THE HOME, ITS PROBLEMS, AND ITS INTERESTS

COMBINATION LINGERIE.

A very practical little combination garment, consisting of a low-necked corset cover and short petticoat, is here shown, the model being made of fine nainsook, trimmed with inch-wide Valenciennes insertion and edge to match. The petticoat was gored about the hips and was cut very wide in a gored circular, the lower part being finished by a ruffle set on under a strip of embroidery beading, threaded with pale blue ribbon.

The corset cover was cut in one piece, being straight in the middle of the back and bias in front. It was trimmed to match the skirt with ovals of lace insertion and finished by narow beading and lace.

COSMETICS USED TO CLEAN THE FACE INSTEAD OF WATER

Cold Cream When Rubbed Into Pores Takes Out Gritty Dirt and Nourishes the Skin.

"All women use cosmetics of some kind nowadays," says a prominent dealer in toilet articles, "that is, every woman who has enough spending money to purchase a box of face powder, a lip salve, or cold cream. For those who live in the city realize that they must really doctor their skins if the latter is to be kept in a normally healthy condition, for in the congested and unhygienic state in which we live, washing with hard water that is harmful to sensitive flesh, and getting gritty dirt into the pores will in time coarsen and practically ruin the finest and best nourished skins.

"For these reasons cosmetics are used in greater quantities every year, and with the increase comes also the demand for better and purer powders, lotions, and salves.

"Women—that is, those who have had enough experience with various creams, etc., for the face—know that inferior grades of powders, crayons for lips or eyebrows, should not be used, for many of them contain injurious ingredients that really poison the pores and either make the skin exceedingly dry, or cause eruptions, as is frequently the case with persons who have super-sensitive skins, so they demand the best and purest of all toilet lotions, and for that reason there are excellent powders, creams, and rouges popularly sold today for prices that once would have been impossible to charge.

Never Buy Cheap Cosmetics.

"Never buy a cheap cosmetic is my advice to women. Go without any rather than run the risk of poisoning the lips with an inexpensive salve that is made a beautiful carmine color with an analine dye. For 10 cents such a salve will look as well and, perhaps, at first feel just as comfortable as the kind that sells for $1 a box. But in nine cases out of ten the results will be widely different, for while the pure crayon or salve will improve the appearance and keep the lips soft, the adulterated variety will make the skin red, but it will also probably crack the lips.

"There are many kinds of creams sold for massage that should never be used, for they are made from petroleum products that after comparatively few applications will bring out a hairy down on the skin, that to the average womar is exceedingly disagreeable, and to be avoided whenever possible. But aside from the unpleasant results oil ingredients give, some creams contain tallow, lard, and fatty acids that become rancid, and act as astringent to the skin—literally parching it and drying the natural oil out of the pores.

Cheap Powders Are Poisonous.

"Cheap powders are to be used sparingly, too, for some of them are made up with oxide of zinc, oxide of lead and bismuth, all of which are bad for the flesh, for they dry out the oil. Lead and bismuth more generally worked into powders parch the flesh but are not as harmful as oxide of lead, for the latter is a real poison and causes eruptions that are often unsightly. These ingredients are put into cheap powders to make them heavy so that they will stick to the skin and not be blown off, but if those who use them knew the danger they were courting by the application they would never invest again in 10-cent boxes, but would purchase the better grades that cost $1 a package even if they had to go without for several weeks, and then use the powder scrimpingly.

"Cheap eyebrow crayons or salves contain no injurious parts that I know of, though I have heard women complain that their eyebrows got thin and scraggy after using inferior salves, but so far as I know the only even objectionable thing to such inexpensive pencils and salves is that when a person gets warm and perspires the colors run, and when at a dinner, dance, or even an evening at home such a happening is not desirable. For this reason it is better to buy water color crayons that do not rub off, or are not affected by perspiration. These, however, cost, instead of 10 cents, from $1.50 to $2.

Hair Dyes Not So Popular.

"There are no tests a woman can apply to find out whether or not cosmetics are adulterated except by using them. Of course the price paid is a comparatively good guarantee, and then, too, the name of a reputable firm means that they should be of a superior quality, but the only way to know a pure cream or unadulterated powder is to put it on the face. Occasionally even this test fails, for some women with an extremely sensitive skin will have trouble with the best of creams and powders.

"As to hair bleaches, the demand has dropped off during the last year, for fewer women are treating their locks with peroxide. With the decrease in use of bleaches, however, there is an increase in the use of tonics and dressings. Of the former eau de quinine is the best and purest and used in conjunction with brilliantine, a dressing that gives fluffiness to the hair and incidentally helps to keep the short stray back hairs in place, is a real benefit to the hair and scalp, but the average tonics, made as they are on a basis of sulphur, or sugar and lard, will, if used continually, sap vitality from the hair and rob it of its oil and strength.

