

Milady's Mirror

Perfect Balance.
Many a good figure is spoiled by incorrect carriage. Perfect proportions may answer for a statue, but the human form should express grace in motion as well as in line. There should always be balance.

Balance is attained through the law of opposing weights or forces, and to preserve it best in the human body the chest is thrown up, the head is slightly back. If you rest on the right foot the left hip is thrust out a little to the right and the head tips a little to the left to balance.

Here are some exercises which will help you to acquire balance or the habit of perfect equilibrium.

First.—Chest up, weight on both feet, point left toe directly at the side, keeping weight on right foot.

Second.—Pushing yourself up, rise on the toes and transfer the weight to the left foot.

Third.—Similarly, place right foot to the right and transfer the weight as before.

Repeat, placing the feet first forward and then back. Practice this for several days; then add the following exercises:

First.—Stand easily and swing the toe of one foot around in front of the body till it is in line with the toe of the other foot; then repeat with other foot.

Second.—Repeat the exercise, swinging the toe around the back in the opposite side till it is in line with toe of the first foot.

SEPARATE TUNICS.



DOWN WITH TUNIC.

Separate tunics may be purchased in the shops and are a boon to the woman who has a gown in need of renovation. The corn-sower-brown children's accordion plaited tunic illustrated here is worn with a gown of batiste and machine embroidery.

The silk hem on this frock is such a good thing that dressmakers have been loath to drop it, and so it appears on new summer frocks of lace and lingerie. Sometimes when lace or embroidered founcings are used the hem is a fold of colored silk under the scallops of the founce. Sometimes the hem is applied over the edge of the founce either in a straight or scalloped upper edge. However it is put on, it adds to the charm of the frock in which it is used, and it is a sensible finish as well, for it is always stronger than the lace or lingerie with which it is combined.

CHILDREN'S HAT BOXES.



BABY'S BONNET BOX.

A box for the baby's bonnet or the little girl's best hat is a very charming affair. If the hat happens to be purchased in one of the best shops, those who specialize in children's headgear have handsome boxes adorned with hand painted flowers and tied with dainty ribbons. The interior of each box is daintily lined and furnished with a hat stand convenient for keeping the hat brim in shape. Such a box will last several seasons and prove a joy to the heart of the little girl who owns it. It will be a constant reminder of the care which she must take of her best headgear and will therefore teach her the much needed lesson of neatness.

Points for Mothers

Pretty Pencil Cases.
A pencil case or end-of-some sort is a treasure in the children's mind. Little gifts of this sort make nice rewards for the child who is faithful to school work. One with a little colored stone in the end, cut with all the beauty of a jewel, is attractive. The jeweled end is removed to disclose an eraser, and when the pencil is not in use the pointed end is inserted in the case. The flat pencil case is dainty, but it accommodates only a special pencil, flat and short. The round cases are especially desirable because they make stubs of any pencils useful.

When Baby Has Thrush.
Thrush is usually brought on through sour milk, badly kept bottles, unwashed mouths or lack of fresh air. A delicate baby is more liable to thrush than a strong one. After feeding cleanse baby's mouth with a piece of soft rag dipped in a weak solution of boracic acid. Several times a day glycerin and borax should be rubbed on the white patches in the little mouth—a teaspoonful of borax to a tablespoonful of glycerin. Give baby bicarbonate of soda, castor oil and magnesia as recommended by the doctor.

Beads as Busy Work.
To keep your little folks' fingers busy have a box filled with colored beads. These never fail to interest them. The beads are strung on a stout string, with a knot in one end. Fix the box each evening for the next day's play. First, the child may string all red, then all blue, beads. Now let it combine them rapidly, learning to choose and distinguish the different colors. It is progressing in this through its own efforts. When you give it a new color it will after a little experience assort and use them with intelligence.

Outstanding Ears.
The outstanding ear is most disfiguring. It is often caused through carelessness of the nurse or mother. The cartilage in the ear of a young child is soft and plastic and is often deformed by being folded over on the pillow while sleeping. Care should be taken that the ear lies flat to the head. If the outstanding is pronounced an ear cap made of narrow tape and elastic should be worn. This can be bought ready made at small cost.

Prominent Ears.
Very few babies are born with prominent ears. This disfigurement is often produced by a careless way of putting on the hats or bonnets or by laying the little head on the pillow thoughtlessly. Great care should always be taken to see that the ears are smooth and flat. Once acquired, this trouble may be cured by getting baby an ear cap. Let him wear it constantly for a time.

