

Wreaths of Beauty Her Arms Should Be—Exercise and Massage Will Make Arms and Shoulders What Milady Would Have Them

By Lillian Russell.

HOW to develop the arms and shoulders and keep them velvety, symmetrical and unblemished are secrets in which all women can share. Without practically the same attention that the face demands they reach a condition which will offset all other physical charms.

I am a firm believer in well-rounded physical development. By this I mean that the whole body should be cultivated and developed so that each part and feature will add to its beauty. Beautiful arms and shoulders are possessions in which women can take pride—yet they are within the reach of all who do not suffer from actual deformities.

General exercise develops the arms. There are few exercises which do not involve the muscles of the arms and shoulders. But there are exercises which result in special development.

I have several exercises which will bring excellent results, which you can obtain without leaving your house. You should first study your arms and shoulders and learn where development is necessary. If the forearm needs to be rounded, stand erect, raise the arms from your sides to a horizontal position and work the fingers with the muscles tense as though the hands were grasping and releasing objects.

To develop the shoulders stand erect, raise the arms to a horizontal position and describe vertical circles. Be careful not to bend the arms, but give the shoulder muscles full play. Use dumbbells and Indian clubs.

Tennis, rowing, golf and swimming are all excellent arm and shoulder development exercises. I always favor sports because they are enjoyable and hold one's interest, while simple calisthenics may become monotonous.

Answers to Beauty Queries

Gladys M.—A good way to reduce the bust is to massage the neck, morning and evening with spirits of camphor. Any vigorous exercise involving the arms, muscles of the arms and chest will help you get rid of superfluous flesh. Exercises with chest weights, rowing, swimming, boxing and fencing are excellent. It will not injure your hair to put it up in curls.

Miss D. G.—Here is the formula for cream makeup: One-quarter ounce white wax, one-quarter ounce vaseline, two and one-half ounces of sweet almonds. Melt and remove from fire. Then add one and one-half ounces rosewater. Beat until creamy, not too cold. Be sure that your dermatologist gives you only one-fourth ounce of white wax. More will make it too hard.

Margaret O.—I would recommend the green soap treatment for your face, though if your skin is thin you cannot use it. But if your face through neglect and thoughtlessness has become covered with ugly blackheads and enlarged pores it rarely if ever fails to help the defects. The green soap may be purchased at any drug store. It is not green, but yellow.

Before using the green soap bathe the face in warm water, not too hot, but so the heat will be pleasant to the skin. When the skin looks pink and feels soft and warm anoint with the green soap until it is absorbed into the pores for three minutes. Rinse the soap from the face with warm water, using a camel's hair brush so as to remove all the soap and oil. Fill the blackheads as will come. Then use cold water until the face is thoroughly cool. Wipe the face thoroughly with sterilized gauze or clean linen. Fill the skin with cold cream, just dabbed on all over. Let it remain half an hour, then wipe off any that is superfluous with a soft cloth. The amount of dirt that comes off will be incredible. Continue this treatment every

OVEN MOST IMPORTANT

Over Heat or Under Heat is Sure Death to Cake.

The most important part of a cake is the oven. Very often it happens that, however well and lightly the cake has been mixed, it proves a failure on account of an oven that is either too hot or too cold. A cake is generally one of the first things that an aspiring cook is anxious to undertake, and if she sets about it in the right way there is no reason why her efforts should not be successful. It is not sufficient that the fire should be hot just at the time the cake is being baked.

If the following instructions—which are quoted from a notable authority—are carried out, it will be seen whether the oven is of the right temperature or not. The test the oven, put in a piece of white paper; if at the end of five minutes the paper has turned a light yellow color the oven is right for sponge cake; if only light yellow, too cool; and if dark, too hot. For pound cake the paper should become light yellow at the end of five minutes. If the paper turns a darker color, the oven is too hot. A hotter oven is needed for a thin cake than for a thick one.

