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SAYS HOT WATER EACH DAY KEEPS THE DOCTOR AWAY

Drink Glass of Hot Water Before Breakfast to Wash Out the Poisons

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside-bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins, thus cleansing, sweetening, and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

THE FLARING SKIRT

If you are one of the fortunates who can make your own clothes you will appreciate the many devices now on the market for obtaining the very necessary flare to the skirt. There are many soft as well as crisp fabrics in vogue, such as voiles, marquisettes and Georgette crepes, which demand rather skillful treatment to make them stand out sufficiently.

Cords of all widths are a favorite resource of the dressmaker. They can be more or less twisted, according to whether you wish a stiff or more flexible cording. They also come wired for the skirt, which is to billow in hooped skirt style. For the soft skirt of chiffon or crepe a series of rows of four or five tiny cords is much more successful than the heavy cording.

Haircloth braids can be bought in all widths and all staple colorings for the bouffant skirt. This new braid differs from the old fashioned haircloth as it is lacier and much more flexible. It can be used with transparent fabrics to show very little along skirt edges or ruffles.

Wires in all weights, gold, silver, white and black, are preferred by other sewers to be slipped through casings or even threaded through net or lace. Wider wired braids may be sewn to the back of some thin fabrics.

One can use boning advantageously for the heavier skirt to make it bouffant, as well as the old fashioned reeds, though the latter are reserved for truly hooped effects.

Foundations often flare the skirt. Corded and ruffled petticoats play an important part in the wardrobe. Ruffling by the yard, three or four ruffles overlapping in one width, may be used on the bottoms or around the hips of slip skirts made with the dress skirt. Foundation yokes which flare at the hip line may be bought at the notion counter, as well as the hooped net band hung on tapes from the waist line.

Runched crinolines, small hip pads and even bustles are being used by some extremists to extend the hips.

COCKROACHES IN THE KITCHEN

How to Exterminate These Pests That Spoil the Food.

Nothing is more repulsive to the neat housewife than to see cockroaches crawling around the kitchen, pantry or closet, spoiling food and injuring clothing. The easiest and most effective way to completely exterminate them is with Stearns Electric Paste, the deadly foe of rats, mice, cockroaches, water bugs and all vermin.

Get a two-ounce box of Stearns Electric Paste from your druggist for 25 cents and use it at night as directed, and in the morning sweep up a painful dead cockroaches. Directions for 15 languages in every package.—Adv.

TO MAKE BUTTONHOLES

To cut buttonholes through two or three thicknesses of material without separating the fabric, mark the place and size of buttonhole with basing thread or chalk and with a fine stitching thread to match the buttonhole, stitch close to this mark. Cut the buttonhole between the lines of stitching. This will not only hold the buttonholes together, but will form a stay over which the buttonholes may be worked. All buttonholes should be dampened and pressed.

IN THE REALM OF THE FEMININE



BEAUTY CHATS

EDNA KENT FORBES

The Curse Of Fat

I KNOW OF A MAN who weighs two hundred and up, who became alarmed at his increasing girth, and joined a Y. M. C. A. to reduce. He went through exercises and baths with the methodical precision of a machine and the stolidity of a mule. In a year he had taken off only fifteen pounds, and he declared exercise was "all bunk."

Whereas, all the poor man needed was to waken up and exercise his mind and awaken his spirits! Loss of dignity and loss of flesh frequently go together. He exercised, but without any vim, and he went right on eating and living as he always had—no wonder his daily reduction tasks did so little good.

It is logical that, if you burn up more flesh than you acquire, you lose weight. Therefore, you must eat less, and you must work more. Recently I gave a reduction diet, followed this—but it's simple enough—reduce the fats absorbed, increase the acids. And exercise!

The fat woman lies down for a moment as soon as she eats. And thereby she lays on enough flesh to offset an hour's work later. Usually she takes an afternoon nap—only thin, nervous or anemic women should do that.

I know of three excellent ways to reduce flesh—one is to swim, another is to walk and the third is to garden. The variety of motions needed to run a successful flower and vegetable garden will pull flesh from waist, back and hips.

The remedy for fleshiness is simple—burn up by exercise more fatty particles than you eat in your food—and you must lose weight. It takes time, but a quick reduction will leave the skin flabby over a shrunken body; a gradual reduction is better.

Questions and Answers

What could you suggest to overcome an oily scalp? Use or three inches from the scalp my hair is very oily and there is dandruff. It used to be dry, but now sets like a week after it is washed.
—Montana Girl.

