## Beauty

lines of humwhich reach my desk can be nead the tale of unsuspected indigestion or mal-assimilation of food. Falling hair, sallow complexion, mottled skin, red nose dull eyes; these and a score

of ailments which try the patience of women and drive them lo specialists can be traced directly to the simple cause of cyspepsia. And behind dyspepsia lie various causes which will not yield to drugs alone. Generally the mode of life is at the foundation of many curable defects in complexion, hair, etc.

The woman of sedentary habits who has in digestion, must have the right sort of exercise. The woman who lives in a vitiated atmosphere must be taught how to breathe, and the woman who does not masticate her food because it gives her toothache must see a dentist, and the woman who is paying the price of idleness and over-eating must be placed on a diet.

Deep breathing in pure air is one of the surest cures of sallowness, and will restore appetite and digestion. I will be glad to send to any of my readers a complete set of deep breathing exercises. They have been published so often in this column that space cannot be given to them to-day, but they will be sent by mail at once on receipt of a stamped and self-addressed envelope.

Correct bathing is all-important to the dyspeptic. Time spent on this duty is never wasted. If you are not accustomed to a cold bath, do not shock your system by too drastic treatment, but start with your usual warm bath, and each day lower the temperature a trifle until you can endure the cold plunge; often when the plunge is too severe, even a delicate woman can train herself to enjoy a quick cold sponge, using a sponge that will cover the surface rapidly, and follow by brisk rubbing with a rough towel. When you have become accustomed to this wet skin bath, try the lung bath and the dry friction bath. On rising, with your windows open and if possible with the sun pouring into one window at least, remove your clothing and trot briskly around the room or do a few exercises to keep the circulation up. This permits the pure air to penetrate the pores of the skin. The old Greek athletes knew the value of the air bath and never neglected it.

The friction bath consists of brushing the entire body with a flesh brush, first using a very soft bristle and gradually increasing the toughness of the bristle. This friction bath may be taken just after your morning exercises or before bathing in water.

These baths all tend to open the pores and allow certain impurities to leave the system by these tiny but multitudinous avenues of

Very often I hear women say: "I bathe regularly, use flesh brushes and rough towels, yet my skin never glows and looks clean like my cousin, who thinks the weekly bath is enough, who would not know a flesh brush when she saw it-and yet who has a rese-tinted skin and a general air of cleanliness Godgiven, which I cannot secure."

That may be true for the moment-but the pretty, pink-skinned girl is abusing her Godgiven beauty and will lose it. Also, she will suffer for permitting her pores to be clogged up. It will take years for results to show, but they are inevitable. A young matron, now suffering tortures from rheumatism and kidney trouble, was one of those wonderfully skinned creatures who thought she could neglect bathing and rubbing. To-day, nurses are using artificial means, massage, etc., to keep her pores open and drive pain-giving poisons . from her system. . .

The girl whose ailments of hair or complexion can be traced to indigestion, should eat more frequently than her more fortunate sister, and she should eat less at each meal. In fact, she should avoid the regulation meal entirely until she has started on the road to recovery. If the indigestion is acute, she should eat every two hours, living on a fare of milk, broth made from meat, clams or chicken, with all fat skimmed off, toasted or pulled bread and crackers. If the milk, which with recipes for making these broths on es- frock.

it slowly, though not drawing out the process donning a sash! until the water becomes tepid and sickening. The stout girl must content herself with degandy represent further outlay in a silk founda-

twenty-four hours. The stout woman must

digestion.

should be taken in quantities varying from THE brief period between Easter Sunday, It can be dry-cleaned, but not washed, and if white, pale blue, pale pink, and delicate canary broidered with silver roses she treated thus: one to two wine glasses does not digest easily, and the opening of the vacation season it is caught on some protruding object during color. She has picked these up when silks In each scallop she inset a large single, fulladd a few drops of lime-water, or a small is generally marked by a number of a dance, the darning must be a work of art. were on sale at real bargain prices, made them blown rose cut from all-over point de Paris pepsin tablet, which can be bought at any social events, formal and informal, for which It will yield to the slightest pull and soon simply in princess style with low necks and lace. The edge of the rose she outlined by drug store, or mix Vichy water and milk. I the young girl, emerging from Lenten se becomes mussy. On the other hand, a muslin- short sleeves, edging the latter with fine flat three tiny ruchings in pastel colored tape will be pleased to furnish any of my readers clusion, needs at least one fresh evening organdy or a batiste, a dotted Swiss (which, ruffles trimmed with lace. One of these slips ribbon, exquisite pink, lavender and canary pecially hygienic lines, and also for the pulled Sometimes the party frocks which did duty terns), or even a dimity selected in an or-

