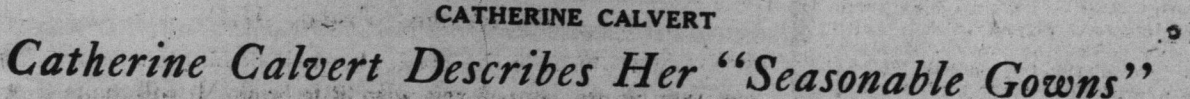


# COPYING FASHIONS FROM NATURE



**CATHERINE CALVERT**

[illegible]

By Annie Laurie

Dear Annie Laurie: I am a pretty girl of 18 years, and am blessed with very beautiful feet. I am at home after supper I take off my stockings and spend the evenings much. There and I enjoy this very much. I will come in for a few minutes every evening. I want to spend the time with you, as I feel as much at ease with you as I do with my stockings. I will come in for a few minutes every evening. I want to spend the time with you, as I feel as much at ease with you as I do with my stockings. I will come in for a few minutes every evening. I want to spend the time with you, as I feel as much at ease with you as I do with my stockings.

There's nothing disgraceful about a pretty foot and ankle—but who wants to be reminded of them every minute? If you want to go barefooted in the house or on the street, go barefooted in the house and yourself. But don't expect others to do so.

People do not like "queen" folks; and you who receives company in a pair of bare feet—no matter how pretty

*Aunt Lavinia*

Miss Lawrie will welcome letters of inquiry on subjects of feminine interest from young women readers of this column. They should be addressed to her, care this office.

**By Maggie Teyte**  
The Noted Prima Donna.

**Secret of Grace.**  
Easy? Not a bit of it. If you can hold the position a full minute after a month of daily practice, you are doing well. Doing well in more ways than one—not only succeeding in the exercise, but gaining strength and poise and muscle control.

The secret of grace is complete control of the body, and all the queer poses in the world won't make that statement any less true.

Not long ago, a noted physician was talking about the modern woman. He said: "Unless she learns how to hold up her head and keep the poise of her body, I fear for her mental future. It is not that women are weak when women are so capable and so prominent they should throw their entire beings out of harmony by adopting those outlandish poses as one sees on the street, in the ballroom, on the stage."


Go to the nearest art gallery and look at the "Golden Stairway," the beautiful picture of Burne-Jones, of lovely women coming down a stairway. Women are everywhere in the art in each figure. It is well worth studying—especially at this crucial moment in the pose of womanhood. It is deserving of a place in every boudoir.

have had several requests for some whitening lotion for the skin which is beginning to show the effects of the spring sun.

Here is one that was given me by an English woman who at 60 had the complexion of a young girl.

Let a quart of sweet milk stand till it is thick. Then, boil and strain through a cloth and add a sliced cucumber and let boil till the cucumber is a pulp. Strain again and let stand for an hour and pour off the cream without disturbing the sediment. Add a quart of alcohol, a half gallon of alcohol and 15 drops of benzoin and apply every night and when you come out from outdoor exercise in the sun.

**Mongolia, the Land of Magic**  
**By TEMPLE MANNING.**



would travel quickly so as to be rid of us. Relays of horses awaited us between encampments. During the night fresh men and horses and presents of sheep would mysteriously arrive from somewhere, and the following morning we trekked on without hindrance. Everything appeared as if by magic, for we saw no yurts, or herds of sheep, en route.

The people, and especially their chiefs, are most interesting. They wear deerskins to sit on our camp stools and sip their Russian tea, and besides their presents of blue silk handkerchiefs, they always gave us a few sheep. The Mongols have rough exteriors, their faces toughened by exposure and the bitter winds, but their hearts are warm. On the whole they are finely made men.

We found here the originals of our domestic camels, horses and sheep. In other countries their ancestors have entirely disappeared. But in this forgotten land wild camels still tenant the depths of the Gobi, wild horses still pace the plains and within sight of them the great Orvis Amman, wild mountain sheep, graze in seclusion on the upland meadows.

What a story this land could tell!

