REDUCING FACIAL DEFECTS--By KATHERINE MORTON.

MANY a girl whose beauty is marred by some small facial defect gives herself up to despair or the firm convictions that nothing will relieve her affliction save a severe and expensive surgical operation. Then she proceeds to render herself even less attractive by grieving or fretting, when perhaps some simple remedy is right at hand. For instance, there is the woman with prominent cheek-bones. Nothing makes a woman look less gentle, feminine and youthful than this defect. But it can be softened, almost hidden. This girl should wear a particularly broad coiffure, fluffed out above her ears in large, loose waves. Her hat should always give the effect of a background and frame combined. That is, it should droop well around the face, with a soft brim and feathers. She must give particular attention also to her eyes, that they may divert attention from her unfortunate cheek-bones to their own charm. There is no reason why she should not have full lashes and eyebrows, whatever the color and size of her pupils. Here is a formula for an ointment to improve scant eye-brows:

Red vaseline, 2 ounces; tincture of cantharides, 1-8-ounce; oil of lavender, 15 drops; oil of rosemary, 15 drops. Mix thoroughly. Apply to the eye-brows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often. This ointment may be used for the eye-lashes, also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

The eye-brows should be carefully trained into a graceful bow or arch. This is accomplished by brushing night and morning in the right direction, and if they are very irregular, they must be shaped by removing straggling hairs with a razor. The long, unsightly hairs which sometimes appear above the bridge of the nose should be removed with tweezers. Never allow any one to induce you to drop belladonna into the eyes to make them brilliant. It is dangerous to the sight. If the eyes are red or look swollen, employ this simple lotion to rebuke inflamation:

Distilled witch hazel, 1 ounce; pure water, 1 ounce. To be used especially for eyes irritated by cold. Bathe the eyes frequently with the wash.

You can buy an eye cup at any drug store for ten cents. Fill the cup with the lotion, fit the cup firmly around the eye, and tilt back the head. If your eye-brows and lashes are colorless use the following stain, which is entirely harmless:

Gum arabic, 1 dram; India ink, 1-2 dram; rose water, 4 ounces. Powder the ink and gum and triturate small quantities of the powder with the rose water until you get a uniform black liquid in a powder, and add the remainder of the rose water to it. It should be applied with a very tiny camel's hair brush.

When you have treated your eyes in this simple but effective fashion and dressed your hair properly, you will be surprised to find how little those prominent cheek bones obtrude on your improved ensemble. The woman with what is known as the sagging face can relieve her haggard and old appearance by persistent treatment before her own mirror. This can be done either by a combination of skin food and massage or by the use of a suction cup. The best skin foods all contain lanoline and many women fear to use it because it has the reputation of growing hair.

PLUMBING THE CHEEKS.

THE CURE FOR A DOUBLE CHIN.

BLEACHING PAD FOR THE NECK.

This danger can be avoided if the skin food is properly used. First, wash your face thoroughly, and dry it more than thoroughly. Leave not a speck of moisture upon it. Now apply the skin food and massage well, using upward and outward strokes, never downward. Then wash out the skin food with pure soap and water and dry thoroughly. The reason a growth of hair follows the use of skin food is hat the pores are damp and the oil sticks in the pores. The following is an excellent formula for skin food:

White wax, 1 ounce; spermaceti, 1 ounce; lanoline, 2 ounces; sweet almond oil, 4 ounces; cocoanut oil, 2 ounces; tincture of benzoin, 30 drops; orange flower water, 2 ounces. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly the orange flower water.