The girl who has merely "a bad taste in her over and freshened up to do spring service, launder and mend, should accident befall it, to sashes, girdles, ribbon or flower garnitures to which she bought for 65 cents a bolt. The mouth" on arising, or suffers from acidity of but there must be about the spring dancing far better advantage. the stomach, can do wonders for her incipient gown in particular, a suggestion of budding Gauzes and chiffons also come under the to bring out the pattern in figured materials. she finished with a double ruching of the lace indigestion and her complexion by trying the flowers and delicate, near-summer colorings. head of most perishable fabrics, and tulle is water diet.

For the slender girl, there is a decided tendered by trying the water diet.

Night and morning, just before retiring and directly after rising, sip a cupful of boiling hot water, with a dash of salt or lemon, as you prefer. Do not gulo this down but sin lines, she glories over her stouter sister by the sender directly a dense to resume princess, and tune is especially extravagant. It must also be borne in mind when selecting a party dress, that suitable drop skirts or slips must be used. A she paid twenty-five cents a yard for the some of the godet points or scaling the simulated from the three pastel shades of rib-silk slip a simple two-piece frock of white dency to resume princess designs for evening in mind when selecting a party dress, that suitable drop skirts or slips must be used. A she paid twenty-five cents a yard for the same fortunate young creature of slender the simulated from the three pastel shades of rib-silk slip a simple two-piece frock of white dency to resume princess designs for evening in mind when selecting a party dress, that suitable drop skirts or slips must be used. A she prince she water over her white silk slip a simple two-piece frock of white dency to resume princess designs for evening in mind when selecting a party dress, that suitable drop skirts or slips must be used. A she prince she water and tune is silk slip a simple two-piece frock of white silk slip a si you prefer. Do not gulp this down, but sip lines, she glories over her stouter sister by quires only a dainty lingerie slip under it, edging. The deep flounce and bodice are made The princess dancing frock shown on this

laxative. Have your druggist mix ten cents' old-fashioned yet girlish sash, and she must of chiffon. worth of Rochelle salts with half their weight have skirt, blouse and girdle made from com- The design which lends itself well to organdy pointed girdle, finished with a rosette and French, German Val. Baby Irlsh or Cluny lace

dissolved and set away to cool. Three morn in depth from 54 to 60 inches. This may be ally be reproduced with good results in a more pinned on the left side of her corsage was insertion will be needed if the flounce is to dissolved and set away to cool. Three mornings and set away to cool. Three mornings are depth from 54 to 60 licies. This half to find the left side of her correction will be needed if the nounce is to durable shimmering silk, such as glossy habitue, messaline or lustrous, soft taffetas. In fact, for a durable silk dress, lustrous taffeta to of edging or flouncing will be needed to finish off bodice and sleeves. For a slender than the consecutive mornings, do not take it, after which lining, or it may be worked into a seamed and lining, or it may be worked into a seamed and lining, or it may be worked into a seamed and lining, or it may be worked into a seamed and lining or flouncing will be needed to line to sale of her correction will be needed if the nounce is to durable shimmering silk, such as glossy habitue, messaline or lustrous, soft taffetas. In fact, for a durable silk dress, lustrous taffeta looking at the dainty lace insets and expectation. In fact, for a durable silk dress, lustrous taffeta looking at the dainty lace insets and expectation will be needed if the nounce is to durable shimmering silk, such as glossy habitue, messaline or lustrous, soft taffetas. In fact, for a durable silk dress, lustrous taffeta looking at the dainty lace insets and expectation will be needed if the nounce is to durable shimmering silk, such as glossy habitue, messaline or lustrous, soft taffetas. Looking at the dainty lace insets and expectation will be needed to look for the correction will be needed to look for the corre ings. At the end of three or four weeks, is solid embroidery, Hamburg, nainsook, has no equal, and it can be combined with quisite color combination in the velvet garnifigure this princess frock may be shirred at this treatment should bring about a healthy Swiss and batiste. The embroidery is very almost any sort of lace with good effect. his treatment should bring about a healthy condition in the digestive organs.