For Sensitive Skin.
If the baby's skin is very sensitive and chafes easily give it bran baths instead of soap baths. One pint of wheat bran should be placed in a bag of coarse muslin or cheesecloth and this put in the bath water. It should then be squeezed for five minutes until the water resembles a thin porridge.

Right Breathing.
Be sure that your child breathes through his nose and not his mouth. The nose may be clogged by a growth or adenoids in the throat may obstruct the air passage. Habitual, month breathing creates a tendency to tuberculosis and should be prevented by operation if necessary.

Blackheads on Children.
It is not advisable to use skin treatment on young girls for enlarged pores, pimples, blackheads, etc. With proper bathing, abundance of sleep and a correct diet of fruits and green vegetables the skin will develop a normal condition within a reasonable time.

Bassinet for Baby.
A bassinet on wheels is by far the most convenient sort to handle. The wheels are small round blocks of wood, and the basket can be removed from the frame which the wheels support. Such a bassinet trimmed with net and ribbon can be made at home.

Lime in Milk.
Lime is needed to strengthen the bone and to help to form the teeth in young children. In good milk there is plenty of lime without the addition of lime water. A baby of eighteen months should have at least two pints of milk a day.

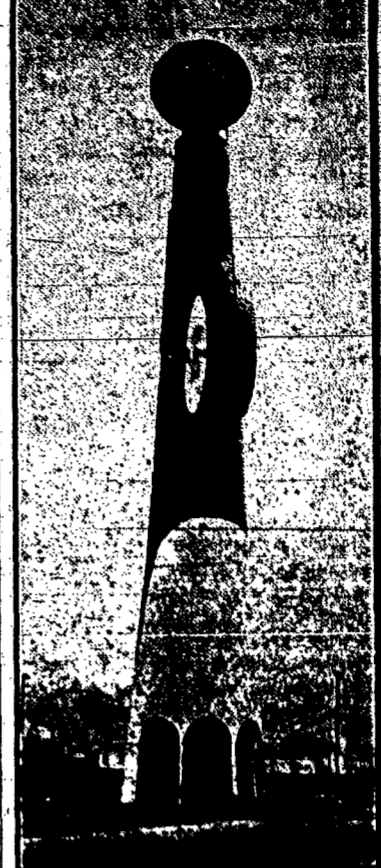
No Starch For Infants.
An infant should be given no food containing starch until it cuts its teeth. Starchy foods include biscuits, cornstarch, tapioca, sago, rice, potato, etc. An infant cannot digest any of these until its teeth are cut.

For Mosquito Bites.
Mosquito bites may be rendered quickly painless by rubbing the place with a piece of soap slightly moistened to produce a lather, which is allowed to dry. A touch of ammonia is good.

Eradicating Warts.
Warts will disappear if touched several times a day with acetic acid. Apply with a small camel's hair brush or the end of a match.

For the Children

Biggest of All Dolls at the Panama Exposition.



© by Panama-Pacific Exposition Co.

Miss Patricia Penitence—Ingenious Equinights is the lady's name. Her ninety foot stature is probably responsible for the length of her name. It is the reason, at any rate, for her boast of being the "biggest suffragette in the world."

The suffragette, as she is called for short on the exposition grounds, stands at the entrance of Toyland Growthup concession at the Panama-Pacific International exposition. She was in the midst of preparation for her first public appearance when the photograph was taken, when thousands of San Francisco's schoolchildren gathered on the exposition grounds to make merry.

The lady is clad in a long red cut-away coat and white skirt, with an up to date silt, and a bonnet seven feet in diameter. She also carries a huge drum, which she holds about forty feet from the ground, and a sash with a banner bearing the slogan "Votes For Women."

More than 500 yards of cloth are draped on the gigantic figure, and the material of her hat would be sufficient to stock an ordinary millinery store.

Flag Signals.
"Strike the flag" is to lower the colors in token of submission.
"Dipping the flag" is lowering it and bobbing it again in salute to a vessel or fort.
A "flag of truce" is a white flag taken before an enemy to indicate a desire for consultation.
The black flag from time immemorial has been unfurled as the flag of piracy.
A yellow flag flown from a vessel is a sign of disease and denotes quarantine.

A flag at half mast denotes mourning. When a man is lost at sea the vessel returns with its flag at half mast to announce the tidings of death.
When the president of the United States embarks in his barge the American flag is hoisted in the bow and at the main of the vessel.
Flags are everywhere used as the symbol of rank, and the officers whose rank is indicated by them are called "flag-officers."

The red flag is a sign of defiance and is often employed by disturbers of the peace. It is also used to denote danger.