Those who have graduated in the school of experience are usually able to decide whether the oven is the right temperature or not by holding their hand inside for a second or two; but the paper test is the right way. At first the heat should be only moderate in order that the cake should rise before a crust is formed upon it. When it has risen to the oven for about half the time required for baking, the temperature may be slightly increased. Once a cake is in the oven it must never be moved, and when to watch its progress it is necessary to open the oven door it should always be closed again carefully without the smallest suspicion of a bang. One of the temptations against which the amateur should be on her guard is the propensity to peep into the oven every 10 minutes or so to see how things are going on.

Full skirts are likely to remain popular, and are apt to have a graceful line made by draped overdress effects.

FASHION'S DECREES

Some Little Points for the Woman Who Likes to Dress Right.

Tasseled sleeves are graceful.

Separate waists are very simple.

The set-in sleeve is growing in favor.

Full skirts mean normal waist lines.

Capes and scarfs are very much in fashion.

Children's coats are of velvet and fur trimmed.

The shoulder cape of fur is growing in favor.

Embroidered voiles will be used this summer.

Has bands of silk, boned, are used for collars.

The tailor made net blouse is the latest to appear.

Long waisted effects and side fullness are new.

The full skirt, falling in points, is not so popular.

The boned brassieres are more and more fashionable.

Trains there are, falling from the back side of the gown.

Smocking is very attractive on a little girl's waist.

Ribbons are employed for the making of entire skirts.

There is no doubt that the waistline is growing tighter as the season advances.

The most fashionable petticoat in Paris is made of rows of black net flounces.

White hats with broad undulating brims of cloth faced with rose and edged with narrow sable fur.

Some of the newest chiffon and taffeta dresses have waist and skirt connected by two or three rows of shirring.

HER VALENTINE

By Nell Brinkley



Verses by Jane McLean.

I PLEDGE you, dwellers in my humble heart,
Thick-rimmed with frost for all the world to see,
Today I know whereof you are a part,
And hail you as the greater part of me.

My heart once seemed an humble place,
Until the god of love took refuge there,
And filled it with a wonder-woman's face,
With lips of flame and rings of sunny hair.

So, heart of me, I am supremely blessed
In knowing that the things you hold are mine—
That life has chosen, of all the gifts the best,
To give to me as her great valentine.

Coaxing or Bribing Children to Eat More Likely to Do Harm Than Good

Overfeeding and Overanxious Mothers Frequently Cause of Unwillingness of Little Ones to Take Nourishment.

By Gertrude Myers.

"What shall I do to make my child eat?" I have had so many inquiries from mothers who are afraid because their children show loss of appetite that they are not well, that I am sure it will be a source of comfort to know that most mothers have the same experience.

Very often loss of appetite is due to overfeeding; an over-anxious mother, who watches the scales too closely, and thinks her child is not growing as rapidly as it should makes the mistake of giving more or stronger food than should be given; all food taken in excess to what a child can digest becomes a burden and a result, a disturbed condition in the stomach follows. The result of a long period of overfeeding usually is loss of appetite. If a child seems well in all respects, and the only alarming symptom is loss of appetite, it can usually be remedied by giving food at regular hours, the intervals being longer than before, and the food should be weakened for infants and smaller quantities given to older children. Never should a child be coaxed or bribed to eat, for often more harm than good is done by this.

Bad Feeding Is Cause. Indigestion is the result of bad methods of feeding. Rapid eating; too much of one kind of food; insufficient mastication, eating between meals and overindulgence in sweets, are the main causes for loss of appetite. Baked meats and cereals cooked well and slowly until after the seventh year. All children masticate their food very poorly, so the child must be taught to chew its food well.

Plenty of time should be taken with the meal. Rapid eating often results in indigestion. Many people give their children improper food, "because they want it," and they feel it is wrong to deny their children anything they want, irrespective of the effects upon its health, or the effect upon the remainder of the household. The other extremist is the overwatcher, and the rule is too strictly adhered to.

soned foods should never be given to tempt a child to eat.

