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HOW TO BE BEAUTIFUL.

Studies in Graces and Good Looks for Women of Ordinary Appearance. at night, and gloves with the egg paste worn while sleeping. The oil and the paste both nourish the skin and the fatty layer

May Have Them-Advice to Mothers. The world is over-run with smart women or women trying to be so. Where in those which some one irreverently calls "The Woman's Kingdom " is any sizer siled at the owner does not notice it, in summer, when the air chills by evaporawhich some one irreverently calls "The Woman's Kingdom," is any sister slluded to as other than "a bright woman," "breezy and virid," or less than a "brilli-ant and profound thinker." Their con-tinual brilliance has the effect upon the nerves of the Norway midnight sun, in which it is difficult to ind sleep or repose. It is rare and refreshing to come upon a shich it is difficult to find sleep or repose. t is rare and refreshing to come upon a woman who is not absoroed in stretching her mental stature the cubit that shall over-top all others, while the dycing of opinions, white or black to suit the publicity pre-treatment has been outlined, for a corres her mental stature the cubit that shall overwhite or black, to suit the publicity pre-ferred shade is incessant as it is futile.

terred shade is incessant as it is futile. Let us be glad there are some women left who are in no way remarkable, but of a good and useful standard, women like Susan Ripley, who head the boys' Latin and shelled her peas at the same time, like Margaret Fuller's silent, submissive,flower-loving mathes as the same time, like a fer nursing a babe ten or twelve months. Does it not seem hard in these days of lack Margaret Puller's silent, submissive, flower-loving mother, or Mrs. Alcott, whose memory inspired her daughter's finest of motherly feeling and worse, that those who feel so tenderly and respond so gener-ously to baby's most urgent need, should have to pay the penalty of shrunken and disfigured forms! I know many more young wives would nurse their own babies, only that they cannot bring themselves to sacri-fice the full plump bosom which their friends have envied them, and dare not risk making themselves less attractive on that account to their beauty-loving hus-bands." Reading this passage, having woman's verse, and the undistinguished thousands whose duty sweetens the world like the fragrance of vernal grass. No pastille or 1 otpourri so engages and soothes the senses as the undying freshness of Northern grass, no beauty stirs and fixes the heart like the tender, homely quality of these true women, so modestly and sincerely good that people never think of calling them so until they are gone. Such charac-ters flower in middle age, that mid-su m-

there so until they are gone. Such charac-ters flower in middle age, that mid-sum-mer of life when shadows are cool after-noons and the gentle cry of the quail call-ing across the fragrant fields. They are in the making through forenoon fret and wear of earlier life, when nobody sees anything in them but harassed, irritated women, sharp in outlines, with wrinkles thick on the brow and deep round the mouth. If body and soul are on the grind, pretense and pride and paltry ambition are ground, too, and sifted out. Then it is a woman learns to walk alone, to depend on no one, for though she needs help, she seldom gets it it for her want. An uaknown correspondent helps me

its tissues will take. Drain the hands, let The Fatal Topic. ting the oil run off the tips, then slip on loose kid glove, and do not use the hands for an hour. Or the bath is better taken She alked of poetry. Her voice ank to a cadence soft and low, The thile she marmured in his ear Sme rhymes she'd written years ago. She taked of music with her hands Array among the ivory keys, Playkg a rippling "gondolied" That brought his soul upon its knees.

She talked of love. The hour was late, It may have been because of that But one thing certain is, that when She taiked of love, he-took his hat! -Madeline S. Bridges in Puck.

WHAT HELPS NERVOUS WOMEN.