The sufferer from dyspepsia and kindred the suffered from the water deinking should form the digestive organs.

The sufference of the water deinking should form the digestive organs water deinking the water deinking ills should form the water drinking habit, then heavier and thore classified buying. Effective dimity patterns can be on the wrong side over the chest. It is in itself all the trimming needed buying. Effective dimity patterns can be its wearer's own hands. using not less than three quarts of water every and emphasizes a girlish figure delightfully. bought in new designs from twelve and a half

to relieve indigestion and specific treatment do service for sundry events will select mafor certain complexion defects peculiar to in- terials that will suggest airiness without being A charming young woman, noted for the stances, who was counted among those pres. smartest of the new dancing slippers show terials that will suggest an adult, soft kid with oval rhinestone buckles. too fragile and delicate. For instance, every good appearance she makes on a small dress ent, reproduced the gown in less expensive magirl admires organdies, either plain or in allowance, claims that so far as her evening terials to her own satisfaction and the adflowered patterns. An organdy at 85 cents a gowns are concerned, her success lies in start- miration of her friends. She selected a lusyard must be made by hand because a machine ing with the right foundation, i. e., delicate trous quality of messaline slik at 79 cents a is apt to pull its delicate weave, which means colored slips to wear under washable or clean- yard. The deep scalloped ruffle or godet that the garment will literally fall to pieces, able transparent fabrics. She has one each in flounce which on her cousin's gown was em-

by the way, comes in exquisitely stamped pat is three years old, but still doing service, color, which she bought by the bolt. Each bread, which is a boon to the dyspeptic. during the earlier social season can be made gandy pattern, will give longer service and wears the colored slips under white with strip of German Val insertion, very narrow, match, and the white slip she finds most useful deep, round neck of the gown and the sleeves

while chiffon, gauze, tulle and even a fine or- of alternate rows of tucked Swiss and lace inuntil the water becomes tepid and sickening.

The stout girl must content herself with destroy and sickening out the process tepid and sickening.

The stout girl must content herself with destroy and sickening out the process and the developed from the signs with destroy and the edging in full, crimpy ruftion, or slip. Gauze and tulle generally destroy of the stout girl must content herself with the stout girl must content just above the elbow. With this she wore a ming may be of embroidery for wash fabrics. worth of Rochelle salts with half their weight in cream of tartar. Place the powder in a quart preserve or milk jar with a tight-fitting stopper or lid, and fill the receptacle with boiling water. Shake until the powder has novelties is the deep princess flounce, varying boiling water. Shake until the powder has novelties is the deep princess flounce, varying ally be reproduced with good results in a more limited girdle, naished with a foscite and will a foscite and will work up just as well in figured Swiss, dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming, the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming, the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming, the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming, the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming, the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming the slender girl dimity or flowered wash fabrics of any sort. Also, a model that appears to advantage in the Martha Washington geranium bloom. In the matter of trimming the slender girl dimit

In the matter of materials, a dancing frock cents up. Very useful for spring party dresses At a recent coming out party the daughter But the economical girl will not be far from drink hot water, the thin woman, cold water.

In the matter of materials, a dancing frock of wealth appeared in a frock of gauze, inset wrong if, in wearing a white wash frock must always be selected with one finger on are the mixtures of silk and cotton, like check-In our next talk, we will discuss exercises the purse. The girl whose party gown must ed silk batiste in quaint, old-fashioned rose with lace and trimmed with exquisite silver over a colored slip, she utilizes her white brood. In a second the word of comroses. A relative in less prosperous circum- satin slippers or wears black. The very mand rang down the line. None except

At a recent dance, she wore over her white edging in which she tacked at intervals roses

satin with pink gown, blue with blue, etc. mother bird sat still, covering eggs or

## do so, without making herself conspicuous, Good Form and thereafter cut the very remiss host from her list of eligible acquaintances.



The chaperon takes the place of hostess in her male friend's apartment, and is also the object of his especial courtesy. At dinner, the host takes her to the table, unless there be a guest of honor, in which case the latter sits at his right and the chaperon on his left. The chaperon gives the signal to leave the many small cittable and when the chaperon leaves, either at ies, and when tea, breakfast or dinner, all women guests go charming little with her or directly after she rises to take her suites are set departure. Guests are expected to speak a few pleasant words on departing to chaperon for permanent as well as host, and the host calls on the

CHAPERON AND HOST

WHAT THE HOST WEARS.

