

# DON'T GROW OLD



KEEPING THE HANDS BY INCREASING THE CIRCULATION



BENDING PERFECTS THE CIRCULATION AND REGENERATES THE BODY

## TRY TO BE OPTIMISTIC

**S**UNSHINE and rain alternate one with the other during the spring months. Life itself is not unlike spring weather with its alternate joys and sorrows, one following close on the tracks of the other. And just as in spring a shower may occur, even on the brightest day, so in life a sorrow may come even in the time of greatest happiness.

We do not allow a short shower to ruin an entire day for us. If the sun shines brightly most of the day, a momentary cloudburst does not affect our enjoyment of the bright weather. We should learn in the same way to look only for the sunshine in life and to disregard the clouds as much as possible. To those of us who are inclined to make much of every little trouble, this philosophy of looking on the sunny side of life will come hard at first. As a matter of fact, the majority of us are too much given to exaggerating petty troubles. Instead of talking and thinking principally of the happy occurrences in our lives, we let the small mishaps blind our eyes to the big bits of fortune which come our way.

So, why should we allow the sunshine of the present to be overclouded by petty showers, which do not amount to anything? Only once in a while does a big storm occur which brings real disaster in its train. So, why spend the time in worry about the present and anxiety for the future?

There are so many of us who allow a little disturbance to worry us for a whole week and often longer. It is not as if worry would help to smooth out any troubles. Sorrows, anxiety, fear for the future are all mistakes and should be shut out of the mind as quickly as possible. They accomplish no good and only serve to undermine the vitality of the person who entertains them in his mind.

## THE PRICE OF SUCCESS

**E**VERY one is at times confronted with some difficult piece of work. We wonder how we are going to master it, and then begin to envy the woman of our acquaintance who are not called upon to do such things. Envy is always uncharitable; besides, envy has never yet helped any one over a rough place. So forget all about these "fortunate" women, and look at this hard work in a practical way. A cool head accomplishes wonders, and the woman who goes resolutely to work determined to master the hard task before her not only acquires herself most creditably, but discovers that the hardest part was after all, comparatively easy.

A good motto to follow is, "Never put off until tomorrow what can be done today." Many of the no-accounts and failures can trace their present condition to this bad habit of "putting off until tomorrow." They did not want to be bothered with that business deal today. Tomorrow they would look over figures and hear all facts in the case. What was the use of tiring their brain with such matters now when life was sweet and the sun brightly shining? Tomorrow—well, before that tomorrow arrived their competitors "got busy," and when they, the dreamers, awoke, they found themselves high and dry on the shores of failure.

Shirking never made any work easier. We all find ourselves in a tight place now and then, and surely we must use our best efforts to get out of it. To put a hard problem behind us is the poorest policy we could pursue. The world takes off its hat to the man who bravely tackles a hard job, but merely shrugs its shoulders when the shirker appears.

If a hard piece of work confronts you, do not lose confidence in yourself. At least give yourself a fighting chance, and if you are determined to win out, if you declare you will put your very best efforts into this problem before you, you may rest assured you will succeed.

## INSOMNIA

**A** PHYSICIAN who has made a specialty of insomnia advises those who are afflicted with it in its earlier stages to sleep with a pillow under the feet and nothing under the head. He also recommends this as a remedy for nightmare, which is not a feat to those who suffer in this way. When one is tired the best way to woo sleep is to place a pillow in an upright position at the foot of the bed and to press the feet against it. This will rest the entire body. He advises against sleeping on the back with the arms thrown over the head. This, he says, invites diseases of the throat, eyes and nose; the pressure of the palate against the back of the throat prevents free breathing and weakens respiration. He also advises against sleeping with the arms folded on the chest. Of all parts of the body, the chest and lungs need to be free of any weight. No matter how short the slumber or how warm the night, it is best to cover the body with some slight covering, even if it is only a newspaper over the feet. The discarding of sheets is a bad practice. The heart saves itself a thousand beats during eight hours' sleep in order to conserve its energy for the waking hours, and as it pumps six ounces of blood with every beat, the circulation is not nearly so active when one is asleep as when one is awake. He advises every man and woman who has been through the usual strenuous day to lie flat on the back with the arms stretched out at the sides and rest thus for ten or fifteen minutes before eating dinner or supper.

## FASHIONDOM

BY MRS. KINGSLEY.

**I**T is a curious season as regards color schemes. Possibly they may be classified into a summary that will help those who are now choosing clothes. If one wants a splash of color it should be barbaric; if one wants a gown in color it should be subdued. Brilliant reds, blues, purples and yellows are avoided in large pieces, but they are used singly or mingled when belt or cuffs or collar are required on a frock in a neutral tone.