"Tonics that are colored should also be avoided, for if used on white or light hair they will give the strands a yellowish appearance that is not desirable.

"Tonics are popular just now, I believe, because they are all, that is, the better kinds, softly scented with delicate violet or a suspicion of rose that appeals to the majority of women."

CHILD'S SCHOOL FROCK.

Here is a pretty little school frock which combines beauty and practical qualities. The material is dark blue cashmere with a pin stripe of yellow and the skirt and blouse are cut on thebias. As will be noted the little skirt is kilt plaited with a panel effect in front and the little blouse has a box-plait front with smaller plaits on each side, starting from the neck and running to just below bust line. The flat collar and turned cuffs are made from yellow chamois, trimmed with dark blue velvet covered buttons matching the material.

WHAT TO DO FOR CHILBLAINS, CORNS, CALLOUS SPOTS, ETC.

At this time of the year many suffer with their feet when there is no pain at any other season. Generally the trouble lies in frost bites, called chilblains, which swell and burn and itch intolerably during cold weather. It is the fault of older people when a child's feet become frosted; they are careless about allowing the feet to be held to a fire when very cold, in place of putting them first into cold water and rubbing well to restore circulation.

So, when the feet grow so cold as to be almost without feeling, the very worst thing to do is to warm them by a fire or near heat; the shoes and stockings should be removed and the feet plunged into ice water, which will feel warm. In a few moments a very little warm water may be added, and so on until the temperature is temperate, rubbing all the time. Then, while wet, rub with alcohol and dry well.

It is not generally understood that the more the feet are bathed and rubbed with emollient oils in winter the better their condition. Careful attention to the soles, that they may not have callosities on them; also to the nails that they may not grow crooked or into the flesh; good rubbings at night and in the morning; these all prevent suffering with cold feet and consequent chilblains.

Some lotions and salves for chilblains—After bathing and drying well, rub the feet with a lotion made by adding a tablespoonful of turpentine to three ounces of spirits of rosemary; warm the lotion and rub it in.

If the parts are sore, wet some absorbent cotton with spirits of camphor and bind on them, or keep a jar of camphorated vaseline, which will be found excellent for this purpose, the camphor having a very soothing and curative effect. Sometimes the heel cracks, where a chilblain is very severe, always draw the sides together with a bit of adhesive plaster and then apply a little zinc ointment, which can be had already prepared at any drug store. A 50 per cent solution of balsam of Peru or of icthyol will also be found very healing.

A heroic remedy for chilblains, which should only be tried where the skin is not broken, is to place the feet in a basin or tub that can have an alcohol heater under it; have the water hot, place the feet in and keep them in as long as possible, the flame gradually heating the water more and more.

Then have another basin filled with ice water, plunge the feet quickly into this and rub gently with a soft cloth. Two or three such baths are very apt to cure a case of chilblains, but it is very trying, as the intense heat makes the sore spots throb. It must not be tried where the skin is broken, or sores hard to heal may develop.

Proper Shoes and Hose—People with tender feet, full of callous places, and chilblains, should never wear wool hose. Soft cotton, very light weight in summer, and thicker in winter, will be the best.

The hose should be changed every day, sometimes oftener, where the feet are damp from perspiration or any other cause. Even if the stockings are not washed when changed, they should be dried and aired before putting them on again. It will be found a good plan to keep extra hose and shoes ready to slip into on returning from outdoor exercise, especially when the feet perspire much.

In such cases, to wipe the feet with first warm, then cold water, followed by a rub with alcohol, relieves the disagreeable feeling, and a solution of powdered alum and boric acid will remove any odor. Powders should be sparingly used; they clog the pores and prevent free circulation.

Shoes should be of thick, soft leather, never of the stiff sort, and patent leather should not be worn by those whose feet are the least sensitive; it draws and causes soreness and induces perspiration, on account of its close texture. The shoe must fit; if too loose the foot grows weary, and there is no support, and if too tight, corns and cold feet result.

For callous spots.—Frequently there are callous spots formed on the soles of the feet from standing or from lumps in the sole of the shoe. If the latter, have the matter attended to by the shoemaker, who can easily remedy the defect. Where a woman stands a great deal, she should pay attention to this particularly, as the least wrinkle in the stocking or lump in the sole of the shoe brings about painful results in the shape of various hard "corns" directly on the sole. The daily use of a rather coarse piece of pumice stone prevents these formations, and a fine file may also be used to rub off obstinate places. If these do not keep them down, paint each with a little tincture of iodine, taking care to only touch the spot itself, and to stop when the skin shows signs of cracking.

