d of **Furnishings**

ets (still on the line) with a carater. This is the secret of makm fluffy and new looking. points to be remembered are the water hot, never rub soap tightly, but squeeze the water

are washed in good hot suds. er rubbing nor common laundry

will harm them a rule, spreads require longer ng than blankets. To hang on ine fold two edges together, side outward and pin both firmly to the line. r, also better method of drying, ning will be necessary if the ore washing comfortables they first be hung up to the line and beaten. This will dislodge a good deal of dust. ater or vinegar and water, and they are ready for the suds as ed for blankets. A comfortable e scrubbed all over if necessary and lay over the line to drip. ned on the comfortable while he line instead of rinsing. without saying the comfortable be changed many times while heavy, cheap cotton comfortaecause they will "lump," but filled lightly with cotton, also lamb's wool and elderdown will

ther pillows can be washed just ey are by soaking in hot suds m half a bar of soap and one oful of borax to a boiler full of Take out and lay on the board. the ticking a good scrubbing and e the pillow into hot suds again. p and down until all soil has peared, then ringe in three

ng up in a shady place, preferahaking and beating until dry. If esired to wash the ticking only cheese cloth bags. O Open one of the pillow and sew the bag he opening. Pass the feathers igh, rip the stitches and let the ers air upon the line while the is being washed and dried.

ity News Items.

Call Upon Chief.

te to him with regard to chickens ning about at large call at his office re he will be advised.

cial Committee Meeting.

n in the City Hall of the special nittee in charge of the arrangents for the visit of the Governorieral to this city on May 9th.

entory Meeting. vided Trinity Royal Black Pre-

ory held their first regular meeton Saturday, the W. P. in the The Sir Knights were called order and Preceptory opened in form. A considerable amount of ness was dealt with.

nts Lane Closed.

When the pavement was laid on borne street a lane was left to Colborne street but since then tore has been erected there and J. F. Cross, the proprietor wants lane closed up and the curb tinued along in front of his store.

Much Chance.

resident T. J. Nelson of the ball this morning received a letter a right-handed pitcher of Ela. N.Y., who wants to catch a on the local team. John H inger is the player's name, and claims to have had considerable ues and also semi-pro connection. application will be forwarded to nager Deneau, but there is small nce of his getting a place, as Deu has all the pitchers signed that

ster Among Other Nationalities. residents of the foreign quar-

rave spent a quiet and decorous er, and nothing exciting has even those of the Jewish faith will mence the four half holidays, preon, which forms part of the special

COUPON

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CONCERNING HEALTH and BEAUTY By Mrs. Henry Symes

IX CHAPTERS of a GOOD STORY



THE soft white hands of women have played so great a part in romantic literature and the art

TUESDAY, APRIL 14, 1914

of the world that one would think to find charming feminine hands without number, especially on those women who have little actual work to do that roughens the skin and chips the finger nails. Instead, if we let our eves travel over the hands of an assembly of fair women, our eyes must grateirn to their faces in an enceavor to forget the disappointment of the fingers. Usually the nails are lean, but that is the best that can be said of many of them. With some of these women it is a custom to go to a nanicure at regular intervals, but they make no effort personally to keep their fingers beautiful until the next visit to the little manicure. Some one introduced the idea of a "Fifteen-Minutes a Day Club" for reading, and would suggest that we form a Fivedinutes a Day Club for beautifying the hands. Keep them soft, keep them white, keep them well shaped and let the nails be the crowning tip of

First of all, the fingers should taper. If they do not do so, naturally one must se one's skill and art to make them least appear so. This effect can be partly obtained by pointing and rounding the nails. About every other day the nails should be filed. This frequency will mean but a few touches with the little steel blade. If the nails are allowed to grow to any considerable length, the necessary force which must be put into the act of filing will sometimes bruise the nails. Also, great care must be taken when the corners of the nails are filed, for the tender flesh at the tips of the fingers is easily bruised and calloused. "Fingers were made before forks," said Swift, and probably wishing to be facetious, a nervous woman followed the example and said, she was reproached about the jagged appearance of her unsightly bitten nails. Deplorable as this habit of nail biting in children, it is doubly so in adults. It takes so little will power to overcome nail biting, if we but exert it properly. a tonic for the nervous system. Con- the hands of the unknowing has dis-

