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CARE OF THE EYELIDS

SWELLING AND PUFFINESS TELL SIGNS OF AGE.

Bathing, Massage and Application of Astringent Lotions Keep Tissues in Tone—May Arise from Chronic Systemic Conditions.

The condition of the tissues surrounding the eyes makes much more difference to the appearance of the eyes themselves than is generally realized. Even an unusually clear, bright pair of eyes will lose much of their attractiveness if the skin surrounding them is wrinkled, or if there are puffy bags underneath.

When the skin is young, healthy, firm and elastic, the temporary wrinkles produced by frowning or smiling leave no permanent trace, but when the flesh becomes flabby and the skin loose and non-elastic, the repetition of muscular movements leaves deep furrows.

The puffiness which is seen under the eyes is the despair of many women. Sometimes this is due to some chronic internal trouble, but more often it is due to a relaxed condition of the skin.

It is easy to determine whether the puffiness under the eyes is due to inflammation of the lower lid. Push the lid down, and, if it looks red and inflamed inside, the chances are that this is the seat of the trouble. This trouble can nearly always be remedied by the application of a mild astringent by means of an eye-cup. Salt and water make an excellent solution for this, and another good lotion is boric acid of the strength of ten grains to the ounce of distilled water.

In addition to allaying the inflammation, measures should also be taken for restoring tone to the relaxed condition of the skin. Tannic acid will be useful for this—twenty grains to an ounce of glycerine. This may be applied to the baggy skin night and morning by means of a small brush or bit of absorbent cotton.

Massage is also most effective for toning up the skin and removing bagginess or puffiness. Use both hands, place the fingers tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eye.

Besides the massage for the relaxed tissues under the eyes, massaging the eyelids is very beneficial and keeps them from becoming wrinkled and puffy.

This should be gently done by means of the forefinger or middle finger of each hand applied to the corresponding eyeball over the closed lid. Begin at the middle, and gently, with a rotary motion, pass the fingers outward until the whole lid has been covered. Very little pressure should be given.

If the puffiness stubbornly refuses to disappear after the above treatment, it is most likely occasioned by some constitutional trouble, and it would be wise to consult a physician in regard to the cause.

Novel Design in Linen Cushion Top.
 Cushion tops of embroidered linen or lawn are enjoying an especial degree of fashionable patronage just now when fancy stillery is so much in vogue and the expert needle woman is an important individual. The



most novel of the season's designs is a cover of linen—embroidered in ribbon braid or net. In the accompanying illustration is seen one of the prettiest suggestions for a cover of this sort.

HOME COOKING.

Clam Chowder.
 Cut three pints of peeled potatoes small and boil in the liquor from twenty-five large clams, adding enough water to make liquid to cover the potatoes. Cook with these a small onion, a lump of butter the size of an egg salt and pepper to taste. When the potatoes are tender turn in the clams, chopped fine, boil for five minutes, then add a quart of milk and five hard-boiled eggs cut up small. If you wish you may thicken the chowder with flour.

Apple Butter.
 Boil cider down to two-thirds its original quantity and turn into this as many peeled and sliced apples as the liquid will cover. Simmer, stirring often until soft and broken. Strain out the cooked apples, add more fresh ones and cook in the same way. Do this until the cider is absorbed. Set all aside in a stone crock for twelve hours, then boil to a soft brown mass and pack in stone jars.

Mexican Rabbit.
 Put in a dish about one pint of tomatoes, add when hot one cup of cheese, cut up, a good-sized piece of butter, salt, and a dash of cayenne; cook until very hot then add yolks of three eggs, well beaten; stir until thick and add beaten whites. This is enough for about eight people; serve on toast.

ACQUIRE GRACEFUL CARRIAGE.

Exercises to Be Carried Out at Home to Attain This End.

The modern athletic girl gets her carriage in a far more agreeable manner than did femininity of the past, who, if historians are to be believed, suffered themselves to be strapped on boards or lay outstretched on the floor for hours at a time. Physical exercises and setting up drills are quite as interesting as most pleasure diversions, and new apparatus is constantly making its appearance designed to attain the desired results with the minimum of effort. One of the latest types for the special delectation of femininity is shown here—



with the primary function of which is to insure a straightening of the dorsal system, without which a graceful poise and carriage is impossible. The central post carries a series of adjustments for a hand bar, disposed far above the head of the user and designed to entirely support the body's weight. A shoulder blade resting bar assists in elevating the sternum and developing the girthing contour of the chest.

GUIDES TO HEALTH.

Olive oil is better for interior than exterior application. Swallow a tablespoonful of olive oil three times a day if troubled with indigestion. If you wish an emollient use cold cream or refined mutton tallow.

The gentleman uses powder. The vulgarian abuses it. On an oily skin the use of powder instead of soap and water is what discredits it with the fastidious.

Lemon juice or a stronger application made of colorless iodine will remove brown spots from the skin.

Never go to bed hungry. Morpheus prefers to be treated more hospitably and objects to that "gone feeling." A cracker, a cup of hot milk or broth will be found a splendid antidote for sleeplessness.

