

To Promote Health & Beauty.

BY BELLA ADELIA FLETCHER.

As soon as a girl or woman becomes conscious of a defect which she has learned can be overcome and for which she seeks a cure she expects immediate results from the application of that remedy. If prompt improvement is not seen in five cases out of six she becomes discouraged and often discontinues her efforts.

Most of the letters asking for special advice or directions add the stipulation that that remedy must act quickly. Thin hair must make luxuriant growth in a month's time, or locks must either recover their natural color or become snow white at once; scant eyelashes must be transformed to distracting fringes overnight; and the skin, which is the sign manual of physical disorder, must take on the delicacy and perfection of infancy in a trice. All these things are impossibilities. Nature's methods are slow but sure, and patience is the keynote to success.

The speediest improvement in health or appearance is seen when the defect or trouble is of a nature that can be reached by physical exercise and deep breathing, and this is because no other means are so

tablespoonful of a solution of fluoride of ammonium—20 centigrammes in 200 grammes of water. Bathe the parts affected several times daily with this:

POTASSA LOTION.

Pure brandy..... 2 ounces
Cologne..... 1 ounce
Liquor of potassa..... 1/2 ounce

You must be careful in your diet, avoiding all very rich, highly seasoned dishes, pastries, hot cakes, game, pork, veal and pickles. Eat plenty of fresh fruit, the malted cereals and health breads, green vegetables and salads. Take daily baths and sufficient exercise night and morning to induce perspiration. The more time you can spend in the open air the better, and sleep eight hours.

Chronic Redness of the Hands.
Chronic redness of the hands and enlarged veins indicate imperfect circulation, and local application can have but slight effect until this is corrected. Take arm exercises with closely grasped fists, throwing them above the head, first together, then alternately, and lastly sideways on a level with



One of the attractive things about Manhattan's new electric elevated trains is a charming "Cupid's booth." There is but one booth on each train, and there is room for but two in each booth. Whether you are in love or not, observe this splendid resting place the next time you are in New York. At the extreme end of the last coach you will notice, if you will go that far back, the motorman's opportunity. It is the tiny booth where the motorman stood when the train was going in the opposite direction. Now that the motorman is on the other end of the train, this booth is, as if by some magic hand, transformed into an ideal seat for lovers.

The seat is as comfortable and secluded as

is but one booth on a train. It is true that there are two booths in each of the new coaches, but the next best booth to the "Cupid booth" is the one in the forward end of the rear coach. Here the fond ones are annoyed by the constant passing in and out of passengers and the guard generally rides immediately inside the door. All the other booths are similarly situated. The first one on the train would be all right, but there the motorman has closed up the seat, shut the door and turned the place into an engineer's cab.

Despite the fact that loving couples always make a dash for "Cupid's booth," they are sometimes disagreeably surprised to find that the prettiest little conservatory made yet was designed by a Harlem woman, who

Miniature Conservatories.

Miniature conservatories designed by New York florists have found such favor with women, who are always charmed with new and odd little house ornaments, that some of them have undertaken to make them themselves.

In apartments where room is precious these tiny greenhouses are especially prized.

The idea is not patented, and there is no reason why every housewife cannot have a conservatory of her own making. There would be the double pleasure of having something unique for the home and of making it one's self.

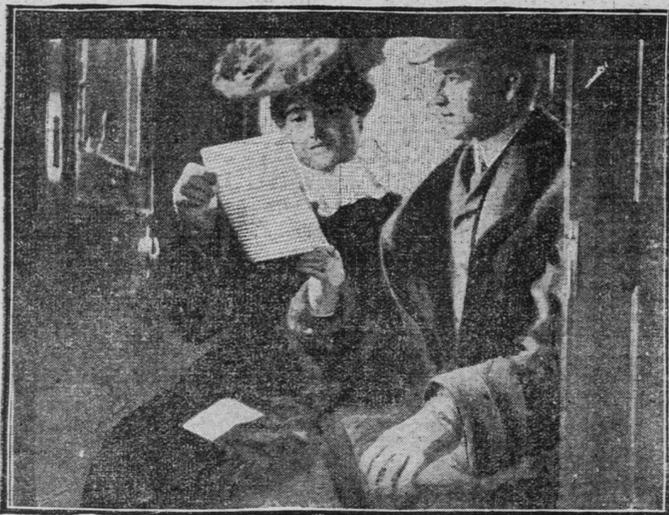
The florists have designed an elaborate affair of wood and glass. A wooden frame is built to fit on a wooden base, on which the tiny potted plants are placed. The frame has grooves in which the glass slides and top fit. The wooden frame is effective and adds solidity, but in a way the heavy wooden outline somewhat destroys the artistic effect and the naturalness which it should be the aim to preserve.