A child will soon lose appetite for the food which he really needs, and which he has formerly relished if allowed the sweets first. A proper article of diet, such as milk, vegetables, cereals, etc., should always be given first and then the sweets may be given.

Children so often form the habit of making the entire meal of one thing. This should never be allowed, no matter how nourishing the food selected is. In case of illness the diet should be watched carefully and the food never forced.

The weather has a great deal to do with the amount a child wants to eat. There must be a steel constructed cabinet with not a bit of wood, all painted white, with a white stool of just the right height. A perfectly sanitary covered bucket was to stand under the sink for refuse, to be emptied into the outside garbage receptacle later in the day.

A rather small glass or zinc topped table is a very useful article, although the cabinet is considered sufficient by some housekeepers; place a metal basket under it for all papers

Marabou scarfs lined with satin are delightful to slip over a filmy corsage when a fur would be too heavy.

BEGIN IN KITCHEN

Mme. Malson Recounts Young Matron's Good Advice.

"Where would you begin planning your house furnishing?" queried the engaged girl. "With the kitchen," promptly responded the young matron, who had been married a year and who had just moved into "the cunningest house."

She, of course, was full of advice, and one of it is so good that I am recounting a bit of it for you.

In the first place, the kitchen must be small, with a sink having ample room on the sides, with windows over it and a rack for hanging all kinds and shapes of brushes. Then there must be a steel constructed cabinet with not a bit of wood, all painted white, with a white stool of just the right height. A perfectly sanitary covered bucket was to stand under the sink for refuse, to be emptied into the outside garbage receptacle later in the day.

A rather small glass or zinc topped table is a very useful article, although the cabinet is considered sufficient by some housekeepers; place a metal basket under it for all papers

that accumulate so fast as groceries are unwrapped and put away. Over the table a rack for all kinds and sizes of spoons, egg beaters, etc., may be hung.

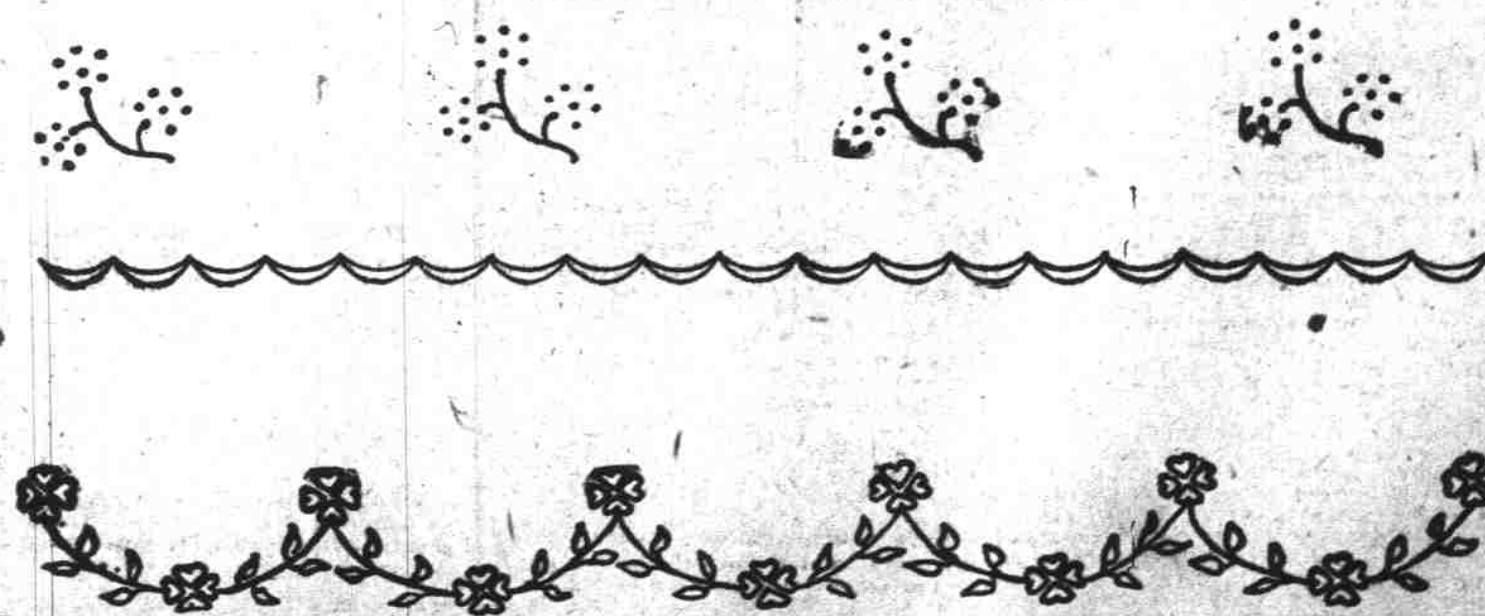
Then it is very little more expensive to get a gas stove all finished in white to match the rest of the furniture I have described. Cover the floor with a blue and white linoleum, paint the woodwork a pale yellow, a light gray or a deep cream, hang scrim curtains at the windows, and I assure you this room will be a joy.