Yellow is a strong Chinese shade seems to be the only brilliant color that has been adopted for suits and evening gowns, but when it is chosen for the former it is for country usage, and when for the latter it is usually made in a daring frock with amber tulle and worn with dull gold slippers, and usually there is a touch of Chinese blue somewhere, possibly given by jewelry instead of fabric.

There are not many of these brilliant yellow evening gowns, and only a rare few for the afternoon, but the styles in suit in Jersey cloth, North Carolina homespun and crepe de chine are increasing in fashion. It is strange that the latter fabric should be taken up for country and sport wear, but the good weaves of it have been found adaptable for summer frocks; and in a season of much fullness and drapery one searches the shops for materials that are pliable and graceful.

Even women with white hair are wearing soft tulle in gray-blue trimmed with pink roses. The very presence of gray hair suggests these tones in order to make one look more than ever like the women of Louis XV's reign.

The styles of Louis XV. are decidedly alluring, although they are intended for the evening and do not satisfy the demands of the daytime. The styles of Louis Philippe are rarely attractive and easily slip into awkwardness and positive ugliness.

Riding clothes for summer wear are mostly of an informal type, and good looking habits of linen are shown in both side-saddle and cross-saddle models. The light weight wool habits in tan and in black and white check are liked, too. A model seen here a few days since was of linen and made with the new flare coat. The same model can be made in light weight woolen material.

The outstanding three-tier skirt is particularly alluring, each volant rising higher at the one side, and rather suggesting the material has been casually swirled round the figure. An effective black tulle demi-toilette arranged after this manner had the femininity of each flounce accentuated by a ruche of the same, while the bodice was mounted over cloth of silver and was drawn under a deep shaped belt of jet and silver embroidery.

Another supremely attractive evening toilette was black tulle, the hem of the plain, full skirt hand embroidered in a tapering design with jet beads and bugles and mounted over ivory charmeuse. A corsage of the tulle, again mounted over satin, was arranged rather like a Greek peplos, the shoulders held together by a jet cabochon and leaving what can only be described as a high oval-shaped décolletage, this being completed by long, graceful and transparent wing sleeves of the tulle, the deepest point weighted with a tassel. Nor was that all, the final and clinching touch occurring in a long, narrow train of ivory satin embellished with a bold design of black velvet.

## THE KITCHEN

**Chicken Salad.**  
One cooked fowl, two cups celery, four tablespoons oil, two tablespoons vinegar, mayonnaise dressing, lettuce. Hard boiled eggs and olives for decoration. Salt and pepper to taste. Cut the fowl into dice, removing skin and gristle. Mix it with celery, add salt, pepper, and marinate for an hour before using with oil and vinegar. Mix with the mayonnaise dressing and garnish with lettuce, hard boiled eggs and stoned olives or strips of red pepper.

**Mutton Sandwiches With Peas.**  
Butter slices of white bread and put over half a lettuce leaf, then thin slices of cold boiled mutton. Mix together half a pint of peas that have been seasoned with salt, pepper and a little butter; then a spoon of salad dressing, another leaf of lettuce, then another slice of buttered bread.

**Squabs Stuffed With Corn.**  
Cut the kernels off from six ears of green corn, scraping out all the milk, but taking care to get in none of the cob. Put into a saucepan two table-spoonsful of butter, a half cupful of hot water, salt and pepper to season. Cook a few moments, add one beaten egg, and cook until thickened. Stuff the birds, lay in a baking pan, with a thin slice of bacon, blanketing each fat little breast, put a cupful of hot water in the pan, and roast, basting frequently. This makes a delectable dish. Canned corn can be used instead of corn on the cob when the latter is not in season.

**Potato Crostons.**  
To one cup mashed potatoes add one egg yolk and beat well together.

Spread half an inch thick on a flat, buttered platter and when quite cool cut in two-inch squares, then each square diagonally across to form triangular pieces. When ready to use brush over with milk and brown lightly in the oven in a very little fat in the frying pan. These make an attractive garnish for a platter of chops or of fried fish, alternated with slices of lemon.

**Sponge Cake.**  
Three eggs beaten very light (do not separate), add one cup sugar, continue beating, sift one heaping cup flour and one teaspoon baking powder, stir into egg and sugar and lastly add half a cup boiling milk. The more you beat this cake the lighter it gets.

**Paste for Meat Dumplings.**  
Chop half a pound of suet very fine, add one and a quarter pounds of flour and a little salt, mix it up with half a pint of milk, knead it till it looks light; take a bowl of proper size, rub the inside with butter, roll out the paste and lay it in; parboil beef steaks mutton chops or any kind of meat like, season it and lay it in the bowl, fill it with rich gravy, close the paste over the top, get a very thick cloth that will keep out the water, wet and flour it, place it over the top of the bowl, gather it at the bottom and tie it very securely, the water must boil when you put it in. When done dip the top in cold water for a moment that the cloth may not stick to the paste, untie and take it off carefully. Put a dish on the bowl and turn it over, if properly made it will come out without breaking, have gravy in a boat to eat with it.