But how shall we control nerves so as not to make bad worse in the end? By neans simple and old as nature, the warm, addive bath or the cool, not cold, one, as preferred; by breathing purest air, by celi-cate, nutritive food, and, most of all, by the great, afe magnetizer and healer, the power of the sun. It may be necessary to renew every drop of blood and atom of the body, but the result is priceless. Rest in the open air and mild sunshine is the best hypnotism for nerves. A rattan lounge on a porch of by an onen window when the

the open air and mild sunshine is the best hypnotism for nerves. A rattan lounge on a porch or by an open window, where the sun may fall on the lightly clad person, the head being shaded, is the best cure for spinal or neuraler; ailments. The liquid

that have been taken out by acid. To render a roughened skin soft and smooth, wet in warm water, then rub thoroughly with oatmeal flour, and wash off with water containing a teaspoonful of

Casto: made of leather are a new in: vention, sure to prove useful. A good sound leather castor will save many a rug or carpet. The rooms of a house need ventilation

women, who often starve themselves into chronic disability to digest. The best massage for nerves is gentle, firm rubbing with the light hatd of a healthy, bright-eyed, clear-complexioned nurse, such as Sir Andrew Clark is careful to select for his patients.

consequence, character is all. The religi-ous spirit and morality itself are inde-pendent of theological opinions, it is said. This is as absurd as is the opposite extreme **RELIGIOUS INTELLIGENCE** phere which every sensitive person can feel when introduced into the home circle, and when introduced into the home circle, and from which can quickly be inferred the ruling spirit of the home. There can be no doubt that the most effective training for children is the training of example, and this truth the mother needs constant! to bear in mind. How can the impatient, querulous, fault-finding mother teach pati-

A lady evangelist in England is known by the queer name of "The Gypsy Lass." She and her husband have been holding a course of meetings in one of the suburbs of Manchester, the result being nearly a hundred alleged conversions. The meet-ings were attended by large and enthusiastic crowds: Old Jerusalem is waking up to such an extent that a Christian newspaper is to be published there. A lady named Baker is

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published there. A lady named Baker is is an attempt to condemn one to a variable. published there. A lady named baser is is to be its editor. But if the paper does not get subscribers from catside of Jeru-salem it will soon starve to death. Jeru-salem is at best a slow old place, with a salem is at best a slow old place, with a

sitem is at best a slow old place, with a intellect may become a dreamer; one led by inscellaneous population, represent-ing almost all nations. It is supposed by feeling alone may lapse into vapid senti-many people that Jerusalem is chiefly of a capricious tyrant. Why, the effort to populated by Jews, yet there are not as many Jews in all Palestine as there are in the eity of New York.

In a lecture recently given to women in Philadelphia a physician prescribed the best method of preventing contagion or in-fection. The lecturer said:—The best way to prevent the poison from being absorbed by the lungs is to have the stomach full during a period of contact or exposure. The lungs absorb while the stomach is empty, but throw off during digestion, never absorbing while digestion is going on. While watching at night the nurse should take a light lunch, such as beef tra-or crackers, every few hours. Another point of protection against contagion is entry for inside and outside clothing. HINTS TO HOUSEKEEPERS. Many persons prefer almond meal or oat-meal to soap for washing face and hands, for roughness, caused by exposure to the give table so furthers and saying. The prime devictable so furthers and saying. The wing the prevails of the wing the prevails of the soft and don't prevails of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith, 'is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to of the Holy Guost and of faith,' is sent to

in Springheid, Mass., tound a note from a little gif inclosing seven cents, and saying. "Please don't talk so fast, and don't preach so long." The reverend get leman thinks the money was put in as a balm to the wounding of his feelings which would follow on receiving such a rebuke. The "It'd the twee seven in the se

The Methodist Times says: "We are in "There is more of the animal than of thoroughly with oatmeal flour, and wash off with water containing a teaspoonful of pure glycerine. The easiest way to dry lace curtains after washing them is to take a dry, sunny day, The easiest way to dry face currains after washing them is to take a dry, sunny day, fasten them to the line by one edge with clothespins only a few inches apart, then gently pull and stretch them until dry. To take out ink or iron mould stains from while goods wet with milk and cover with stil. but let the solid men and women of the church, who love prayer and class meet-ings, prefer the Bible to novels, and are satisfied with 'the way the holy prophets went' take pains in shoring their meet went,' take pains in showing their rever-

ence for the wisdom and moral worth of those ministers who are walking down the shady side of life." bright man, a strong man, if it would only manifest a little more interest in his preach-

