

Health, Beauty and the Household



What Spring Means to Your Good Looks

By Mme. Lina Cavaliere, the Most Famous Beauty.



"In Spring the skin requires a smaller quantity of the simplest, purest cold cream."

If I were asked what months are most favorable to feminine beauty I should answer that they were the late Spring months, and that April is the best friend to beauty of all the year.

The cold winds of Winter and early Spring, that roughened and made brittle the hair, have passed. No longer are the natural oils of the skin dried by them, destroying the fine texture of the skin and making its satinlike ideal seem far off.

The stomach has revolted against the six months' regime of rich and heavy food, and craves as its due the light and palatable green things.

Beauty by natural selection seeks the early salads. She feasts on that nourishing, appetizing dish that is one of the first signs that Spring has come. She craves fruits and has a growing distaste for the sweets on which she has too freely feasted during the Winter.

The weather has tempted her to laziness and its ensuing fatness of figure and heaviness of face. It is time for her beauty's sake to turn over a new leaf.

The best beginning is to provide yourself with the right sort of costume for daily walks in the rain. If you have a choice between walking in the morning when the rain is falling or in the afternoon. There is but one caution. Prepare well for this walk.

Every girl should have a "storm suit." This entails no heavy expense. If you can afford to buy a smart new serge or cravenette, which is preferred, or any other water-proof cloth, do so.

The skirt should be very short, from four to six inches

from the ground, and should be even all around, so that the back of the skirt will not sag and spoil the neatness of the frock. The jacket should be warm, but short, for long, heavy coats prevent freedom of movement, which is half the pleasure of walking.

Rubbers and rubber gaiters, or, still better, high rubber boots, are needed for the complete storm costume. No hat is better than the Alpine of soft felt, with a ribbon or scarf of washable silk around its crown. Strong gauntlets should be worn, for that physician who said, "Always keep your pulses warm," gave admirable advice.

Don't wear a veil. Let April do its beneficent work upon the complexion. Let the rain beat upon it as much as it likes. You will be a little mortified to find how much cleaner your face will look. And you had thought, too, that you were most careful about your skin. Probably you were, but the April showers have most searching powers.

Walk steadily. Don't loiter in these showers. Don't carry an umbrella. Walk sturdily and briskly, as though you were hurrying somewhere and had not a moment to lose.

Don't stop at shops. Don't go into a confectionery. Don't let any one persuade you to stop on the street corner. Your blood is up from this walk. Keep it up. Don't invite a cold by slackening for a moment your speed. Walk at a five-mile an hour gate.

When you have walked your two, three, four or even five miles in the rain hurry home and get quickly out of the clothes and into a tubful of tepid water or under the shower, or turn a spray from the bathtub faucet upon yourself. Rub briskly with a soft, but long napped towel. Then dress quickly and warmly and go about the other duties of the day. If you are trying to reduce your flesh don't lie down after these April walks.

If your hair has been wet or even dampened in the walk, give it a thorough toweling, rubbing the scalp dry with the tips of the fingers. If you live in the country it would be well to let your hair hang while on these walks. An April shower is a superlative shampoo.

If there is no cistern in your home put foot tubs and pails out to catch the April rain. Put it in closed jars or large bottles and keep them corked. Use this for all your face baths while it lasts.

While in Summer the cold creams should contain or at least be supplemented by tan and freckle lotion, and while in the Winter the drying effects of the cold winds should be offset by creams containing much oil, the April weather supplies all the necessary moisture, and the sun has not yet become ardent enough to tan or freckle the cheeks. In April, then, there is need of a smaller quantity of cold cream, and it should be of the simplest and purest sort.

This is a valuable cream at this season:

- White vaseline, five ounces.
 - White wax, one ounce.
 - Spermaceti, one ounce.
 - Extract of witch hazel, one and one-half ounces.
 - Oil of rose geranium, four drops.
- Also this:
- Glycerine, three-quarters of an ounce.
 - Tincture of benzoin, one and one-half drams.
 - Rosewater, one ounce.

Mix the rosewater and benzoin, shaking them well. Pour in the glycerine slowly, a few drops at a time, and keep on shaking the mixture.

So the moisture of April and the softness of the air make few other aids than the natural ones of careful diet, cleanliness and plenty of exercise out of doors necessary. But if the hair is persistently weak one April among a ruder eleven months cannot wholly restore it. Weak hair is

often broken by the weight of the head and contact with the pillow at night. To prevent this some women resort to nightcaps. Now nightcaps, as usually made, of muslin or silk, and weighted by ribbons, are an evil. The short hair upon the scalp can be protected by a large-meshed net worn loose and fastened by a rubber cord, or, better, a narrow ribbon.

If you did not make at the beginning of the year a resolution to use as few hairpins as possible, make it now, and keep it all the rest of your life, for hairpins, especially the wire sort, scratch the scalp. Change the manner of wearing the hair, so that that spot on the scalp where the pins have lain in the old coiffure may rest. Hairpins are as great a menace to a woman's scalp as the wearing of a heavy unventilated hat is to a man's.