An application of lemon juice followed by a salt rub will whiten the hands.

Don't fill your bedroom with gewgaws and knick-knacks to collect dust. Restful sleep comes oftener to the bedroom that is as plain and antiseptically clean as the hospital ward.

If wakeful try the following. Inhale deeply through the mouth, extending the abdomen upward as far as possible. At the point of greatest inhalation stretch the arms upward and the limbs downward as vigorously as possible. Six or eight repetition of this exercise will cure a very bad case of insomnia.

The Theater Doctor.

One of the most curious institutions of the Paris theater is the "medecin de service." In each theater a seat is reserved for a doctor, who is inscribed on a list and takes it in turn to be present in case of accident, either in the auditorium or upon the stage. The medical "fauteuil" is always in the first or second row and close to the exit, so that its occupant can be readily called. There are constantly cases demanding medical treatment in the theaters, principally because of the lack of ventilation. "The other day," says the correspondent of *the Pall Mall*, "it was a grave matter that summoned the doctor from his accustomed seat. One of the audience of the *Comedie Francaise*, feeling suddenly ill, leaned over the baluster of the grand staircase and fell to the floor beneath. He was picked up dead." Talk of the theater doctor is appropos, because of an association which has just been formed. Aesculapius in attendance upon Theatricals will meet in annual banquet and take care of each other's interests.

Sometimes amusing complications occur through the doctor's not being in his seat. A pretty actress, suddenly feeling unwell, summoned the presumed practitioner to aid her. The latter was greatly embarrassed, not wishing to "give away" his friend, who had lent him the seat. So he prescribed "aqua stillata," and, strange to say, the lady recovered. But the case might have been less amusing.

CONCERNING WOMEN.

Chinese girls, whose eyes are ordinarily long and narrow, pluck their eyebrows to make them very fine, a somewhat heroic but, to them, most satisfactory proceeding. Turkish women paint their eyebrows gold, which gives a peculiar but not altogether displeasing effect at night.

The Emperor of Japan has conferred upon an English lady, pamed Mrs. Lyddel, a medal with a blue ribbon, in recognition of her work since 1890 in the leper asylums of Tokio. The honor is unprecedented, but it is certainly well deserved.

TO MANAGE KITCHEN STOVE.

Factors to Be Carefully Observed to Obtain Good Results.

First thing in the morning open both pipe drafts, give a good shaking and if very low put on three or four sticks of wood then coal. Open draft slide in front lower door, watch it and check it in time before it gets red hot. Close the slide in front, and the upper pipe draft. This holds a steady heat in your stove where you want it, otherwise it would go up the chimney. If your stove has an extra good draft the oven draft is never opened. As soon as you are through cooking breakfast and have cake to bake or cold desserts to make, make them before you wash up, as the oven is just right. Pile the breakfast dishes up, and while the cake is baking you can wash up all at once. This is good management.

Use the stove while you have the fire, otherwise if you wait until after you have washed up your breakfast things, the stove will have lost all its heat, and you would have to put on more coal to get it to the proper heat again. The thing is to do your cooking while you have the fire. Immediately after you are through with the stove put on a little coal, close all drafts tight, open top slide in broiler door, let the stove rest, and this fire will get the lunch by opening up the drafts at 11:30 o'clock.

Immediately after cooking the lunch put on a little coal, close up all the drafts tight, open slide in broiler door, and let the stove cool off and rest until 4 o'clock. It will then be like a new fire to prepare the oven for dinner. Do not get it ready any earlier.

At 4 o'clock open all the drafts for five minutes, then give it a thorough shaking, get the ashes away from the side next to the oven, put on coal and check according to how much heat you need, and when you need it; always remember never to let it get red hot. After that stage it loses its heat. The thing is to hold its greatest heat the longest time possible.

As soon as you are through cooking dinner close all the drafts tight. This immediately holds it until you are ready to fix it for the night—about 8:30. All drafts must always be kept shut when the stove is not in use.

Never put on coal above the fire brick. Empty and sift your ashes every morning regularly. Best time to polish is early in the morning before you open drafts. Don't poke a fire from the top. That deadens it so that it will be forever burning up. Let it alone and give it a chance and it will burn up all right.

Why Nurse Doesn't Hold Job Long.

Carefully gathered statistics appear to show that the marrying of all women are trained nurses. Though complete figures have not as yet been compiled from a considerable mass of data the conclusion is drawn that nine out of ten trained nurses marry during the first seven years of their occupations as such.

When a pretty young woman speaks of devoting her life to the self denying profession of a trained nurse she is using perhaps unconsciously a figure of speech. Statistics show that she has an even chance to be married within four and a half years and that she has one chance in eight of becoming the wife of a physician. The chances are five to one that within ten years she will marry one of her patients.

The Importance of these figures from the viewpoint of the sociologist is obviously great.

Proity young women in steadily increasing numbers are entering the field in question, in which there seems always to be plenty of room for fresh recruits, who are required to fill the places of those who get married and pass out of the profession forever. Thus, owing to the causes suggested, it is rare indeed to discover a trained nurse who has been in the business for as much as ten years.

