

NATURE'S COSMETIC.

LIST OF VEGETABLE PRODUCTS GOOD FOR THE COMPLEXION.

In the Earth's Laboratory Can Be Found a Wide Variety of Materials for Beautifying Femininity—Some Quicker Detrimental and Lethal.

Almonds are very soothing to the skin, and many foreign women use crushed almonds instead of soap for their faces and hands to keep them soft, soft and white. Oil of almonds, which may be rubbed into the skin at night, and is better than cold cream, especially if really pure oil of almonds, and not a mere imitation. As for the so-called almond soap, it is very rare that the almond has any part in it. It somewhat resembles almond in its odor, but this odor comes from benzoin, which is taken from tar oil and other substances not injurious to the skin, but not so beneficial as real almond powder, a "nut quantity" of which forms a paste in the water, and is a splendid beautifier.

Basil, though not a cosmetic plant, is a skin beautifier, because it purifies the air wherever it grows, and pure air is a skin beautifier. In India this plant is sacred to Krishna, and is named after the nymph beloved by Krishna. It was he, in fact, who changed her into the plant. It is also sacred to Vishnu, and neckties and scarves are made of its stalks and roots. No Hindoo house is without it; it absorbs the carbonic acid of the air, and gives forth its disinfecting, vivifying oxygen.

Benzoin is a genuine cosmetic of nature. It is the gum of the benzoin tree. The best benzoin comes from Siam. It is the frankincense of the Jews and the incense of Roman Catholics, Hindus, Buddhists, Mohammedans, etc. The Chinese fumigate their houses with it, and, owing to its grateful perfume, vanilla pomade and pastilles are made with it. As a cosmetic it has no superior. A few drops added to water makes what is called "virgin milk," which, used as a lotion, keeps the skin wonderfully soft and fair, and prevents premature wrinkles. Cedar wood in powder or as a tincture is excellent for the teeth, and imparts an agreeable perfume to the breath.

Citron is another substance that can be used with advantage to the face and hands instead of soap. No toilet table, indeed, ought to be without it, and if the fingers and nails are well rubbed in a quarter of citron every time the hands are washed they will never require the manicure's aid. During the day, indeed, it is better to rub the hands with citron than to use water. Cucumber is another of nature's own cosmetics. Never throw away cucumber peelings. Boil them and use the water for the toilet. Here also a slice of cucumber may be used instead of soap, with advantage to the skin. Dill water is as good as rose water for the complexion, and for some skins perhaps better; it makes the skin paler.

Still another of nature's cosmetics is the elderflower, famous for its cooling qualities. It makes an exquisite wash for the face and an excellent oil for the hair. Lavender is not precisely a cosmetic, yet a few drops in the toilet water are very refreshing. The hygienic virtues of lavender are well known. All spices are air purifiers and air coolers. It is a fact that very few epidemics visit places filled with perfumes of spices—cloves, mace, cinnamon, etc. A room perfumed with spices and eucalyptus remains cool on the hottest summer day, and defies disease resulting from impure air.

There is no better antiseptic in nature than milk—real milk, of course. The Chinese use it also to dye their hair and eyebrows.

Good Idea for a Pantry.
A good idea, this, taught in the waitress class at the Pratt Institute: A convenient bag for the butler's pantry, to hold the soiled table linen, may be made of linen, denim, or any serviceable, washable material. It is made of two straight pieces of material cut in the shape of a large bag sewed together at the sides. The opening runs about half way down the middle of one piece. The top has two rows of stitching, leaving a little ruffled head. Between the stitching is run a curtain-stick, with a ring screw in either end, which fastens the bag to the door or the wall. A deep pocket is stitched across the entire width of the front side of the bag where the opening is, and is divided in the center. The large bag contains the tablecloth, while the smaller ones are for the napkins and embroidered pieces which require special attention in the wash.

Scientific Cooking.
"People have an idea," said the expert cook, "that when we speak of scientific cooking we are talking of something very difficult, but it is only the application of the simplest principles. Scientific cooking can only be obtained by careful experiment, careful observation, and careful record. When we cook as we would make chemical experiments we shall have perfect cooking—we shall be sure then that a loaf of bread will always be good. There is as much training of the mind from the practice of exact cooking as from the study of mathematics."