WHEN the travelers finally climb the Tannu-ola mountains and gaze for the first time upon the bleak, wind-swept steppes of Mongolia, he is impressed first with the utter loneliness of the landscape. There is no vegetation to be seen; his glasses show no signs of steam. He notices a wooden monument marking the well-known pass, about which are scattered various offerings of slain sheep, made only by the nomads who dwell in the only its deserts could speak and its mountains bear witness! Here rode Genghis, the Mongol Alexander, the most powerful and inhuman destroyer the world has known. On these wild plateaus wandered those Mongol herders who fed their flocks and moved their camps in complete content and splendid isolation. The first of the wanderlust came over them and they burst out from their fastnesses to overrun the world.

ates that there is human life somewhere in the wastes which stretch 2000 miles from his feet.

Then, while this impression is fresh in his mind, there appears a galloping band of herdsmen from behind some promontory of rock. They coax the traveller's passports from Peking, and then present theirs from the nearest post office, and the Chinese and the expedition. The traveller cannot imagine a word of his coming has preceded him, and he is glad to see the hands of his new guides wonderingly.

This is his first taste of the magic of the East.

During my trip across the plateaux of strange land each day saw some new thing, and I was glad to see the things pass on to the next, and his again.

## Secrets of Health and Happiness

men who ridicule the "germ theory

Winged Demons Everywhere.

Undoubtedly in not a few human as well as animal quarters, the winged demons of filth and pestilence are currently as eternal as the tides. Like the chickens and doves, they will surely be home to roost. But, alas, the winged household flies may hide themselves forth upon the winter noon, they will again find you out.

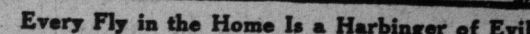
Let us all go to the trouble of annihilating them in the winter of their pestilence, when they are accessible even to an anti-septicist.

In the early April days, or, in the case of the pesting of March, the female flies of Russia, the shaggy mosquitoes begin to annoy and amuse themselves. Like the shaggy mosquitoes, the long winter's nap, the shaggy mosquitoes begin to annoy and amuse themselves. Like the shaggy mosquitoes, the long winter's nap, the shaggy mosquitoes begin to annoy and amuse themselves. Like the shaggy mosquitoes, the long winter's nap, the shaggy mosquitoes begin to annoy and amuse themselves.

"Swat" Only Salvation.

Many instances have now been permanently proven in which the bacteria of tuberculosis, typhoid, dysentery, and plague have been found in the saliva and on the feet of the common house fly. It is not only the flies of the century and those other pests in military and domestic life, but the Japanese soldiers and the Japanese soldiers in the Russo-Japanese war have maintained their immense field of operations by the aid of the shaggy mosquitoes specifically troubles by direct. A courier of the plague, indeed. Yet, every one who merely a harmless insect fly.

The fly is the harbinger of disease



of yellow fever, and the tsetse fly the reservoir for marna and the death-dealing sleeping illness.

Many of the diseases caused by microscopic parasites of the animal type, how then are the ailments that are spread by insects, most or other exposed organic material.

**How They Multiply.**

Furthermore, in 10 days, every female in this new fly generation will herself lay 100 eggs, which will hatch at once to lay as many eggs as her prolific mother. And with what an appalling rapidity! The first generation of progeny in April will have by the first of September descendants of 10 raised to 100, or 10,000, and these 10,000 will have a progeny of 12,000,000 of even more weight, these would measure nearly one ton.

Flies allowed to feed on milk or other refuse in which germs are placed will be found to multiply at a rate

places other for food and for breeding places. The garbage cans, open gutters, the cesspools, the manure, the market edibles, the mosser, ferns and other things, less upon the eaves of your roof, all these are the breeding grounds, all the places where the flies, butchers shops, tattered shingles and all the exposed liquids and foods will be quickly swarmed with a plague of flies that will have already

There is no time before April has waned. The danger is now upon us, and the danger and preventing the appearance of these multitudes of microbe-bearing denizens.

To avoid this prospective danger is to avoid the possibility of a combined avalanche of disease to man and woman, resolve instantly to take the necessary steps, for that is now the time for each and every fly that is now upon you and that the moment they are seen. Do it

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Warm water is a better solvent than cold water. Therefore, you should use a warm bath or wash your hands with hot tooth paste to produce friction.