The Art of Carving.

The art of carving does not consist merely in dissecting the joints sent to table, but in the judicious and economical distribution of them, and the grace and neatness with which the distribution is effected. Good carving is necessary as a matter of economy as well as health. Meat carved the wrong way will be found stringy and tough, but carved the right way it will be easy to digest. Beef should be cut thin, mutton thick, in sirloin the under cut is considered the most delicate part and is eaten first, so that the joint must be turned over to be cut. On tongue should be commenced in the thickest part in the center and sliced not too thin. Hams should be sliced cut in the middle. A saddle of mutton should be cut down the length of the joint. When carving the loin of pork, mutton or veal, insert the knife in the thick end of the meat and feel your way between the bones. In cutting ribs of beef the knife should be first inserted just above the "bones" at the bottom and run between the meat and the bone, then the slice will come away better.

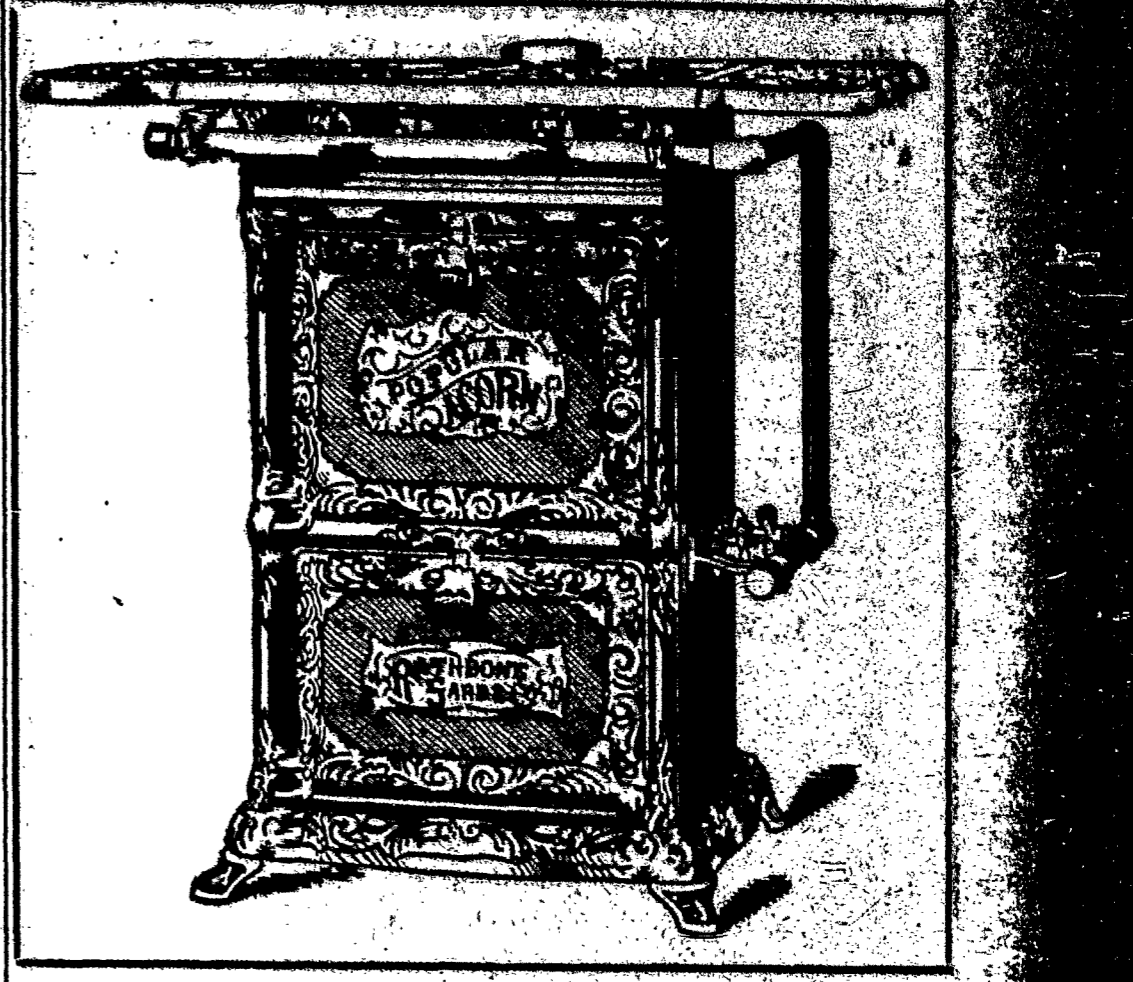
Glove Etiquette.

The etiquette of wearing gloves is as subtle as the knowledge of the proper use of silver at a formal dinner.

A shopping glove is always a one-button affair. It should always be worn with a trotting costume, except in the case of the short Eton sleeves, when there is the elbow length glove for the purpose. A dress glove for long sleeves has always two buttons and for evening the long monquettines are the thing.

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