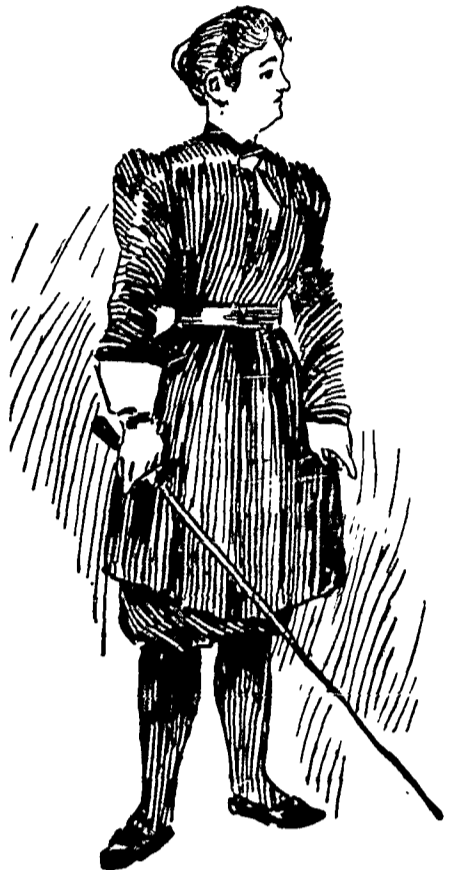
When Baby's Shoes Slip.
If the baby's shoes have grown slippery a few lines scratched lengthwise across the sole with a knife will be sufficient to prevent the slipping and consequent

GREATEST WOMAN FENCER.

Frau Emma Steege's Skill as a Swordswoman.

German women are not given to fads. Whatever they take up really amuses and interests them. They do not go in for a sport simply because the rest of their set do. Frau Emma Steege, whose skill as a swordswoman is world renowned, has succeeded in securing many devotees for this healthful exercise at the German capital. She received her training from her husband, who was fencing master at the Berlin University. She is the cleverest fencer in Europe. In her school of fencing are seen the most fashionable and exclusive women of the city. New York women took up the fad some time ago. One set of young women went in for it quite extensively.

When Pauline Whitney, Gertrude Vanderbilt and Miss Sutton were substitutes they attended every morning Professor Jacoby's academy.



FRAU EMMA STEEGE.

The average girl takes a few fencing lessons because the foils add to the decorations of her dress. The gown is her delight. She has her picture taken in it to send to her back number lovers. She scorns the heavy corduroy skirt and plain waist of Frau Steege. Her skirt is accordion plaited silk, her waist a Toreador effect, a tiny dagger (a paper cutter) is thrust through her belt, a gauze scarf floats airily over her shoulder for a buckler. She does not know whether she is studying the French or Italian school, and does not detect the difference between a broadsword and a rapier.

But for the perfect development of every muscle, the rounding of unbecoming angles and for smoothing out natty lumps of flesh, there is nothing so successful as scientific fencing.

To Beautify a Storeroom.
"How to beautify the store room," may be a popular subject for conversation among housekeepers who have aesthetic tastes. A New York shop keeps a supply of large boxes of heavy pasteboard, covered with beautifully flowered paper, landscape paper, or paper with quaint human figures upon it, for storing purposes. There are two sizes of boxes; the one just large enough to hold a soft cushion, and the other about twice as large. They sell for, respectively, 75 cents and \$1.25 each. The smaller boxes are given with sofa cushions bought at the place. The larger boxes would make an aesthetic resting place for a down comforter when not in service.

Gives a Demure Expression.
The present style of drawing the hat well over the forehead gives a more serious and demure expression to the face underneath than does the upturned brim. All the shades of plum, heliotrope and violet are very popular for trimmings, and for the cloth dresses which are now being so much worn. White and black gowns are being ordered for this season. One gown which I saw, and which seemed to catch the popular fancy, was of ivory-colored tulle, the bodice with an emerald-green and white gimpure. The waistband was incrustated with amethysts. Two shades of violet velvet trimmed the bottom of the skirt.

Chaperons on Trains.
One of the largest railroad corporations in the country employs three women to act as chaperons or guides to tourist parties that travel over their routes. Miss Zarelda Wallace Beaty, Miss Emma C. Bingham and Miss Annie E. Brady to look after the comfort of the people they accompany and explain the points of interest along the way. To people who have travelled but little they are of great assistance. Their services are not forced upon any one, but they are present to be called on when wanted. They usually make themselves known to the women of the party, and are willing to give information at all times.

Clever Women Decorators.
A woman with a clever, original brain and deft fingers can, however small her purse, work wonders in the decoration of her home. One such woman recently rejuvenated one of her apartments and made it a veritable place of beauty. She accomplished the transformation with a pot of paint, several rolls of cheap, coarse burlap, nickel-headed tacks, common sense, quick fingers and good taste. She is going to paper another room soon, and will buy the rough-finish wrapping paper and stencil it herself.

