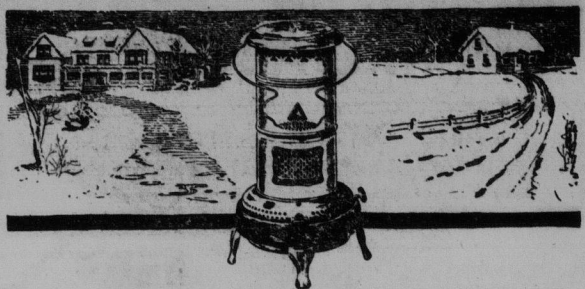


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—and none know it better than the people who have used this dentifrice for years and years, and are therefore in a position to judge the value of its services—the cleansing action and antiseptic properties—which mean so much to the welfare of the teeth.

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## Billie Burke



ON PERSONAL CLEANLINESS. THE FIRST WORD—The whole appearance of cleanliness is a great factor in womanly beauty.

It is sometimes thought that if we would just do the little simple things which confront us in every day life we would not have to worry about the great things.

It is astounding that women have as good complexions as they present to view daily on the streets of our city when they neglect them to such an extent.

Few women bathe themselves properly. Perhaps it is because that bathing is such an ordinary and universal practice. Most girls are apt to think it can be done any old way.

Many women who pride themselves on a cold bath or shower every morning would not like it if they were told that no one can keep clean by cold baths alone.

A cold bath is only to be taken for its tonic shock. It does not cleanse. It is a minute covering of natural oil, provided you have not just emerged from a hot bath.

What is the action of cold water on the skin?

It hardens it. Therefore, cold water on the body only closes up the little pores and hardens the oily substance that overlies them.

This is why a morning cold bath is prescribed for the prevention of cold and other pulmonary trouble.

To cleanse the body from dirt of daily toil and contact with city streets, a hot bath should be taken at night, using a hot soap, as it needs an alkali to dissolve the oil and dirt on the body.

The face and hands need an individual treatment. Water should not be put on either the face or hands more than once a day, preferably at night when one takes one's hot bath.

If you must cleanse your face and hands often do it with a cold cream, otherwise you will show a network of wrinkles upon your face and hands, as continual washing keeps the natural oil away from the skin and it invariably shrivels and becomes lined and wrinkled.

It is said that the hands show age much quicker than the face and it is only because they are washed more often. There is no oil left in the skin.

If you feel you must wash your hands more than once a day be sure to put on a cold cream afterwards and wipe them off carefully. After using hot water and soap on your face with a soft brush rinse well in a number of waters, each one cooler than the last, then anoint carefully with a good cold cream and pat it in for about ten minutes, then wipe off all that remains. This daily care of the complexion will keep it in the best of order.

Be sure that all your manipulations are upward. Never use a downward stroke when washing or wiping your face.

Perfect cleanliness will often help to eradicate blackheads and acne from one's skin, and for fear of germs and infection never use the same wash cloth or towel twice without having it laundered and hung in the air. We must realize that the body is always throwing off poison through every pore, and only for a very few minutes after a bath can we call ourselves sweet and clean.

A famous old-time belle was asked for her secret of beauty and she answered: "I have three: the first is cleanliness, the second is cleanliness, and the third is cleanliness."

JUST ONE LAST WORD—Cleanliness is the basis of all physical beauty.

Billie Burke

## All About Curtains

YOU can learn quite a lot from looking at the windows of other people's houses in the matter of curtains. So many folk fail to realize how much curtains make or mar a room, and too many housewives aim at the same kind of curtains at every window so as to give the house a uniform look outside, without considering whether or no the curtains are in keeping with the furniture inside the rooms.

Long lace curtains in various shades are always popular, but they are by no means the only sort of curtains as some people seem to think. Women who have suitable windows (though, and like such, should make a point of attending the white sales in January, as they will find some real bargains among the shop-soled goods.

