



### Helpful Beauty Hints

How to Prevent Wrinkles—Some Health and Beauty Hints—Uncared for Nails—To Make Hair Fluffy—For a Clear Skin—Massage for Removal of a Double Chin.

Wrinkles may be prevented by the cure go into the open air and in the hammock, or, if this is not feasible, lie absolutely quiet in a screened room for the length of about a quarter of an hour. This cure is available to everybody, for no one is likely as not to be able to take out a few minutes in the course of the day.

In order to derive full benefit from the method, granting complete relaxation to your body as well as mind, remove or loosen, all tight garments, and try hard not to think, or if thinking is inevitable, let it be something pleasant and light. In time the mind will be relaxed so as to be just as inactive as the body and the results will be as good as to simply enjoy the small sacrifice of a few minutes morning and afternoon.

For the busy mother and the industrious housewife there is absolutely nothing better than this rest cure as it restores all the vitality and energy lost in the course of the day, with its regular routine and the many disagreeable and bothersome trifles so unavoidable in a household. A mother and housewife has the duty of preserving herself for her family, as much and as long as she possibly can, and she, particularly, should not neglect to indulge in the rest cure.

The ideal way of taking the rest cure is to recline in the hammock, and try not to think, so as to grant a rest to the nerves.

#### Health and Beauty.

Cornmeal, perfumed withorris root, sprinkled through the hair and brushed out, makes a good dry shampoo.

In the absence of a hot water bottle or bag a hot plate wrapped in paper and a soft towel will retain heat and the proper articles can be procured.

A camphorated bath is refreshing after a days work and is not expensive says a writer. After your regular tub bath take a basin of cold water drop enough of the mixture in the water to make it look milky and then sponge the body. It only takes a few moments and you will feel repaid for the trouble.

A woman who knows all the ins and outs of the well-dressed world tells us to scent gloves. Four perfume drops in the palms of the hand or rub a few flowers on the palms and place the gloves on the hand for several minutes. The odor penetrates them and the warmth of the hand drives it into the glove and good perfume will remain for many months.

#### Skinning the Face Bad.

If wrinkles have already put in an appearance, one may be doubly careful about the application and removal of cosmetics. It is better to use one's fingers than one's fingers to apply them. The worst thing one can do to have one's face skinned is the custom is to do it all rare, but it is just as dangerous as it is barbarous, and might well be termed self-mutilation as of for in more than one instance it caused deadly blood poisoning, the complete loss of eyebrows and lashes, and a skin ruined for the rest of one's life.

There have been cases where this process has had perfect results—a delightful, delicately colored, youthful complexion—but they are few and far between, and success cannot be guaranteed by anybody, no matter how skillful the operator may be. Therefore, it will ever be a venture, not to be undertaken recklessly.

#### Uncared for Nails.

There cannot be a beautiful hand with uncared for nails. Nails ought to be slightly arched and only long enough to extend as far as the flesh terminating the fingers. They must be well polished and of a rosy hue. The white crescents or half moons seen at the base of most nails should be developed by pressing back the soft rim of flesh, which, unless kept back, will grow over them. This can ordinarily be done after washing the hands, using the thumb nail of each hand and the towel to crowd the rim downward and away from each half moon.

#### To Make the Hair Fluffy.

Flattened hair is always trying to the face and with the present hats almost impossible. If your hair is not inclined to fluff naturally try wetting it with equal parts of green soap and water.

Rinse thoroughly with fresh water and while the hair is still wet ruffle your hands through it again and again until it dries.

Do not use this treatment too often, as it has a tendency to make the hair dry and brittle.

#### To Have a Clear Skin.

A clear skin is one of the essentials of good health and beauty, and nothing induces more to this end than frequent baths and brisk rubbings. They will do much to keep the skin soft and the whole body vigorous.

Massage the chin with a downward and rotary motion for fifteen minutes; then baths with very cold water which add a few drops of tincture of benzoin.