Cut Toward the Fingertips sult a physician, and see if he cannot tone up your nerves. Above all, when you are endeavoring to break off the habit do not count the days or the hours, etc., that you have not bitten your nails. Just don't think anything about it. The further away your mind is from the habit the better. A pair of washable cotton gloves worn while reading or studying will remind you each time you attempt to return to the old practice. Wear gloves whenever possible, indoors and out. One little child of my acquaintance was induced to desist from this deforming practice by being promised a gold ring if for six months she did not bite her nails, not even the tiniest bit. Each time that she did so the six months began from the day after, until at last the little one

required time, and now proudly wears Then there is the question of the cuticle. If you have been in the habit of cutting the cuticle as regularly as you have filed your nails, it is safe to say your cuticle is thick and tough unless kept carefully trimmed. If you can endure to have an untrimmed cuticle for a few weeks, using only vaseline each night to soften it and an orangewood stick tipped with cofton in the mornings to push the cuticle back, the thick skin about the nail will gradually disappear. When it is once got into condition the greatest gentleness should be used, so that the cuticle will not be broken or cracked. Nature has furnished the cuticle with a selvage the habit by a mere exercise of will edge, which was never meant to be cut power, it may be that your system needs and jagged as manicuring seissors in

actually went triumphantly through the

buffer, rubbing the nails swiftly, gently and firmly. If the pressure is too heavy, the skin on fingers sometimes breaks and burns almost to blistering. After the buffing, wash the fingers in clear water and put the finishing touches on the nails by rubbing them in the palm of the hand. Needless to say, the palms of the hands should be perfectly dry, or the nails will not polish. Sometimes a powder is used in polishing, with or without the cream. A simple but effective polish is made as follows:

of carmine and a few drops of oil of rose, if a perfume is desirable. Sift through silk bolting cloth.

Sometimes, I admit, the nails are so brittle that it is next to impossible to keep them in good condition, no matter how carefully manicured they are. For brittle nails the pitch and myrrh formula that I have so often recommended is excellent. Take equal parts of refined pitch and myrrh, or of turpentine and myrrh melted. Mix together and spread upon the nails at night. Remove in the morning with a little olive oil. This paste will nourish the nails and make them stronger. That reminds me to tell you more about that very good friend of the beauty seeker, olive oil. An occasional bath in the oil is one of the best possible things for both nails and hands. Warm the oil, but do not have it hot.



ADVICE ON SOCIAL CUSTOMS

Mrs Chester Adams most cordially invites her fr to bring to her their Social Problems and Perplexities by letter at any time

Removing the Dead Cuticle

[If a personal reply is desired, a self-ddressed stamped envelope should be

A HEART PARTY

KNOW that many of my readers will be interested to know how to en-tertain friends on St. Valentine's day or evening. This does not necessarily mean that you need gather great numbers of guests at your home. Any impromptu group can be amused with little devices that make this day a little different from other days in the year. A very clever way to divide the guests is to give out small hearts cut from red pasteboard or white paper. If the latter be chosen, write in red ink the names of famous lovers on the hearts; put the name of a man on one and the corresponding woman on the other of a pair. Let the guests find their partners by matching the lovers. Of course, you will have to rely on a certain clever-ness, for wouldn't it be a funny thing if Romeo insisted on pairing off with

Cleopatra? Another scheme for clever people is the broken quotation. On one large paper heart printethe first part of a quotation of a famous lover, or a quotation about love. On another finish the quotation, and it will depend on the cleverness of your guests to complete the saying or verse, and in this way find their

that will heip you in making these

Great are the sea and the heaven:

And fairer than pearls and stars Flashes and beams my love.

Thy fatal shafts unerring move, I bow before thine altar, Love.

Who ever loved, that loved not at first sight?

No love so true as love that dies untold.

All for love and the world well lost, A good game to play is the search

for hearts. Place hundreds of little red paper hearts around the home and have the guests hunt for them in pairs. Give the winners prizes that suggest Valentine day, and for fun give consolation prizes to the unfortunate ones

A proposal game is good, also. Have the men of the party in a stated short time propose to the women, and if they present good arguments for their side, let each woman give a heart to each successful talker. The man that shows the greatest ability in this game will, of course, have the most hearts, and to him should be given the prize.

When you can depend on the originality of your guests, a five-minute verse contest will cause much merriment. To the best writer of a verse on love give a prize.

