

DAILY MAGAZINE PAGE FOR EVERYBODY

Clean Out Your Own Heart As You Clean the House

By WINIFRED BLACK

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Winifred Black

Here are some of the decorations. What fools the girls did make of themselves over the mistletoe. Here it hangs, dried up and dusty. Well, it did mischief enough, anyhow.

I lured the Thompson boy to kiss the Nelson girl, and then he thought he was in love with her and she thought she was in love with him, and they're going to be married in June, unless somebody gets out an injunction and stops it. And they're about as much fitted to each other as an Angora cat and an Irish terrier. I wonder how long it will last—that marriage? And yet, perhaps, nature and the mistletoe know better than we do.

Well, time will tell. Here's the paper cap the Man from Nowhere drew at forfeits. What a dunce he did look in it.

Poor Man from Nowhere, he went across the sea to fight for his country. I wonder what sort of cap he's wearing now, and how much he'd give to be back here in the old attic with his paper cap on?

Joy-Room Only.

Well, of all things! Here's the angel from the top of the Christmas tree, down here behind this box, and we hunted high and low for it.

Come, angel, I'll set you on the window ledge in the spring sunshine, and when we go downstairs I'll wash your face, and then you shall be a clean angel again.

Whose old coat is this? Why, it's the young preacher's. He left it here to be given to the tramp, and the tramp never came.

What a good soul he was—the preacher—till he went crazy over moving pictures and decided that he wanted to be an actor. I wonder how he's doing, out in movie town?

And there, strangely enough, is the picture of the old preacher's mother-in-law sent us for a Christmas present. Every time she comes to visit we take it down and hang it in the living room. How can people buy such atrocities?

What a blessing to the world he is—the old preacher. Why, the very air is better for blowing on him. I'll sit down and write to him tomorrow and tell him how much he, and what he is, is meant to me all my life.

Look at this row of empty bottles. There's Johnny's crump medicine. How did we ever live through that time? I remember thinking that if I ever got time for a whole hour's sleep at once I'd never ask for another thing on earth. There's the cough mixture, and here's the gripe remedy. How different the world looks when you don't have the gripe!

What's this old, moth-eaten rug doing up here? Throw it out, and get new for something that will do. Who on earth is that done in charcoal and framed in gilt? Somebody's relation. I suppose. Nobody but a relation could be as hideous as that. And look at the old books with the covers off, and not a word worth reading in any of them.

"Friendship's Garland" and "Nature's Manual," and here's the little volume the poet's friends had published for him. Poor poet, he never published another line, thank goodness!

The Attic Souvenirs.

Oh! Here's an old hymn book! "How Firm a Foundation"—I shall never hear that again without listening to the wind in the poplar trees outside the little old church where I first heard that hymn. "Come, Ye Disconsolate." "Flee as a Bird"—how mournful they all are, the old hymns. Is it never religious to be happy?

Sweep, sweep, brush, brush! Throw up all the windows, open all the doors. There, the attic's clean again!

What a view there is from this dormer window. Why don't we ever come up here and enjoy it? Too busy downstairs making curtains to shut out the view from every window, I suppose. The next time it rains I'm going to come up here and bring an apple and a book of fairy stories and curl up in the dormer window and play I'm a little girl again.

The second floor—why? Here's the dust again. Why, how on earth did it all get under those rugs? Empty out the closets, I might I save this old dress away. No, I hung on to it on account of the collar, and just to be stingy. Hang it on the banisters, I'll give it to somebody today just to spite myself.

What a fright of a hat, and what a sight I must have been in! The girl who sold that hat is surely an efficiency expert somewhere by this time. I had no more right to wear it than a Presbyterian deacon has to wear an Indian war bonnet and then wonder why people stare at him.

I always did love this little blue gown. I never put it on that I didn't have a good time in it. Yes, I suppose it is faded, I know it's old-fashioned, but I'm not going to let that go—I couldn't—it has meant so much to me!

The first floor—the library—I won't dare to go in there. I'll not do anything today if I do!

Who's mixed the Dickens set all up? Here's that other Stevenson gone? If I could catch the miscreant who borrowed the "Wind in the Willows" and never brought it back—I told you I'd better keep out of here!

Here's the little breakfast room where we had our first quarrel. I wish it had been our last, and yet there's something rather interesting in a quarrel—when you have the right sort of making up.

I hate those green curtains. I've been trying to get them down for months. Yank! Down they are, and up they shall never go again. They give me the blues and make me look a thousand years old, and I can save money on something else and buy a new pair. I always did love this vase, round and oval and circle. There's always something beautiful about a completed circle. It seems to mean something mysterious somehow, and yet so simple.

The dining room—what fun we've had here! How many gay suppers and pleasant dinners and cozy breakfasts! Mrs. Charlotte Perkins Stetson Gilman, if you ever succeed in making the whole country eat in public dining rooms you will have committed the unpardonable sin.

The kitchen, the cellar—all done. Whew! What a day's work, and how well worth the doing!

My mind has had a house-cleaning, too, and my heart. Out envy, out of the window, old grievances. Blow into dark places and dusty, old, wind of joyous hope and happy vision! There's no room anywhere for anything but health and joy and happiness today.

I've been house-cleaning!



Next Playtime Frook of Checked Blue and White Gingham.

Blue and white-checked gingham is one of the old stand-bys when it comes to choosing a serviceable material for a little girl's playtime frock.

This smart model shows a new development of the suspender dress with a passing through slashes bound with strips of plain white gingham. The long-sleeved guimpie is of white muslin with linen trimmed with small white buttons.