### Notes and Comment

Of Interest to Women Readers

#### COLUMBIA, ESKIMO GIRL, WON BEAUTY PRIZE

Majority of Visitors at the Alaska-Yukon Fair Vote Her the Prettiest Young Woman in the Contest.

The prize awarded the most beautiful woman by the judges at the Alaska-Yukon Pacific exposition at Seattle was given to an Eskimo girl named Columbia from the southern coast of Labrador.

All the visitors to the fair were allowed to compete in the "beauty contest." All they had to do was to visit the exposition in their best bib and tucker where they might be seen by the unknown judges mingling in the crowd.

The prize was a valuable piece of Seattle property, a lot in the residence



Columbia, the Eskimo Girl.

section. The deed to this property Columbia now exhibits with great pride and her mother never lets a friend go by until he or she has seen the document.

Columbia's mother was one of the Eskimos brought from Labrador to be exhibited at the World's Columbian exposition in Chicago in 1893. Columbia was born soon after so that now, while shy of telling her exact age, we are certain she is in her teens.

After the exposition Columbia's mother traveled throughout the United States with a circus. Later she and her husband and grandmother to live in Eskimo land. Some time after this Columbia's mother went to Labrador as the agent of a company to get Eskimos for the Paris exposition. Columbia with her mother and grandparents crossed the ocean. They also traveled in Africa and throughout Spain.

#### MENU

- BREAKFAST
- Cereal, Baked Sweet Apples, Cream
- Canned Beef Hash
- Eggs Cooked in the Shell
- Rye Meal Muffins, Coffee, Cocoa
- DINNER
- Veal Cutlets, Breaded and Fried
- Tomato Sauce
- French Fried Potatoes
- Boiled Cauliflower
- Baked Indian Pudding with Sweet Apples.
- Half Cups of Coffee
- STUPPER
- Sardines, Lemon Quarters
- Pickled Beets, Buttered Toast
- Zwieback, Nut Wafers, Tea.

