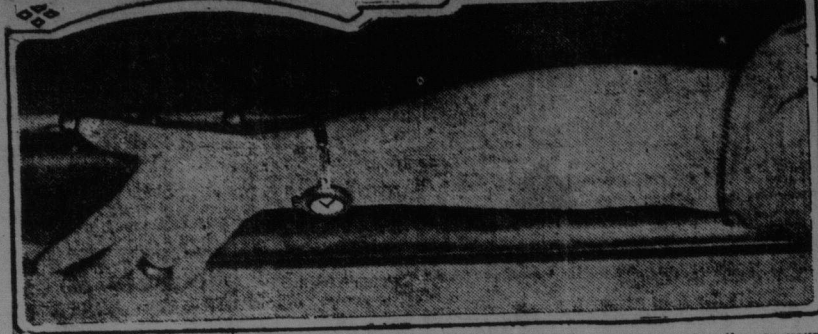


Billie Burke



By Billie Burke. Your elbow shows a callous or roughness, it tells you unmistakably that you do not wash it properly. Add a tablespoonful of borax to two quarts of water and heat to a boiling point. After it has cooled, when you can bear your hands in it, take a flesh brush and scrub well with any pure soap. Rub your arms from shoulders down to the hands, with it. See that each one is always remarked: Many girls neglect their hands and



WORTH GOING MILES TO SEE.

arms shamefully. They wash their hands many times a day in hard water and harsh soap. They cut their nails leaving ragged edges, and worse. They do not wash their elbows as much as they should.

A woman's elbow should be rounded, soft and white—and dimpled. It should have no coarse skin or calloused place either above or below it. If

your elbow, with this scrubbing. Rub with cool water thoroughly and then rub vigorously with a rough towel. If your elbows have been very much neglected, use a little pumice stone on them. You will find them much smoother after this, although they may smart a little from the unaccustomed rubbing.

Now take some cold cream or skin

food and rub in all over your arms, clasping one arm with the other and rubbing with a rotary motion. As soon as the emollient is rubbed in, wipe off all that remains with a soft towel. Do this every night for a week and you will find your arms very much improved.

Every girl can keep her nails nicely manicured at home. I do not take much time to keep my hands in good shape. If you are doing house or other work which keeps your hands in hot water, have beside your washbowl a jar of almond oil; after washing, rub some of it over your hands and wipe off.

A friend of mine who has hands which have been the boast of her admirers for years, keeps them soft and white by immersing them twice a week in warm olive oil. While in the oil she massages them gently, then she wipes them and dries on an old pair of gloves for the night.

Every girl should take care of her hands, as she must know by looking at her older relatives that age shows in the hands before the face. Gillet Burgess, in his humorous way, once wrote a story on the frantic desire of women to keep their complexion, and he ended it by making his heroine say: "We never put our hands up to our faces any more, for, alas, our hands show our age, and the contrast between them and our youthful faces is too great."

Young girls should be careful not to put their hands to their faces, as their faces make the neglect of their hands more apparent.

JUST ONE LAST WORD—You can't neglect your hands and arms and expect to be a beautiful woman.

Helpful Hints

Overheated Oven.

Should the oven become too hot while baking, put in a pan of cold water and this will quickly cool it. It will not cause a light cake to fall, as happens if door is left open.

To Produce Blooms.

To make geraniums branch out and blossom, place a common pin directly in the center of the end of the main stalk.

White Spots.

Oftentimes, when placing a vase of flowers on a table, we found that some water had run down the vase, leaving a white ring. After trying several things to restore the color, spirits of camphor finally solved the problem.

Remove Paint.

To remove paint from chairs and other painted articles, mix thoroughly equal parts of common baking-soda and slaked lime. Moisten with water to the consistency of plaster and apply, allowing to remain on for several minutes. Wash off, and the paint will come off with it. If paint is old and hard, allow preparation to remain on a little longer.

Stale Refrigerator.

To take out the stale smell from a refrigerator after a winter of uselessness, go over it with a solution of three-quarters lukewarm water and one-quarter borax. It will refresh and give a wholesome scent.

The Freshen Laces.