BACHELOR MAIDS' MAIDS.

Guard Apart—Put on Moustaches as a Brush Hat.

When the bachelor girl wants to keep house she gets herself a maid—a sort of patent, nickel-plated, self-adjustable maid—who acts in the amazing fourfold capacity of chaperon, housekeeper, bootblack and mender, to say nothing of watchdog for the bachelor premises when the girl is down in that awful region among the sharks of men, writes a New York woman.

It has come to be quite a calling, indeed—a good opening for women who want homes and quiet work to try and find just such employment as the lonely unmarried woman can offer. It is a plan that works excellently well for all parties concerned, and is the logical outgrowth of the wants of both women in the question.

Say, for instance, the artist, the woman wage earner in office and other lines, the journalist, the dramatic devotee are they to do without homes because the poor things happen to be utterly alone in the world? They have evidently thought not, and have acquired a "maid" why not call her a "valette" when they have one thought out the great problem that presented itself?

I listened to one young woman unfold her bright scheme. She had a flat a tiny affair somewhere in this big city and I know just where and she was the originator of the "maid" plan in all its new and native brilliancy.

She looked at furnished and unfurnished rooms first, and all their advertised glory, but she would have none of them, with their "parlor privileges" and "no cooking done." She concluded to have a flat, which was looked upon as the wild dream of a demented brain. She showed her society associates how she could have a flat and all the comforts of a home, and that it was not such an impossible thing after all. She advertised for a woman willing to act as several different sorts of things, and she found one glad to take the offer at once.

The result was that she went into that flat in a flare of triumph, and had a home with parlor bedrooms, dining room, kitchen, bathroom and study. And the dear five hundred friends did not even dare to laugh. The woman she hired was neat and respectable, kind and experienced; and while that bachelor girl roamed all day in quest of news and dollars, that maid darned her hosiery, swept her skirts, cooked her tiny meals, opened her rooms and was there to welcome her to a wood fire and chocolate when she came in dripping wet and tired to death.

The work is not taxing for the "maid." It is independent as to hours, light and agreeable, and it is, best of all, a home for some woman who would be forced into some line of drudgery were it not for the new needs of the newest woman. Two meals a day are all that the bachelor girl finds time to take in her flat, usually, while the dusting and ordering and cooking and mending and bedmaking of so small an affair as a four or five room apartment cannot consume much time. The mending can be done "in between times." In odd moments when the bachelor is away, and when the house is free from the plink of her banjo and the sound of her newly acquired whistle.

And last, but not least, the house has some one with it the most of the time when the owner is off on business, or out of the city for a few weeks, or everything is sure of going on just as usual, from forwarded mail to meeting bills that belong to this newest sort of a "missus."

Demand for Hair Nets.
Hair dressers say that there is such a demand for hair nets that it is difficult to meet it. Two kinds are used so far, the invisible net, made of fine hair, and the old-fashioned heavy net, woven of fine silk tape. However, word comes from Paris that beaded and jeweled nets have been adopted there, and dealers say they will make their appearance here within the next fortnight. The most stylish are wrought with tiny gold beads or those of cut steel, though some women with pocket-books longer than their heads have nets made to order jeweled with precious gems. Hair and silk tape nets vary in price from ten to fifty cents. The handsome ones, of course, come higher.

Using Art Silks.
The art silks for the various uses of fancy work, including scarf draperies and sofa cushions, are vying in beauty this season with costly hand work in the shape of elaborate embroideries. A sofa cushion made up of silk of a pale art green tint, powdered with brown thistles, was as extremely realistic as though they had been wrought in relief work. Some other patterns seen were one of apple green silk, covered with cherry blossoms, and a rich one of a café au lait ground, upon which was strewn in lavish profusion perky bunches of the stiff little spikes of wintergreen leaves, with the bright red beads of berries that betoken their ripening.

Bernhardt's New Wig.
In Gabriele D'Annunzio's La Ville Morte, which Sarah Bernhardt intends producing shortly in the Renaissance Theatre, she is to wear a wig, the hair of which is to be thirty-six inches long. This length is necessitated by the final tragedy in which the heroine is strangled with her own hair.

Teller in Her Teens.
A young lady in her teens, Miss May Scruggs of Waycross, has been appointed teller of the South Georgia Bank in that town.