Reply—Wash once a week with a pure Borax soap, and dry in the open air.

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FASHION FACTS

Much attention should be given to the proper habilliment of the feet. Boots are coming to be considered an all-season style as succinctly as furs.

Fabric made boots and slippers are decidedly modish. Suede, buckskin and velvet are le mode, and colored leathers acceptable fashions.

At present gray, beige, brown, bronze and black, in the order of their naming, are of modish importance. Colonial slippers with buckles, are again to the fore. But all of these slippers to be strictly smart must be equipped with French heels. Buckles must be large and plain, in silver, gold or enamel for leather and morning wear, and be small and sparkly for satin and evening wear and medium sized and of cut steel in most attractive designs for afternoon wear, whether the slippers be suede, buckskin or kid. Brocade coturnes in elegant fabrics and of white and silver, white and gold, black and silver, dark blue or dark brown and silver are offered at from \$10 to \$15 a pair.

Hosiery is to be of a sort which will harmonize with one's frock in color and design, and be of an absolute verity of tone with the color of one's boots.

Truly, she who hesitates these days in a millinery shop is lost in a maze of new hats of all sizes, shapes and styles.

And while one is exclaiming over the width of brim and the flare of these new hat shapes, with thoughts of the "merry widow" shapes of yesterday inviting flattering comparisons, one will be offered by the enterprising milliner as tiny, flat shapes as were le mode sixty years ago, and which must be tied on with ribbons in bridle style in order to keep these hats on one's head.

Small hats of taffetas in divers colors, but dark, are trimmed with gay colored ribbons of strident tone and daring selection.

CARE OF FURNITURE

The owners of painted and of waxed furniture, which is so fashionable just now, are beginning to realize that to retain the beauty and freshness of its finish requires special care.

The first "shall not" prohibits the use of kerosene oil. Some housewives makes a point to have their furniture rubbed once a week with a rag dampened in kerosene. Though kerosene cuts the dirt, it also is true that in the case of painted furniture of the cottage type it usually if not always causes the enamelled surface to show a myriad of tiny lines. In time these lines deepen and widen to considerable cracks in the paint, down to the wood itself.

All that is necessary to keep such furniture fresh and lovely is a daily wiping off with a soft cotton rag dampened with water, in warm weather with a little lemon juice.

BLACK LESS NOTICEABLE

Many of the new evening bodices are surprisingly modest as to backs and the unreservedly frank revelations of a year ago are the exception. They are here and there one sees a very low pointed back, often in conjunction with a very modestly cut front.

Women Once Invalids

Now in Good Health Through Use of Lydia E. Pinkham's Vegetable Compound. Say it is Household Necessity. Doctor Called it a Miracle.

All women ought to know the wonderful effects of taking Lydia E. Pinkham's Vegetable Compound even on those who seem hopelessly ill. Here are three actual cases:



Harrisburg, Penn.—"When I was single I suffered a great deal from female weakness because my work compelled me to stand all day. I took Lydia E. Pinkham's Vegetable Compound for that and was made stronger by its use. After I was married I took the Compound again for a female trouble and after three months I passed what the doctor called a growth. He said it was a miracle that it came away as one generally goes under the knife to have them removed. I never want to be without your Compound in the house."—Mrs. FRANK KNOBL, 1642 Fulton St., Harrisburg, Penn.

Hardly Able to Move.
Albert Lea, Minn.—"For about a year I had sharp pains across my back and hips and was hardly able to move around the house. My head would ache and I was dizzy and had no appetite. After taking Lydia E. Pinkham's Vegetable Compound and Liver Pills, I am feeling stronger than for years. I have a little boy eight months old and am doing my work all alone. I would not be without your remedies in the house as there are none like them."—Mrs. F. E. Yost, 611 Water St., Albert Lea, Minn.

Three Doctors Gave Her Up.
Pittsburg, Penn.—"Your medicine has helped me wonderfully. When I was a girl 18 years old I was always sickly and delicate and suffered from irregularities. Three doctors gave me up and said I would go into consumption. I took Lydia E. Pinkham's Vegetable Compound and with the third bottle began to feel better. I soon became regular and I got strong and shortly after I was married. Now I have two nice stout healthy children and am able to work hard every day."—Mrs. CLEMENTINA DURRING, 34 Gardner St., Troy Hill, Pittsburg, Penn.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice.—It will be confidential.

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