At the table make the heart the main decoration. Have heart-shaped doilies. or the flowers arranged in a wire form to represent a heart. Everything that can be molded into a heart, have made so. The place cards should be in the shape of hearts, cupids or bows and arrows. The favors that are drawn as prizes from the lottery of Cupid should be cleverly labeled with the description of the ones to whom they are to be given. There will be great fun at the guessing of the other members of the party.

As a last thought, have each one write in a book his opinion of love or marriage with his signature. It will be a souvenir of the day for you.

SOLUTIONS TO SOCIAL PROBLEMS

In a Man's Office

DEAR Mrs. Adams.
. When a woman makes a business call on a man in his office should he shake hands with her and should he escort her to the elevator when the conversation is over? versation is over? FRED.

If she is a stranger to him, he need not offer to shake hands. He should rise when she rises to leave, and, if the interview has taken place in his private office, he should open the door

Eating Asparagus

Dear Mrs. Adams.
Will you kindly tell me if it is proper to pick asparagus up in the fingers to eat it?
It is very improper to eat asparagus in such a manner. All that is edible of the stalk can be cut from it with a fork.

Sending a Gift

Dear Mrs. Adams,
A man is, going to bring his bride to live in this oity. I have received a weding announcement from them, but I do not know what to do about sending them a gift, for they will not be in their home for another month.

IN DOUBT, for another month. In DOUBT,
The receipt of a wedding announcement card does not call for a gift,
but if you wish to send one to the
bride, you can wait until she and her
husband have settled in their new home,
so that the gift will be sure to reach
its destination safely.

When in Trouble Dear Mrs. Adams.
When friends call to express sympathy after a death has occurred in one's family is it necessary for the person called upon to see the caller? PERPLEXED. No. One should ask to be excused if she is not sure of absolute composure.

Serving Soup

Dear Mrs. Adams.

When the first course at a dinner is to be soup should it be on the table before the guests are seated?

BLANCHE. No. The maid can serve the soup room the katchen, or if the dinner party is small, the hostess may serve the soup from a tureen which she finds at her place at the table. When every one is seated the maid removes the cover and passes the plates of one is seated the maid removes the tureen cover and passes the plates of soup as her mistress ladles out the liquid. When the last plate has been passed the maid removes the tureen. The first plate of soup is given to the lady seated on the host's right hand, then to the other feminine diners in the order in which they are seated before the gentlemen are served. No

A Man's Card

Dear Mrs. Adams.

Will you kindly tell me what is the difference between visiting cards for a man and a weman?

When Taking Tea

ANSWERS TO BEAUTY QUERIES

this department will be printed in regular order; but no replies in print may be expected in less than three

Correspondents desiring immediate replies to queries may get them by inclosing a stamped self-addressed envelope. Personal inquiries will receive prompt attention if accompanied by a stamped and self-addressed envelope.

Skin Is Dry

Dear Mrs. Symes.

My skin is very dry and feels uncomfortable.

Will you please tell me what I should do for it?

GRACE E. Skins of a dry nature are much benefited by the daily application of olive oil or a cream such as the one for which Kentucky Cold Cream

Add the rosewater slowly, so that it will mix well. You should use judgment when selecting soap for cleansing the body. Avoid the kind which seems to rob the skin of the little oil it contains. After using soap of any kind be sure to finse the skin thoroughly and then dry it well.

Before Breakfast

A very splendid tonic for you to take one teaspoonful of granular phosnate of soda dissolved in a cupful hot water, before breakfast. Amount of Exercise

An hour a day would be a good time to allow for exercise in the fresh air. If you cannot set aside any special form of exercise, try to take it in connection with your occupation; walk to and from work.

For Blackheads Dear Mrs. Symes.
Please tell me about your green soap treatment for blackheads.

RUTH Y. Following is the recipe for the green soap treatment:

Green Soap Treatment for Blackheads Tincture of green soap 2 counces
Distilled witch hazel 2 counces
Let this mixture stay on only a few moments,
then wash off with hot water.
If the green soap irritates the skin, as it
sometimes will, use it every other day. Apply
a cold cram. Green soap may be purchased at any drug store. It is not a regniar "cake-soap," but is of about the consistency of custand.

Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed expicited out. The empty sac of the gland should then be bathed with a little toilet should then be bathed with a little solution of carbolic acid and water, every weak solution of carbolic acid and water. Sterilize the interest of the seed of the

Complexion Tablets

Dear Mrs. Symes.