## MILADY'S BEAUTY

**N**OTHING weakens a face more than a retreating chin. Unfortunately, comparatively little can be done for it. It can be remedied to a certain extent in childhood by rubbing from the throat up and out, holding the head well up during the process. Sometimes, too, the trouble may be caused by the way the jaws close on account of the position of the teeth and a good dentist may often be of help. Bandages worn round the chin at night, so placed that the lower jaw is forced forward, will sometimes remedy the defect slightly, especially when begun on quite young children. Learn to carry the head up and slightly thrown back and study the style of hair dressing best adapted to conceal the receding chin.

**I**N healthy persons the tiny sweat glands of the skin are always active, and the secretion, save when it is excessive, passes off as soon as formed; or, more exactly, immediately it reaches the surface. It does this by being changed into vapor. Hence the skin never

## WEEK-END HOLIDAYS

BY MRS. McCUNE.

**W**HAT lubrication is to an engine, an automobile or a motorcycle, vacations are to a woman and man. The week-end holiday, two weeks or so in summer, the various national and state holidays are as an anointment with oil.

The most unkindness cut of nature is due to the strange observation that men take or have thrust upon them more vacations than women. This may in a manner explain the greater efficiency and more even tempered health of men.

Experiments made in laboratories of psychology establish that continuous work, unchanged by circumstances, surroundings, diet, scenery and atmosphere, tends to make a man's work in skill and in output run down like a clock.

Diagrams of work done by men and women exhibit lines running down hill in steepness directly in proportion to the absence of rest. The longer the intervals of rest between seasons of mental or physical effort, the greater is the quantity and the better is the quality of work done.

The output increases directly with the amount and variety of relaxation. Plainly, the work of most women cannot in this standard compare with that of her masculine competitor. She stands still as he succeeds in outstripping her in the number as well as the infinite variety of his recreations.

What is to be done? The answer, I take it, is for the mother, the wife, the sister and the sweetest to plan deliberately to seize a definite minimum of hours each day, of days each week, and of weeks each summer, for vacations in the great outdoors.

A woman's vitality and health, no less than her supremacy in household economics, are voices in the wilderness, which demand that she do so. Is she too poor? Her husband is not. Is she too preoccupied with many children and his meals? He manages to escape more than his half of the burdens entailed by such happiness.

Indeed, if "the men of the house" will accept the fact that the meals prepared for them, the health of the children, the very economy of drugs, doctors, bandages and surgeons, rests in the end upon the vacations and outdoor relaxations of women, as well as upon their own earning power, they will assume a very positive attitude upon the subject.

looks damp. Any fatty material on the surface of the skin will impede this evaporation and make the liquid collect in drops.

**F**OR hair purposes the flesh brush should take the place of flannel. Indeed, the vigorous use of the flesh brush or glove may be recommended as an effective substitute for a bath where the latter is not at hand, as the rough glove or brush cleanses the skin of small particles which are apt to cling to it from the clothing that is in daily contact with the body.

**O**NE of the most frequent questions asked the beauty specialist is: "How can I remove superfluous hair?" The only certain way is by electrolysis. She who decides to try this cure must reconcile herself to rather severe pain for the moment. The electric needle is inserted to the depth of the hair root and the patient has to endure the burning of the current for about half a minute.

**D**URING the reign of the Empress Eugenie bathing in milk was practiced by every fashionable beauty who could afford the luxury. This custom was carried to such an extent that there became a great scarcity of milk for domestic purposes until at length the police discovered that the vendors were in the habit of buying back the milk which had been used in the bath and selling it over again to their tea and coffee drinking customers.

**C**HILDREN'S hands are often disfigured by warts and they can be cured in a simple way. Get hartshorn and sweet oil of equal mixture and paint the warts with this each day. It is slow, yet thoroughly satisfactory. Acetic acid touched to the most tenacious warts will, in time, kill them, and they can be easily removed. Most children, however, object to your cutting even the dead part away, since they have a fear of its hurting. After removing warts wash the parts with a weak solution of hydrogen in the cavity will cleanse all impurities. Do not believe in such absurd things as superstitious persons entertain for the removal of warts, for warts are almost as difficult to remove as teeth, and the foolish notion which has ever prevailed of causing them to disappear through some magic is not to be thought of in this enlightened age.