The suction cup is on sale at any first-class drug store, and costs from 50 cents up. It looks like half a glass, topped by a rubber bulb. To us this cup, plant it firmly on the face in the middle of the chin, press the bulb, and the edges of the glass will attach themselves to the skin. Now, work the suction cup upward and outward, covering as much surface as you possibly can on the right cheek, then press bulb and release the glass edges. Start again in the middle of the chin and work your way upward and outward on the left cheek. Always clean the cup thoroughly after using. A common cause of hollow, sagging cheeks is bad teeth. No woman who makes a pretense to good looks cannot afford to have one tooth missing from her mouth. Cosmetic dentistry has made it possible to build up a new tooth on a mere fragment of shell, and teeth are even planted in the gums. Porcelain fillings are now preferred to gold, which make the teeth look dark, and porcelain false teeth are preferred to the more conspicuous gold crowns. Great hollows in the jaws cause not only sagging cheeks, but the uncleanliness of the mouth, offensive breath, indigestion and malnutrition.

The gir who has a homely nose generally thinks her case hopeless. If the nose is badly formed a surgical operation is sometimes necessary, but these are defects that can be remedied by patient efforts at home. Many noses owe their unshapeliness to too vigorous use of a handkerchief. This very essential article of dress hould be used gently. It was not intended to wring the nose with, nor yet to rub the nose up or sidewise. One cause of the bulbous red nose is th too strenuous use of the handkerchief, when it is twisted roughly around the nostrils. Sometimes a nose becomes inflamed and swollen because the nasal passages are not in a healthy condition. In cases of chronic catarrh so simple a treatment as sniffing up tepid salt water will not only cure the catarrh, but reduce the swelling of the nose and the size of the nostril. As soon as the nasal passages are cleared and the nose is in a healthy condition the patient will stop breathing through the mouth. Then by contracting the nostrils through artificial means the size of the nostril will be further reduced. Whenever she is alone let her draw in the breath sharply, contracting the nostrils as she does so and holding them in this position as long as possible before expelling the breath very gently through the nostrils.

If you have not patience for this exercise, done persistently and patiently, buy a small instrument which looks very much like a clothespin and fasten this on either side of the nostrils when you retire. It is not uncomfortable and it can be bought at any first-class surgical instrument shop. There is nothing which coarsens a woman's face more than large, spreading nostrils.

An evil which follows closely on the train of breathing through the mouth is the drooping lines around the mouth, a sagging, aged expression and a double chin. When these defects appear, strenuous measures are needed. Buy a chin strap at any house dealing in surgical instruments, or tie up your chin, as you would for toothache, with a soft silk handkerchief. This will force you to breathe through the nose and reduce your double chin.

The girl who walls over her retreating chin can improve its shape by sitting perpersistently with the palms of her hands under the chin in such a way that they thrust the chin forward. This will not be accomplished quickly. It will take months. But even as a retreating chin is a sign of weakness of the will, so the persistent, patient effort to thrust the bone forward will strengthen the weak will it indicates. The remedy will not work unless you realize every minute that there is pressure under the chin. Unless a mouth is hopelessly large, you can mold its shape by your own will. Italians say that the eyes show the soul as God made it, the mouth shows what we have made of our own souls. Just as you develop your character, just so will the shape of your mouth change. Repress anger, smile when you feel an inclination to pout, and keep the corners of the mouth turned upward with cheerfulness if you want a pretty mouth.

If the lips are swollen and thick, use this lotion:

Melt an ounce of any of the cold creams, add one gram each of pulverized tannin and alkanet chips; let macerate for five hours, then strain through cheese-cloth. Apply to the lips when necessary.

Another method of reducing the lips is to take infinite care with your enunciation. Speak slowly and distinctly, as actors do. This will strengthen the muscles of the lips and reduce the flabbiness, giving them gentle curves and a better contour.

The girl with outstanding ears can undergo a slight operation, the cutting of tendons back of the ear, but this is not necessary if she will patiently work out her own salvation at home. She is probably sleeping, and has been since childhood, with the ears bent forward, instead of laid close to her head. To cure this habit ,make a skeleton cap of tapes which cross over the ears, around the forehead, and over the head, and sleep in it every night.

