

HOW TO BE PRETTY WITH A COLD



A TOUCH OF VASELINE

Information That Should Interest Every Woman at the Beginning of the Fall

HERE comes the fall descending upon you, and, in spite of every warning and lecture, you have acquired your fall cold or will soon do so. The good people who write and read long discussions upon the prevention of colds must feel discouraged. They preach year in and year out, and the colds go sneezing and coughing on as cheerfully and uninterruptedly as ever before, quite as in the days before hygiene was made a science for the study of every primary school child.

You wouldn't feel quite at home without your colds. You wouldn't consider yourself abused if you could not get your shoes wet as often as was pleasant, and sit in the wet shoes afterwards. You would feel injured if anybody made you put on long-sleeved underwear just because the weather had turned crisp. You must have the privilege of sitting in a strong draught to rest when tired and overheated. There's as much use in telling you how to ward off colds as there is in telling you how to avoid Cupid's arrows. All that you want to know is, how to be pretty now that the cold is upon you and you are red-eyed and red-nosed and rusty in the joints.

In the first place, now that the cold is upon you, it is just as well to take precautions while you are in a docile mood. Even though the horse is out, there is no reason for not locking the barn door. It is a very easy matter to prolong the cold now that it has gained a foothold.

Within the first twenty-four hours almost any cold can be broken up if you give yourself over entirely to the business of doing so. After this time it is usually impossible to do more than modify it. If you have the opportunity to seize it in time, go to a Turkish bath or take the best substitute you can at home. The bath in either case will be worse than none if you do not go to bed immediately afterward and stay there, muffled and perspiring, for a long sleep.

If you take the bath in your own tub, make it as hot as you can comfortably endure, have a big tumbler of hot and strong lemonade ready to bolt at the end, and jump into bed before any chill can strike you. Be sure that every possible draught is excluded from your bedroom. In the

morning you may feel a shaky sensation if the cold was severe in its onslaught, but, if you have a restful day, you will see that the storm has passed. But if the cold has settled down and will not let go its hold, and if it is impossible for you to nurse it and so shorten its duration, then you may mitigate the annoyance in many ways and prevent the distressing symptoms from writing themselves all over your face.

If the cold settles in the head, stopping the nasal passages, you must take steps to relieve the inflammation, otherwise you will be caught breathing through your mouth, and nothing could possibly be more disastrous to good looks. Simple vaseline works like a charm in this matter. Rub the upper part and sides of the nose with it, including the space between the eyebrows, the forehead just above them, and the temples. Rub hard and make the skin absorb all the vaseline it will. In doing this at night you may leave the vaseline on the skin, which will absorb more of it during the night, and it is well to leave it on as often as you are not to appear in public immediately afterward. If it must be removed, bathe it off with warm water. Dust on a little powder to remove the oily look. Repeat the process as often as the nasal stopping recurs. At the same time, gently rub a little vaseline on the inside of the nostrils as far as you can reach, and snuff it up further. It allays the inflammation and soothes the smarting which often occurs.

There is usually much chapping of the lips and outer edge of the nostrils. Nothing is better for this than the old-fashioned camphor ice. Buy it of a reliable druggist, scrape off a bit with the finger nail, soften it over the gas and apply it to the chapped skin at night.

From beginning to end see to it that the system is kept thoroughly cleansed. On this depends the hastening of the cold and the salvation of the complexion. There is a great tendency toward clogging of the pores. Eat fruit, either stewed or fresh, drink hot water before breakfast, and resort to medicine if absolutely necessary. Give the face a warm bath every night to cleanse the pores, rub it afterwards with a coarse towel. Rub in cold cream, as much as the skin will take, wiping off all that is left outside.

If your eyes are at all weak they probably succumb to cold at its first announcement, and the most expressive orbs lose all their beauty under such circumstances. They turn red, the lids become swollen, there is a general "weepiness" about them. Be very careful of them for a few days. Serious eye troubles have often resulted from using them during a period of irritation. With other parts of the body it is different. They can put up with a strain and recuperate later on when they have a chance. But the eyes are unforgiving; they never forget an injury and often pay you back severely later on.