When giving a theatre party, the bachelor

Recipe for Home-Made Soap

was to send my recipe for canning toma-

I see now a request for home-made soap,

containing borax. It is signed "O: W. H.,

Herewith I send my recipe, which I kr

Two quart cans of grease, one can of

dissolved in one quart of cold water. He

the grease and when both are lukewarm

pour the lye into the grease, stirring all

the time. Add, immediately, one cup of

ammonia and two heaping tablespoonfuls of

powdered borax, dissolved in one-half tea-

cupful of warm water. Stir until as thick

as honey and pour into a pasteboard shoe-

I make my soap in ten minutes; put water into a frying pan, drop the lye in and

Heat the grease and strain into a clean

scrubbing bucket. Pour the lye into the

grease, then the ammonia and borax and

is good for scrubbing floors and tables. No

A Word for Turkeys

Ever since I read in your paper the ac-

ount of an interview with the man who

provides the Presidential holiday turkeys I

have hoped to see some adverse comment

In brief, the description of the manner

"Hang the turkey head downward, slit its

throat and let it bleed slowly to death,

meanwhile plucking it, so that by the time

That is, the creature is virtually tortured

to death, subjected to slow and exquisite

torment for no better reason than to add a

fancied delicacy of flavor to tempt pam-

The story was published without adverse

comment, as I have said. The publicity

since there are always brainless imitators

Cannot and will not you do what you can to lessen the effect of the tale by de-

nouncing the barbarity? I am certain that

your sympathies are with the oppressed and

suffering, even if the victims are birds

who must, perforce, die in some way that

we may give thanks properly for our bless-

You assume rightly that I deprecate

the infliction of needless pain upon any

ago, upon a Roman Christmas, you may

recall the description of a scene similar

to that of which you speak, and my

It is a noteworthy fact that cowards

are generally cruel, and that, as Bay-

The bravest are the tenderest, The loving are the daring.

The widow of General Custer told me

a story which illustrates this beauti-

fully. No incident in the brave man's

long line of soldiers and baggage wag-

ons was toiling over the Western plains, the quick eye of the leader who rode

at the head of the procession espied a

birds' nest half hidden in a sage bush

in the exact line of the march. The

those nearest to the general knew why

the course of cavalry, foot-soldiers and

wagons was deflected to the right. But

the mother sat safe upon the little

brown nest among the weeds. The

spare her and her brood.

march of an army was changed to +

life became him better. One day, as the

feelings in witnessing the barbarity.

ard Taylor sings:

J. S. (Belvidere, Ill.).

it is dead it will be completely plucked."

of dressing the fowls was as follows:

stir. It cleans the pan at the same time.

box lined with waxed paper.

other soap will be required.

from the press.

pered appetites.

Edgewood, R. I."

to be good:

chaperon within a fortnight to show his apore a social figure preciation of her assistance. than ever. Not only does he represent a matrimonial possibility, but he is regarded by his women friends as a valuable social asset. When For a breakfast (served at luncheon hour) the man turns host, his entertaining is sure to or reception, or tea, he wears the regulation afternoon dress, black frock coat, and waistcreate something of a stir. coat to match, grey trousers, white linen,

HOW HE ENTERTAINS. A man may entertain in his apartment, broadly folded tie in dark rich coloring, whether he have a kitchen, kitchenette, or patent leather shoes. For an early informal merely a gas stove or chafing dish. If he is breakfast, he wears a complete morning suit, an expert with the latter, he does his own cutaway or sack in blue, brown or mixed cooking. If he lives at a hotel, refreshments goods. For dinner, he wears evening clothes; or the formal dinner will be served by the for a chafing dish, if entirely informal, he may hotel management in his apartment, or he may wear a Tuxedo, or if it is so understood among turn the entire affair over to a caterer. He his few intimates, all the men may appear in may give a breakfast (men never give lunch- their business clothes, as they are often too eons, but breakfast is served at 11 o'clock or busy to dress. This, however, is the exceplater, and corresponds to the Continental "du tion, not the rule, and a man is always safe jour," which is a cross between breakfast and in wearing evening clothes after 6 P. M. luncheon); a tea in the afternoon, with or WHEN MEN ENTERTAIN IN PUBLIC. without music; a formal or informal dinner; The host who gives a dinner at a restaurant a Sunday night tea; a chafing dish party on Sunday afternoon or in the evening, Sunday private sitting room, if such can be secured, to or week-day. If he is entertaining married private sitting room, if such can be secured, to friends exclusively, he does not invite any particular matron to act as chaperon, but if he is entertaining single women and young host, with his chaperon, either meets his guests girls, he is careful to invite a married woman in the lobby, calls for them with an omnibus, to chaperon the affair and remain in his or sends tickets individually to each guest, and apartments between the hours named in his the latter comes to the theatre at his or her invitation. INVITATIONS.