The girl with the brownish neck and shoulders, and who because of this affliction is barred from wearing decollette gowns, can soon cure her trouble. Make a cape of canton flannel like the one shown in the illustration, and every night dip it in the following solution and wear it all night:

Bichloride of mercury in coarse powder, 10 grains; distilled water, 1 pint. Agitate the two together until a complete solution is obtained. Then add one-half ounce of glycerine. Apply with a small sponge as often as agreeable. This is not strong enough to blister and skin the face in average cases. It may be increased or reduced in strength by adding to or taking from the amount of bichloride of mercury. Do not forget that this last ingredient is a powerful poison, and should be kept out of the reach of children and ignorant persons.

Never forget to keep the bottle labeled "Poison." The ingredients are not dangerous when used externally.

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HOW TO EXERCISE WITHOUT APPARATUS---By A. E. VAN DOOZER.

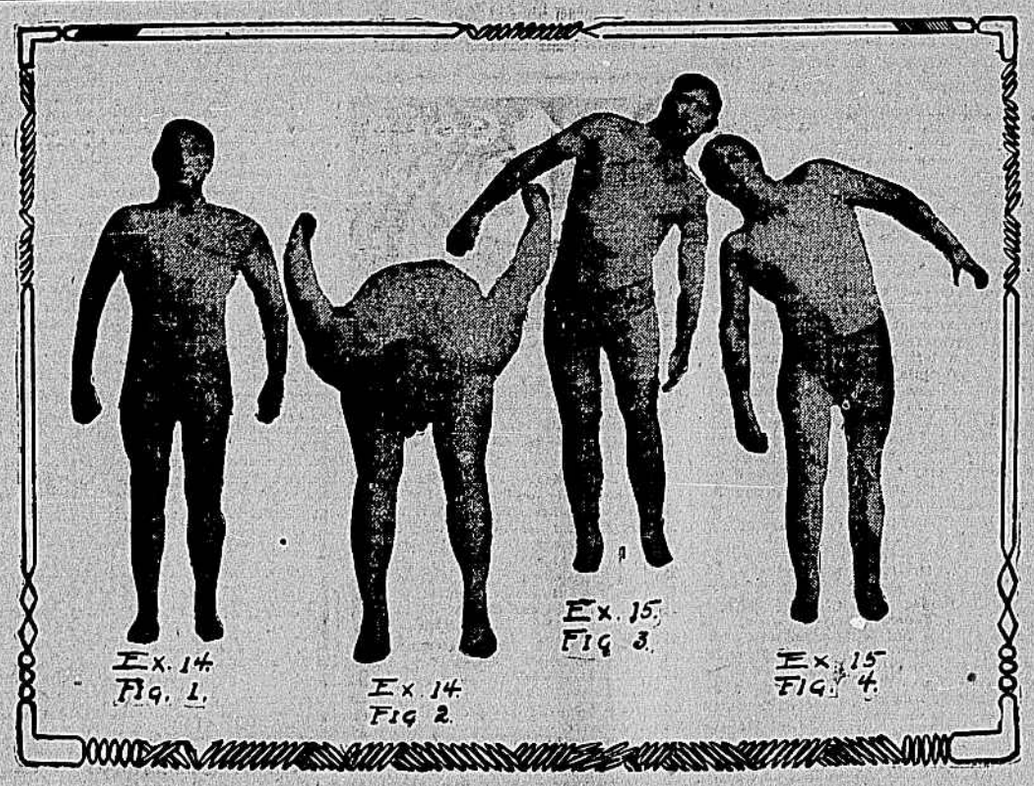
One of the most important discoveries of modern times was that of the circulation of the blood, made by William Harvey in 1628. Little did Harvey realize the great benefit which he was bestowing on mankind when he announced the process by which the blood circulates equally and regularly in all parts of the body. Not only did he make his own name immortal, but he ushered in a new era in the sciences of physiology and anatomy and in the practice of medicine and surgery. What the application of steam was to navigation such was the application of this theory of blood circulation to medical therapeutics.