The prettiest little conservatory made yet was designed by a Harlem woman, who

plants, so they are cultivated in rich soil and are kept well watered. Typical hot-house plants are used and the heat of a room is generally sufficient for them. One florist, however, has devised a clever way of heating these little hot-houses by steam. He uses for a base a sort of double pan. The upper pan, which fits tight down inside the pan containing the water, has small holes in its bottom. The upper pan is not so deep as the lower one, and consequently the steam from the warm water rises through the holes in its bottom and warms the plants in the hot-house.

At one end of the lower pan is a little faucet. When the water gets cold one end of a half-inch rubber tube is attached to the mouth of this faucet and the other end to the escape valve on a steam radiator. Thus a little steam can be turned on and the water reheated.

Nearly all florists sell plants which are especially grown for these miniature greenhouses. But if one is so situated that suitable "dwarf plants" cannot be obtained it



Safe to Read One's Letters.

prompt to stimulate the circulation of the blood and purify it, thereby giving the greatest possible impetus to the renewing process of life. Hence the benefits to be gained from external means for improving health or increasing personal attractions can always be accelerated if physical exercises adapted to the particular condition are taken at the same time.

Enlarged Pores and Comedones.
The condition of enlarged pores and comedones, or blackheads, is exact in what the use of the complexion brush was recommended for. Enlarged pores are caused by sluggishness in the circulation and functions of the skin, which prevent the sebaceous glands from expelling their secretions. These collect at the orifices of the ducts and expand them, while their oily matter catches all atmospheric impurities and turns black. Pressing them out is apt to bruise the skin, and unless followed by the use of an astringent lotion, makes a bad matter worse. When numerous and extremely defacing it is best to steam the face, which softens the secretions and relaxes the skin, and then press out the comedones with a watch key, pressing it down firmly, but gently, over each spot. Bathe the face afterwards with benzoinated water or with this:

ASTRINGENT LOTION.
Rose water..... 5 ounces.
Elder flower water..... 2 ounces.
Simple tincture of benzoin..... 1/2 ounce.
Tannic acid..... 10 grains.
You could massage your face with the almond lotion or with cucumber milk. Both have excellent cosmetic qualities and do not encourage superfluous hair.

sciatien.
Massage is a sovereign remedy for this trouble. The movement is to enucleate the leg with both hands, twisting them entirely around the limb in opposite directions and working downward, then upward. The pressure must be firm and deep, so as to evolve natural heat in the parts affected, and thus stimulate the molecular changes in muscles and nerves that will expel the disorder. The cure can be hastened by eating lemons. Begin with the juice of one, and increase the dose daily till you can take nine a day.

Obstinate Skin Trouble.
Often obstinate skin trouble is due to dyspepsia. A half hour before meals take a

the shoulders and far enough back to pull the muscles over the chest. Repeat each movement from 10 to 20 times, inhaling deeply, with strong movement of the diaphragm as the arms are raised and exhaling as they fall. Massage vigorously with the thumb and index finger. After washing the hands in warm benzoinated water or with almond meal—massaged dry, then rub in honey or diluted glycerin. This treatment softens, whitens and refines the skin. The massage can be repeated with advantage several times during the day. Any ligature about the waist or tight shoes may cause red hands. Perfect freedom of clothing is imperative for good circulation.

