

BEAUTY EXERCISES.

Face Skinning Restores Complexion and Removes Wrinkles—An Advantage Over Face Steaming.

According to physical culture oracles, one can be beautiful if one wants to be. One can exercise and become straight and pretty.

There is the massage treatment, which any woman can perform upon her wrinkles. With her finger tips she can smooth them away. She can go at them with cold cream and rub them out of her forehead. She can succeed in driving them away from her brow entirely and the same way with the crow's feet around her eyes.

As for the nose, it can also be massaged. But no great deal can be done for the nose of a grown person. This has been shaped in childhood and must remain as it is. It can be improved a little by massage and manipulation, but not materially changed.

Face skinning can be managed without the martyrdom of peeling the face. With a little treatment the old skin can be taken off and a new skin put on. There are several ways of doing this and the best way is to try all ways at once, so that they may work together and accomplish the desired result.

A woman whose skin was not good formed the habit of going over it every night with a carbolized face wash. She poured out a basin of water and into this she dropped a very few drops of carbolic. She used fully a gallon of water while the drops of carbolic numbered only eight or ten. The druggist is the best authority on this matter. This acts as an antiseptic to the face.

Face steaming will renew the skin, but it makes it very tender and one can scarcely go out the same day. But if one wants to try it the best way is to take hot cloths and apply them to the skin. They should not be hot enough to burn but only to make the skin hot through and through.

When the face is thoroughly steamed it is covered with a lather of soap jelly, which is washed off with soft water and borax. And then, a little good face cream is rubbed in. This can be done once a week with the very best results.

The face can be made better as to its texture by going over it with the finger tips wet in a benzoated bath. Take a quart of water and drop in enough benzoin to make it milky. Dash it on the face. Then massage it with the finger tips. The result will be a hardening of the muscles and a contraction of the open pores of the skin.

The treatment of the ears is a thing that should be done in childhood. But if one has neglected it, a great deal can be accomplished by pinning them back, as it is called, and by keeping them pinned back. There can be made a little nightcap, all of bandages which are applied to the ears so as to hold them in place. There are straps that hold back the lobes of the ears, keeping them flat against the head. In time the ears will be less protruding.

As for the figure, it is so easy to make it good and it is such a simple matter to straighten the shoulders, make the hips slender and make the chest full, that one cannot help wondering why there are any poor figures in the world.

Pansy a Favorite Color.

Pansy color will be popular this spring. It is a color that is neither a purple nor a lavender, but which suggests the full brown pansy in its softest, richest tones. One can get a great deal of wear out of a pansy cloth gown, as it can be trimmed with one of many colors and frequently changed. Green, white, black, corn color and violet all go well with pansy color.

There is a perfect fad for trimming a gown in such a way that the trimming can be taken off and other trimmings put on. A pansy colored gown can be trimmed with new green. This makes a very dressy suit with its gorgeous green vest, while the hat has its shaded green plume. Later in the season the green can be removed and white satin can be applied in its place. Now there comes the white mull, or the white lawn shirt waist, or the shirt waist of white nainsook, or of any delicate washable material.

Health and Beauty.

The girls with the sallow complexion will do well to eat oranges. Not one orange alone at breakfast time, but four or five each day. This works wonders.

When overheated, the hands and face should be bathed in hot water, containing a few drops of ammonia. This will be found refreshing and beneficial to the skin.

A vapor bath which is very satisfactory may be had at home without any expensive appliances. Fill a tub with hot water, place a chair in it, and when the patient is seated, wrap him around with a blanket, taking care to cover the bath also.

Never, never should a woman wash her hands without drying them perfectly. Half-wiped hands are sure to become rough and coarse. Red hands are generally due to one of two causes, either too tight clothing or impeded circulation, due to misused nerve force. In either case, remove the cause and the hands will regain their natural healthy color.

A cup of cocoa will be greatly improved if just before you take it from the stove you beat the cocoa well with an egg beater and add a few drops of vanilla.

MEN MAKE BEST COOKS.

More Particular Over Details Necessary For a Perfect Dish.

Cooking is undoubtedly a fine art, and an accomplished chef is as much of an artist in his particular branch of work as a painter or a sculptor.

There is as much difference between good cooking and bad as between a symphony performed by a great master on a first-rate instrument and a so-called melody played by some out-of-tune barrel organ.

In the ordinary domestic duties it is very hard to find a man equalling, much less excelling, a woman—it is her sphere in life, but cooking rises far above a mere domestic duty; it is, as I have said before, a fine art. The reason that in cooking the palm has always been awarded to a "mere man" is not far to seek.

It is not because man is more epicurean than woman for this, though maintained by women, is not a fact. Woman is quite as fastidious over her food as the ordinary man, and bestows as much thought over her meals as he does. It is simply that man is more thorough in his work, and thoroughness is at the root of all good cooking, as of everything else. A man is more particular over the various little details which are necessary to make up a perfect dish.

Take, for example, an Indian curry, containing so many little trifling ingredients—all of which are equally important to make a perfect dish when finished. The loss of one would mean the spoiling of the others and the complete ruin of the flavor of the curry.

A man knows this and will have them all. None are too unimportant for his consideration. A woman, on the other hand, will manage with what she has got handy. This is very nice and obliging of her, no doubt, but it eventually spoils her cooking, and the dish is not a success.

One of the chief faults in a woman's cooking is her want of accuracy over the smaller items—the exact amount of flavoring, the right condiments to each dish; and that is one of the chief reasons why her cooking pales before that of a man, and makes his dishes preferable on all occasions to hers.