To soften the hair and give it a greater brightness that famous beauty, Lola Montez, gave this advice:

Beat up the whites of four eggs into a froth. Rub that froth thoroughly into the roots of the hair. Allow it to dry upon the scalp. Then turn upon the hair a small rubber spray made of equal parts of rosewater and bay rum, washing the hair thoroughly down from scalp to root with the spray.

The one-time fashionable "honey water" is still extensively used in Europe for washing the

hair. It leaves also a perfume that to exotic tastes is delightful. Lola Montez recommended this luxurious wash:

- Distilled water, four ounces.
- Spirits of wine, five ounces.
- Orange flower water, four ounces.
- Essence of bergamot, two drops.
- Oil of cloves, fifteen drops.
- Essence of ambergris, one drop.

Miss Montez, who was a dancer and an actress before she became a court beauty, tells us of an actress friend who had warded off the advance of that always distressing mark of age, gray hair, by treating her hair three times a week with this:

- Oxide of Bismuth, three drams.
- Spermaceti, three drams.
- Fresh lard, three drams.

For the prevention of baldness she had secured this recipe:

- Boxwood shavings, six ounces.
- Proof spirit, twelve ounces.
- Spirits of rosemary, two ounces.
- Spirits of nutmeg, one-half ounce.

The beauties of that time contrived to steep the boxwood shavings continuously at a temperature of 60 degrees for two weeks. The liquid was then strained, and to it were added the other ingredients. Kept in a cool place and corked, the mixture was applied to the scalp, rubbing it well in every night and morning.

The Doctor Says

By John B. Huber, A.M.M.D.

WHAT are the early symptoms of consumption?—S. J. P.

(1.) A cough lasting more than a month (except whooping cough). Such a cough may not, of course, mean consumption (tuberculosis), but it certainly calls for a thorough medical examination. (2.) Hoarseness lasting several weeks. (3.) Poor appetite (especially in the morning); indigestion, loss of weight and of strength, paleness and a generally run-down condition. (4.) Hawking and spitting, especially in the morning. (5.) Night sweats. (6.) A streak of blood in the sputum. (7.) Afternoon fever, shown by flushed face and alternating with chilly sensations. When these symptoms persist the sputum should be examined for the tubercular bacillus, the consumption germ. But it must not be concluded there is no consumption if this germ is not found, not even after several examinations. The test is absolute only if it is "positive," not so if it is "negative."

WHAT is a good diet to enable me to put on flesh?—P. R. N.

For breakfast select some of the following foods: Tea or coffee, half milk and plenty of sugar; cereal with cream, also butter and sugar; eggs with bacon, fresh fish, steak, chop, tripe, potatoes, fresh fruits in season, cooked apples or prunes. For dinner: Soup or puree, fish, roasted or broiled beef, mutton or lamb without high seasoning; potatoes, rice or macaroni, fresh vegetables, simple salads or green vegetables, rice, tapioca or cornstarch puddings, custard or ice cream or fresh fruit dessert. For supper: Bread, toast with butter or milk toast, bread and milk and cream, eggs, stewed or baked fruits in season, cocoa. Butter-milk taken with any meal. At least six tumblers of water a day. Stow away all the butter you can digest, a quarter of a pound every day; put it on bread, cereals, eggs, potatoes, meats and so on. Sugar also is fattening. With all this be sure the bodily functions are right. You should be thoroughly examined. Underweight is a symptom of some serious diseases.

WHAT should be the temperature of a sleeping room?—T. L. O.

From fifty to fifty-five degrees Fahrenheit. The best kind of atmosphere is of low temperature, as germ free as possible, and one that is constantly moving.

WHAT is the difference between a simple and a compound fracture? What is a green stick fracture?—R. M. B.

A simple fracture is one in which the overlying skin is unbroken. In a compound fracture the skin has been torn or ruptured and the wound is an open one. A green stick fracture is rather a bending than a breaking of bone, occurring mostly in children, whose bones are much softer and more bendable than the bones of adults. The bones of elderly people are brittle and easily fractured. A complete fracture is one completely through the bone. In a comminuted fracture the bone is broken into several fragments.

WHAT is latent infection?—T. M. H.

Many diseases of adult life have their beginnings in the infectious diseases of childhood. Such ailments decrease the general bodily vigor to the extent of lessening the surplus reserve with which the body should later in life be privileged to draw on in order to be able to withstand the stresses peculiar to maturity. In probably most cases of adult tuberculosis the tuberculous infection has been contracted in early childhood and has remained latent but potential in the system. Whooping cough, malaria, measles, pleurisy pave the way, if they have not been thoroughly recovered from, to lung troubles; diphtheria and rheumatism—how distressing often—to heart trouble. All this does not mean necessarily that in such cases adult life diseases are inevitable. It does mean, however, that the danger ought to be recognized and the body fortified accordingly.

GOOD TO EAT

FRIED OYSTER PLANT.

