached 110, and her descendants number over 1000. She married when she was 13 and hopes to celebrate the centenary of the wedding. One of her children is over 90 years of age.

Washington—Mrs. Ernest P. Bicknell, wife of the national director of the American Red Cross, has sailed for Genoa from New York. Her husband, who is investigating conditions in the war zone for the Rockefeller Foundation, will meet Mrs. Bicknell and their two daughters at Genoa. Mrs. Bicknell was identified with Mrs. Woodrow Wilson and Mrs. Archibald Hopkins in the campaign to convert the alleys of Washington into minor streets.

New York—Miss Minnie S. Peck is in training for another mountain-climbing trip to South America. Her training consists of living on 25 cents a day. She cooks her own meals. Peanut butter, rye bread, chocolate, omelets and spinach are her regular fare. She is one of the greatest mountain climbers of the world.

SALTS IF KIDNEYS OR BLADDER HURTS

Harmless to flush Kidneys and neutralize irritating acids—Splendid for system.

Kidney and Bladder weakness result from uric acid, says a noted authority. The kidneys filter this acid from the blood and pass it on to the bladder, where it often remains to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread, the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in avoiding it.

Bladder weakness, most folks call it, because they can't control urination. While it is extremely annoying and sometimes very painful, this is really one of the most simple ailments to overcome. Get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast, continue this for two or three days. This will neutralize the acids in the urine so it no longer is a source of irritation to the bladder and urinary organs which then act normally again.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by uric acid irritation. Jad Salts is splendid for kidneys and causes no bad effects whatever.

Here you have a pleasant, effervescent lithia-water drink, which quickly relieves bladder trouble. (Adv.)