Previous to Harvey's day the knowledge of medicine was very meagre and the practice of surgery was crude. Physicians were generally experimenters and surgeons were frequently nothing more than butchers. Their patients could more often be found in the graveyards than elsewhere, while their theories and practics savored largely of superstition and errors. Harvey's discovery gradually changed all this. Upon the correct knowledge of the circulation of the blood as a foundation a great superstructure of physiological science was built. This has been improved from year to year by new discoveries, while old, erroneous ideas and practices have been eradicated until at the present time the science of physiology stands foremost among the sciences and the physiologist and the physician and surgeon are counted among the most honored and useful citizens of the world. Nor are we surprised that Harvey's great discovery should have wrought such a revolution in the medical and surgical sciences when we stop to consider that a right understanding of the process of blood circulation is absolutely necessary to the correct diagnosis and treatment of disease.

Many of the diseases which afflict mankind to-day are attributable to an impure condition of the blood or to a defect in its circulation. Besides the ordinary diseases of the blood, with which we are familiar, nearly all cases of catarrh, colds in the head, congestion of the lungs, pleurisy and pneumonia, and even paralysis, may be traced back to these causes. For this reason it is necessary that everybody should know something about the circulation of the blood and how to improve it and keep it in good condition.

How frequently we hear some person say: "I wonder why I catch cold so easily. I cannot expose myself to the slightest change of temperature without contracting cold." Probably this person would be surprised if he were told that a poor circulation was responsible for this, and yet it is usually the case. A cold in the head is caused by a congestion of blood in the mucous membrane lining the throat and nose. In certain circumstances, people in robust health and in whom the blood circulates evenly and regularly, will contract colds, but not often, and when they do they generally throw them off in a few days without further trouble or inconvnience, but persons who are afflicted with poor circulation will invariably catch cold at every exposure. In time the cold becomes chronic and develops into a bad case of catarrh, which may require many years of treatment to cure. If the cold settles on the lungs, it causes congestion, and if not immediately relieved, often results in pneumonia and death.

A cold in the head is such a common occurrence that many people think it of no consequence and neglect treatment. They let it take its own course, but this is wrong. As soon as a cold is contracted, immediate treatment of the right kind should be begun to relieve the congestion. I say treatment of the right kind, and I do not mean that one should resort to the use of drugs or patent medicines. Patent medicines should never be used under any circumstances; they are poisonous and extremely injurious, besides this they are useless, and he who spends his money for them had better throw it away. Drugs, with the exception of some simple vegetable laxative are not needed in the case of an ordinary cold, and as they are more or less injurious to the digestive organs never should be resorted to only in cases of absolute necessity. The treatment of a cold should be physical and hygienic rather than medical. When the first symptoms are noticed a physic should be taken whether you need it or not; after this resort daily to the exercises which I have prescribed in these articles. Continue in each daily exercise until you perspire freely; this will not only get your blood circulating, but it will open the pores and flush out the impurities. Follow this up with a quick cold bath, rubbing yourself with a coarse towel or flesh brush until the skin is very red. If you wish to throw off a cold quickly eat but two meals a day and let the food be of the simplest and most digestible kind. Better than this is it to fast altogether for at least one day.



Never overeat, for the old saying, "Stuff a cold and starve a fever," is bad advice and will do much damage.

But the prevention of a cold is far better than a cure thereof. And, as I have already stated that the majority of colds are caused by defective circulation of the blood, the best way in which a person can fortify himself against catching cold is to improve his circulation and keep it always in good condition, for when the blood is circulating evenly and regularly through all parts of the body, there is no congestion and colds cannot be contracted.

To insure a normal and regular circulation of the blood, three things are absolutely necessary—nourishing food, plenty of pure air and regular exercise.

