

Notes and Comment

HUMAN EVERGREENS.

Some Famous Examples of Women Whose Charms Have Defied Years.

"Evergreens" are women who have retained their charm until long past the period of life when most of their sisters have slumped into middle or old age.

An English woman, the Hon. Mrs. Fitzroy Stuart, writing in the Strand says that American women make good evergreens.

"They play the game of youth," she says, "with splendid success. Anglo-American marriages became the mode in the '70s, and several ladies who 'crossed the pond' in those far off days have kept ever young and retained social queens for two generations.

"Among these are the elegant Duchess of Manchester, the Hon. Lady Carrington, Lady Motesworth, Lady Fagan and Mrs. Cornwallis West.

"Queen Alexandra is the best instance of a lady long past her prime who has kept much of her beauty grace and youthful fascination. As is an open secret with royal personages, and most people know that Britain's Queen will reach 60 on the first of next December.

"Yet her features remain perfect; she is still slender in figure, is bright and alert and keeps as keen as ever on many interests and amusements. She is still a good walker, can drive her own motor, is a regular opera goer, attends balls and parties and is always dressed to perfection."

"Among famous evergreens of other days were Cleopatra, who was 40 when Anthony fell to love with her; Mme. Recamier, who was 50 when Horace Walpole declared himself among her warmest admirers; and the French actress Deshayes, who was graceful at the same age. But the most extraordinary example of a woman keeping her charms against the advance of time is afforded by Nipon de Henocq, who kept her radiant beauty after reaching the age of 50.

HEIRRESS TO GOULD MILLIONS.



Miss Marjorie Gould, daughter of George Gould, in her coming-out gown.

HINT FOR PAPERING.

In papering any room it should be remembered that light is the first consideration and that the paper must be chosen accordingly.

Pure white is the best choice when a specially light room is wanted as it absorbs only about 15 per cent. of the light thrown upon it. Dark green, on the other hand, is the greatest consumer of light, absorbing about 5 per cent.

Next to white as a light-producer are the soft pastel tints and light blues, which absorb from 20 to 25 per cent. of the light. Orange next, at 30 per cent., apple, a gray green, almost 50 per cent., and the popular brown is almost as bad as dark green, as it takes up about 50 to 70 per cent. of the light. It should throw out.

To Clean Old Pewter.

Old pewter has become such a favorite that all those who possessed pieces which were relegated to the attic have been bringing them forth and are now worrying about cleaning them. Whiting is the best thing, and persistent rubbing and polishing, repeating the application of whiting every day, or at least several times a week, will in a short time restore the pewter.

Spots on Photographs.

The owner of fine photographs that are unframed is often distressed to see them the worse for wear from greasy fingers. The next time you are so annoyed try covering the spots with a fine talcum powder.

Apply the powder with a soft white rag, rug lightly, then blow off. The picture will be clean and no harm could possibly be done to the paper.

Helpful Beauty Hints

Home Treatment for Falling Hair

Massage, Vigorous Rubbing and Applications of Strengthening Tonics Will Prove Helpful to Impoverished Scalps.—Yonkers, N.Y.

Falling hair, an indication of a diseased condition of the scalp, may be remedied in two ways. One is to take a tonic internally, to build up the general strength—the other, is to treat the scalp. The latter does not take much time or thought, and is not difficult. In point of fact any person can apply it herself, but the services of a member of the family make the treatment simpler.

Unless the hair is coming out literally by handfuls, as after a severe illness, I believe brushing is most efficacious. The brush must have long bristles, rather far apart, in order that they shall reach to the scalp, and the strokes should be quite as much as to polish the hair itself. If the scalp trouble is due to illness, and a new growth of hair is coming in with the old, brushing is not advisable. I think simply because as long as there are two spears left in the head, as it were, it is possible to make a colture. The old hair, under those conditions, does not sap nourishment from the new, and the whole is far easier to manage. But when there is no apparent reason for the trouble, and the shedding is not great, then I believe in the use of the brush.

Also there must be massage given every night. The scalp should be rubbed, and a mixture I like is made of a dram of alcohol-tincture of cantharides, half a dram of tincture of capsicum, two drams of nutmeg, three-quarters of an ounce of cocoa oil and two and a half ounces of cologne. If the hair happens to be heavy with natural grease one more likely to agree is made of half an ounce of alcohol-tincture of cantharides, three-quarters of an ounce each of spirits of rosemary, glycerine and aromatic vinegar with an ounce and a half of rose water.