Let me tell you a great convenience is a built-in wall closet to hold brooms, dusters, dust pan and all preparations used for floors, like wax, "restorer," furniture polish and the box or basket containing silver polish and polishing cloths.

If the ice box must be in the kitchen one of white enamel with glass doors may be found, and if this is made a part of the original plans, an electric light may be placed inside, so by pressing a button the contents will be revealed. All this presupposes, a perfectly kept, well ordered refrigerator.

"Now," said the young matron after we had discussed the kitchen for a half hour, "if there is any money left we can plan for the dining room," but that is another story.

Border For Child's Dress



THE above borders make a beautiful finish for the bottom of an infant's or child's dress. The lower design can be applied above a hemstitched hem, and should be worked in white if for an infant; but, if for an older child, could be worked in dainty colors. The flower should be worked in satin stitch from the center out, instead of crosswise, in the usual fashion. The upper design, the one with the scallop, is very effective, and is easily worked. The stems of the flowers should be worked in a French knot over each little dot. The design for either border can be repeated for the length of the skirt.

The design may be easily transferred by placing a piece of carbon paper on the dress. The lower design on top of the carbon. In tracing the pattern with the use of carbon paper use a very sharp pencil or a new orange wood stick.

Perhaps the best plan in transferring a design is to pin the sheet of paper and the material together and hold them up against a window pane when tracing the design. The outlines will then be perfectly clear.

Remove the paper and place the material on a flat, hard surface and place the design upon it face downward. Place over it two folds of newspapers and rub hard with a tablespoon over the pattern until it is entirely transferred.

DIRECTIONS FOR TRANSFERRING DESIGN. If very sheer material is used it may be laid over the pattern and the design traced through in pencil. Or

Garments Are Designed for the Children

By Mme. Qui Vive.

"TALK about the good old days," said the Mother-Woman, as she waited for the distinguished designer of juvenile frocks to appear. "Hal! Scorn! They weren't good, even if they were old. Our mothers were made in the mind, lost their appetites and no doubt fretted and added our honorable male parents because it was impossible to know what children to make for the children. Remember, you, the ugly, hideous frocks we wore. And the wretched, prudish little frocks that recall black and white checks, coming down over my ankles, the memory of which inspires me to bite nails to this day. And red frocks of woad, they were as it were, dug our velvet necks and put industry and itches in our souls."

"But, now, dear, what revelations! Special designers for the dear infants! Special fabrics! Special buttons and hankies and all sorts of astonishing things! The children have styles of their own, reflecting in a way the mode of the adult, but still all their. These fashions are planned and considered carefully. It is not as it once was when mothers made over into a school frock. Not and the kiddies themselves are kept about the matter. They know. They have learned that fuss and ruffles are not au fait; and that simplicity is the smart note for big girls, little girls and girls of middle-age."

