

# RESPECT THE LIMITATIONS OF YOUR STRENGTH

**FOLLY OF OVERSTRAIN**  
Learn to Conserve Energy and Health

BY MRS. McCUNE.

**P** OETS will have to change their sentiments about women if the fair sex continue to prove themselves a hardy lot, willing and able to cope with the big things of life. The wave of preparedness which has swept the country is making all women more or less anxious to get a training along all lines which will prove helpful in time of trouble or of peace. There are many women unfit for the various tasks because they have not strengthened their muscles. Therefore it is quite essential that every woman should go in for systematic training. Until the muscles are sufficiently strong they can not be expected to stand pressure and strain.

In the home the woman has many duties which call for muscular strength. Very few women realize there is a right and a wrong way to do these things. Evidence of this was made plain when the women of England started to take on the work which the men who went off to war left behind. For instance, the women who became delivery girls were all promptly taught that the easiest way to carry a weight is on the head, provided the muscles of the neck and shoulders are strong. This method of carrying will also do much to improve the carriage. At first it may seem rather difficult to carry things in this manner, but it is quite important that you persevere. The method of carrying the burden on the arm and hip is very bad, for it is apt to cause a very marked curvature of the spine. Carrying it directly in front, pulling the body forward, is injurious also and causes the carrier to expend a great deal of muscular and nervous energy on a minimum of useful result. Consequently the carrier will soon grow very tired and will be unable to continue.

If one is not able to carry a burden directly on the head, the next best thing is to carry it above, as shown in the picture. The housewife often has occasion to move furniture from one room to another. The work might as well be done in a scientific way. The upright position of the arms will do much to correct round shoulders, to expand the lungs and generally develop an erect and graceful carriage. Of course, common sense must be brought into play here as well as in anything else. No heavy pieces of furniture should be lifted in such manner. If the shoulder and neck muscles are not strong enough to bear the burden they should be developed. A very splendid exercise which will serve this purpose is to walk around the room with the arms held down at the sides of the body. The chest should be thrown out and the head held back as far as possible. This will not only expand the chest, but it will correct improper breathing methods, strengthen the lungs and produce a brisk circulation of blood through the muscles, thus getting them in good trim to withstand any strain put on them.

When a heavier piece of furniture or a cumbersome box is to be moved the thing should be rolled either on casters or on its end. If there is any weight to lift the heavy object you should let the strain fall on the shoulder muscles. Unless you can prevent strain of internal organs you should not attempt the lifting. The gymnasium lessons given in lifting are really so practical that every woman should try to avail herself of them if there is any possible way to do so.

At some time or other every woman has occasion to lift something from a high point. It is quite usual to see a woman stand on one foot and reach for the object. This is all wrong. If the object is out of reach a chair or stool can be used. Then if the object sought is large, both hands should be used to lift it down. Girls and women should never strain themselves when reaching down weights from a height by undue stretching upward of the arms and trunk. The trouble is done when the burden is being taken down. Internal stresses and strains being caused to various organs. While cleaning windows women are very apt to stretch too far to reach a certain point on the glass. Instead of doing this the sash should be lowered. If the windows are not fitted with pulleys, they should be removed from the frame.

When one has occasion to lift a shallow but heavy box from the floor one should get the body into proper position before attempting to touch the box. By getting the feet firmly planted far apart on the ground you have a better base, and consequently a better balance. It's the same principle as standing with the feet firmly planted far apart when riding in a trolley car. Now then, when actually lifting the heavy burden, let the strain come on the shoulder muscles.

The principle of leverage can be successfully applied when moving large, cumbersome articles. A crowbar or heavy pole can be used for the purpose. The muscles of the trunk and legs should be very well strengthened in order to do the heavy work. There are numerous exercises to be practiced with this end in view. A very beneficial one is to lie on the back, with the hands folded beneath the head. Then raise the right leg slowly until it forms a right angle with the body. Next practice with the left leg. Now practice with both legs. As you slowly draw the legs into such a position you will feel the action on the muscles. The movements will strengthen the obdominal as well as the leg muscles.



Use a Lever to Move Heavy Furniture



## RAG RUGS

**P** RETTY and inexpensive rugs can be made for bathrooms and also bedrooms from old percale dresses. The only expense is a long wooden needle, ten inches long and thicker than a lead pencil. The rags should be cut and not torn, to avoid the threads hanging. They should be cut three-quarters of an inch wide, sewed together just as rags for old-fashioned rag carpets.

Crochet a chain of several inches and make in this way a center, and then knit around and around, throwing the rag thread over before putting the needle through the chain. You must put in two stitches to keep it from drawing up like a poke. Put your needle through the back part of the stitch and use your taste in knitting the colors. Finish with an edge like an old-fashioned tid.