The diet of a person has much to do with the quality of the blood. If the blood is too thick or too thin, caused by a deficiency or over-abundance of red corpuscles in it, it will not circulate evenly and equally in all parts of the body. Coarse food that is easily digested produces the best blood, and people whose diet consists in such are free from blood or circulatory diseases. The Highland Scotch, for example, live almost entirely upon oatmeal and similar plain food, and notwithstanding the fact that their climate is very severe and that they expose themselves to great cold and sudden changes, wearing comparatively light clothing, they are not subject to diseases of a congestive nature, while catarrh is almost unknown among them and colds are very rare and do but little damage.

Pastry and desserts and other indigestible articles of diet not only injure the digestion, but fail to supply the nutriment to the blood which is needed to build up the system. When light lunches are to be taken, the food should be of the most nutritious nature. The habit of some business men of going into a restaurant at noon and eating a piece of pie and washing it down with a cup of coffee is very injurious. On such occasions a plate of soup or a bowl of mush and milk should be taken to supply the nutriment needed.

Pure air also is necessary to improve the quality of the blood, for it is by air that the blood is purified. Every person should sleep with his windows wide open, avoiding drafts. But the most important factor in the improvement of the circulation is regular and systematic exercise. The blood will be stagnant if regular exercise is not taken. The business man who sits in his office all day and who rides to and from his place of business on the street cars and who never exerts himself any more than necessary will sooner or later be attacked by diseases of the circulatory system. He will notice that his hands and feet get cold on slight exposure and that his countenance becomes pale and his nose becomes red in damp weather. He will sneeze frequently and catch cold easily. What he needs is more exercise to get his heart in good action and to start the blood circulating throughout his body. Let him follow the directions which I have given in these articles from time to time in regard to exercise, also observing the suggestions which I have made as to diet and pure air, and he will soon find a great improvement in the circulation of his blood and in his general health.

Up to date I have presented to you thirteen exercises, which as a whole work nearly all of the muscles of the body. To-day I present to you exercises Nos. 14 and 15, which, in their simplicity, are very fine for the muscles around the abdominal region of the body.

Exercise No. 14—Figure No. 1 shows the position of the body when you are ready to execute this movement. Remember to first inhale, filling the lungs to their utmost capacity, at which time contract the abdominal muscles and also elevate the diaphragm, then with muscular resistance push the body forward until you arrive at position shown in figure No. 2. Now by the same method press the body upward until you arrive at the position shown in exercise No. 14, figure 1. Do not forget that it is absolutely necessary to carry the limbs absolutely rigid while executing this movement.

Exercise No. 15—To execute this movement start with the body in the same position as shown in figure No. 1, exercise No. 14. Remember the breathing, also the use of the abdominal muscles and diaphragm. Carry the body erect and the chest elevated, bending from side to side, as shown in figures Nos. 3 and 4. Do each one of these movements at least four times in one breath ,then pause, exhale and inhale, and repeat.

To-morrow morning please spend 15 minutes at this work, after which take a quick cold bath and a brisk rub down, when you will be ready for a hearty breakfast, that you will relish to the utmost and you will also find that your Sunday will be spent in a great deal happier mood.

Wishing you results, I am, yours most sincerely,

A. E. VAN DOZER.

NOVEL ENTERTAINMENTS---Edited By MADAME MERRI.

Thirty-six persons were invited to this enjoyable affair. Six tables were distributed through the rooms, at which six guests were seated and served, and stringed instruments played softly during the repast. The place cards bore a musical quotation, and a violinist, a pianist, a soprano and a baritone took part in the programme. They were all good friends of the hostess. Each table had a different flower, with candle and shade to match; for instance, one table had a long-stemmed American Beauty rose at each place, with the candle shade of the same beautiful crimson; one table had snow white lilies, another yellow roses, and another carnations, etc. The menu was very simple, but exquisitely served. First, grape-fruit thoroughly chilled, sweetbreads grilled on toasted breadfingers, potato croquettes, asparagus salad, orange ice, bon-bons, salted nuts, French coffee and cheese wafers. Here are some of the quotations, which were done in fancy lettering:

"Music exalts each joy, allays each grief."