Will you please publish in your columns whether or not calcium wafers or strychnine tablets taken to clear the complexion are detrimental to the health of the user?

Also fell me if peroxide cream is a cleansing or finishing cream, and should it be used before or after washing the face with soap and water?

I notice that you publish a lotton for hands and face, composed of glycerin, benzoin and rosewater. I find it very good and would like to know if I might add peroxide to it for bleaching the skin.

Wafers and tablets of such a nature

bleaching the skin.

Wafers and tablets of such a nature should not be taken without a physician's advice.

Peroxide cream is a finishing emollient, and is used after the face has been cleansed with soap and water and been cleansed with soap and water and rinsed with clean warm water. While it will do no harm to add per-oxide to the lotion, it will do very little good, so it is really not worth bothering about it.

Dear Mrs. Symes.

Is there any remedy for small scars caused by tetter? I have had them since I was a child.

My skin chaps very easily and is inclined to be wrinkled. Please tell me what to do for it.

My hair is dry and stiff. Is there any remedy for it?

If the scars have not worn away in all these years, I do not think you can do anything to remove them now.

Your skin is evidently in need of oil. You should rub cocoa butter into the skin every night before retiring. This will nourish the skin and make it less likely to chap. You should always dry your face well after bathing it. Failure to do this will cause the skin to chap. A very good lotion to use on chapped skin is made of the followings: Scars following: 30 drops
Tincture benzoin 2 ounces
Giyoerin 3 ounces
Rosewater 3 ounces
Rub this on the hands night and morn-

To relieve the dryness of your hair, you should rub castor oil or vaseline into the scalp every day. By massaging the scalp and brushing the hair daily, you may be able to make the hair less stiff, but if it is of a coarse nature, you cannot do much to change its condition. Falling Hair

Dear Mrs. Symes.

Please give me a recipe for a lotion which I can use on my hair, which is falling out at an alarming rate.

Also publish the same tea recipe. M.

I am giving you the recipe for a very splendid tonic for your hair. Rub if into your scalp once a day, and if into your scalp once a day, and

after the massage brush the hair for

Falling of the Hair Tincture of nux vomica. 1 ounce
Spirits of rosemary 2 ounces
Alcohol 2 ounces Apply several times a week to the roots of the hair.

Following is the recipe for sage tea: / Sage Tea

the Tint

figured it. Each morning, in fact every

time the hands are washed, the cuticle

towel when drying the fingers. If we

make it a practice to do this unfail-

ingly, only an occasional use of the

orangewood stick will be needed. If

the cuticle must be cut in an emer-

tips. Before using the orangewood

stick the nails should always be soaked

in warm, soapy water for a short

effectually remove any dead cuticle that

may cling to the upper part of the nail

after the cuticle is pushed back. The

tinted polish or cream that is used be-fore buffing may be applied with the finger or a small brush. Then use the

time. The cotton-wrapped stick

Alcohol 2 ounces
Green tea 2 ounces
Garden sage 2 ounces
To make the liquid, take 1 ounce of tea
to 4 ounces of water; 1 ounce of sage to 4
ounces of water.
Let each stand for several hours, then
strain and take 2 ounces of the liquid of
each, and mix with 2 ounces of alcohol.
Keep the mixture tightly corked, to preyent evaporation.

Hair Is Dry

Dear Mrs. Symes.

Please advise me what to do with my hair, which is excessively dry. R. R.

You should apply castor oil or vase-line to your scalp every day to supply the oil that it evidently lacks. Massage the scalp with the finger tips and brush the hair for ten minutes every morning and night.

A Nail Polish

Dear Mrs. Symes.

Please give me the recipe for a good nail polish.

My hair is not very healthy because the scalp is full of dandruit. What shall THELMA. A very good nail powder is made of: fume is desirable. Sift through sike botting cloth,

The palm of the hand acts as a very good buffer for polishing the nails. Put a little powder on the palm and then rub each nair lightly over it.

You must get rid of the dandruff before you can improve the growth of your hair. Sulphur and water make a splendid lotion for removing dandruff:

To an ounce of sulphur add a quart of soft water and during intervals of several days agitate the mixture repeatedly. After the sulphur has settled to the bottom of the receptacle, use the clear liquid. Saturate the nead with it every morning, and in a few weeks every morning, and in a few weeks every trace of the dandruff will have disappeared. The hair will become soft and glossy, and there will be no return of the old trouble.

