



The Beautiful— Is all about us. Let us open our eyes and see it. "There is a strain of music-making melody in every character. Our characters are like our faces. Some faces are beautiful to all who see, others are beautiful to some, and still others have individual features of beauty—a complexion, beautiful eyes, soft, fine curling handsomely tinted hair, teeth like pearls, lips like cherries; or, again, a dominating expression of such sweetness, vivacity or intelligence that the spectator is entirely oblivious of mere physical lineaments.

So every character, if not symmetrically beautiful, has yet its own beauty, its strength, its charm. It is this beauty in every character that we can look for and find and love and praise. We cavalierly can override all the imperfections. We can peer to the inner core, ever, always, only beautiful, and be oblivious of the seeming deformities which after all are insignificant. Every fault and shortcoming, no matter how gross it may appear, is transitory, and in time will pass away, leaving to live forever the immortal part of beauty.

It is with this immortal part that indeed it is worth our holding communion. It is with this beautiful part that we can speak. It is with this beautiful part that we can concern ourselves. It is always worth while to strive to improve the inner man, and to promote the virtues, the beauties of others, or their strengths, we are speeding them on their way to higher heights in character.

Every response made by the best in others is an exercise in the highest form of the promotion of its growth. And whenever we promote the virtues, the beauties of others, or their strengths, we are speeding them on their way to higher heights in character. To Live— In the internal man means a sharp turning inside out of our ordinary ideas. It is to regard the whole outside world of people and events and experiences only as so much milk and porridge to nourish the inner man. It is to regard the whole panorama of money, houses, dress, amusements, work, play and position as things that are to be used, not to be regarded as the life of the inner man as the substance, and the life of sights and sounds as the shadow. It is to regard the inner life as the object, the end, the aim, the goal, the means, the machine for attaining the object, for fashioning the product.

When we understand this, the outer things no longer will be our aim, but the getting of them no longer will constitute our success. An enlightened reason and enlarged heart, a training in the virtues, and a noble character are the things that will endure. Our capacity for service, this will be our success. Every experience, every turn in the wheel of fortune will come as food for the soul. What matter whether it be termed happy or unhappy after ordinary ideas? Either is a useful tool for fashioning character. It is the development of an inner man, and it is to be used as a means, for attaining the object, for fashioning the product.

Be Master— Of our time is to realize that the days that make up the life of a Roosevelt or a Spencer are no longer than the days that tell of the life of a tramp. It is to know that flurrying and scurrying make confusion and not achievement, and that confusion wastes energies of mind and muscle that could work for the development of an inner man. To be master of our moods is to be unswayed from our purposes by our moods, to be able to remain calm and serene, and despite the hasty impulse to change. It is saying, "I feel as I wish to feel."

To be master of events is to greet everything that happens as a thing that must and ought to happen; to know that whatever comes is the best and happiest thing for us that could come, to welcome every event, to content ourselves with what we realize that the sun shines behind the clouds, to find lessons in all experiences, to find a matter of people is to be the same to our friends whether or not they change toward us. It is to realize that it is not we who are to be mastered, but that we do to them. It is doing to them as we would be done by regardless of what they do to us. It is being social and commanding in their enjoyment wherever we can be thought, word and deed, without aiming for, far less looking for, payment in return.

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With April— One thinks of the lawn. If shrubs are to be set out now is a good time to select and order them. Among perfectly hardy shrubs, and these are the ones for the amateur to select, are advised lilacs, alder, dogwoods, syringas, spruces, and deutzias. These are all beautiful and of easy cultivation, and will give much better satisfaction than the rarer sorts, which cannot be depended on to come through the winter in good condition. For late flowering there is the hydrangea, "paniculata grandiflora," hardly as a lilac and remarkably floriferous. This is most satisfactory when planted in groups. Half a dozen in a clump, will prove the attraction of the lawn. If possible give it a background of evergreen against which to display its ivory white flowers. Plant the shrubs in rich and mellow soil. Make the holes for them so large that they can spread out naturally. Work the soil firmly about them and water well to settle the earth among the roots. Most shrubs will do fairly well in soil of ordinary richness.

Without removing the needle until the end is reached. The needle is placed in the center of the hole, and the thread is pulled through the right thumb and forefinger. The back of the thumb propels the needle, and the forefinger holds it steady. The left thumb and forefinger, which are held half an inch off from the point of the needle. As the needles get filled the right thumb and forefinger should be repeatedly pushed forward.