Entered then from the adjoining fitting-room the high priestess of the fine duds of childhood. She was older and chic, blessed with the highly energized currents of youth.

"We are making adorable little garments for the dear infants. Actually. Some of the cunning little party frocks are too saucy for women, and they are made for the children. I made one for a child of 5. She had over to lift the tops of her little socks and the hoop went over her head. She looked like a fairy peering out from under a rose-pink tansie. And we very much surprised!"

"There is always, of course, a decided friendliness between styles of mothers and styles for little girls and flappers. There is more of it than usual this year. The children like it that way. To dress like mother is indeed a sweet privilege."

"The children are wearing the pointed bodices and full skirts of the Victorian age, they have lace collars, the Paddy hats that big girls are wearing. I have just finished a 'dear old' party frock, that is a decided crinoline. It is made of fine white nines, the skirt ruffled, each ruffle bound with pale blue ribbon, and about the neck, a row of ruffled little nosegays of pink roses. The bodice is a quaint little lace fleck and a blue satin sash—and a pair of sleeves of blue and white. The undercoats are of lace and lawn."

"In the Kate Greenaway frocks there is such quaintness and charm, and these are going to be worn a great deal this coming summer. Certain children look well in them, while others are more sturdy. I look better in lace fabrics and fustian lines. The bustle is seen too, which sounds ridiculous, but the girls of 12 have panning frocks which often show the bustle. For midwinter wear, we are also making some little short velvet coats, which look for all the world like the velvet jacket worn by great-grandmothers when she sat for a guernsey, which still appears in the family album. Occasionally these coats have vest effects in brocade or possibly in tapestry, or cretonne. They may be trimmed with fur, or so desired, or remain quite plain."

"Some of the darker toned velvets are used, but black is not most usual color. Burgundy, midnight blue, rust-brown, Carpathian green; they are all good. A green jacket with a little flock of taffetas in champagne color makes a stunning outfit, and a dark blue coat with flock of lighter blue is smart and jaunty."

"One of the prettiest of these coats that we have made was of madras blue velvet, trimmed with white ermine. Naturally, it was rather short. But we have a flared about very gayly and flippantly."

"For everyday frocks we are using a good deal, and new designs are being made. They are all useful, particularly serge and gabardine. We make sponge cloth dresses in neutral tints, and trim them with lace or ribbon. Printed flannels are also for lighter weight frocks and they come in delightful patterns and beautiful soft colors."

"The kitted skirt will be strong this spring. Jackets will be short, following the predictions of fashions for the season."

"I must not forget to mention hats. The newest model in the little jockey shape, which is the mushroom that has arrived away to smaller proportions. This shape is most decidedly becoming to any little girl from the age of 5 to 12. It is usually hand-made of willow straw and it can be variously decorated with flat applique affairs, bands of embroidered ribbon, or even little ostrich plumes laid on primly. Other little bonnets show a single rose placed directly on the center of the crown, or perhaps a single ostrich tip hanging down over one infantile eye."

"And now," said the Mother-Woman, "what about the very latest ones—the infants in armor?"

"Plainer and plainer grow their robes of royalty," replied the gracious lady. "Only the christening tops may be embellished with much lace. Only the handkerchief linen or French muslin, or something fragile and exquisite, will do for baby dresses. Hand-done lace are considered the best of trim, and lace frills are an out-of-date as shipwreck."

"You haven't told us about outdoor wear for the littles ones," interrupted the Mother-Woman.

"The most beautiful shawls are favored. The designs are very simple, those of the finest wool, with knotted fringe and gorgeously embroidered. Little moccasins and capes and hats are made. The shawls are managed as shawls and these old-fashioned things are coming back strong. Of course, they must be made the right size."

"The baby bonnets are very charming. Some of the very finest, the very youngest, are trimmed with ermine and pink satin ribbons, and very dainty. The French people make the most adorable infants' wear, and their bonnets are quaint and beautiful."