This remedy, however, will darken light hair.

good health if you wish to have a clear complexion. Constipation, liver trouble, indigestion and other common ailments will give the skin a muddy appearance. If you are afflicted with any of these troubles, you must find a cure before you can hope to improve your complexion. Exercise in the open air will bring the color to your cheeks and drive impurities from the system. Drink plenty of water every day, to keep the system well flushed, and do not neglect the daily bath, for cleanliness is quite essential to a good complexion. You can do nothing to remove the white spots from the nails. They will gradually disappear as the nail grows out and the spotted portion is filed away. The spots are caused usually by some slight injury to the nail while manicuring it. good health if you wish to have a clear

Oily Hair Dear Mrs. Symes.

Will you kindly advise me what to do for my hair? It is so oily that I can never arrange it properly.

You will see quite an improvement in the property of which I am giving the recipe:

Greasy Skin Dear Mrs. Symes.

I have a somewhat shiny, greasy skin, especially over my forchead. My nose is red and oily. If you can suggest any preparation that will alleviate this condition, I will be very grateful indeed. M. M. Y. will be very grateful indeed. M. M. Y.
In many cases indigestion and constipation are the cause of a greasy skin
and a red nose. Both disturbers of
health must be removed before one can

hope for an improved skin.

For local treatment soap and water will do a great deal. The skin should have at least one vigorous scrubbing daily with warm water and a fairly strong soap and a rough washcloth. strong soap and a rough washcioth. In addition to this, it is often well to sponge off the face with alcohol to still further cleanse it.

Green soap or tincture of green soap can be used for greasy skin. Be sure to rinse the face thoroughly with cold water after using it.

A Wash

A Final Touch

Dear Mrs. Symes.

I shall be most grateful to you if you will please publish the recipe for a tooth wash Please suggest something that will improve an offensive breath.

HAZEL. Following is the recipe for the kind of tooth wash you desire. It will sweet-en the breath somewhat, but for a per-manent purifier you should locate the, cause of the foul breath and remove Antiseptic Tooth Wash for Offen-

sive Breath.—(Beaumez.) Distilled water... 3 pints

Ripse the mouth with the above, which
should be diluted for use in the proportion
of one-half tooth wash to same quantity of
clear water. Use after each meal and at
any time required.

To Increase the Growth

The daily application of melted vase-line will have a tendency to increase the growth of the eyebrows. You should not try to increase their growth too much, for the slender brow is the attractive one, especially it it is pret-

go beyond the door with her, unless she is a friend or relation. In this case he should conduct her to the outer door or to the elevator. If he is too busy to show her this courtesy, he should offer an apology.

Calling for a Girl cen well to alcohol to green soap 1. Be sure with cold with cold with cold to the should I remove my overcoat? E.E. If you have plenty of time to spare you can remove the coat before entering the drawing room. Otherwise it would be folly to remove and then replace the coat.

The Best Man Dear Mrs. Adams.

Is it proper for the groom to have the brother act as best man or must he select some intimate friend? Does the groom provide bouquets for the bridesmaids? It is the groom's privilege to select whomever he wishes to serve as best

An Announcement Card Dear Mrs. Adams.
Will you kindly tell me what is the proper way to word an announcement card when only the mother of the bride is FRANCES. The card may read thus: Mrs. Charles Horace Doan has honor of announcing the marriage her daughter Frances

Mr. Harry L. Archbold on Thursday, February the third, nine-teen hundred and one, at St. Margaret's Chapel. Brother's Fiancee

Dear Mrs. Adams.

When my brother tells us that he is engaged to a girl in this city, what is the proper action for us to take when we are not acquainted with the girl?

RENA. Your mother and you or your sister should call upon the girl very soon

fore the gentlemen are served. No plate should be removed until every guest is finished.

Dear Mrs. Adams.
When tea is offered to a woman who is calling on a friend should she remove her gloves before or after the cup is handed to her? It is not customary for afternoon callers to remove their gloves when taking tea.

Marking Silver Dear Mrs. Adams.
When one wishes to give a piece of silver to a girl who is to be mauried shortly should she have the girl's monogram engraved on it or the monogram of the man she is to marry?

A READER. she is to marry? A READER.

The monogram of the girl's maiden name should be engraved on the silver.