 and prime and parties and parties and prime and parties and participations and parties and parties and parties and parties and participations and parties and participations and parties and parting parties and parties and parties and parties and parties and Newspapers are the best thing for cleaning lamp chimneys. Put the least bit of kerosene on a piece when filling the lamps, ther rub the chimneys until they shine. It is more easily and quickly done than washing them in soap suds, they look as well, and are much less liable to crack.
For stains on the hands nothing is better than salt, with enough lemon juice to moisten it, rubbed on the spot and then rinsed off with clean water.
Salmon or other canned goods should not be allowed to remain in the can in hot weather after they have been opened. A prominent dealer says that he never knew bad results to occur from sound stuff when the contents of cans were at once transferred to earthen vessels.
To preserve eggs:- Take a teacupful of salt, and lime the size of an egg, and pour boiling water on them. When cold, drain of the liquor and put it on the eggs. If too strong there will be a crust en top; if too strong there will be a crust en top; and pour boiling water on them. When cold, drain of the liquor and put it on the eggs. If too strong there will be a crust en top; and pour boiling water or them. When cold, drain of the liquor and put it is not the eggs. If too strong there will be a crust en top; if too strong there will be a crust en top; and pour boiling water or them. When cold, drain of the liquor and put it is for transfer.
To o strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust en top; if too strong there will be a crust

How to Remove Tan and Freches and to Keep the Hands Soft and Flump. Plump Plaures and How all Women May Have Them-Advice to Soft hourish the skin and the faity layer under it which gives roundness and ease of motion. Twice a day, the middle of the forenoon and afternoon preferable, as the system then works livehest, oil and Soft and How all Women May Have Them-Advice to Soft hourish the skin and the faity layer under it which gives roundness and ease the forenoon and afternoon preferable, as the system then works livehest, oil and Soft hourish the system then works livehest and and Soft hourish the system then works livehest and and the system then works livehest and and Soft hourish the system then works livehest and and Soft hourish the system then works livehest and and be sat. Soft hourish the system then works livehest and and Soft hourish the system then works livehest and and Soft hourish the system then works livehest and and Soft hourish the system then works livehest and the system then work livehest and be sat. Soft hourish the system then works livehest and the system the system the system then works livehest and the system the system the system then works livehest and the system the She talked of friendship, till he felt That friendship was man's greatest good; And when she quoted Emerson, He boked as if he understood.

HEALTH AND HOME

quepulous, fault-finding mother teach pati-ence and kindness and good temper? How can the vain mother teach humility? How can the mother greatly absorbed in keeping up with the pomps and vanities of life, eager for place and show, teach her children the true principles of a happy life? How can the selfish mother teach generosity or kindness, or the discontented mother teach contemtment? contentment? TO AVOID CONTAGION. In a lecture recently given to women



and sleeping with my window open the year round. This course produced such a change in my looks as was noticed even lege one week and were marr ed the next Were their fathers in haste to be rid of their expenses that they could hand them over the threshold of home so quickly by children. It was hard and unpleasant at forty, but productive of such results then, how much easier and surer at twenty! Where is the long, lovely time of young It is my belief American women do not keep their faces clean enough—but no more on this point. I would like to make ding not earlier than twenty-five. Marrying three inquiries, which, if you will answer satisfactorily, will bring much peace of substactority, with bring much peace of mind to many wives and mothers, other-wise comely. "First, what will prevent the unsightly freekles that come on one's hands and wrists when out in the summer time? Lenon juice and buttermilk have failed.'