An Easy Way to Carry a Burden

Never Lift If You Can't Roll

Correct Positions for Lifting

## MILADY'S BEAUTY

**R** EMBER that constant blinking of the eyes causes a fine network of wrinkles around the eyes that massage may not be able to eradicate. This is often only a bad habit, but may be caused by poor eyesight, which needs the treatment of an oculist.

**W** HEN one is dressed and it is inconvenient to wash the face an excellent lotion to have is 5 cents' worth of boric acid dissolved in 10 cents' worth of alcohol. This is perfectly harmless and by rubbing the skin well with this, applied with a handkerchief, every pore will be cleansed, and you will look and feel as well as if you had used the best soap and water. This is almost indispensable when traveling.

**T** HE belief that the drinking of water makes fat is erroneous. If one eats juicy vegetables and especially the less sweet fruits, such as apples and grapefruit, and abandons the use of sugar, there will be a natural reduction in the amount of water taken, but one should drink all that is needed to quench thirst.

**A** WOMAN whose lips are constantly cracked and sore should take an internal tonic, for undoubtedly her blood is too thin. External applications should be constantly used, too, because they are curative and soothing. These lip lotions that are astringent are most beneficial because they dry the sores and hasten the healing beneath the surface. A well-known specialist recommends that when there is the slightest eruption on the lips they should always be bathed with a weak solution of alum water before any other application is made.

**E** VER since the days of Helen of Troy women with fair complexions have been seeking information as to what will give hair that is naturally light a blond or more golden tint without drying the hair and scalp. Many blonde

women wash the hair with a liquid brewed from camomile leaves to preserve the color and brighten the golden tints in the hair. This is an absolutely harmless herb and will strengthen rather than harm the hair. Different colors of blond hair require different proportions of the leaves. Experiment with a small piece of your hair before applying the liquid. The very best shampoo is the white of an egg beaten into a pint of soft cool water. Rub the hair with the egg, making a soft lather, after wetting the hair with cold water, and finish the same as with any other shampoo, except the last rinsing water, which should be cold. A few drops of the best indigo, or ordinary bluing, should be added to tinge the water. This acts exactly as does bluing on white goods, leaving the hair a pure white, and not in the least tinged with yellow.

**F** EW girls walk gracefully nowadays in spite of the craze for physical culture. The most generally noticeable faults are a forward droop of the head, sticking out the elbows, and a forward stoop accentuates all these faults and lays herself open to various diseases as well. Because, if you slouch forward, you compress the lungs and prevent proper expansion of the chest. Consequently, the lungs are insufficiently supplied with fresh air, and the body does not get enough oxygen for the requirements of health.

**E** VEN the woman who does all her own housework can keep her hands white and soft. It is not necessary to buy high-priced toilet articles for the hands if one is careful in the washing and drying. After the hands have been in water they should be thoroughly dried and then rubbed in powdered starch. If the hands are not too soiled they should be washed in ordinary breakfast oatmeal instead of soap. Two tablespoonfuls of the oatmeal are put into a muslin bag, which is ready for use after dipping the bag in water and squeezing.

## YOUR BOOKS Appreciate Them With Good Care and Enjoyment

BY LUCILLE DAUDET.

**T** HE man or woman who loves good books need not be told how to take care of them, but the person who really loves books is rare. Many of us enjoy them to the extent of picking up a book in our idle hours, to receive from its pages entertainment, instruction or amusement. That is our sole interest in the book. As to how it fares once it is out of our hands we give not a thought. Whether it is put away on its proper shelf, whether it is dusted regularly, we know not, and, what is more, in many instances, care not.

This is all wrong. A book is a treasure of thought and should be given some consideration. Those who are not willing to assume the responsibility of owning books should not have them in their homes. They should give away the transient volumes which they read one day and forget the next. Some one will be glad to care for them and treasure them at their worth.

Books that are well kept have a decorative value in the home which should make them respected if for no other reason. The room that is lined with books immediately assumes a dignified and refined appearance that cannot be gained by the costliest furniture.

The best sort of book shelves are the open ones, built in a nook or corner of a room. These, of course, entail more care as the contents of the shelves must be dusted frequently, but they are better for the books than a closed case. Have the shelves rather deep and bring the books out to the front edge of the shelf rather than crowding them back against the wall. They look better, may be dusted more easily, and where the walls are damp are not so likely to become moldy. Tip the books gently forward and dust the tops each day; occasionally take them down, two or three at a time, and carefully dust them and the shelf behind them. Commence, of course, with the top shelf.

The best way to do this is to spray the books and shelves, by means of an atomizer, with oil of lavender, penny-royal or any of the other perfumed essential oils. This will drive away all suspicion of mold.

Often a book seems ruined when grass or oil is spilled upon it, but all traces of these spots may be removed by sprinkling the spots thickly with a little powdered pipe clay. Over this should be placed a piece of heavy brown paper and a hot iron should be applied. The iron should be hot, but not hot enough to scorch the sheet. If the powder sticks to the book rub it off gently with a soft eraser.