"Here will we sit, and let the sound of music break on our ears."

"And softly the delicate viol was heard, like the murmur of love or the notes of a bird."

"We know they music made in heaven;"

"If music be the food of love, play on."

"There's music in the air."

"There's music in all things, if men had ears."

There were eight numbers on the programme and encores were not responded to; it is wisdom to have one's entertainment too short rather than too long.

A Unique Luncheon.

This was a luncheon given to a young woman on the eve of her departure for Europe. The table centerpiece was a toy dray piled high with miniature trunks, and the place cards were dress-suit cases with the name of the guest written and pasted on the side. A silver traveling cup in a case of leather was the favor at the guest of honor's plate. After the luncheon had been served, the maid brought in a pile of steamer letters, one from each person; they were read "en voyage." When the desert was served, the maid appeared with telegrams, and one by one they were read by the favored guest. Of course, these had all been previously prepared and sent to the hostess. At the finish of the menu before the guests left the table, the little dray with its horses, was helped to go the rounds of the board, and a trunk was unloaded at each place; they were filled with after-dinner mints. The trunks and dress-suit cases were candy boxes, and the dray was borrowed for the occasion from a small boy in the neighborhood.

After luncheon, the hostess passed envelopes, each one containing a souvenir postal card, cut into odd bits, puzzle-fashion. The person who succeeded in putting together her card first was awarded a souvenir—a foreign photograph plainly framed.

An Economy Contest.

A novel economy contest between four housekeepers may not be without interest to our readers. It all came about in talking over the extravagance and work connected with entertaining, and how far the true spirit of hospitality seemed to have been overlooked in the mad rush and endeavor of each hostess to do just a little more than "Mrs. So-and-So." So out of this discussion it was agreed that each one would give a luncheon, the cost for the four not to exceed one dollar; that they should wear the simplest of gowns, and that they should bring their work, and one should read aloud for one hour; also, each person was to tell or read some item of current interest. Gossip was to be tabooed, and meetings were to be held once in two weeks. This is certainly a step in the right direction. Let us hope that there may be many more economy clubs for they are greatly needed all over the country.

A gift sent to a friend is doubly welcome and much more appreciated if accompanied by a sentiment apropos of the occasion. It gives a touch of individuality and recalls to mind the old saying, "A gift without the giver is bare." The following jingle may just fit an occasion:

To go with an umbrella:

"Open me and raise me high,
And in damp weather keep me nigh;
Or, even when the sun shines bright,
I'll keep its rays from you all right."

To go with a pair of gloves, sent as a valentine:

"A little hand, a soft white hand,
A hand I know 'tis thine,
These gloves will fit; so may I ask
That gloves and hand be mine?"

To send with a brooch at Christmas-time:

"I'll hold your tie, or ribbon bow;
I'll help in any way you know;
On breast or belt of neck, I'll stay,
And stick there tight this Christmas day."

To send with a pen-wiper:

"Oh! when in distant lands thou art,
(The time will come when we must part
And rivers roll 'tween me and thee)
Perchance thou'lt write a line to me.
Your letter being finished, then
Here's wherewithal to wipe your pen."

To go with a purse:

"May your purse be heavy and your heart light."

To go with a cup and saucer.

"When out of this cup you are drinking your tea
Perchance you will then think kindly of me."

To go with a wedding ring:

"I take you as a gift that God has given,
And I love you."

A Chinese Party.

