

# Billie Purke



By Billie Purke.

**FIRST WORD**—Train your eyes to see only the best.

I wonder if you realize that your eyes are being trained all the while to pick out certain things which form the every day pictures of life about you. Two people will go along the same road and see totally different things. One will pick out the best and the other the worst.

One of the greatest illustrations of this eye training is in the way in which we first dislike a fashion and then after seeing it on our friend come to like it and at last reluctantly put it aside for something new. You can remember how you laughed the first time you tried on one of the hats that came down over your head. You would probably laugh just as heartily today if you should find one of your old head covers and perch it up on your crown. Your eyes have become accustomed to the hat which covers the head and they like it.

It is said that people with starred and marked faces become so accustomed to them that they have no idea of how the sight of them affect others, and it is very probable that we become so accustomed to our small imperfections of physique that we forget about them.

Once in a while when I am shopping I take a little time and study the faces of the women about me, for you know it is much easier to see a fault in others than in yourself, and after you have found it in the other woman you can look over your own face to see if you have it or not.

One of the things which girls and women neglect more than almost anything else is their eyebrows, and yet, nothing will mar a face more than ugly eyebrows.

Eyebrows to be fine, should curve

slightly over the eyes and have plenty of space between them over the nose. This hair should be of uniform length and dark in color. Every woman in the land can have nice eyebrows if she wants them, but only about one woman in ten does have them, consequently she must look at them with unseeing eyes many times a day. The ugliest eyebrows, are those which meet over the nose, as they make one look very hard. This can be easily be obviated by pulling out the hair with tweezers and dabbing the place with ammonia and peroxide of hydrogen. If this smarta use a little cold cream afterward. While you are about it pull out all the straggly hairs and shape your eyebrows to a pretty crescent, beginning wide near the nose and trailing off to a point near the temples.

In the larger cities there are men who do nothing else than shape the eyebrows of society women and actresses. They do it with a razor and until the desired shape is reached. A friend of mine who found this rather expensive, does it for herself, using one of her brother's safety razor blades. She cuts the hairs off one by one, using no soap and water, for, that would make them stiff. She tells me she only shaves off to do this about once a month, and her eyebrows are very much admired.

I do not blame any girl who has very thick, straggly eyebrows for darkening them. The best thing to use for this is mascara, a water color. Put it on very carefully, using the little brush that comes in the box with the color. This is perfectly harmless and if used with discretion cannot be detected, but you must train your eyes to detect the first bit of paint on your skin. Just lightly darken each hair.

**JUST ONE LAST WORD**—It is the little details which make great beauty.

**BEAUTY HINTS.**

THE matter of the proper creams and soaps you use on your face is really one of grave importance, and different skins need different treatments. How many women wash their faces and go right out into the cold blasts of winter winds, all because they "have no time" to rub a cream into the flesh. Did you know there is a cream made that you do not have to rub in? It literally vanishes when applied because the skin absorbs it at once. I suppose you had not time to even find that out? But the point is that there is such a cream and the busy woman will find it a great protection against the chapped skin and cracked lips of last winter. It is a cream—not a grease, and therefore can be applied as liberally as you

like. In summer time this cream is almost a life saver, for it will cure sunburn with just one or two applications.

In using creams on the face for massage it is well to get a reputable make which contains no animal fat, for that is what induces hair to grow where it is not wanted. Creams which have vegetable oils as a basis are safe at all times. Our grandmothers were famous for a cream they made with milk fat as the chief ingredient. Undoubtedly it had healing qualities, but it is an animal fat and will surely induce a growth of hair on the skin. Creams made from the products of the soil rather than the flesh will be found safer in the long run.

It is likewise impossible to tell the whole world to use a certain kind of soap, but there are so many good soaps on the market you can find out the special brand that best agrees with your skin. A very good test for a pure soap is to taste it—just with the tip of the tongue. If it does not bite the tongue it is a sure sign that it contains no strong alkali and will not injure the skin in any way.

**Powder Essential for Oily Skins.**

In selecting a powder to put on the face you should match the tone of your skin as nearly as possible. I have heard women brag "I never use powder on my face." Well, honestly, it was to their credit, for a shiny face is not a thing of beauty unless you have heard women brag "I never use powder on my face." A good powder dusted on the face during the day and washed off at night to allow the pores to open will never harm any one, and it will help a great many who have oily skins. Face powders come in three shades—pink, white and brunette. If you are a dark girl with an olive skin the brunette shade will look best. Blondes with high color will do well to select pink and the very pale girl should buy the white.

A few minutes taken every night to put your hair up on patent curlers will soften the hair about the face and make you look much younger, and if you have not time to take deep breathing exercises to make you stand up straight, you can buy a shoulder brace that will help along wonderfully. If you have no bust, you will find ready-made garments that are covered with ruffles which will improve the effects of your figure. These garments can be laundered.

If you find yourself all tired and fagged at night, and your husband wants you to go out with him, you can take a bit of renewed vigor using an electric vibrator for a few minutes. You can even sit down in a rocking chair and apply this device, and you will feel as gay as can be, ready to

## LENTEN DISHES AS PREPARED BY THE SISTERS OF SANTA MARIA.

**Lenten Menu.**  
In many families where Lent is observed to much thought to provide a varied diet.  
These menus for a week have been provided by the Sisters of Santa Maria and can be used as a guide throughout the entire fasting season.