Millinery. Hats are always an expensive item, and make a hole in the dress allowance, so that every girl who wishes to economize should learn to trim, if not make, her own hats. This is not a difficult matter to those who possess good taste and deft fingers, for with a little trouble they will soon fashion themselves charming hats, which are greatly admired.

Among last winter's hats there may be one that has been discarded because the shape did not suit well, and it is not deemed worth the trouble of retrimming. A great difference is made to the appearance of a hat if a band is inserted, and added to the first trim, a milliner's apprentice is taught to do this.

An ordinary round felt hat can be made to assume a more graceful and becoming shape by putting on at the back, which gives the hat a fashionable tilt.

The band used for tilting the hat at the angle is generally straight at the top edge and sloped at the bottom edge, making the sides at the bottom edge about half an inch deep and in the center about one inch.

One fault which some home milliners fall into is omitting the head lining. This is certainly rather an awkward little bit of work, but should be indispensable. Nothing looks worse than to have the inside of a hat lined with a material that is not suitable for the purpose.

When— The children want to cut or paste let them spread a newspaper to catch their litter. Tell them to cut out men's and women's faces and have a baby show with them. Appoint judges and give a prize to the one who judges the prettiest. A twenty-year-old man or woman would be sixty days or two months old. It is most amusing.

Let them cut out animals, fruits and flowers. You can have fairs, landscapes, towns, streets, and buildings make a nice art gallery. Make a cup of paper for them and let them work on sheets of newspapers, so when their work is done they can tear it up and use it for paper.

It Does Not— Take a wise man to see that much of childhood lack of relief for good food is due either to too many sweets or to too much irregular eating or to both in combination. School girls and boys consume an untold amount of candy. This might not prove so disastrous if eaten with food instead of in place of it. Here is another point where the mother should be particularly vigilant.

Dear Grace— The furniture in the shops has been having my attention this week, for I have been helping a friend who has just been married to furnish her six-room apartment, and there have been some splendid bargains among the things we selected. Just think of the joy of starting at the front entrance hall and furnishing all the way through to the kitchen! I must try to tell you some of the splendid things we got.



lighted by a small wrought iron lamp at \$1.50, and in which candles may be used. The candles are most economical, and give a softer light. When I must tell you about the dining room, which, I am sure, has a joy for the most important piece, the dining table, which is round in shape, of fumed oak, beautifully finished, and cost only \$25. The buffet in fumed oak, with plate rack, came at \$47, and the china cabinet, of same finish, cost \$50. A large table, with four straight dining chairs at \$4.50 each, and the two armed chairs at \$3.50 each, laced in wicker, finished with a red and rest of the furniture. Then she got the dearest little chair that made you think of monks and the good old times, which cost only \$10, and had compartments for the corals and racks for the glasses.

The walls of the room were done in red bariap, with the Flemish oak woodwork. She draped the low square window with straight curtains of muslin in the stained glass pattern, which comes at 50 cents per yard, and finished it at the top with a small valance of dark red art cloth at 75 cents per yard. Can you imagine her giving her first dinner in this dear little nest of a room, when it was completed, with silver and china, of which I shall tell you in my next? Don't you envy her the possession of these things, and the pleasure of helping her purchase them? Yours, NELL.



Vegetable Food— Is considered healthful in the fact that it is free from danger of pathologic germs. Experiments may be devised; it may or may not be healthful; and while all dangerous or pathologic germs are killed by heat, we prefer to select foods that are free from disease. There may be, however, dangerous germs on the surface of vegetables either from the earth or water.

It always is a question whether or not a strictly vegetarian diet is best for the American people. One particularly dislikes "class" ones is likely to go to extremes. A mixed common sense diet is without doubt the best. We should use neither overcooked nor raw foods continually. A careful study of the chemical constituents of common foods will enable every housewife to decide for herself whether or not she shall eat a raw, a cooked, a restricted or a mixed diet.

Stale and unhealthy sea food is perhaps the most dangerous of all foods. Our working animals, the "beasts of burden," repair and build their muscular organization under heavy labor on vegetable materials. Their digestive apparatus is rather different from that of man's, but we must not think for a moment that man cannot live without flesh.

Persons having a gouty or rheumatic diathesis should live on a vegetable diet. Meat is more easily digested than many vegetables. In fact, meat is more easily digested than many vegetables. In fact, meat is more easily digested than many vegetables. In fact, meat is more easily digested than many vegetables.

Vegetables may be divided into four classes: those containing nitrogen, muscle and tissue-building foods; the carbohydrates, which are rich in water and protein; those containing fat, and the oilous foods; those containing fat, and the oilous foods; those containing fat, and the oilous foods.