monly with fatty anænisa, which the mother shares without the fat. But harm Freckles are believed to come from an ili-nourished state of the blood. Farm people who live on salted meats, of which like this is done in baneful ignorance, and the next thing to be learned is that a nur ing mother should belong to her chil women eat just enough to relish, not to nourish, making up the diet on potatoes, rice and pie, are certain to have freekles, alone. A mother of mature years, who has had her share of society desires nothing rice and pie, are certain to have necks, while well fed, well tended persons seldom tan or freekle in the slightest degree by or-dinary exposure. A pair of easy, light thread gloves drawn on for outdoor use better than this sacred retirement, this tan er freckle in the slightest degree by or dinary exposure. A pair of easy, light thread gloves drawn on for outdoor uake will prevent freckled hands in any case. Good, long wristed thread gloves are sold this season for 12¹/₂ cents a pair, and women who pay attention to appear-women who and she are healthy. Care of diet must be stricter than ever, no malt drinks to in-crease the figure for a while at the cost of permanent grossness or shrink-age after, no over-eating or forcing appetite, or detestable drinking slops. Instead there should be generous broths, the soundest fresh meats and vegetables, and drafts of pure unfermented grape juice, which is in season when you will read this. The corset should be thrown aside for the cool bandage of siagle linen, held by tapes across the ally as they wear stockings, at least for kinds of work and out of doors. All kinds of work and out of doors. Old gloves, with the tops of the fingers cut off, allow one to do most kinds of work freely, and people of weak circula-tion find it comfortable to wear them to the hands warm, even when sewin we the function of the state of should be thrown aside for the cool bandage of siagle linen, held by tapes across the shoulder, a band three inches wide, sup-porting, not correct age the breast. Such corset or cestus a all that Greek women wore to preserve their matchless figures. To keep the figure the support and compression should be given by the linen girdle about the hips, wet in perfumed waters. Flaceid muscles here other home remedy. They also blanch out the freekles, and, if worn long enough, re-move the unsightliness of hair on the back of the hands. To make these gloves, of the hands. move the unsightfiness of hair on the back of the hands. To make these gloves, which should be part of every toilet supply, choose a long wristed, easy fitting pair; if old gloves have them weil cleaned with benzine, inside as well as out. The hands naturally swell as well as out. perfumed waters. Flaccid muscles here draw the firmness from the bosom above, Sweet, fresh clothing, daily changed, or

oftener, the bath with benzine or cologne

poured in it, the long afternoon rest are

necessary for the mother as the child, an

are the preservation of her freshness and loveliness. Bathing the bust with cool fil-

tered water, or with a kerchief left out

as well as out. in sleeping, and snugly-fitting gloves interfere with the circulation, even causing he dache. At night, on going to bed, spread the hands thickly with cold cream, spread the hands thready with cold cream, or any good cosmetic paste, and button the gloves on. Unless they set rather closely they do not perform their part of keeping the skin moist with oils which soften it by they do not perform their part of keeping the skin moist with oils which soften it by soaking and absorption. The best applica-tion, as I have said before, is refined castor oil, perfumed with a teaspoonful of white The correspondent asks, second, "What The correspondent asks, second, "What reatment will render plmmp and graceful a hopeless pair of hands and wrists? My body, limbs and face are plump and well rounded, not to say fleshy, the elbows are

body, limbs and face are plump and well rounded, not to say fleshy, the elbows are well tarned till you come to the forearm, but hands and wrists are bony, angular, scrawny. I particularly admire a plump hand, and an easy-turning, rolling move-ment of wrist. I have practiced special gymnstics spent long hours at plano and housework, and finally noticing what rounded wrists and forearms every washer-woman has. I discharged mine, and for pearlf a year have done my

nearly a year have done my own haundry work. Two skilled manicures have failed to suggest anything benefi-cial. Can't you and won't you refer me to something that will fill them out? I wooddn't care what size of gioves I wore, if I night but see the curved lines of beauty and reac anteening there as elsewhere.

wouldn't care what size of globes it work if 1 gight but see the curved lines of beauty of noar Alter and he letter closes with reference to this "Héong mortification," and is signed "Ski and Bones" "The best treatment for such a defect what is a start dy work and bones" "The best treatment for such a defect treatment for such a defect what is a start dy work and bone work at the pressure of the ordinary correct is glibe hands in a bath of warm oil, Keep a gert of oil in an ensmeled basin, cover and work the blue-evel Palas in her skill, and 'more than in the oil fiftee minutes to he hands the blue-evel Palas in her skill, and 'more than in the oil fiftee minutes of desire." Summary Date."

They are as strong as simple, and let me assure you they ar not so simple but you will find it easier to keep a corps of doctors than to command them in permanence. Intelligent nervous treatment is the best cosmetic course to be recommended for the nerves write their condition in the face, and the cross-hatching of fine lines they leave when disordered is fatal to beauty Yet wrinkles disappear with health like writing by invisible ink. The tenderest, wisest, finest of mankind have been intense-

ly nervous men and women. It is time we understood how to regulate and appreciate this strange phase of life better SUNSTROKE.