#### Speediest of Typewriters.

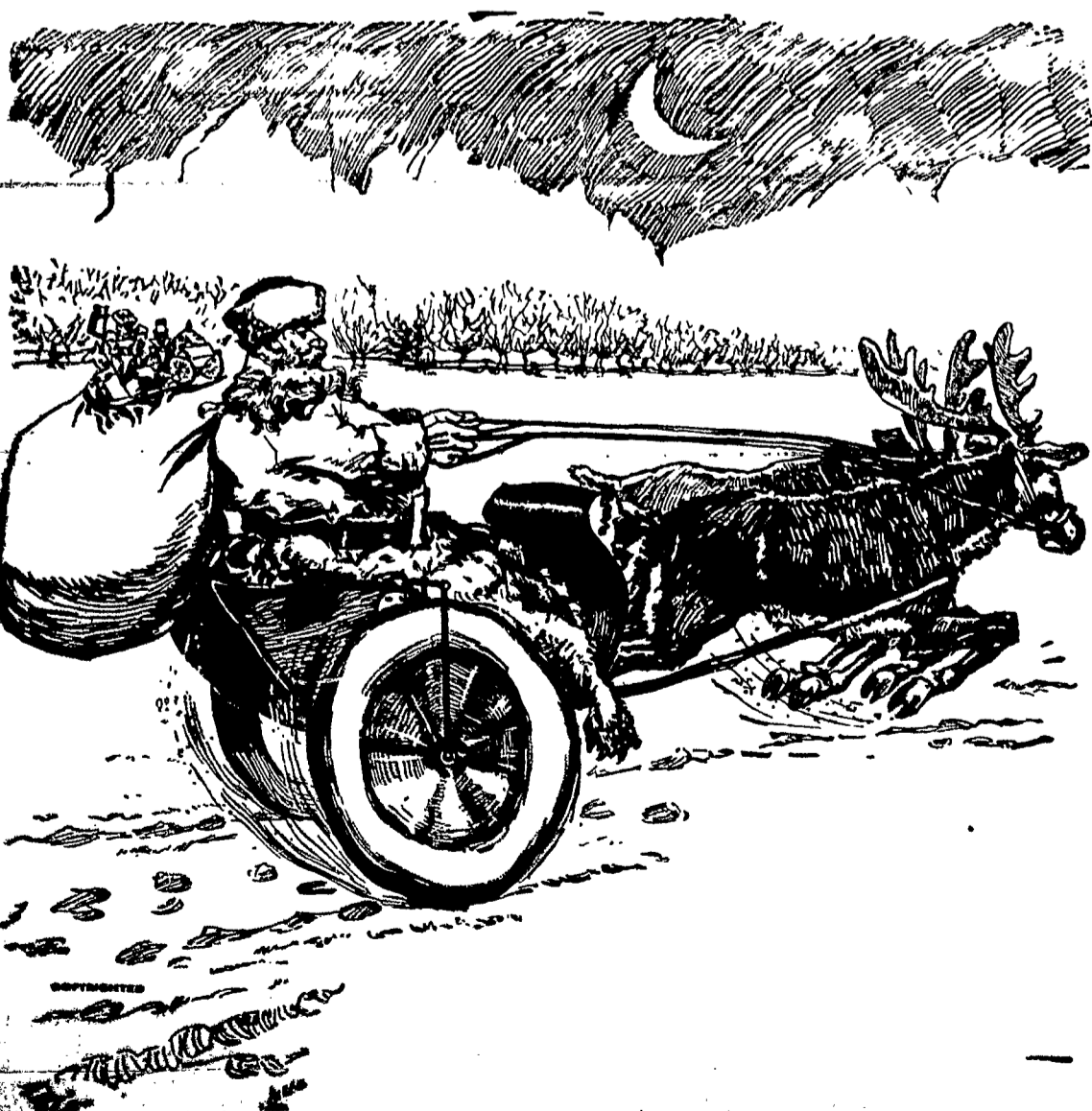
Congratulations were showered upon Miss Rose E. Fritz after she had made a new typewriting record, writing 1,425 words in 15 minutes from dictation, with no errors, at the business show in Madison Square Garden, New York. She wrote at the rate of



95 words a minute for 15 consecutive minutes. H. O. Blaisdell wrote 93 words a minute, and F. H. Coombs followed with 87 1-3 words.

#### Magnesia for Lice.

Magnesia in the form of either powder or cake is the best dry cleanser for lice. It should be sifted on the parts to be cleaned and the garment then laid away in a drawer for a couple of days, after which it may be shaken out. The same treatment is generally effective in removing lice cream stains from delicate fabrics.



#### May Soon Breathe Again.

We are living in an era of expansion in more ways than one. For instance, now, from some indefinite source (you never can tell where to lay the blame, or eke the credit for such things), comes the news that the director's gown is to yield even the scant space it occupies, and to pass from sight to memory. In its place our sidewalks and street car seats are to be crowded with more voluminous skirts. The inhabitants of these costumes, freed from fashion's policy of repression, will likewise expand to more normal conditions and comfortable sighs.—Indianapolis News.

#### Tuberculous Children.

In the cities of New York and Boston there are, according to special commissions which recently investigated the subject, over 30,000 children in these two cities alone that have tuberculosis. On the basis of these and other investigations it is estimated by certain authorities that there are nearly 1,000,000 school children in the United States today who will probably die of tuberculosis before they have reached the age of 18. This would mean that the public is paying annually about \$7,500,000 for the education of children who will die before they reach the age of 18.

#### A Doubtful Compliment.

"Ma wants two pounds of butter exactly like what you sent us last. If it ain't exactly like that she won't take it," said the small boy.

The grocer turned to his numerous customers and remarked blandly: "Some people in my business don't like particular customers, but I do. It's my delight to serve them what they want. I will attend to you in a moment, little boy."

"Be sure to get the same kind," said the boy. "A lot of pa's relations is visiting at our house and pa doesn't want 'em to come again."—Tit-Bits.

ROXBURGER