

Soda or Seltzer Lemonade

Put a little pinch of soda in a glass of lemonade and stir a moment—this is one of the best drinks to relieve a headache ever made.

Egg Lemonade

White of one egg beaten stiff, one tablespoon of sugar, one glass of water, juice of one lemon; this is a cooling, pleasant drink.

Slippery Elm Bark Tea

Slippery elm bark in small pieces, two ounces, pour on one quart boiling water, cover and let stand until cool. Add juice of three lemons. Sweeten for a bad cold or bowel troubles. Any of the above should be taken hot to break up a cold. Take at night and go to bed.

“Beauty is but skin deep!”

Goodness me! That's true enough; but think of the difference in skins. There's the skin that feels like velvet and the skin that feels like a sheet of sandpaper. The skin that never causes its owner a moment's uneasiness and the skin that keeps its owner awake nights.

Which have you got, and how did you get it?

The skin has got to be taken care of, and from Eve down, in every century, women have studied how to take care of it.

There are many thousand recipes for taking care of the complexion—most of them good, but some better than others.

Do you know the best? Here are a few of them.

Skin Lotion

Place in a half-pint bottle the juice of one large cucumber, which usually yields from two to three tablespoonfuls; half fill the bottle with elderflower water, add two tablespoons eau de Cologne; shake well and add slowly one-half ounce of tincture of benzoin; shake every little while for two or three hours, then fill the bottle up with elderflower water, and the lotion is ready for use and will keep a year. This lotion will prevent wrinkles, and will contract enlarged pores.