There are so many good "corn cures" on the market that one can always relieve these painful places. Most of them call for two or three applications, and then the soaking of the feet in hot water, when the corn easily comes out. It is a mistake to pare a corn deeply; it is sure to grow worse and larger and deeper, unless a softening salve is applied at once. For this, one of the best is the plain zinc ointment, and it may be rubbed on freely with a bit of absorbent cotton on top. Corns may be cured if a piece of adhesive plaster is worn constantly, or of the French medicated paper that I recommended.

Character Shown by the Eyes

A muddy tinge to the white of the eye indicates a heavy nature. Too large an expanse of white, in humans as in horses, is a sign of a bad temper.

When the white can be seen as a setting to the iris the person is erratic, with sometimes a tendency to insanity. Nobility of character is shown when the whites shows beneath the iris; and if the upper eye lid droops partly over the pupil, it is a sign of mental ability.

Deep set eyes indicate a melancholy and morose person, while protruding eyes denote a selfish nature.

Eyes that are too close together denote jealousy, and fault-finding, while the opposite adjustment denotes broad intelligence and a tenacious memory. Exaggerated breadth, however, is a sign of stupidity.

Wide open, staring, round eyes mark the mind that does not develop, but is bound up in bigotry, intolerance, and all forms of narrow conceit.

Gray eyes denote intellect and well balanced character, they indicate unselfishness, a strict sense of justice and talent.

Brown and hazel eyes are as a rule, affectionate, gentle, intelligent, and courageous. Nothing good is said of the black eyes.

Blue eyes are loving and ardent, but not intellectual. Very light blue eyes are indicative of cunning and cruelty.

The Centerpiece.

It is important.
It makes or mars.
Either let it be high or low.
If low it is broad and squat.
If tall, there should be a slender vase.
The low arrangement may be an entire plant.
The high scheme should be done in long-stemmed flowers.
A lovely pinky Gloire de Lorraine begonia is rich in a silver receptacle.
Roses, carnations or poinsettias are ideal for the tall vases, if the stems be very strong, that is.
Dark green ware may be used with good effect with lovely cyclamen or dainty heather.

Family Heirlooms Set in Hatpins

"It is the perfect love of a hat, Madame Louise, but there is no place for my hatpins," said a well-dressed woman sitting before a mirror at the milliner's. "It is true," she admitted, turning the hat around critically, "but—well; we might arrange this bow to make room for one pin on this side.

The woman looked doubtfully at the bow, and then at the two exquisite hatpins in the table before her. "No," she said, reluctantly. "I'm afraid it would spoil the smart touch that bow gives the whole hat to move it. I'll look further. Thank you, so much." And she put on her own hat and swept out.

Such is the craze for novel and elaborate hatpins that milady now buys a hat to tone with her pins; that is, unless her purse is unusually well filled and she may satisfy her taste in hatpins to go with each hat, says the Portland Oregonian.

Jewelers have had many orders recently to set odd old stones—family heirlooms, perhaps—into hatpins. Some of the most expensive pins have been made from large uncut rubies, opal or jade, hammered bits of gold and specimens of inlaid tortoise shell.

A favorite hatpin of Scotland is the thistle, the flower of the country, fashioned of gold and amethysts, or gold and topaz. Another odd hatpin of that country is made from a number of Scotch pebbles inlaid in old silver. A conspicuous detail of the British pin is the strength and firmness of the pin itself; it is a veritable stiletto.

One ingenious woman who has returned from a trip through various parts of Canada has had two souvenirs which were given her during her travels set on hatpins. One was a small gold dog and the other was a pin with the Canadian arms in gold enamel. They are not as pretty as some of the pins in the shop windows or the jeweler's showcases, but they are odd and interesting, and it is one method of disposing, usefully, of the souvenirs.

Some of the imitation stones or amber or coral tops are so heavily set as to be almost top heavy, but worn with the right hat they add a very effective touch to the trimming.

A large cameo pin was made over into a hatpin and used in a hat of gray soft felt, trimmed with slate-colored ostrich feathers and velvet ribbon in two tones of gray. The cameo in its delicate pink tints was the only color on the chapeau, and the effect was dainty and quaint, yet entirely up-to-date.

Receiving Graciously.

Don't receive ungraciously. Even if you don't like what you get, pretend to, so far as you can; this does not mean gushing.