Boils and styes frequently come together. The only consolation for the affliction is that some physicians say the outbreak of the evil in this form prevents serious illness. Small doses of iodide of lime, taken for a few days, or a week if the case is obstinate, will cure the tendency. A salve of part of yellow oxide of mercury in 100 parts of lanoline will relieve the pain of a boil and heal it rapidly, and its application upon the first hint of their appearance will sometimes avert them. When the first prick of pain in the eyelids sends warning of the gathering of a sty, take a drop of tincture of belladonna upon a lump of sugar and bathe the eye with warm elderflower water. Bathing the eye frequently with a solution of one dram of pure ammonia in a half-pint of distilled water will often arrest the progress of a sty and correct the conditions which induce it. If it insists on coming to a head it is best to hasten the process with a warm poultice of flaxseed. This poultice will hasten its healing.

STY POMADE.
White vaseline..... 8 grammes
White precipitate..... 10 centigrammes
Oil of Birch..... 10 centigrammes

The diet must be plain and nourishing, without spicy or stimulating foods. Between meals drink an abundance of pure water in which a little fresh lemon juice has been mixed. Activity in the digestive organs is imperative. Obscure dyspepsia, not causing any discomfort in the region of the stomach, and chronic constipation could have caused the trouble.

swhearts could wish. As the train speeds along they can sit there in almost as much privacy as they could have at home. To the rear they have a fine view of the track and the elevated structure. Persons looking their way from the front of the car cannot see them beyond a friendly partition projects out beyond the edge of the seat. Should they desire to be ultra-exclusive they can

who never strolled through a field of daisies listening to love's eloquence. The pretty working girls of New York have had to listen to broken tales as they rode down town in the morning and home in the evening hanging on to an elevated-car strap. To them and the young men who have accompanied them "Cupid's booth" comes as a blessing. The only fault they have to find is that there



No One Criticizes a Friendly Clasp of Hands.

A COSTLY WEDDING PRESENT.

One of the wedding presents received by Miss Lila Vanderbilt Sloane when she became the bride of Mr. William B. Osgood Feld is a silver ring box, fashioned like a chalice, the cup of which is lined with silk of heliotrope blue. Though of severe simplicity of design and scarcely taller than an egg cup, it is an exquisite bit of workmanship.

The ring box was designed by an artist especially for the recipient and there is no other like it in existence. It is possible for a piece of silver to have as much merit as a work of art as the finest statue or canvas, and every year there is a greater tendency among those who can afford it to eschew the products of the workshops and factories and to seek for the individual worker and the hand-made article. It is this fact that makes this little chalice costly and interesting.

It was fashioned out of solid silver entirely by hand. The artist who designed it hammered and wrought it, using the tools

which were used before machinery was invented and which many lovers of the best in art and craftsmanship are trying to bring into use again.

The ornament is Egyptian in design. On the cover are the Egyptian wings, joined together, and the sphere surmounted by the sacred cobra, waving erect, with outspread hood. On the base of the chalice are the bride's initials, contrived to give the effect of the cartouch of one of the ancient kings of Egypt, with its inscription in hieroglyphic. The secret of the small L and V within the large S, indeed, almost needs interpretation. This little cup weighs no less than two pounds.

The box in which the cup rests when not in use was worked up in bronze by hand. Its only ornament is the cartouchlike monogram plate of silver upon the front, which is a copy of the one upon the base of the chalice. Inside the box is a raised effect of velvet into which the cup is dropped.

luxury loving "A. D. T. Cupids." This is exasperating, of course, but the messenger boy is tired of being laughed at for reading in public and he is exceedingly pleased to find this retreat, where he can prop his feet up on the seat and take his comfort. It is up on the seat and take his comfort. It is up on the seat and take his comfort. It is up on the seat and take his comfort.

In order to give the greenhouse the appearance of being built of many small panes of glass, as a real greenhouse is built, very narrow strips of paper were pasted on each, being pinched into a tiny ridge, to resemble the framework of a large greenhouse.

