

# THE SILVER HORDE



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Milady's  
Mirror

Here are a few rules that the girl who is determined to diet does well to observe. There is too much trifling with our digestions these days, and not the least harm is done by the notion for underestimating.

Never diet on the advice of a friend. Her regime may have done wonders for her and will put you to bed or make you a sorry looking wreck.

Don't diet to excess at any time. Girls, make sure your doctors know dietetics. Many physicians, good in other things, have little knowledge of the effect of food upon the system.

If you must die, from a cause, as from diabetes or kidney trouble, do it religiously. Almost better not begin than to do it spasmodically, letting up whenever food tempts you.

If you diet only for the sake of figure or complexion count the cost before starting. Cutting out the foods of ordinary family meals is hard. Ask yourself, "Which means most to me—the loss of a few pounds or being a nuisance at mealtime?"

Don't keep on dieting if you feel that it disagrees with you. This holds good even when your food list is carefully censored by a physician. The best of them will make mistakes. Find out in time what is wrong.

Don't diet to excess at any time. Women often go to the point of weakening their entire systems by injudiciously following a doctor's advice.

Common sense and moderation are good things to hold to in the matter of food.

#### Care of the Feet.

The American woman is said to rival the Chinese in the abuse of her feet. But the oriental woman has the advantage over the occidental—she waddles frankly, while the American girl cultivates grace and eloquence of carriage in the narrowest of shoes, the highest of heels or the most treacherous of pumps.

Corns on the soles of the feet are often developed by wearing shoes which are too narrow. They can be removed with a lotion composed of colloid and salicylic acid.

Callouses made by the pump which slips can be rubbed off with pumice stone, after which cold cream must be applied.

To feet which swell easily some comfort is restored by a bath containing salt and borax.

For troublesome perspiration use orris powder, alum water or a lotion consisting of four ounces of bay rum and eight grains of tannic acid.

#### Sweeping Good Exercise.

Sweeping exercises every muscle of the body. It is sufficiently vigorous to give good exercise, and at the same time it is not so strenuous as to over-tire. A woman who sweeps does it regularly at certain hours of the day, and regularity in exercise makes for good.

Then, again, the exercise is exercise with a definite object in view. The mind is interested at the same time as the body is employed.

Sweeping movements are particularly good for the lungs. The chest muscles are exercised all the time, and this helps to establish deep breathing. This naturally tends to produce a good figure as well as a pure state of the blood and therefore a good complexion.

The old-fashioned broom should be used and not the patent carpet sweeper. Tea leaves or damp bran should

be used beforehand to prevent the dust from rising and getting into the lungs.

#### Rest Cure For the Hair.

Rest cure for the hair is being practiced by American society women. It requires that they give up their social engagements for a week, but it rewards them with lustrous healthy hair, in addition to giving them a chance to relax from the strenuous rush of social calls. Autumn is the best time for the rest cure, as the hair thins out and often gives women much alarm. During the cure vanity compels the women to remain in hiding except to their most intimate friends. Hats and hair structures are discarded. The hair is permitted to hang loose. There are no curls. No hat is worn, and the sun is permitted to shine on the hair, giving it a rich luster. It is brushed frequently, and the hair is secured in coils rather than in curls, but as few pins as possible are used to hold the coils together.

#### Toilet Table Necessities.

A good face cream for removing soil. A face powder that will protect and not clog in the pores.

A soap free from all impurities—better unscented.

A good nail polish. Cucumber or witch hazel jelly for chapped hands and lips.

Peroxide for removing the dark lines on the neck left by high, tight collars.

A bag of almond meal to use in the bath for whitening the skin.

#### A Good Cleanser.

A mixture for removing dirt from the hands quickly, also for whitening and softening the skin, is made from melted castile soap and oatmeal mixed with a little water. A few drops of perfume may be added if the odor of the oatmeal is unpleasant.

#### A Pretty Compliment.

His incessant work, his avoidance of all rest and recreation and his rigorous self denial made Joseph Pulitzer in his days in harness the despair of his family.

In this connection a pretty story is told about the famous journalist's son Ralph. Mr. Pulitzer had refused to take a holiday, and Mrs. Pulitzer exclaimed:

"Did you ever know your father to do anything because it was pleasant?"

"Yes, once—when he married you," the young man gracefully replied.—Washington Post.

#### The Tiny Shoes She Wanted.

"Now, madam, what size shoe will you have?" asked the salesman as soon as he was at liberty.

"The smallest and shiniest you have," she said.

The other women buying shoes sniffed.

And when the clerk returned with a pair of the tiniest imaginable the woman accepted them with the remark, "I guess baby's eyes will open when she sees these on her feet."—Buffalo Express.

#### An Exclusive Lasso.

Grandma—Why don't you play with that little girl across the street, Nettie? I'm sure she's a nice girl. Nettie (aged six)—But, grandma, you surely don't want me to play with a girl who lives in a frame house! I only play with brownstone front girls.—Chicago News.

#### Accommodating.

Applicant—Did I understand you to say that you accommodate 200 persons at this hotel? Hotel Proprietor—No. I said this hotel had capacity for 200.—Browning's Magazine.

#### Smart Girl.

The Fellow—Next to a man what's the jolliest thing you know of? The Girl—Myself, if he's nice.—Illustrated Bits.

Before employing a fine word find a place for it.—Joubet.

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