There is no better way to reduce the inflammation and banish redness of eyelids than a mixture of 2 ounces camphor water and 2 grains borax. To bathe the eye balls and lids both thoroughly there is no means to compare with the eye-cup. It is a tiny tumbler, to be had of any druggist, and costs but a cent. Half fill it with the wash, add a very little hot water just enough to take the chill off the mixture and so make it comfortable, then fit the cup over the eye, throw the head back and open the eye wide. You will soon learn to do this without any blinking and starting.

The hair is likely to suffer from the fever, which a cold induces. At the end of the time you may find it falling and dandruff starting. Daily massage of the scalp with a few applications of vaseline during the period of the cold will allay the inflammation.

If the cold settles in the limb, causing aching and stiffness, get someone to give you a good, vigorous rubbing with alcohol or spirits of camphor. After the rubbing go to bed at once and cover warmly.



TO SOOTHE THE INFLAMED EYES

The Strange Career of Prince Khilkoff

Prince Khilkoff, the Czar's Minister of Public Works and Railways, who has charge of the transportation of Russian troops to the seat of war in Manchuria, is a man of remarkable ability. He has had an interesting career, and one very unusual for a Russian statesman. His father was a wealthy and powerful nobleman, but Khilkoff quarrelled with him when he was twenty years old and left home, declaring that he would never accept another kopeck from the paternal bounty.

The young nobleman, who had been used to the luxurious life of the Russian court, worked his way across the Atlantic and landed in Philadelphia, almost destitute. He promptly went to work at anything he could find to do, "from singing hash to running a locomotive," as one of his numerous American friends said.

At last he got a position in a large machine shop in Philadelphia, his first job being to make steel bolts. He worked his way up until he became manager of the concern, and before he left America he learned the railroad business from start to finish, from oiling a truck to managing a system. At one time he ran a locomotive on the Pennsylvania Railroad.

After he had become a successful man, he went back to Russia, entered the Czar's service, and rose rapidly to his present position through his knowledge of railroading.

When the Trans-Siberian line was decided upon, he revisited the United States to examine American railway systems again and see what fresh hints he could gather. If he had had his way, the line would certainly have been better built than it is. He devised the plan of carrying trains across Lake Baikal on steam ferries, after the American style, which had never been thought of in Russia before.

Treaty Ports of Korea

THE harbor of Wonsan, Korea, the northern arm of which is Port Lazaroff, has an area of forty square miles, a depth of from six to twelve fathoms, and could accommodate the navies of the world. In this harbor is Deer Island, which Russia desired to share with Japan as a coaling station, and a few years ago was a burning question. Wonsan is a treaty port, a neat, trim town on its Japanese side, of about 15,000 inhabitants. But immediately back of Wonsan is a fringe of high hills which retire into an almost impenetrable tangle of peaks and winding valleys. In these the Tatong river rises, cutting across the land until it empties into the Yellow Sea, and watering one of the most fertile regions of Korea.

Otherwise the treaty ports, with the exception of Fusan, are on the Yellow Sea. The treaty ports imply the most practicable harbors. Fusan is on the straits, and has been in the possession of Japan since 1592. It is a typical Japanese town of about fifteen hours by sea from Chemulpo, the port of Seoul, and 350 miles from Seoul by land.

The sea voyage is through a dangerous archipelago that skirts the western coast of Korea. The islands are frequently by precipitous bluffs, and others in the high tide of the coast are often concealed. Fogs and mists make the journey very dangerous. On the other hand, the mirage, such as we saw from the "Gonka Maru," makes the sight one of a lifetime. Glowing in the distance apparently were cloud-capped palaces and towers, opaline tinted, and curiously in superimposed pairs. These dissolved as we approached into islands, and others took their place. It was the prolonged phantasmagoria of a dream.

The harbor of Chemulpo is for the most part a mud flat. Steamers lie a mile from shore transferring cargo and passengers by sampan, while men of war must lie in the outer harbor. Into the sea at Chemulpo empties the River Han, on which, fifty-seven miles from the mouth of Seoul, the capital of Korea is situated. The Han is navigable 135 miles above Seoul, but is traversed by crazy little steamers, and impossible to steamers of any draught owing to the shallow harbor. Over land the distance from Chemulpo to Seoul is but twenty-seven miles. Until the building of the railway a couple of years ago there was only a tortuous foot path, and the necessity of crossing the river three times.