pleasure. For a formal tea or dinner, he issues his invitations precisely as the hostess does, from Prudence Standish ten days to a week in advance. If he is entertaining informally, he indites a friendly little note to each guest or issues his invitations over the telephone, giving sufficient notice to make sure of his guests when the social season is at its height. To his ordinary guests he writes thus for an informal affair: "Ludlow Court, March 29th, 190-

My dear Miss Graves: May I count on the pleasure of your company at dinner on Friday evening next, when I am entertaining a few mutual friends whom am sure you will find congenial? We will dine at 7 at my apartment at Lud-

w Court. Very sincerely yours,

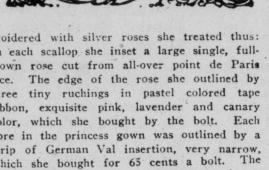
BURTON JONES." To the matron honored by an invitation to

act as his hostess, he writes: "My dear Mrs. Williams: Will you be so kind as to chaperon a little dinner, which I am planning to give on Friday evening next at 7 o'clock, in my apartment at Ludlow Court? If I can count on your presstir for a few minutes. Finally pour all into the box What remains in the bucket ence, the success of my little dinner is assured. Very sincerely yours,

BURTON JONES" The bachelor host deserves the same consideration as the hostess and his invitations

must be answered promptly. In response to several questions on this topic, I would add that if a girl finds herself at a bachelor function where no chaperon presides, she will retire as quickly as she can





given to it is bound to spread the practice, of God's creatures. If you read my paper, published in our corner a while

## Local and

s. J. W. Wool ceive in June. Mrs. Van Brown

eive in June. LOST-One Rai er will please r

The Mandolin as s giving a dance in Hall this evening.

In a vote of 45 to payers of the Villa decided to incorp Municipality. Mr. and Mrs. J Magrath came in or

train to spend a co

Seth Thoma Wednesday from a ference in Salt La Something new mer Coats, just arr at Spencer and Sto Lethbridge peo

there is no store 1 bridge. William Sharp a moved into town occupying the Van just south of the h Elton.

Burton's Variety

Mr. Martin Woo Raymond on Mond will be engaged as ex-Mayor Charles

Mrs. Afton El appointed and dul act as Sub Agent Lands at Cardston quired so to do. The Magrath Bo

has appropriated \$ lishing of a Bookle ing will be done The Band Con-

Ray and by the tary and was a loyally supported of the Sugar City. The new railway in on Tuesday's t Whitmore who has

ally engaged here bridge yesterday. Miss Agnes SI baby-brother left City, Utah, on train. It is repo

object of this trip i of the appelation M Notices are tack effect that an auct held at the Railwa the 22nd to dispose good eld under

Inspector Buxto vincial Governme school for examina pective Steam Boi in the Cahoon Hot

nesday morning. Mr. James Layto the father of a f the new-comer put ance last Friday a baby are doing

President Edwar n Magrath last Sunday visiting w and attending to n ness pertaining to

> that district. George M. Canno City, will be here t of the week as a re the General Boar Schools in the St School Conference

James Quinton h Weed Inspector an his trade. With a ike Mr. Quinton there is little dar noxiou weeds

Mr. J. W. Woolf,

nst Saturday with

ents at Magrath.

ent at the ratepaye representative of nent of Public W orted the procedinister of that Do Owing to the fac on was fairly well aturday by virtue ion to Raymond "F vas inable to make per heralds. ad gone to cor ease driving from nd it is regretta ent fell o are glad t herriff Young did the grain which ardston last we peared in both th pers as products n District. The

wn on Wednesd e teeth and in ighting editor low up—that is—