Stuffed Eggplant—Cut the eggplant in two; scrape out all the inside and put it in a saucepan with a little minced ham; cover with water and boil with salt; drain off the water; add two tablespoonfuls of grated crumbs, tablespoonful of butter, half a minced onion, salt and pepper; stuff each half of the eggplant with the mixture; add a small amount of butter to each and bake fifteen minutes.

Stewed Celery is an excellent winter dish and is easily cooked. Wash the stalks thoroughly, and boil in well-salted water till tender, which will be in about twenty minutes. Drain off the water, and add a little butter, and thoroughly place it on a platter, and pour over it a quantity of sauce. A sauce of cream seasoned with a little mace may be served over the celery. It may be served also with melted butter.

Wined Sweet Potatoes—Boil the potatoes and set them to cook. When cold, peel and slice in thin slices. Boil in water until thoroughly placed in a saucepan, and pour over it a quantity of sauce. A sauce of cream seasoned with a little mace may be served over the celery. It may be served also with melted butter.

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Have Pretty Hands

Many a dainty bracelet was found this morning tucked away in a fancy Easter egg or hidden in a box of purest bonbons. This jeweled arm ornament is very much in vogue just now along with velvet sleeves.

was chosen by parents and sweethearts for the gift of the new year. The girl, however, who was fortunate enough to receive one must understand at once that nothing so attracts attention to the hands and arms as does a pretty bracelet. Red, unshapely hands, poorly kept finger nails, blotched arms, all have their defects exaggerated as soon as a bracelet of jewelry is linked between elbow and wrist, and since the bracelet bids fair to sit its reign throughout the summer, she will be a wise girl who makes her Easter gift the inspiration to taking special care of the extremity which it adorns.

Just before retiring is the best time to give the beautiful treatment. To do first place, a girl should provide herself with a good cold cream, and if she has no brothers who have cast off their party gloves, she should buy a pair of men's thin white kids. These will give her fingers plenty of room in which to spread out and relax, and the fingers should be treated with the lotions and oils used to feed the skin from rubbing off and soiling the bed clothes.

Now wash the hands and arms in lukewarm water containing a pinch of borax and water the nails are perfectly clean, using only a fine scrubbing brush necessary. With a bath towel remove the moisture from the flesh, but do not dry thoroughly. Have the gloves and cold cream near. With the white kids, rub the hands and arms over a good-sized chunk of the cream and rub it first around the outside and white of the nails. A layer of the cream should be left to remain on the nails all night long.

Next spread the cream over the hand and wrist, and each finger should be massaged on them, massage the arm from wrist to elbow. This is done by rubbing the flesh round and round in small circles, pressing the fingers and thumb against the skin for at least ten minutes, finishing up by drawing the fingers straight down from the wrist. The hands should be dried by drawing the fingers remain on the arm when the massage is over.

The cold cream is then rubbed into the hands and wrists, and the fingers should be rubbed through the partly closed fist of the other hand until the digits become soft and warm and rosy. Spend no less than ten minutes on the five fingers.

Now with the hand which has had the treatment repeat on another chunk of cream and soap and hand. Remember that the massage should always run lengthwise and the joints should never be pulled or twisted in any way. Finally draw on the gloves. This treatment should be as systematic as the closing of the day, and should be kept up for three or four weeks if it is to be of any permanent value.

Another great aid in keeping the hands beautiful is the use of a good quality of cream. This is done by rubbing the flesh round and round in small circles, pressing the fingers and thumb against the skin for at least ten minutes, finishing up by drawing the fingers straight down from the wrist. The hands should be dried by drawing the fingers remain on the arm when the massage is over.

Under these two treatments the hand and arm before the start of the summer will be in the best of health and ready for the new season. The hands will be in the best of health and ready for the new season. The hands will be in the best of health and ready for the new season.

THE TEACHER'S SIDE LINE

Ways in Which It May Not Interfere With His Efficiency.

From the Chicago Tribune. The profession of teaching is one which attracts many people as a means of getting a little money ahead for embarkation in some other vocation in life. Its ranks, therefore, are constantly changing, as law, medicine, business or housekeeping takes the place of the teacher. Many a teacher who never had any serious occupation as a profession, has taken up teaching as a means of getting a little money ahead for embarkation in some other vocation in life.

For example, there is no doubt that there are many teachers and principals who are in the pay of book companies and who are furnishing houses for the book company. The interest is purely that of natural fondness; sometimes it is financial and beset with certain dangerous tendencies.

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