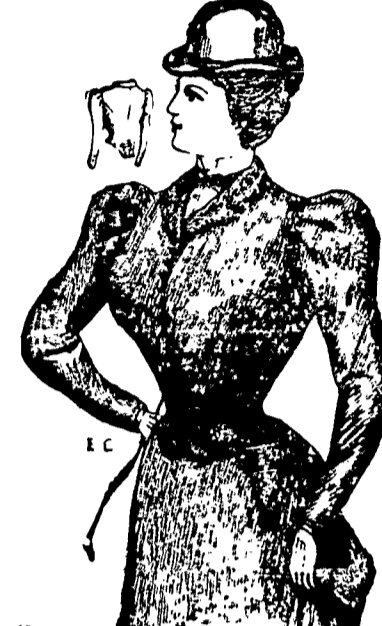
WOMEN'S REALM.

WHAT TO WEAR AND HOW TO MAKE IT

May Manton's Hints Regarding Seasonable Toilets.

For ordinary wear as well as for equestrian exercise this style of basque is popular, it having the merit of being especially becoming to ladies of generous proportions.

Its special adaptation to the requirements of stout women is further emphasized by an extra under-arm gore, provided in the sizes above thirty-six inches bust measure, by which the width of the back and side-back forms are so decreased that an illusion of slimmness results. The narrow position back, with regular flat plait and lap, is a becoming feature and will be welcomed by those who aim to dress correctly.



Navy blue chevise is here represented, smooth-covered tailor buttons effecting the closing in centre front. The zipping adjustment is accomplished by double bust darts and curving front edges, the upper portion being reversed in small lapels that meet the rolling collar in notches. Machine stitching finishes all edges in strictly tailor style. The chemise is of white linen, but can be of material to correspond or contrast with the basque. The sleeves are of fashionable size and fit closely at the wrists, closing with three buttons and buttonholes.

Basques in this style usually match the material of the skirt, firmly woven textures being the invariable choice. Serge, covert or broadcloth, whipcord, homespun, corduroy, Henrietta and poplin will all make smart basques that are suitable for shopping or general wear, as well as for bicycle or other out-door exercises. Narrow braid may take the place of machine stitching, if a different complexion is desired.

To cut this basque for a lady in the medium size two yards of material forty-four inches in width will be required.

New Feature in Shirt Waists.
The irreplaceable shirt waist is continually developing some new feature, which, considering its limitations, is very ingenious. The latest model shown, in silk of any plain color, has two groups of three tucks a half inch wide on either side of the front and back, with a small cord stitched in on the edge of each one. Tucks are no novelty, of course, but this little cord quite transforms the effect. Shirt waists have really grown in importance as well as variety, as they are occasionally used as a part of the bride-maid's costume with tulle skirts. They are made of tinted silk or chiffon, finely tucked, and have a white satin cravat with a lure fringe at the neck and jeweled studs and sleeve buttons.

Ladies' Russian Shirt Waist.
The popularity of the shirt waist is assured. Whatever other styles may come or go it varies only in detail. The design shown is of the latest mode and includes the favorite one-sided effect. The back includes a double-pointed yoke to which the full portion is stitched, the fulness being brought down in gathers at the waist line.



The right front laps well over the left, and is finished by a narrow frill and a stitched band in which are worked the buttonholes, by means of which the closing is effected. The fulness of both fronts is collected in gathers at the shoulders and at the neck, and is drawn down to the waist line where it is stitched firmly to a belt. The fitting is accomplished by means of shirtdresses and under-arm gorges, so rendering the waist exceptionally trim and snug. The sleeves are one-seamed and gathered at both the arm's-eye and the wrists, where they are finished with straight cuffs. The collar, as illustrated, is of white linen, buttoned on, and worn with a string tie, but one of the material can be substituted if preferred.

To make this waist for a lady in the medium size will require three and one-half yards of thirty-six-inch material.

Women are now admitted to Austrian universities. The majority of applicants to the great Vienna schools are Russian women.

A HORRIBLE FAD.

Jeweled Crawling Creatures for the Adornment of Woman.

If you see a live creature, a black and almy thing, crawling up the white arm of the Summer girl don't make the mistake of plucking the reptile from its fair ensconement and crushing it under foot. Such rashness may cost you many dollars and a deep humility.

The Summer girl—when her papa's pocketbook permits—will adorn her creamy person with tiny snails and midget tortoises. Fashion says so, and that settles it. The fad is not a new one, fads don't have to be new to arouse the feverish interest of the dawdling society creature. Wealth makes queer playfellows, just as poverty makes queer bedfellows. The employment of reptiles as articles of personal adornment is going back to first principles with a vengeance. The cost of this living jewelry is its interesting point.