To freshen fine old laces, dissolve a little gelatin in boiling water and, while it is hot, dip the lace into it; then spread it between two pieces of blotting-paper and place under a pile of heavy books, leaving it there for a couple of days. The gelatin not only stiffens, most desirable. If the lace is stiffened by starch, no matter how thin, there would be a deposit left on the tiny spaces between the threads, but the gelatin leaves no traces. Ironing pulls out of shape.

Tobacco Smoke.

To dissipate the smell of tobacco smoke from a house, put a lump of crystal ammonia into a jar, and add three or four drops of oil of lavender. Pour over this a few tablespoonfuls of boiling water and let stand in the room. It will give out a faint, pleasant odor, which will entirely do away with all traces of the smell of tobacco.

Stretched Cane Seats.

When the cane seats of chairs have become stretched, take a teaspoonful of washing-soda, and dissolve in a quart of boiling water. Dip a cloth in this solution and wipe the cane under side of the seats, leaving the chairs turned upside down to dry. This treatment will shrink the cane to its original size.

Reviving Asparagus Ferns.

Should your asparagus plumosa seem to be drooping, give it the salt treatment. Sprinkle a half-inch-wide circle of table-salt upon the earth near the spot. In watering, the salt is carried to the roots. One treatment is usually sufficient to bring pronounced improvement in your plant.

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What Can Be Done With Ham

THE economical housekeeper can save money by purchasing a whole ham, yet in a small family it is hard to dispose of. A ham can be kept for some time, if it is well wrapped by first placing paraffin paper over the cut side and hanging the ham in a cool, dry place, writes Harriet R. Whitaker in the Ladies Home Journal. Slices can be cut off for boiling or frying now and then until the quantity remains that one wishes to boil or bake; it can be disposed of then to the last crumb with a relish. It saves time to put through a meat-chopper all of what remains of a boiled ham at once, and then pack, well covered, in a refrigerator.

Right away to boil a ham—Soak the ham overnight, wash and scrape it, and place in a large kettle. Put it on in cold water and heat gradually. It is best to let it remain an hour or more heated before it comes to a boil, then keep simmering gently, allowing 25 or more minutes to each pound.

Some vegetables and herbs in the water improve the flavor. After it is thoroughly cooked let it cool off in this water. Remove the skin and slash the fat, sprinkle with sugar and set the ham in a warm oven for the sugar to dissolve. If the ham is to be served hot only partly cool it in the water, sprinkle with brown or white sugar and cracker or bread crumbs, press in a number of whole cloves, heat and brown well. Place a paper frill around the knuckle, and garnish with sprigs of parsley. Ham cooked in this way is tender and juicy.

Old English ham-and-chicken-pie—Lay thin slices of ham in the bottom of a baking-dish, then a layer of cut-up cold chicken; season very lightly with salt, pepper and nutmeg. Rub the hard-cooked yolks of two eggs in a spoonful of flour and a large spoonful of butter; moisten and stir in one cupful of chicken stock and pour this over the first layer; add more chicken, cover with a paste not quite as rich as for pie, and bake slowly for half an hour, or for 40 minutes if the meat is underdone. Serve hot.

Bird's nest on toast.—Trim slices of

bread half an inch thick into rounds; toast and butter; sprinkle with ground ham. Separate the whites from the yolks of the eggs, using one egg for each round of toast, leaving the yolks in the half-shells, until wanted. Beat the whites very stiff, adding salt; divide on each piece of toast, make a cavity in center, place a yolk on each, add a little butter and pepper and leave in a hot oven until the white is slightly colored. This is a very tempting looking dish. Garnish with parsley.

Hedgehog.—One cupful of ground cold ham, one cupful of chicken or veal, one cupful of breadcrumbs, one cupful of cooked rice or any cereal left over, two tablespoonfuls of minced parsley, two teaspoonfuls of grated onion, a piece of butter, two eggs well beaten. Bake until brown. Serve with tomato sauce, using strained and thickened tomatoes well seasoned with bay leaves, three cloves, onion, parsley, salt and pepper.

Cabbage stuffed with ham—Remove the heart from a large head of cabbage. Mix chopped ham with an egg yolk. Broil or bake until brown. Serve with tomato sauce, using strained and thickened tomatoes well seasoned with bay leaves, three cloves, onion, parsley, salt and pepper.

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