Either of these is applied in the same way, and should be used every night. A portion of this treatment consists in combing the hair thoroughly and brushing it, not only flat to the head, but pulling the brush under the neck and drawing the hair loose and free, so that all parts are ventilated. Each stroke must begin on the scalp so the tips of the bristles are felt.

The done, the tresses should be divided in two sections, one half pulled so it will not get in the way when the other portion is treated. Then some of the hair should be parted into a snare and applied with a soft soap brush, of any sponge to the scalp. The hair is again parted not more than an inch from the middle, and with the little brush or sponge the scalp line is wet. Another division not more than an inch away is made, that line wet, and the hair laid over, repeating the partings and applications until the entire scalp has been treated.

This done, massaging should begin. It consists merely in holding the fingers firmly on different portions of the scalp and pounding the knuckles so that the scalp moves, but the fingers remain stationary. This is continued all over the head, the operation taking fifteen minutes or more. At the finish there should be a distinct sensation of "go" in the head. With these movements the hair is not tangled, because the fingers do not rub it. A final brushing is given and the hair loosely braided for the night.

TESTED RECIPE TO BEAUTY.

Cleansing Cream. Orange flower water... 4 ounces. Almond oil... 2 ounces. White wax... 2 ounces.

Massage Cream. Lanolin... 1 ounce. Sweet almond oil... 1 1/2 ounce. Boric acid... 40 drops. Tincture of benzoin... 70 drops.

Pimple Cream. Lanolin... 1 1/4 ounces. Oil of sweet almonds... 1 1/4 ounces. Sulphur precipitate... 1 1/4 ounces. Oxide of zinc... 5 drams. Violet extract... 1 dram.

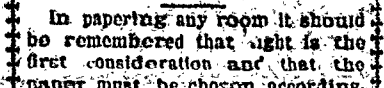
Pimple Lotion. Precipitate sulphur... 1 dram. Spirits of camphor... 1 dram. Glycerin... 1 dram. Rose water... 4 ounces.

Toilet Water. Elderflower water... 3 ounces. Distilled water... 3 ounces.

Blackhead Lotion. Boracic acid... 1 dram. Alcohol... 1 ounce. Rose water... 1 ounce. Use once or twice daily with gentle friction.

To Lighten the Hair. X. Y. Z. Henus tea is not what you require. When light hair begins to get dark, nothing will lighten it but a bleach, and that I do not advise. You could use a tablespoon of peroxide of hydrogen in the water when you shampoo the hair. It would be well to accept the darker locks gracefully, as bleaching is bad for the hair and constant trouble to keep up.

AMERICAN MRS. SIDONS.



Mrs. BROWN POTTER.

Famous Actress' costume while reciting "Outer Joe."

NURSERY NOTIONS.

Scientific investigations have proved that milk-feeding is a raw state should never be given to children. Those who cannot buy properly treated milk should treat it at home. This can be done by observing these simple directions:

1. Bring the milk slowly to a boil and when it reaches the boiling point, bottle it instantly, cork tightly, and cool it.

2. Never give milk that is more than twenty-four hours old to an infant.

3. Keep the milk hot ice and never leave a milk bottle unworked.

4. Cleanse and wash all bottles before re-filling.

Careful observance of these directions will insure against babies contracting summer diseases from impure milk.

"When busy with my housework I oft have kept my baby quiet for several hours by putting him into his iron bed and giving him a good strong bottle and a thin piece of paper," says a writer. "He will tear it into small pieces and stuff the bottle full. He uses one bottle just filled tight. This keeps him out of mischief."

Veils. The veil affords some protection in old weather providing it is thick enough. For a skin that chaps easily the chiffon veil is best. Use a cream to cleanse the face and a good face powder when going out in the cold.

Notes and Comment

TRIPLE MIRROR NEEDED.

Fortunate indeed is woman who owns full-length one.

Women nowadays do not vainly gape to see themselves as others see us. They make that slight possible with triple mirrors.

The woman who values beauty who goes in for it as a fine art, is not content to know how she looks from one vantage point, she wishes to appear well at any and every angle.

However carefully one may adjust collar, pins, fasten up stray locks and mind the wavy lines before the ordinary dressing table, there are unlimited possibilities for things going awry.

Not on with the triple mirror! Used faithfully at each dressing, one can know to a certainty whether she undoes her neck or carries it gracefully poised so as to eliminate the double chin as much as possible.

She can see for herself whether the new pointed collar is becoming or merely stylish, whether the points are so placed as to show the teeth forward in a wrinkle-making way, or so tight as to make the flesh rise in a ugly line above it.