THIS CROWDED WORLD :: By Michelson



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THERE is so much to be said that can't be said when any one else is near that you may fancy how crowded the world seems to those who want to do the saying. Really you couldn't blame any one who followed the example of the birds and sought the refuge of a tree, away from the hubbub of life. There would be something tremendously romantic about it; that is, if you could manage to forget the difficulties of getting into your hiding place. But then, to get your romance you DO have to forget difficulties. Think of all the difficulties romance USED to have! Once everything really romantic had to be stolen. Surely the way is much smoother nowadays than it was once upon a time. The great thing is to know when you are well off.

Peter's Adventures in Matrimony

By LEONA DALRYMPLE

Author of the new novel, "Diane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.

At the Tennis Club.

MRS. KAYES, whose guests we were, met us in the corridor of the club. She was exquisitely gowned. "I'm so glad you could come," she said sweetly. "And you, too, Mr. Hunt. My, how very warm you do look. And here the rain, it's fairly coming down in gusts."

The tennis club was ablaze with lights. Music floated from a long room at the side where people were dancing in spite of the heat. I glanced once at their flushed faces and made a resolution of two about not overexerting myself. Mary rushed off with Mrs. Kayes.

Billiards More Attractive.

I suppose I was irritable and indifferent. I suppose I was open to blame, and when I met a man who asked me to smoke and play billiards I found it in-

duently more attractive than the notion of dancing. And it was cooler in the billiard room, though Dix suggested humorously that it was merely the result of green shades and a generally cool color scheme.

A terrific thunder shower was raging outside. The rain came in, and we had to close the windows. Nevertheless it did seem cooler here than off among those lights and flowers and music and whirling dancers. I glanced through the doorway at the dancers several times, saw that Mary was enjoying herself, and returned to the billiard table. I lost, of course. It was of a piece with the rest of the night's happenings. It was plainly not one of my good nights. Half-way through the evening I changed my collar and went in to dance with Mary.

"A Dancing Man."

She was sweetly frosty.

"What on earth is the matter?" I demanded.

"Nothing," said Mary.

"Which meant, of course, that there was."

"Come over here by this window," I insisted, "where it's cool, and tell me what it's all about."

Mary hummed and inspected the sodden tennis courts outside the window.

"Nothing," said Mary.

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Secrets of Health and Happiness

What Pimples and Rashes Disclose to Your Doctor

By DR. LEONARD KEENE HIRSHBERG

A. B. M. A. M. D. (Johns Hopkins University).



DR. HIRSHBERG

HE who is pure of skin is almost a demi-god of creation. The fatal gift of beauty is never a mortal blow to the possessors, but to those who look upon it. A lovely skin is a divine stamp of health.

Beauty, however, is such a soft, smooth, slippery thing that it may escape the body as easily as does the soul, which it permeates. A fair skin is like the Hesperian tree, laden with blossoming gold. It has need for a guard of dragon watchmen with unenchanted eyes to save the blossoms and defend the fruits.

When your skin ceases to be a thing of beauty be not content to say that it is "broken out" or "weather beaten," but call your physician's attention to much more than its shape, hue, color and appearance.

Concentrate his study upon the eruption, its origin, the extent and mode of its distribution, whether the odd blotches are separate or grouped, fused or tinted in bizarre pigments.

Does it itch? Emphasize that it does not. If you scratch the hardened or pointed blebs or pimples what type of marks are left? Has there been any general or internal signs of trouble associated with or precedent to the skin manifestations?

Are blisters, scabs, crusts, whitish, pink, purplish or copper-colored areas present? If so, to what area is it limited?

The Lessons in Rashes.

Invariably the observant and alert epidermal student recognizes that many maladies of the outer integument begin in particular neighborhoods. Eczema is prone to arise on the elbows and knees and externally faced spots.

Dandruff and seborrheic eczema, so-called, prefers the scalp, eyebrows and chest. The transformation or unchanged appearance of a fleshy eruption often indicates what it is. The rashes from foods such as shell fish, berries, tomatoes and fruits—protein "Anaphylaxis" or food susceptibilities—are characterized by diverse transformations from hives to tough little hillocks.

The symmetry of a skin rash, whether isolated, grouped or spread about the body, leads the experienced physician to decide whether you have the shingles or the pimples. A false and foolish superstition impossible to uphold, these most people believe erroneously that when shingles meet in the middle line death results. Although shingles never kills, no matter where or how it asserts itself, men and women cannot rid themselves of this nonsense.

Local and Other Causes.

Symmetry of any skin trouble means that local causes are only secondary. Drugs, foods, fevers, blood ailments, infectious germs and nutritional disorders are then the prime cause. On the other hand, shingles, ringworm, the itch bug, gangrene and many other non-symmetrical eruptions have their cause in the limited activities of mounds, microbes or mortifying negligence.

Physiologists study of the direction in which a rash spreads gives the doctor accurate knowledge. Ringworms exude from the outer edge and fade away at the center. Barber's itch and dandruff do likewise.

Brownish crusts usually mean that there was a soft, watery eruption which dried and craked. Each stain, scab and scaly mark bears witness to the fact that run and read. The healed patch conveys much information—thoroughly described—and the situation at its height carries even more.

Wheals, crusts, craters, peaks, thickened hillocks, copper tints, burnings, itching, waxy scales, sharp margins, scratches, pus, blood marks, subcutaneous discolorations and raised areas all cry out in the wilderness of skin affections to be correctly diagnosed instead of being blithely called "pimples" or "sores."

Blood tests, to determine the chemistry and the microscope must not be forgotten, nor the fact that ninety-nine in the hundred get well.

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