Take the tortoise on the hand, that precious little piece of life is jeweled with diamonds and rubies. A pattern of intricately chased gold inlaid with all kinds of expensive pebbles is flattened into the shell back and even its tiny tail is decorated with a diamond bead. The whole miniature circus cost two and it goes to a wealthy society debutante, but the earthworm underneath all this magnificence remains the same oldy saw moving and obnoxious.

She Is Society Militant.

Mrs. Leiter is not the only example of society militant in Washington. There was an interchange of courtesies at a recent reception, in which the wife of a former congressman and the wife of a bureau official were the principals. It was a crowded afternoon affair and the ex-congressman's wife was assisting the hostess in receiving the guests. When the wife of the bureau official was presented, the hostess said to the woman of the receiving party: "You know Mrs. Blank, don't you?" "Certainly," said the ex-congressman's wife. "I would know her anywhere by that pink dress." The cheeks of the bureau official's wife were suffused with a rosy glow, but she turned on her tormentor and said: "Probably if my husband had been mixed up in as many questionable transactions as yours, madam, it would not be necessary for me to wear my pink reception dress so often as to cause comment." Every word rang out clear and sharp upon the ears of the astonished guests. Inasmuch as there had been frequent criticism of the ex-congressman for his connection with questionable transactions, the force of the bureau official's wife's retort can readily be imagined.

Cleaning Gloves.
Chamois skin gloves should be washed on the hand with white castile soap and lukewarm water. When they are clean rinse them repeatedly in lukewarm water, and then wring them in a dry towel, so as to extract as much water as possible.

Pin them on a towel and hang them in the air to dry. They shrink somewhat under almost any process. The water they are washed in should be warm, but not hot to the touch. Hot water hardens the leather. The best way to dry these gloves is on wooden "hands," and then it is not necessary to wring them in a towel. Merely press the water out of the leather and stitch the gloves on the wooden hands to dry. Such a pair of wooden hands is a great convenience in cleaning kid gloves, and soon "pay for themselves."

Professor of Oratory and Elocution.

Miss Florence Higgins has been made professor of oratory and elocution in the Northern Indiana College, of Valparaiso, Ind. She is the first woman who has been given a position of this kind. Miss Higgins has been a student and teacher of these branches for twelve years or more, and has occupied the chair of rhetoric at the Normal College of Valparaiso. There were a number of male applicants for the post. A part of her duty will be to instruct the law students in the art of oratory and pleading.

The Japanese Minister's Gift.

The Japanese Minister has presented to Miss Helen Long, the sponsor of the vessel launched recently, two superb Cloissonne vases, as mementos of the occasion. These vases are of exquisite design and workmanship, the dark background bringing out in relief the clusters of pure white plum blossoms, as they grow in the land of sunshine. There are also nightingales on the vases, and the proximity of the songsters to their favorite flowers is of beautiful significance.

A Leather Fob.

A young woman with a love for outdoor sports does not wear her watch on a gold chain or fob any longer. She will have no frivolous jewelry, but hitches her timepiece to a leather fob. This is finished with plain gold buckles and ornamented with a horse's head, a running hound, a fish, a bird, or else a golf stick, gun, tennis racket, croquet mallet, or something to call to mind some particular sport. Larger fobs of the same design are affected by athletic men.

A Courageous Woman Dead.

Bishop William Taylor, the African missionary, has just received news of the death of his niece, Dr. Jennie Taylor Gordon, at Malange, in Angola, of fever. She was a graduate of Dickinson College, Pennsylvania, and of the Philadelphia Medical College, and had served four years in Africa. Her courage, medical skill and constant cheerfulness made her a power in missionary work.

HOUSEHOLD TALKS.

TO PREPARE A HYGIENIC DIET.

Practical Hints for Housekeepers and Hotel Chefs.

One should eat little or no meat, as it heats the blood, overtasks the stomach, and develops the sensual tastes and propensities. It is well to eat very little, if any, of breads, or foods made from cereals, as they clog the blood, and in time starve the brain, causing paresis. Vegetables contain little nutriment, and the stomach is distended from digesting so large a bulk yielding so little nourishment.