A Wonderful Corn Pepper.
A new corn pepper has appeared, and it is hard to imagine a more interesting slot machine. When your nickel is deposited an electric contact is set up, and a variety of things proceed to happen. First a paper bag is pushed toward you. A certain amount of corn—it will fill your bag presently—drops into a revolving cylinder and begins to pop. Any kernels that may be obstinate fall through a sieve at the end of the game, and the freshly popped corn drops into your bag. If you want salt and butter you have only to press a button, and just the right amount will appear. Nothing could be clearer. Is electricity laughing at us? Of course.

The Cheshire Grin.
The Cheshire grin has long been famous, but according to the best authorities, its origin is doubtful. The general opinion appears to be, however, that the people of Cheshire molded cheese to represent grinning cats. The phrase afterward became applied to any one grinning in a manner suggestive of these cheese tabbles. In children's stories the Cheshire cat appears as a cat with a wide mouth, grinning from ear to ear.

Charada.
My first is a small sized kind of bed.
My second's a heavy weight;
My whole is a substance used to make cloth.
It is white in its natural state.
Answer—Cot, cot, cotton.

Nature never deceives the best of us.

Hypocrisy is all with rounded shoulders.

If thou wouldst be happy learn to please.

The first and worst of all faults is to cheat oneself.

The enemy of the weak is called stubbornness.

Life has a thousand harms and lengthens life.

Man is made of dust, but he is usually out for more.

Never worry for lack of something real to worry about.

They can never come back who have never been anywhere.

True happiness consists in doing things we can't afford.

A man is also known by the company he keeps away from.

Generosity is the grace of youth, but justice comes with maturity.

One of the luckiest things that can happen to a man is not to count on his luck.

When you sell an article by weight remember that other people have scales.

Many a man gives the devil his due when he isn't so considerate with his neighbors.

Refuse to worry and you have accomplished one of the greatest things in the world.

The secret of success in life is for a man to be ready for his opportunity when it comes.

To err is human, but don't lose sight of the fact that it counts against your adding average.

The man who knows what he is talking about doesn't have to use any unnecessary words.

When certain that the cards are stacked against you it is better to pull out of the game.

Great Britain is giving Ireland home rule, but that is not what the millions are giving Great Britain.

Dogs bark at every one they do not know. A foolish man is wont to be scared at every new idea.

Idleness makes such slow progress that laziness easily catches it at the first turning of the roadway.

Too many people are satisfied with the crowd at the bottom and forget all about the room at the top.

As the "perfect house" is to contain no closets, some families will have to keep the skeleton in the cellar.

"Feeling by wire" is the latest suggestion of a British scientist. Not one may telegraph his views today.

One of the mysteries of the age is the grudge the militant suffragettes have against the British art galleries.

Honest men shouldn't argue so much when rogues fall out. Rogues have an uncomfortable habit of making up again.

No economist has figured out the thousands of dollars spent for fancy fishing outfits that never catch anything.

Statistics indicate that aviation is the most dangerous thing to learn there is and that it is no safer after you know how.

War to the death has been again declared against the crow. But what are the defeated to eat the morning after election?

The new Shamrock is a freak boat. If it were like the other British yachts that have come over there would not be any use of taking the trip.

The British ambassador to Russia should explain that King George felt flattered when a militant suffragist called him "You Russian czar."

There are only two people in the wide world who do not laugh at a love letter—the person who writes it and the person to whom it is addressed.

One small and almost invisible comet can cause more excitement in a group of sedate astronomers than a home run with the bases full in a crowded ball park.

The friend of the crown prince of Germany who has written a book contradicting the latter with his father probably intends to travel extensively for a few years.

Norway is to establish a regular mail service to Spitzbergen. Next thing will be moving picture shows for Terra del Fuego or lycium lectures at the north pole. Civilization's march cannot be halted.

Angular Elbows.

Often the joint of the elbow will protrude in ugly fashion—angular and bony, yellowed and with a thick skin directly over the bone. Such an elbow is far from beautiful. Even this, however, may be remedied by patient perseverance with cocoa butter and the gentle rubbing. Lemon juice will help to whiten, and if needed the toilet pumice stone may be used where the skin is really more like leather.

This condition is often brought about by the improper way of placing the elbow on the wooden arm of a chair and leaning heavily upon it. In time the pressure of the bone from within causes the joint to enlarge and the skin hardens. Only persistent attention to softening and rubbing in the oil of cocoa butter will help this, and time will be needed. A dip in the elbow comes with proper forming of flesh that is soft. Dimples are natural where there is soft flesh, and a woman may have them in her finger and elbow joints if she will only take care to keep the tissues of the skin nourished.