Don't count your gifts aloud, and then boast of the number; nothing is so execrable.

Don't insist on showing your gifts to every chance caller for the next two weeks after Christmas. For intimate friends this is well enough, but don't keep it up too long; even friends' admiration has its limits.

Don't expect a present because you give one. This makes a Christmas a time for barter—an objection often, with some truth, alas! raised against Christmas giving.

Don't apologize if you have received and not given; it is most unpleasant on both sides.

Don't be ungracious if you receive a gift from some one "beneath" you; it may have been given in all sincerity, not to propitiate or to curry favor. The receiving of unwelcome favors is one of the hardest things to endure, but we all have to endure it sometimes; at Christmas let it be done graciously.

Don't make fun of anything that is given you, no matter what it is; this is the "beyond which not" of bad taste.

Don't put off writing your notes of thanks too long; and don't make them too long when you do write them. If you have something definite and pleasant to say about the gift, say it with sincerity; but don't gush meaninglessly. It is most unpleasant to be gushed at about a present that the giver feels sure was not a success.

SIMPLE LITTLE THINGS TO DO TO KEEP WELL

There are many petty illnesses, such as gastritis, ptomaine poisoning, and acute indigestion caused by not having the stomach clean.

The demand of commerce has rendered our food of an uncertain cleanliness, and if we get some nourishment from such food, we also get some impurities that are not easily thrown off, and sooner or later there will be troubles brewing, from gases formed by these unwholesome foods.

It is a safe plan to watch the condition of your tongue occasionally.

It it looks furred and white, you can safely take, without consulting a doctor, a generous dose of calomel, two or three grains at bedtime, and a tablespoonful of Rochelle salts in a glass of hot water, a half hour before breakfast the next morning.

You may consider calomel old-fashioned, and not want to take it. So it is old-fashioned, but the medical profession have found there is nothing better than calomel to clean thoroughly the interior digestive tract.

It works the whole way through, the stomach, the liver and the intestinal tract. After a good dose of calomel and salts you may have a clear conscience as far as your tongue is concerned.

It is necessary to flush the stomach, drink plenty of water, and occasionally drink a glass of hot water and salts before breakfast if you only need a slight internal stimulant.

But if you have violent cramps in your abdomen, or pains after eating, do not wait to take calomel, as that is a slow-working process, but take a tablesponful of castor oil and lemon juice, and a half hour after that drink a glass of hot water or a cup of hot tea—it is chiefly for the heat—as that sets the castor oil busy. I am sure there have been many cases of so-called appendicitis cured by a dose of castor oil; it is simply a matter of getting ahead of the surgeon's knife.

It is imperative to keep your breath sweet and clean, and to do this your teeth and stomach both must be in first-class condition.

It is a good thing once in a while to wash out your mouth with some antiseptic mouth wash, or listerine, and if you use Lyon's tooth powder at least once a day, you cannot get a stagnant feeling or odor from your teeth.

If your breath does not seem just right, it can be counteracted by taking a pinch of bicarbonate of soda (cooking soda) in a glass half full of water.

This is also good for hiccoughs, but sometimes hiccoughs are caused from different reasons, therefore different remedies would need to be used.

An empty stomach will have hiccoughs from too much gas, and in that case eat dry bread or whatever food is convenient, of a solid nature, such as bread, meat, cereals, or cooked vegetables, sometimes if the stomach seems light and heavy with food and there are hiccoughs, a drink of water will stop them.

Also if you exclude the air from your lungs and stomach, by holding your breath, and closing your ears with your fingers, the gas will cease to form, and the hiccoughs will stop.

If there is too much acid in the stomach as after eating and the hiccoughs become distressing, drink a pint of warm water and stick your fingers down your throat and induce throwing it up.

This will empty your stomach and relieve you of the distress and maybe prevent an attack of gastritis.

There have been such serious cases of hiccoughs, caused by gas in the stomach, that it is well to know what to do.

Other remedies to stimulate the liver are, citrate of magnesia one glass full before breakfast, Epsom salts before breakfast, or a tablespoonful of olive oil.

As to Breakdowns.

She—Would you rather walk or ride there?

He—Well, I've been out in the motor car so much lately that I think I'd rather ride for a change.

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Now Think of Your Home

Now the excitement of Christmas is over, you have time to sit down and plan for those needed things for the house, and there is no necessity to wait for them, even though you did spend more money than you intended on Christmas gifts. We invite you to select whatever you wish from our immense stocks, and we will arrange the payments to suit you. We charge no interest and all our prices are marked in plain figures. We are offering many special values now.

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