The glass work of this home-made greenhouse is, when completed, perfectly solid and fits down over a base. The plants are first arranged on the base, as desired, then the glasshouse is placed over like a cover. One of the wrinkles to add realistic effect is that of placing the plants on tiny tables or boxes, in imitation of the benches used in regular greenhouses. In this way tiny aisles can be formed and the mini-

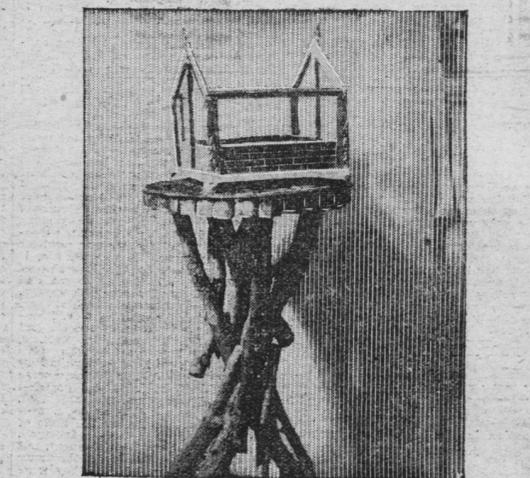
is very easy to set out tiny ferns, mosses, etc. Frequently twigs taken from outdoor plants and set out in tiny pots or boxes filled with rich soil will take root and thrive in the little hot-houses.

DIRECTIONS FOR MAKING A MINIATURE CONSERVATORY.

Have a glazier cut six pieces of ordinary window glass—two for the ends and four for the sides and top. The size can be determined by the builder of the conservatory. Quite a pretty one has been made 14 inches long, 10 inches wide and 10 inches high.

If you desire one this size, have the end glasses cut from a 14-inch glass square. The base will then be 10 inches and the sides about 8 1/2 inches to the shoulder, or the gable. From the shoulder to the apex of the roof will be about 6 1/2 inches. Therefore, you can have four pieces of glass cut 6 1/2 x 14 inches. They will be for the sides and the roof.

Join the half-dozen parts together with passe-partout or such strong strips of paper



Portion of Miniature Conservatory with Glass Top Off.

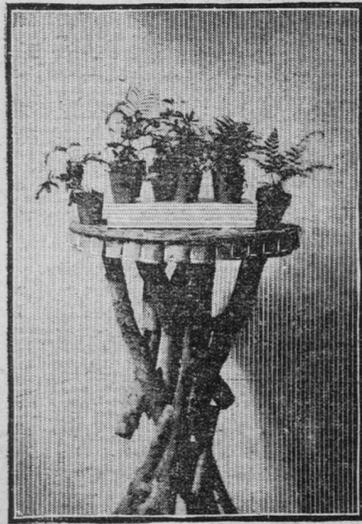
ture picture is all the prettier when one is looking down the little aisles with the dwarf plants on either side. When this effect is desired the builder should be careful to place too many plants in the little greenhouse. Too few plants make a better showing than too many.

The little conservatories which are sold in Fifth Avenue today have a zinc pan resting on the base. The plants are placed in this pan. In the home-made greenhouses these pans often are dispensed with, or else they are used for the base and the wooden base dispensed with. A pan with sides not more than half an inch high makes a nice flooring for little greenhouses, and if the glass top fits snugly down over the pan, either on the outside or the inside, as the builder desires, the effect is all right.

In the miniature greenhouses sold by florists an attempt is made to raise the

as you may have at hand. The best of glass should be used, because the dampness from the plants will cause some moisture to arise, and this will try to get out through the joints. If a wooden base or floor is desired, have a solid piece of wood cut out so the completed glass house will fit over it like a cover. If a zinc pan is to be used for a floor, let the glass cover fit over it, and do not let the sides of the pan be more than half an inch high.