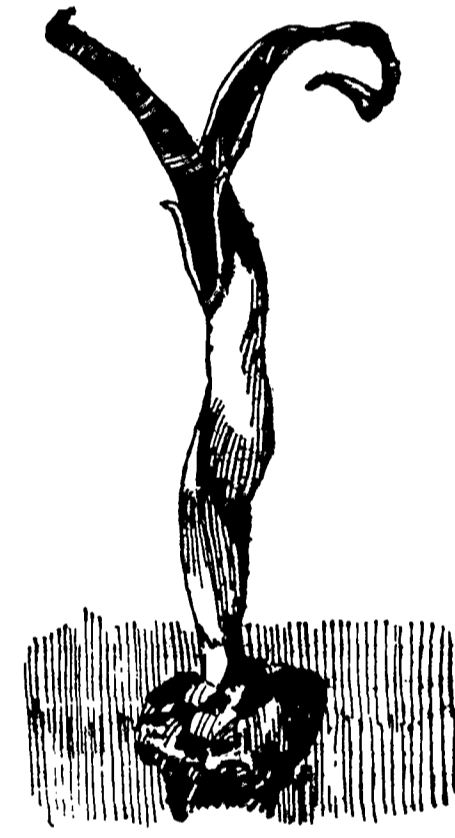
Fruits, according to at least one prominent authority, who has written a book on the subject, are fit to be eaten only by those who live in the tropical climate, where fruit grows to nearly a perfect condition. In temperate zones it contains so much acid that it brings ruin to the digestive organs, causing dyspepsia and also encies the blood. Nuts contain too much oil and are hard to digest.

Cheese and the products of milk are unhealthful to an extreme. As a food, cheese must absolutely be avoided. Fish food causes thin blood and scrofula. In fact, a man cannot eat fish food and remain in health.

The foregoing facts have been condensed from writings on foods, diet, and hygiene. If the hotel steward and chef can evolve a cuisine that steers clear of the foods herein mentioned he will no doubt set a healthful table for his guests!

A Splendid House Plant.

A new plant of extraordinary beauty, discovered in the Himalayas, has recently been cultivated. Placed on a shelf in a moderately warm room, the dry bulb, without having been planted, produces a flower that unfolds and blooms in midwinter. This curious plant belongs to the family of the calla lily. Its scientific name is savromatum pedatum, and its bulbs are round and flat at the top.



WILL GROW ON A SHELF.

The petals is of a rich, deep crimson, extending from a greenish yellow calyx. The inner surface of whose extremely shows crimson spots on a yellow ground. After blooming the planted bulb bears long pointed leaves on a spotted stem, while the unplanted one soon perishes.

Another interesting novelty in plants is the little mimosa spegazzini, first cultivated in the botanical garden in Rome. It was discovered in the Argentine Republic by missionaries.

The pretty little plant is much harder than the well known sensitive plant (mimosa pudica). It has the same habit of shrinking and closing its leaves at the slightest touch. The leaves are soon after raised and opened, but at night they are invariably closed.

The sensitive movement of the plant is termed a threefold one. First, the feathery leaflets close, bending their points forward; then the little ribs that bear them move together, and at last the stem of the leaf sinks with its four spindles.

Household Hints.

A basket kept on a swinging shelf is the proper receptacle for eggs.

Keep potatoes and all root vegetables in box or bin in a dry cellar.

Cranberries may be kept for months in crocks or jars, and covered with water.

Cold vegetables and the like must be covered if not kept in a wired cupboard.

Milk should be as far as possible separated from other food, and kept clean and cool.

Sugar, rice, hominy, farina, oatmeal and the like are best kept in bags or boxes in a cool, dry closet.

Dried fruits are best kept in boxes and hung upon a dry wall, but they may also be well preserved, if properly dried, in boxes.

Apples and oranges keep longest by being wrapped separately in tissue paper and spread out so as not to touch each other, in a cool, dry place.

Are you
Business
ladies
c
pocket
in pur
closets
Geo. E
Adelp
Ge
Princl
Lo
T
Ste
Ste
Mec
Bul
Cor
—
T
Fu
B
Noth
Vi
This
all can
per Pir
W
Whi
it in th
6
Clar
Madri
and Cl
M
C
John F
FIVE
C
Losses
OFFIC
Entranc
The Cl
DA
BUI
CLEVE
Elegant
City
will, wi
April r
above p
Ticke
at lower
Send,
trated,
Time
be obtai
w. r. B
P
GAVE
Se
SKE
EX A
Sully
a Pate
OFAR
L
1425 N
W
P
PRI
Write
or's He
Send to
Lovers
you fr
probabl
of app
Higdon
PATE
Civil &
Polytech
Applied
Patent L
Associat
P. O. Box
Society c
On