Muslin, too, is useful—especially for short curtains, and beyond that cretonne, chintz, casement cloths, silk, velvet, brocade, and a score of other materials can be adapted for the purpose. In choosing the material one must consider the type of house—palatial brocade curtains for example, look excellent in a mansion, but are out of place in a country cottage or in a suburban villa. Charming curtains, too, can be made from sewing

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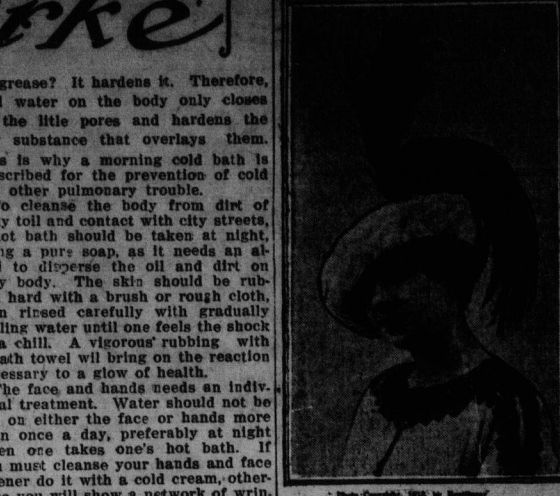
Billie Burke

Billie Burke

Billie Burke

Billie Burke

## DAILY HINT FROM PARIS.



White ermine hat worn in new tilted fashion. Paradise ornament caught by tuque ribbon bow.

pillow to another, sew the openings of one to the other. In this way no feathers will be wasted.

Never start cutting out till all of pattern is fitted on to the stuff. It is done piece by piece, some of the material will be wasted.

If buttons are away from a woolen sweater or woollen fabric, try sewing them on with a small linen button on the wrong side. Pass the needle through both buttons at one time.

When adding crocheted faces and edgings to underwear, doilies, etc., shrink them before sewing to the edges of the material. This insures a smooth adjustment.

If one has not fire collar supporters, with covered ends, work buttonhole stitches over them with coarse cotton. This protection saves the lace of a collar and prevents the unsightly extension of wire over the edge.

DEEP BREATHING

HE first thing in the morning and the last thing at night, when you are clad only in your night dress, stand straight, with your back against the wall, near an open window fill your lungs, breathing through nostrils, with the mouth closed, until your lungs are able to hold no more. Retain breath while you count four. Expel the breath while you count seven. Do this five times.

Next stand upright and turn out the toes so that the heels touch. Place your hands on your hips, the thumbs back in the soft part of the back on either side of the spinal column. Now, draw in a deep breath, and force the air down so that you feel the air pressed out through the expansion of the lower part of the lungs. Hold the breath while counting four, expel while you count seven. Practice this movement six times.

Next stand upright, head up, shoulders thrown back, arms hanging at the sides. Now gradually raise the arms until they are high above the head. While you are performing this movement, take in a deep breath through the nostrils until the lungs can hold no more. Retain the breath while counting four, then gradually lower the arms and at the same time expel the breath and count seven. Repeat this six times.

Practice deep breathing constantly. Take deep inhalations with the mouth closed, retain the breath a few seconds and exhale through the nostrils. Lay your hand on the abdomen when you take one of these deep breaths, and you will see the flattening effects on the stomach.

This exercise is fine also for straightening round backs and throwing shoulders into proper place.

Peppermint Drops.

Measure two cupfuls of granulated sugar and put in a saucepan. Add a cupful of cold water and set the pan on a hot part of the stove. Boil for 20 minutes, stirring occasionally. When it seems done try, by dropping a little into a glass of cold water. It should get stringy and hard. Next take the pan from stove and pour the syrup into a glass or bowl in which there is a teaspoonful of peppermint extract. Stir the mixture in the bowl rapidly with a teaspoon until the syrup gets thick and creamy white.

Have ready a large, flat sheet of

When clean, rinse the curtains through cold water, to which has been added a quarter of an ounce of gum arabic dissolved in boiling water. Squeeze out as much of the water as possible, and hang the curtains up in a warm, but not sunny spot. When nearly dry, iron the curtains with a hot iron on the wrong side of the material.

—Montreal Standard.

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