For a change from things Japanese, we shall call this affair a Chinese party. Send out invitations on red cardboard, with the writing running up and down the page; watch a Chinaman in a laundry make out his bill, and you will get the idea. The gorgeous flag of our oriental friends may be used most effectively with the bright cotton cloth, known as turkey red. Use quantities of red and yellow flowers, either real or of tissue paper. Of course, the ever-pleasing Chinese lantern will swing from every available spot; also the paper umbrellas and fans. Throw superstition to the winds and arrange peacock feathers in tall vases against a red background. They are in great favor with our yellow-skinned neighbors.

Spread the dining-room table with a scarlet cloth, and, if possible, use the beautiful Canton china. The centerpiece should be a Chinese lily; the bulbs may be purchased; they are not expensive nor hard to grow. Rice and chopsticks should figure in the refreshments; then there could be sandwiches made from salmon or sardines, tea, both hot and cold, and candied ginger bon-bons.

At a wedding supper, the guests found at each plate a dainty little white basket made from spun sugar and filled with candied puffed rice, colored pink.

The question was asked why rice was always used at a wedding, and one of the guests related this pretty tradition:

In the early ages doves were symbolical of peace and happiness. A bridal party in passing along a thoroughfare, so frightened these gentle birds that they flew away in alarm. To avert the bad omen which their flight signified for the newly-wedded pair, rice was thrown in profusion to allure them back. The strategy was successful, and the couple were so prosperous and happy that ever since rice has been used as a symbol of good luck, peace and plenty.

WOULD STOP HAZING.

Champ Clark Talks On the Naval Academy Affair.

"If I had a son to go to the Naval Academy under the present system I would give him a revolver and a knife and tell him to get through by using them," said Hon. Champ Clark, of Missouri, many times Congressman and the man who had only a few minutes before confided that he didn't have to go home Christmas to fix up for renomination. He has also said that if he had to fight for the nomination he would never get to Congress.

"Election is hard enough for me," said he before lecturing at the Phoenix Club.

Mr. Clark was asked to talk of the Naval Academy, which he knew as a member of the committee having it in charge some years ago. He was plain and to the point, and he especially derided the effort at keeping order.

"If I had my way we would stop this hazing if we had to fire every professor, teacher, officer and student down there to do it. It's all right to have fighting, but that can be stopped. When I was president of a little college down in West Virginia, when I was twenty-three years old, four great big fellows blacked a Green Mountain boy from head to foot. He was supposed to be asleep, but he came to me, told me who the boys were, and asked what he should do. I sent for the men, each of whom was older than I, and I gave them three things to consider. It was apologize, resign or get licked by me. All four finally apologized, and there was no more fighting.

"A friend of mine had a school out in the West. There was hazing with serious results, and he fired the whole senior class. There was no more hazing.

"When the three men who were up for reinstatement by Congress some time ago asked us to get them back, I fought their efforts. I said then that if we let down the rule, those men at the Naval Academy would not be able to cope with future cases, and I'm right.

"I'd stop it, and I'm in favor of a law that will stop it, sure and for always."—Baltimore Sun.

Census of the British Indies.

Consul-General Guenther, of Frankfort, has extracted from the English Blue Book the following facts and figures:

The British East Indies comprise 1,768,597 square miles with a population of 294,000,00, almost 41,000,000 more than twenty years ago. This population lives in 2,148 cities and 728,005 villages with 53,841,815 dwellings. Two hundred and sixty-five million live in the country and of these 192,000,000 support themselves entirely by agricultural pursuits. The chief product is rice, with which 70,000,000 of acres are planted. Last year the rice crop amounted to 439,280,700 hundredweight. Of wheat, which comes second, the crop was only 9,600,000 hundredweight. Of the population 207,000,000 are Hindoos and 62,000,000 Mohammedans. The total number of Christians is 2,923,241, of whom 2,000,000 are natives, an increase of 700,000 in ten years. In the whole of India there were only 18,000 Jews; 277,000,000 can neither read nor write. The taxes per capita of population increased from 36 cents ten years ago to 43 cents at present. The total railroads of India yelided last year a net revenue of £860,069, while only five years ago the deficit amounted to £600,000.