**H**ERE are some beauty rules prescribed by a famous specialist. "All who desire a clear skin must give the skin an air bath daily. This means to sit with the clothes off for an hour a day, with the sun playing upon the body. A warm parlor is one of the absolute requisites of this daily skin bath. Give your feet an air bath twice a day. Take off your shoes and stockings and sit with your feet bare, resting them upon an old-fashioned foot warmer or upon a bag of hot sand or even upon a rubber hot-water bag. All who desire a nice throat and neck must sit with the throat and neck bare part of the day. The necks of morning dresses should be cut low and to a point and the throat and chin must be sunned and aired. Nothing hurts the flesh of the neck like covering it with starched collars and stiff stocks." Loose clothing is a requisite of the skin bath. In Paris, where a woman simply must be lovely, they are taking a new kind of beauty treatment. Instead of dressing in ordinary everyday clothing, or even in the comfortable negligee, they wear some loose drapery, and thus they give the skin a chance.

## ODDS & ENDS

**T**O prevent noise round pads of leather, cut from old boots and nailed to the legs of kitchen chairs, prevent the rattling noise upon a brick or tiled floor which is so distressing to the nerves of sensitive people.

**H**OLE in the knees of stockings are usually good sized and after they have been washed it seems impossible, in many cases to darn them. They may be mended easily, however, if after the stocking is taken off, you wet the place where it is torn, then lay the stocking over some flat surface, where it will dry quickly and pull the threads together with your fingers while it is still wet.

**M**ANY amateurs will be interested in the new climbing watermelon, for the vine may be trained on a trellis or over a fence, where it will take but little garden space. As the melons grow only as large as cocoanuts they may be served in the same way as musk melons, and will prove a decided novelty to the amateur's guests. The meat is crimson in color and of good quality, and the plants bear for a longer season than most kinds.

**T**HE old-fashioned remedy of applying a cold compress to one of the best that can be used for sore throat. To make it a bandage, such as a folded handkerchief, is wet in cold water and wrung very dry. It is then bound around the throat and over it entirely to cover the wet cloth a dannel is securely pinned to keep it in place. No part of the bandage should be left exposed to the air, striking the skin through it, will make the cold worse.

**A**LMOST all women are heartily glad that larger hats are to be the fashion. There is a mysterious allure about the big shady hat which shadows the face that is wonderfully softening and becoming. To young faces the new hats which curve deeply down at each side make really bewitching frames, especially when they are of some dark color and lined underneath the brim with some soft and delicate tint such as eggshell blue, oyster pink or the pale ivory shade that has proved so valuable for the purpose. Never has there been such a catholicity of choice as this season. For, according to your requirements and what becomes you best, you can have either the close fitting awashed toque, the tall, practically brimless hat of Cosack fame, surrounded by a cockade or a chou of ribbon, the dainty drooping Watteau or Dolly Varden, the charming and less exacting bell shape, or the great "cart wheel," always dear to the feminine heart—and head.

**E**VERY time you give way to impatience or anger you shorten your life by a calculable portion of time. The next time you get very angry just study yourself

during the reactionary period. You will notice that you are very depressed and sad, that your blood is sluggish and that your digestion is all wrong. The reason of this is that in your moment of anger you expended three or four times the ordinary amount of body tissue. As a consequence, you cannot be your normal self until the over-drawn tissue is replaced. You will note that people with very bad tempers never live long, the excessive drafts upon the physical make-up eventually exhausting the latter. A certain amount of reasonable anger, as occasion may require, often, however, acts upon the system as a veritable tonic.

**I**N any well thought out scheme of dress the collar is of paramount importance. Last year it rose to unprecedented eminence, threatening even to hide the face of the wearer from the gaze of an admiring world. But there are limits even to women's subsmissiveness to the tyranny of fashion, and this year a compromise has been arrived at. While it points an upward way at the back and at either side, the collar remains open in front, the intervening space across the neck being frequently bridged by a couple of narrow bands of silk or velvet fastened by fancy studs. A novelty in neckwear is the stole-and collar. Made of tulle or ribbon, or chiffon, or lace, it fastens close and high round the throat and is provided with long, fluttering ends reaching to the waist or below it.

**W**HY do so many husbands run away. A statistician has been trying to answer the question. After investigating thousands of cases of desertions he finds that the husband's action can usually be ascribed to one of the following causes: Ill health and peevishness of the wife. Shrewdness of the wife either in her own person or in her housekeeping methods, or both. The wife's habit of nagging or gossiping. Dislike for children on the wife's part. This statistician found that the strongest incentive to reconciliation in cases of family discord is almost invariably the child. He also found that very few wives are deserted who are: Physically big and mentally cheerful. Able to contribute to the family income either by outside labor or by frugality in home management. Affectionate and home loving. Sympathetic and considerate of their husbands. The very interesting and valuable statistics which he collected prove that native American husbands are more prone to desert their wives than are the foreign born.

They also show that married life is the happiest when husband and wife are nearest alike in age, nationality, religion, moral standards, temperament, health and physical strength.