FIRST scrape and boil the oyster plants. When drained and cooled, they are cut in equal lengths and placed in a dish. Season with salt and pepper and moisten with oil and lemon juice, then flour slightly and dip into a light frying paste, and immediately place in very hot fat and fry. As soon as they are removed from the fat drain and sprinkle with a little salt and serve without delay on a neatly folded napkin.

ESCALLOPED CAULIFLOWER.

THIS delicious dish requires one cauliflower, one tablespoon of butter, one-half cup of cream, one-half cup of bread crumbs, one-half cup of nut meats, one cup of milk and a dash of salt and pepper. Cook the cauliflower in boiling salted milk and water until tender, using the milk to keep the cauliflower white; drain, and break the vegetable into small pieces. Heat the butter and cream together and add seasoning and nuts. Grease a baking dish and sprinkle it with crumbs; put in a layer of cauliflower, then a little of the sauce, more cauliflower and more sauce, until the dish is filled or the ingredients used. Sprinkle remaining crumbs on top and place in a hot oven to brown.

DEVIL'S FOOD.

CREAM together one-half cup of butter and two cups of sugar, adding the sugar gradually. Separate three eggs and beat the yolks until thick and add to the butter and sugar. Beat three minutes, adding one cup of milk and three and one-third cups of flour into which four teaspoons of baking powder have been sifted several times. Melt two ounces chocolate, and add with half teaspoon vanilla; fold in beaten whites of eggs. Bake in two layers and cover with icing.

YOU MIGHT TRY--

Glue for Children.

TAPIOCA, soaked in water, makes a harmless, stainless and odorless glue for the children to play with.

For Baby's Hair.

WHITE vaseline rubbed on baby's head is excellent for promoting the growth of the hair.

To Clean Cut Glass.

CUT GLASS should be washed in hot soapsuds and left to drain. When the air has dried it, rub briskly with a Turkish towel which leaves no lint and gets down into the cuts better than ordinary toweling.

When Boiling Rice.

A LITTLE lemon added to the water in which rice is boiled will whiten it and help to keep the grains separated.

Heating Lemons.

A LEMON will yield almost twice as much juice as it otherwise would if heated before you squeeze it.

To Make Gravy Brown.

A TABLESPOONFUL of coffee added to gravy will make it brown immediately and without leaving any taste of the coffee.

Better Apple Pie.

WHEN making apple pie squeeze a few drops of lemon juice over the apples before putting on the upper crust and see how much it improves their flavor.

Economical Menus for the Week

<p>MONDAY Breakfast Grapefruit Eggs in Shell Potato Buns Orange-Sago Honey Coffee Lunch Macaroni with Cheese Virginia Waffles Maple Syrup Tea Dinner Cream of Tomato Soup Broiled Lamb Chops Creamed Spinach Cucumbers French Dressing Chocolate Eclairs Coffee</p>	<p>TUESDAY Breakfast Oranges Cereal with Dates Potato Omelet Cornbread Coffee Lunch Jellied Meat Apple Tarts Cocoa Dinner Cream of Spinach Soup Broiled Beef Tenderloin Bernaise Sauce Buttered Parsnips Lettuce and Egg Salad Lemon Sponge Coffee</p>	<p>WEDNESDAY Breakfast Baked Prunes Sugar and Cream Eggs Fried in Olive Oil Coffee Lunch Cheese and Nut Sandwiches Apple and Date Salad Little Cakes Chocolate Dinner Mock Bisque Soup Planked Shad Duchesse Potatoes Cabbage Salad Cheese Orange Charlots Coffee</p>	
<p>THURSDAY Breakfast Baked Apples Scrambled Eggs Hashed Brown Potatoes Rolls Coffee Lunch Stewed Dried Lima Beans Bread and Butter Sliced Oranges Cocoa Dinner Tomato Bullion Roast Leg of Lamb Frissona Potatoes Celery and Nut Salad Cheese Balls Coffee Jelly Whipped Cream Coffee</p>	<p>FRIDAY Breakfast Creamed Pineapple Oatmeal and Cream Fried Smelts Lemon Quarters Parker House Rolls Coffee Lunch Cottage Pie Bread and Butter Caramel Jelly Tea Dinner Clam Broth Rice and Cheese Croquettes Stewed Tomatoes Cheese Wafers Sliced Oranges and Bananas Coffee</p>	<p>SATURDAY Breakfast Stewed Apricots Sugar and Cream Salt Codfish Balls Horserradish Sauce French Bread, Toasted Coffee Lunch Creamed Halibut au Gratin Scalloped Potatoes Stuffed Prunes Cocoa Dinner Broiled Sirloin Steak Sweet Potatoes Southern Style Dandelion Salad Lemon Cheese Cakes Coffee</p>	<p>SUNDAY Breakfast Baked Apples Sugar and Cream Rice Omelet Broiled Bacon Coffee Dinner Cream of Celery Soup Filet of Beef, Roasted Bernaise Sauce Spinach Mashed Potatoes Asparagus Salad Cheese Straws French Vanilla Ice Cream Assorted Cakes Coffee Supper Chicken and Veal Salad Cheese Fritters Angel Cakes Cocoa</p>