**Lenten Menu.**  
**Wednesday.**  
**BREAKFAST.**  
Oranges, Rolled Oats, Cream, Griddle Cakes, Home-made Syrup, Coffee.  
**DINNER.**  
Ground Pea Soup.  
White Baked Fish, Caper Sauce.  
Baked Potatoes, Diced Beets.  
Lenten Salad.  
Light Custard Pie, Coffee.  
**SUPPER.**  
Economy Dish, Egg Sandwiches.  
Apple Sauce, Tea.

**Thursday.**  
**BREAKFAST.**  
Apples, Corn Flakes, Cream Omelette, garnished with Sardines.  
**DINNER.**  
Clear Tomato Soup.  
Spaghetti garnished with thin slices of calf's liver.  
Peas, Baked Sweet Potatoes, salad, containing all available salad greens.  
Fruit, Nuts.  
**SUPPER.**  
Apple Sauce, Tea Biscuits.  
Economy Dish, Olives, Tea.

**Friday.**  
**BREAKFAST.**  
Cream of Wheat, Cream.  
French Toast.  
Syrup, Coffee.  
**DINNER.**  
Vermicelli Soup.  
Broiled Salted Mackerel.  
Candied Sweet Potatoes.  
Stewed Tomatoes, Sweet Pickles.  
Celery.  
Mock Mince Pie, Coffee.  
**SUPPER.**  
Economy Dish, Griddled Eggs.  
Grapefruit, Tea.

**Saturday.**  
Baked Apples, Waffles, Maple Syrup.

**Sunday.**  
Coffee.  
**DINNER.**  
Roman Toast.  
Boiled Rice, Boston Chips.  
Dressed Radishes and Celery.  
Oranges and Bananas Sliced.  
**SUPPER.**  
Economy Dish, Rice Batter Cakes.  
Stewed Prunes, Tea.

**Sunday.**  
**Fruit.**  
Shredded Wheat Biscuit.  
Sliced Cold Boiled Ham.  
Sweet Mustard, Coffee Cake.  
**Coffee.**

**DINNER.**  
Fricassee Chicken with Rice.  
Asparagus Tips, Baked Tomatoes.  
Lettuce.  
Floating Island Cake, Nuts.  
**SUPPER.**  
Economy Dish, Spanish Omelette.  
Canned Cherries, Cake, Tea.

**Monday.**  
**BREAKFAST.**  
Grapes, Corn Mush, Cream Soda Biscuit, Hashed Potatoes.  
**DINNER.**  
Calves' Liver on Bacon.  
Garnished with raw onions.  
Creamed Potatoes, Fried Carrots.  
Lettuce and Celery.  
Custard Pie, Coffee.  
**SUPPER.**  
Economy Dish, Apple Fritters.  
Tart Preserves, Tea.

**Tuesday.**  
**BREAKFAST.**  
Fruit.  
Orange Fritters.  
Soda Biscuit.  
Home-made Lemon Syrup.  
**DINNER.**  
Thin White Soup.  
Pork Chops.  
Baked Sweet Potatoes.  
Beans a la Boston.  
Lenten Salad.  
Apple Pie, Coffee.  
**SUPPER.**  
Economy Dish, Corn Fritters.  
Apple Sauce, Tea.  
\*Economy dish is made of noonday left-overs.

**Santa Maria Lenten Salad**  
1 head lettuce.  
1 stock celery, white and crisp.  
1 Spanish onion.  
1 tablespoonful olive oil.  
1 teaspoonful elder vinegar or lemon juice.  
Salt, pepper.  
Mode.—Clean and freshen lettuce and celery in cold water for half an hour. Break lettuce into small pieces, cut celery 1-4 of an inch. Thinly slice onion lengthwise. Mix lettuce, celery and onion; drain. When ready to serve add oil, vinegar, and salt and pepper to taste.

**By Santa Maria Sisters.**  
Dice potatoes—Pound parley and small piece of cheese. After three hours' simmering, put in potatoes. Half an hour later add stettel (these may be had at any Italian grocery); 1 can tomatoes.  
1 stalk celery.  
15 minutes after put in pounded par-

### DIET RULES FOR LENT.

Throughout the Lenten season, the observance of the fast for breakfast partake of a cup of coffee and a small piece of bread, or a cup of weak chocolate and a small piece of bread or cracker.

For supper, one-fourth of an ordinary meal, eliminating meat, except on Sundays.

Full dinner every day, and three full meals on Sunday. No meat is eaten on Wednesday and Friday, and on other days meat is eaten at the principal meal. No restriction on Sunday.

In the cases of families, the bread winners of which are engaged in hard labor, the diet rules may be laid aside.

ley and cheese; add the catsup. Salt to taste. Grate the balance of the cheese and put at bottom of soup tureen. Ten minutes after the catsup was added the soup is ready to serve. Pour in tureen and stir before serving.

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