If it is desired to give the little greenhouse the appearance of having been made of numerous small panes of glass, as a large greenhouse is made, this can be done by pasting on very narrow strips of paper, which will seem to form a framework. In pasting these on a raised effect should be aimed at. First cut the strips about half an inch wide. Fold them lengthwise into four parts and paste the outer edges down flat, leaving a raised point, or ridge, to resemble the little strip of wood which divides the panes in a large hot-house. Paste on the divisions, running from front to rear first. They are each in one strip, 14 inches long, and should be placed 1 or 1 1/2 inches apart. The crosspieces are creased in the same way and pasted between the lengthwise strips as closely as desired, to give the proper effect of small panes, about an inch apart for a model of the size shown here.



Tray for the Little Pots.



The Conservatory Without the Glass Case.

Conserving Her Strength.

Activities incident to the whirling cycle of teas, dinners, dances, opera and theater-going have made it imperative with many society women to follow the custom set by one of them of spending one day out of every fortnight in bed in order to recuperate.

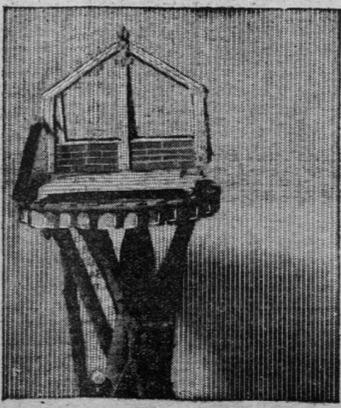
On that day no one save a maid is permitted to see her. She sleeps until she wakes of her own accord. Then she rings for her maid, who at once appears with cocoa and fluffy rolls, but no mail or newspapers—my lady's brain is taking a rest from the turmoil of the outside world and nothing is permitted to trespass on this one day's tranquillity.

After the cocoa she snoozes again while her bath is being prepared. Her sluttions washed, her maid massages her body, sham-

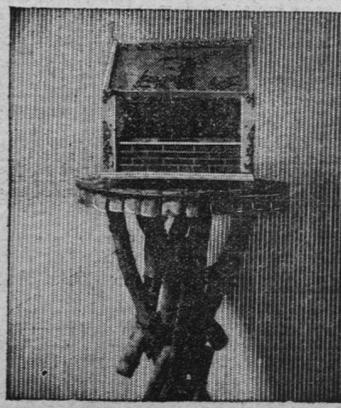
poos her hair and with deft and soothing touch pulls her to another session of repose. When she awakes there is a cup of broth, delicate in flavor, but strengthening in character, with a little fruit and a glass of wine. After this light repast she dawdles about the room or rests in bed, looking over the latest magazines or a novel of the frothiest description, if she does not feel up to the pruned of some much discussed volume of a deeper problematical touch. Some women take these occasions to skim over the reviews of current literature in order to be "up" on new books. As, however, this savors a little too much of work, the lighter reading is generally adopted by those who follow the rest fad.

At half-past six dinner is served and it is

understood by the chef that this meal on such an occasion is to consist of Madame's or Mademoiselle's favorite dishes, regardless of their culinary sequence or epicurean balance. There must be nothing, however, that would be likely to produce nightmare, for the enter will soon again seek the land of dreams. Of course, the most comfortable of negliges is the garment worn on these days in bed, which at night, after a cold bath and rub down, is exchanged for the robe de nuit. With pillows and sheets refreshingly cool, my lady lays her well-brushed head down to rest, feeling at least 10 years younger and looking so, too, when she appears next morning, ready once again to take up her march on society's treadmill.



Showing Base and End of Conservatory.



Miniature Conservatory Which Can Be Taken Apart.

Prayer Books To Supplant Flowers.

Prayerbooks promise gradually to supplant flowers in society's favor at weddings, and bridesmaids are carrying them nowadays instead of bouquets. Probably this is because the bouquets last for a short time and the prayerbooks serve as more enduring remembrances of the bride, who usually bestows them upon her attendants. The bridesmaids at the marriage of Miss Edith H. Gray, made at the residence of Miss Edith H. Gray, daughter of Justice John Clinton Gray, of the New York Court of Appeals, to Mr. Robert S. Hitt carried small ivory prayerbooks, with monograms in silver.