If he application of a solution of borax dissolved in sea salt will assist, it has been broken and affected by pimples.

Dr. J. S. B., Eveleth, Minn.—An outdoor life, rough culture, and night study of a teacher and chemistry will take your time, leaving no room for error.

Dr. J. S. B., Brampton, Ont.—Your headaches and dizziness are due to an overstrain of the eyes from the open sunlight and possibly constipation.

Miss L. McK., Woodstock, Can.—It will be wise to have an X-ray taken of your head so that they can tell if there some pressure of your internal organs upon the nerves which go to the hip joint. If the pressure is removed the pain will remain.

W. M. A., Pittsburgh—Constipation can be cured by eating oatmeal, bran bread, oranges, figs, prunes, etc., examined at once. If he has no tuberculosis, simple remedies will help him.

H. C. G.—Use your other arm for a month or more. You may have a strain of the muscles of your right arm from excessive work. It will not hurt to bathe it in hot mustard water at night.

Mrs. J. W., Markdale, Ont.—Your pains are due to internal trouble. If sound is heard at your age, you needed an operation, particularly if you wish to bear a farm as you say.

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W. H. H. Loose and flabby skin under the eyes can be tightened up by vibration, electricity, massage and fresh

*By Ann Marie Lloyd*

then remove. Lemon juice applied the hands will whiten them.

exercise which, if persisted in, will loose the hips: Lie extended upon the floor supporting yourself by one hand and with the other placed upon the hip holding this position raise the legs gradually from the floor until the feet are supported by the hands for a few feet. It is comparatively easy to rise to the body from the floor as far as the feet are concerned, but to get full up is not so easy at first. It should be tried first on one side, then on the other. The weight is supported by the hands and be careful to get used to it gradually.

## House Twisters

WILLIE wouldn't tread  
Winnams, wintled Wined  
wily whispered, "Why, when will he?"  
he waited wily nilly.

Wine, wasting, witching, wile  
wider, whether 'twas worth while  
wider, wile, wile, wile, wile  
wifed woosers went who would.  
wider widower, wealthy, wild,  
wily whined, wined, wined,  
wile's wisdom went wading,  
wily woefully, wondering, why?

SHOVELLING a man's wages out of the kitchen with a tablespoon" is an old simile which has lots of truth.

The modern woman who has domestic gumption is a good business woman. Kitchen book-keeping is as necessary as some accounting system in any other business.

Houseward housekeeping is passing. It is fast becoming a distinct business. It is quite as negligent in the housewife to neglect the price as it is for the man who makes his living in the business world to acknowledge ignorance of the market prices.

After several weeks of experiment under various conditions, the efficient housekeeper will know what it costs each week to run the house and keep within this sum. If there is company and extra entertaining she will strive to minimize expenses for two or three weeks until the mean average becomes the same.

With some study of food values it is simple to plan meals that will have the requisite amount of nourishment, the weight of palatableness and the minimum of expense. The motto "keep it" is excellent advice for all housekeepers to follow. It is no less an adage for the accountant who is careless in expenditure than it is to be called stingy.

Most housekeepers whose husbands are on moderate salaries are not

kitchen run itself without any auditing of accounts until there is a hue and cry over bills from the head of the household, and then there will be tears and accusations.

A man who furnishes the money to run a house has a perfect right to demand a judicious handling of that money.

The wife who throws it out in waste and neglect is misappportioning funds. She is neglecting a woman to take a personal interest in her own home. It should be beneath her to accept the blame for running the establishment.

In discussing the former mistress, one cook said to another, "I guess she was brought up poor. She was the most wasteful woman I ever saw. Only folks like her need to throw things away when they get some thing new."

Here are some kitchen hints that will save time and worry:

To make cooks more pervasive to water and air, soak them in olive oil for five months.

If you have suspicion of the age or color of a chicken when you are cooking and are afraid it will be yellow and tough, add a little vinegar to the water in which it is cooked. The same recipe will whiten the flesh of fish.

To make a crust for the bottom of the pot where cabbage is cooking will absorb the odor and keep it from permeating the house.

The odor of grease after frying can be driven out by the odor of coffee burned in the pot.