To a chef his work is a "joy forever," and he invents new dishes with as much pride and care as a modiste or a milliner creates some new gown or hat, and he carefully studies the trifling details of each separate flavor before he sends his new masterpiece of culinary art before his patrons.

When women have learned that no trifle is too small for their consideration in the matter of cooking, then we may find them at the head of the kitchens of the chief clubs and hotels, but until then there will certainly be at least one place where man can reign supreme.—A. Escoffier, in St. Louis Globe-Democrat.

Cosy Talk About Clothes.

After all, the very full skirt belongs to a type, not a general style, and the woman who looks well in it is stunning. But you of the large hips—let them alone. As long as fashion permits adaptation of this point, suit your style rigorously.



Sleeves are impossible to describe, for all sorts of picture sleeves are being worn. Sleeve styles refuse to resolve themselves to general rules. There's a marked tendency, though, to shorter sleeves.

Broadcloth and eolienne and silk make up the prettiest of the traveling suits, and foulards and the softer finish silks for the little extra dresses.

Linen suits with handkerchief linen lingerie blouses will be worn by nine out of ten women for morning wear, the suits anything but overtrimmed, instead, made up in tailory but distinctive ways.

It's a year of matching. Hats and costumes—even shoes—match exactly or strike a darker or a lighter shade, until the whole effect is harmonious in the extreme.

A good furniture polish consists of two parts of raw linseed oil and one of turpentine. Mix thoroughly by shaking. Apply a thin coat with a flannel cloth and then rub thoroughly and briskly with a dry cloth.

REDUCE STOUTNESS.

Superfluous Flesh About Hips Worn Away By Using Certain Muscles and Regular Exercise.

It seemed to me at one time wholly unnecessary to say anything more about exercises that would reduce hips and abdomen, for I thought every woman must know what they were. Yet repeated letters asking how the result can be achieved make it evident that many are either ignorant of the method, or have forgotten it, and for the benefit of those it is given again.

Before saying anything describing the exercises I would make it as emphatic as I could that unless they are done faithfully, at least once a day, and preferably twice, and unless all the physical strength one has is put into them they will be useless. Spasmodic effort is time thrown away, as is also half hearted action. There must be force and swing. Not before a month of daily exercise has elapsed can one expect to see a change, but if one has courage and patience, success will follow. These are the exercises taken several years ago by Lillian Russell to regain her youthful figure, and she is surely a personification of the efficacy of physical culture.

In beginning the exercises it is probable that five minutes will be exhausting and in that case they should be stopped, and resumed later in the day. Persistent effort will make it possible to do them fifteen minutes and later even half an hour. The last is the proper length of time. The subject should in the end be tired, but not exhausted.

Deep breathing is a necessary part of all exercises. Of course no corsets are worn.

Begin by standing firmly on both feet, draw in the muscles of the abdomen and inhale a deep breath as the arms are raised high above the head till the thumbs meet. Bend back from the waist with the arms still raised, resume natural original pose, and while exhaling bring the arms down with a sweep until the finger tips touch the floor without bending the knees. A stout woman will not be able to bring her fingers to the floor until she has tried many times, but by degrees she can accomplish it. When she does she may know that already the abdomen is decreasing. Do not hurry with the exercise, and under no consideration bend the knees.

Repeat at least five times, and as many more as you can. Then, still standing, make the arm limp, or "devitalize" as it is technically called, and bend first one side and then the other from the wrist as far as one can in all these exercises keep the hips rigid.

The next motion is to twist the body around first one side and then the other as far as one can without wrenching, and without allowing the hips to move. This is well called a "wringing" exercise, and is excellent to cure indigestion and wear away flesh. It should be done so that the muscles and cords stretch.

More difficult, but not to be neglected, is the effort to stand on one foot raising the other, then clasping the hands about the knee to draw it as close to the chest as possible. This may not be done at all until after many fruitless endeavors, but it is worth persisting in. Do it with one knee and then with the other.

The last exercise is one to be specially recommended to business women who sit much at a desk. The constant weight of the trunk on the hips instead of the feet, is likely to develop them to undesirable size, and this exercise taken twice a day will keep them down.

Sit with the torso held comfortably erect. Draw in the abdomen, inflate the chest and put the finger tips to the shoulders. Then twist the body from the waist up as far as possible, first to right and then to the left without moving the hips. It is the "wringing" exercise done sitting.

All this is troublesome and takes time, I know, but a woman cannot expect to change her figure without work. This is safe and sure, and it depends upon herself whether she will be slender or through lack of effort have a homely figure that deserves the name.—Telegram.

Essentials of a Successful Kitchen.

The essentials of a successful kitchen department are: "Order, which is heaven's first law," "Cleanliness, which is next to godliness" and "Eternal vigilance, which is the price of success," and the time-worn adage, "A place for everything and everything in its place," is especially applicable to the kitchen and pantry, where there should literally be a particular hook, drawer or definite part of a shelf for every utensil and for all articles of provisions and cooked food; these places should be ample and convenient for their own articles and should be reserved exclusively for them and for nothing else. The articles in the pantry naturally divide into certain groups; stoveware, cooking dishes and utensils, groceries, staple articles, provisions, daily supplies and cooked foods. The different articles of each group should be kept together as far as possible and each separate article should be arranged in the most systematic and businesslike order according to its use or shape, and it should always be kept in mind that it requires no extra time to put an article in its proper place, provided that the place is ready for it. Therein lies the whole secret of success.—Good House-keeping.

Direct sunshine gives gloss to hair of any shade.

WEEQUAHIC WALTZ.