Without the aid of a convenient reflection in triplicate one cannot tell if turning at the back of one's frock gives a round-shouldered effect or if looking up seen at certain angles, as they have been known to do, no matter if a small fortune has been paid on the gown.

In hat and culture knowledge the triple mirror is worth its price many times over. The least difference in adjustment may mean the difference between good looks and ugliness.

One noted milliner even insists upon her patron using a triple mirror when they manufacture the hats; she declares, "Can they avoid ugly poses and keep their hands as they are seen by their neighbor at card table or dinner."

Fortunate indeed is the woman who possesses a full-length triple mirror, but if that is out of the question every one who values a correct appearance should strive to own one in which the upper part of the body can be seen as "others see it."

Of Interest to Women

Proper Care of the Feet—Difficult to Keep in Good Honor and Preserve Self Control When the Feet are Itched—Many a Woman Made a Slave by Her Itches.

A woman often gets a reputation as a slave, when her shoemaker is responsible. To keep sweet when the shoes pinch requires more self-control than is inherent in human nature. It is surprising how much family peace depends on foot health. The mother whose feet ache is not in a condition to grapple with household problems. She has enough troubles of her own, so when cook burns the roast and Bobby tears his new suit, it is the proverbial straw that breaks the temper.

Oddly enough, the sufferer with her feet rarely realizes that such insignificant causes could be responsible for strained nerves and general discomfort. Yet doctors have told us that on other part of the body has no direct influence on the general health. Therefore it behooves women to look to the health of their feet. If they are sensitive, let them buy expensive shoes though it seems extravagant. Nothing is wasted that works for sweetened living.

It is also well for the woman whose feet trouble her to have several pairs of shoes, that she can change them often. It is a useful practice to stop a minute or so in the midst of a busy day, go to the bathroom, put the feet in cold or hot water, whichever gives quickest relief, and don fresh shoes and stockings.

Newsprint talk, say you busy mother—try the plan and see if life is not easier and burdens more cheerfully carried thereby.

It also pays to take time night and morning to look at the health of the feet. The daily bath should never be neglected.

Care of the Feet.

The feet deserve much better care than they usually receive. It is a good investment to pay occasional visits to a skilled chiropodist, though not afflicted with corns. You can pick up many hints how to keep the feet in condition, hence make life more restful.

Even the nails of the feet play a part in family welfare, and should be looked after. Neglected toenails that are allowed to grow too long or are not also wear into stockings, and the burden of darning is made heavier. If they do not give actual pain.

How many women know that nails should be kept rather short and be cut squarely across? If cut in a rounding shape the pressure falls on the centre of the nail and causes it to grow in, more especially of the big toe.

Should this trouble be present it can sometimes be relieved by cutting a small notch in the middle of the nail or by forcing a bit of cotton under one side of the nail to force it up and out.

If one has had a painless day time will look much less blue and incarnate will be wanted off it before retiring one soaks the feet in a bucket of hot water to which a couple of tablespoonfuls of vinegar have been added. Life will take a new tint in ten minutes.

Bathing the feet with alcohol when tired is also restful, or rubbing them with a little cocaine butter after a painful bath.

Corns are a pest that makes a fine-looking woman also unattractive. Yet they are responsible for many a child's weeping, and many youngsters grieve the maternal tongue by whispering "Mother's feet hurt to-day; you'd better be good."

The surest preventative for corns is a perfect-fitting shoe and absolute cleanliness. When they first arrive, they may be kept quiet by trying the feet up at night with a piece of lint over the offending member.

Soak the next day in hot water. This, if repeated for several nights will soothe the corn so that it can be easily pinched out. Never cut a corn, blood poisoning is worse on the whole, than a bad disposition and a worried family.

TALCUM POWDER CASES.

Delicate, inexpensive gifts that make nice prizes or birthday offerings for the school friend are boxes of violet scented talcum covered with cretonne cases.

These cases are quite simply made, being nothing but two pieces of cretonne or heavy flowered ribbon, the exact size of the powder case. They may either be cretonne together on a wrong side or the edges may be bound with a narrow gold ribbon.

The cretonne case reaches to the upper edge of the powder case, where the holes are, and to it is attached a top that comes down an inch or more at the sides and is bound in gold galloon. These tops may be entirely separate from the bottom or they can be fastened to the case at the back.

Eat Moderately.

In order to be in perfect health one must be temperate in eating. The meals also should be regular. Regularity is one of the points which a well-ordered life.

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