The other new treaty port is Chin-nampo. This is a town at the mouth of the Tatong river, ten miles from Ping Yang. Here in the fifteenth and sixteenth centuries the Japanese and Koreans fought those bloody contests, the last of which ravished Korea of all its arts.

Under the walls of Ping Yang, it may be mentioned, the "General Sherman" was burned, and its men killed. This was a sort of privateering enterprise, which, however, this country was obliged to retaliate for by destroying the forts on the Han.

Ping Yang has other distinctions. Here, when Methusalem was in arms, came Dan Koum, Son of Heaven, and set up his dynasty. Then came Ki-ju, the great statesman and first single taxer, who settled the land question, and brought prosperity to all the country. Ki-ju is buried at Ping Yang, and his tomb is an object of veneration. Ping Yang moreover is at the foot of the Tatong river, and the depot of its commerce. Vessels drawing ten feet have crossed to within ten miles of its walls, and here is the port Chin-nampo.

Where the Buckwheat Cakes Come From

It were well for the devotee of the buckwheat, when he sits down to a heaped-up plate of the steaming breakfast dish, to call down blessings on the heads of the farmers of New York and Pennsylvania. If they should suddenly determine to quit raising buckwheat many a buckwheat cake lover would have to dispense with his favorite dish. New York alone produces 6,200,000 bushels, and Pennsylvania 4,200,000 bushels, the two States together giving the country all but four million bushels of its annual crop. The State with the next largest yield is Maine (730,000 bushels). Tennessee shows the smallest production, less than ten thousand bushels last year.



FOR A FEVER BLISTER

Dancing Girls Who Amuse the King of Siam

ONE of the privileges of the King of Siam which none of his subjects may share is to keep in his employ a corps of dancing girls who trip the light fantastic toe before His Majesty when he is weary of the affairs of State and would be amused. These girls must not only be able to dance many intricate steps with grace and sprightliness, but must also be able to sing songs to accompany the dances. Candidates for admission to the royal corps of dancers begin their education when they are five years old, being at that early age put in charge of dancing masters and singing teachers, who keep them steadily at work for years, until they become the most supple and lissome little singing creatures imaginable.

In the school where they are trained there is a gymnasium, where they pass much time in various exercises calculated to make their limbs and bodies flexible and strong. One of the exercises consists of bending over and picking up a straw from the floor with the eyelids. Not all the girls can do this, it being a task possible only to the youngest and most supple among them. Beginning training at the age of five, when a girl is fifteen she is thought fit to dance before the King and joins the older dancers. A girl of seventeen in Siam is like a girl of seventeen in this country in development. After joining the regular dancing corps the girl must still continue her gymnasium practice, so that she will preserve her suppleness and, more than all, so that she will not get stout. A fat dancing girl is a horror upon which the King would not look, so the girls have to be careful and not eat too much, as well as persevere in their athletic exercises. The favorite dance of the King is the "cup dance," which is performed by the youngest of the dancers or by the little girls undergoing instruction.

In a great hall, splendid with carving and rich with gilding, a class of little girls from the dancing school will take station on the marble floor with the King and his court seated around. The girls are gaily dressed in embroidered muslins of various colors—pink, blue, white and yellow—and wear many ornaments of gold and silver, or else are covered with flowers of a tropic sort. The music strikes up, a slow measure at first, and each girl places a cup of jade, malachite, amber or some precious material filled

A Free Trial Bottle of Hydrozone

sent on receipt of 10c. to pay postage. Positively relieves and cures Oak or Ivy Poisoning, Sunburn, Prickly Heat, Hives, and immediately takes the sting out of Mosquito Bites. A marvelous remedy for burns, and will positively prevent blood poisoning from cuts or abrasions.

Sold by leading druggists. None genuine without my signature.

Prof. Charles H. Reed

59 Prince St., New York Dpt. P

Send for free Booklet on "How to treat diseases," containing hundreds of testimonials of wonderful cures.