If You Are Too Fat.

The woman who is too stout should take a daily brisk walk. If necessary begin with short distances and gradually increase to about five miles per diem. Abstain from all rich greasy dishes; give up pastry, potatoes, new bread and much butter. Half an hour after each meal drink a tumblerful of hot water with the juice of half a lemon in it. Before breakfast take a glass of hot water with a quarter of a teaspoonful of bicarbonate of soda added. The results will soon be apparent in decreased weight.

Removing Whiteheads.

There is only one way to remove milia, or whiteheads, as they are commonly called, and that is to open each little lump with a sterilized needle and press out the substance from which they are formed. The immediate application of peroxide of hydrogen is helpful, and remedies which will make the skin active will prove an aid in preventing the formation of the little lumps, but when they are once in evidence there is only the one way to get rid of them.

A Powder Sachet.

A satisfactory sachet for scenting powder or putting into little bags among your clothes or household linen is made for the most part of ordinary spices from the pantry shelf. It calls for equal quantities of ground mace, nutmeg, cloves, cinnamon and caraway seeds. All these spices should be freshly ground so that they will be full of spicy odor. Weigh the combined ingredients and add the same amount oforris root, ground.

For Thin People.

If you are too thin raw eggs and milk, if they agree with you, will probably prove good flesh making foods. If they do not agree with you they will quite likely prove unsatisfactory. It is not what you eat, but what your system digests and assimilates, that builds up the body. Try the diet judge whether or not it will be of benefit.

For Tender Feet.

A recipe for tender feet is to rub them well with methylated spirit and then dust with boracic powder before going to bed.

Then sleep with the foot of the bed raised by a bolster under the mattress.

Hangnails.

To prevent hangnails rub a little cold cream round the base of each nail before going to bed. This will soften the skin so that it can easily be pushed down.

NOVEL HANDKERCHIEFS.

A novelty is the crepe de chine handkerchief. It is made in all the lighter colors. Soft, dull blue, pink, yellow in several tones and gray are especially attractive.

Some of these handkerchiefs have hems an inch wide of a different color. Some have self colored hems, either wide or narrow.

Black handkerchiefs are now the craze of the fashionable set in London. They are made in the very finest muslin or lawn and often sported with a color or else brilliant hued initials adorn one corner.

Most of the new handkerchiefs appear to be obviously more ornamental than useful and are composed of the most filmy materials, even nylon not being considered too filmy.

Very exquisite to go with the painted nylon gowns that are presently to be the rage are the tiny dowered morsels in white or the most delicate colors sprinkled all over with violets or rosebuds. Others have borders of dogs' or cats' heads all round the inside of the hems.

Some women are having portraits of their pets embroidered in the corners of their handkerchiefs.

OXFORDS AGAIN WORN.

Low shoes have colored uppers in crepe or lac or blacic cream. These are mounted well down into the vamp and run to the sole at the sides, a French trick that has dominated shoe manufacturers this season. Women like it because it undoubtedly makes the feet look smaller.

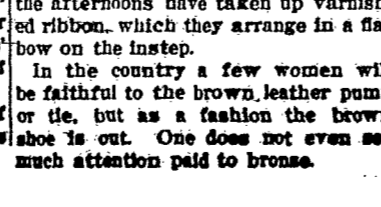
The oxford tie has come into fashion again and rivals the English pump, although it is not as neat looking on the foot because of the laces or ribbon used. There are women who adopt the oxford for country use and use leather thong instead of ribbons, and, again, those who adopt patent leather ties for the afternoons have taken up varnished ribbon, which they arrange in a flat bow on the instep.

In the country a few women will be faithful to the brown leather pump or tie, but as a fashion the brown shoe is out. One does not even see much attention paid to bronze.

BLACK AND WHITE COSTUMES.

They Are Following Closely on the Craze For Gay Colors.

Magpie effects are charming, and those who are discriminating are already following the lead of Paris in choosing black and white for the costume. Illustrated here is a frock of black taffeta with a fine white organ die collar. With it was worn a hat of



BLACK AND WHITE HAT.

white hemp with velvet crown, against which the black grapes and mat white leaves are seen to advantage.

The white collar is so persistent that it cannot be avoided. When the first dainty, starched collars of Swiss or organdy appeared last winter no one could have predicted how great their popularity would be. They have been devised in many different styles and evolved in many different materials, until now no one can count their number. One of the newer touches is the starched collar of pique, worn with street suits inside the coat collar. These are very smart. They are of the style called Normandy, as a rule.