The following hints for hot weather ap pear in a communication of Dr. William A. Hammond to the Minneapolis Tribune. Excessive heat causes gastric and intestinal diseases, and especially a peculiar disorder know as heat fever or sunstoke. To lessen the liability to the first group mention ed, some attention to the food taken into

taking a cup of tea that has been allowed to draw too long.

Shall we Smoke?

An English journal is gathering up the tion. An English journal is gamering up the opinions of all sorts and conditions of men on the question of smoking. It is interest-ing but not profitable. The opinions of other men have no weight with the man who wants to smoke, and there is no reason the dealers until they are more or less rot-ten, they cannot be considered suitable articles of food. Children are especially why he should be everlastingly nagged by people who don't smoke. There are some things that may be con-

liable to suffer from eating such substances. Their digestive systems are exceedingly delicate, and their nervous systems are There are some things that may be con-sidered as established against the smoke habit. It is expensive. Not as expensive as it used to be, for a man can get a cigar that is not altogether rank for about one-half the former price of a fair cigar. If the smoker will use a pipe, the expense is not considerable. The smoke habit is offen-sive to many who do not smoke, which is a strong point against it. It is injurious to very impressionable. Frequently the groundwork for serious organic disease, from which recovery is scarcely possible, is laid in childhood through the neglect of parents to properly supervise the food of their children during the summer season. have witnessed many cases of epilepsy which have been caused by green berries and other fruit, especially apples, that have been eaten in childhood. Heat fever does not necessarily result a strong point against it. It is injurious to the young and to some who are not young. It is a selfish and unsocial habit, since

from direct exposure to the rays of the sun. It may be caused by the diffused heat women are excluded from its pleasures. For men who can afford the expense and

off the liquor and put it on the eggs. If too strong there will be a crust on top; if so, add more water. This is for two gal-lons of liquor. There is no receipt that beats this, and it can be relied upon. Eggs just as fresh and make just as nice frost. hunting skunks for the sake of their flush ing, nursing and carrying on various other beneficert departments of church effort. It is also an acknowledgment of the great success of the Sisters of Charity in the Ro-man Catholic Church. Although women have for generations been busily occupied in good work in the Prachytarian Church The octopus or devilfish, boiled and roasted, is eaten in Corsica and esteemed a delicacy. In the Pacific islands and West Indies lizard eggs are eaten with gusto. The natives of the Antilles eat alligato

eggs, and the eggs of the turtle are popular everywhere, though u_2 to the commence-ment of the last century turtle was only n good work in the Presbyterian Church, t will be slow work for that Church to accommodate itself to a change which shall introduce them to recognized official staeaten by the poor of Jamaica. Ants are eaten by various nations. In

Brazil they are served with a resin

tion. Faith and works do not seem to have a harmenious time in the new "Faith Cure Church" of Jersey City. The leaven of unrighteousness, was introduced in such a way as to work the pastor out. The wea'thy butcher and his family who built the church expected Pastor Phillips to preach nearly every Sunday on some topic connected with the cure of diseases by faith. The pastor held that while this was a very important doctrine, it was not the whole sum of gospel truth; that in fact there is very little about it in the Bible; and that if he would confine his preaching to the faith cure idea both he and the church would soon run dry. The chief promoters

would soon run dry. The chief promoters of the church hold the faith cure idea very Remarks Upon an Abstruse Subject by an Experimental Philosopher. strongly. There is no evidence that they have any other idea but this one. They will probably continue to run the church easy going. I think temper is all in the

The there does not necessarily result ft is a selfab and unsocial habit, since from direct exposure to the rays of the sum are excluded from the pleasures. It may be caused by the diffused heat on this sum ally be approxed by the diffused heat of his own house. In these latter cases there has usually been some once on the sum are considered out. The christian Advocate (Meth.) says: The person who suffer form har two in the island diffused. In the sum are generally those with the says of the form har two in the island diffused. In the sum are generally those with the says of the direct rays of the direct rays of the sum are generally those with the says of the direct hard of the direct rays of the same hard of the direct rays of the same hard of the direct hard or direct hard of the direct hard or direct hard ore direct hard or direct hard or direct hard direct hard ore