How America's Celebrities Are Distributed

According to the biographical dictionaries of America, the State of New York leads in celebrities. Of the 14,500 men and women whose names are included in one of the leading dictionaries, 2,620 were born in the Empire State and 3,675 live within its boundaries. Massachusetts was the birth place of 1,421 and is the residence of 1,297, while 1,278 first saw the light of day in Pennsylvania, and 1,100 have their homes therein.

Alaska, Montana, Oklahoma, Idaho and Wyoming have not produced any well-known men, according to this authority, but seven have taken up their abode in the far northern territory, 29 in Idaho, 42 in Montana, 30 in Oklahoma and 25 in Wyoming.

On the other hand the Philippines have given the country two celebrities, and twenty now labor there.

The Poetical Farmers of Korea

The Korean, who is a poet before he is a cultivator, speaks of his rice as "The Golden Sand." When it sprouts it is "The Bright Green Field." It then becomes "The Blue Green Plain." When it begins to ripen it is "The Mottled Jade Wave." When ripe "The Yellow Gold Wave." When cut it is "The Yellow Ice," and when harvested it is "The Home of the Golden Child."

Fickle Aline

Said pretty Aline, the coquette, As she fondled her cute canine pette, "Tis with heartfelt regrette, I admit, I forgotte, Where I did this diamond ring gette."

Genealogy

M. L. BRODNAX, 29 E. 29th St., N. Y. Membership in societies: genealogical; moderate term.

M. BLOCK INC.
Makers of JUVENILE ATTIRE
26 West 33d St., New York City.

ARE displaying the greatest variety of Children's Clothing that has ever been shown. EXCLUSIVE STYLES—HANDSOME MATERIALS—LOWEST PRICES

Send 10c. postage for our catalogue, which pictures and describes THE BEST CHILDREN'S APPAREL IN THE COUNTRY. Mail orders carefully filled. Money cheerfully refunded if goods are not in every way satisfactory.

BOYS' SUIT: Made of imported Cheviots. Strictly custom-made garment. Silk tie, Eton collar. Sizes 6 to 10. \$6.75. Made of French Serge 7.25.

GIRLS' DRESS: Made of the best navy blue French Serge, full box-plaited front and back. Detachable plique shield. Sizes 6 to 12. \$8.50.

A WIFE'S MESSAGE

Cured Her Husband of Drinking. Write Her Today and She Will Gladly Tell You How She Did It.

My husband was a hard drinker for over 30 years and had tried in every way to stop but could not do so. I had just cured him by a simple home remedy which any one can give secretly. I want every one who has drunkness in their homes to know of this and if they are sincere in their desire to cure their disease and will write to me, I will tell them just what the remedy is. My address is Mrs. Margaret Anderson, Box 24 Hillburn, N. Y. I am sincere in this offer. I have sent this valuable information to thousands and will gladly send it to you if you will but write me to-day. As I have nothing whatever to sell, I want no money.

FREE GOLD WATCH

THE ONLY GOLD WATCH EVER GIVEN AWAY FREE. AMERICAN MOVEMENT, fully warranted. 14K GOLD WATCH guaranteed 2 years. We give away 50,000 watches. Send your address and we will send you 50 pieces of our handsome jewelry at once. Don't miss this chance. Write to-day. LIBERTY JEWEL CO., Dept. 222, CHICAGO.

Coat of Arms

hand painted for framing. G. 4008, Astor Library, New York.

MENNES'S TOILET POWDER
Prickly Heat, Chafing and Sunburn
MENNES'S VIOLET TALCUM

RINGHEIM-SCHLICHTEN RAME UNDERWEAR
PLANTATIONS IN CHINA
The Only Really Hygienic Underwear Existing

It is the most healthful for many reasons, one of them: because unlike other fibres, Rame-Fibre is solid; it therefore provides a space between the skin and outer clothing for evaporation and ventilation, keeping the body always in a normal temperature, and this is most essential to health.

It does not felt or shrink in washing and is more durable than any other mesh underwear.

Relieves Rheumatism and other ailments caused by impure blood.

Cool in hot weather, warm in cold weather.

Sold by dealers everywhere. There is no Substitute. Write for our free booklet. Ringheim-Schlichten Rame Mfg. Co. 172-5 Broome St., New York. At Wholesale also: WILSON BROS., Chicago. Agency: T. EATON CO., Ltd., Toronto, Can.