If the leaves of a book have become soiled from much use, they can be considerably freshened by rubbing first with a piece of stale bread to take off the loose dirt. Then lay a clean piece of blotting paper moistened in a saturated solution of oxalic acid, and go over this with a hot iron. Do not use enough of the solution to wet the page, but simply moisten the leaf of the book with the acid.

## MONEY AND A CAREER

BY ANNETTE ANGERT.

**P** OOR little persons who have never known anything stable in their home, who have to earn their own living as soon as they can toddle, they have reasons for cringing and lying, for cheating and sharp practice, for discontent, envy, hatred and malice, and all uncharitableness, which might overcome many of us happier folk. Of course, they do not all succumb. That "the poor in a loom is bad" is no more true than that all the rich are villains. But poverty has its dangers to the immortal soul.

All this, you naturally complain, is argument from extreme cases. Suppose it is granted that grinding poverty is disastrous, it does not follow that a certain scarcity of means is not wholesome. "Nearly all the great men of the world were born poor," we are told in one of those impressive facile generalizations. But is it so? You think of Shakespeare. Certainly he was poor; possibly without the stimulus of need he would never have written a line. But who can prove that? Or, if you could, what is the use of the general guide? Look at some other poets. Goethe came of the well-to-do middle class. Shelley was heir to a considerable estate. Take the men of action. Napoleon, indeed, is an example of the stimulus of poverty. But even he came of good family, and could enter the schools of his time and country.

In our own country Washington was a gentleman of wealth and breeding. Lincoln, on the other hand, was pitifully poor.

Turn to our big financiers. They seem to be about equally divided between boys who were helped to their present high stations by the fact of having fathers of wealth behind them and boys who made their own way in the world through sheer pluck added to brains.

If we are to deduce anything from such examples, it seems to be that neither wealth nor poverty is the best school of greatness, but a modest status which, while sufficient to liberate young persons from the handicap of poor living, poor education, bad breeding and so forth, leaves them to fight for their own hand. Such a conclusion omits the advantages of influence, friends who can give a helping hand and the like, which most of our happy instances enjoyed. Moreover, it is to be remembered that the number of children born to vast wealth is insignificant.

## A RAINY DAY How to Make It Work to Advantage for You

BY MRS. KINGSLEY.

**R** AINY days are unwelcome visitors to the average woman, but if she has a practical turn of mind she may utilize such days to good advantage. There are many small tasks one can do on rainy days—little odds and ends of work that seem irksome and bothersome if one decides on doing this work where the sun is shining. Therefore, the prudent housekeeper will welcome a rainy day now and then and while engaged in small, but necessary tasks, make the dreary hours pass pleasantly.

Every one knows how quickly bureau and dresser drawers become disarranged and where young children are in the household it is next to impossible to keep such drawers in apple pie order. Therefore, why not clean out the dresser drawers the next rainy day? Take out all contents, remove the drawers and brush them thoroughly. Line the bottoms with clean newspapers, as printers' ink is excellent for keeping down ants and other insects. Dainty crepe paper may be used to cover the newspaper, and if one cares for a sweet, delicate odor on lingerie or bed linen a tiny bit of good sachet powder should be sprinkled in the drawer.

All useless articles that have been accumulated should be discarded. However, bits of lace or ribbon should be washed, pressed and put in a box, or boxes, labeled to identify their contents. Velvet that is wrinkled or lifeless should be well shaken, dampened on the wrong side and steamed. "Steaming" is simply drawing the dampened wrong side over a hot flat-iron. Heat the iron to pretty high temperature, turn it on its side on the back or cool part of the range or stove. Hold the velvet ribbon or piece of velvet firmly between both hands and draw it slowly (on the wrong side, of course) over the sharp edge of the hot flat-iron. The pile of the goods will come back into shape, showing new life and lustre. Then when all pieces are thoroughly dry fold them, or, better still, roll them loosely and put away in a labelled box.

When autumn days arrive all these odds and ends of velvet will come in very handy to trim or make the "Tween Seasons" hat all women and girls require.



When Stretching Use Both Hands to Avoid Strains



**Q** UITE a comfortable coach cover can be made from elderdown, which is light enough in weight not to be cumbersome and yet is warm enough to keep the baby warm when the breezes of summer become chilly. There are numerous ways in which to ornament such a cover. One seen recently was trimmed solely with pink ribbon, one inch in width. The ribbon was slightly gathered at both edges and then stitched on. It formed a bow-knot design on both the pointed flap and the middle of the cover proper.

**H** IFFON, Georgette crepe and all other diaphanous materials, whether they are used for gowns or a part of costumes of silk or cloth, are usually trimmed with embroideries. There is something pleasingly quaint about a bit of embroidery applied to a delicate, diaphanous material. Often when used on these airy fabrics the embroidery is quite heavy, but is confined to a small space. A great quantity of it would naturally be apt to pull the material out of shape. Gold and black embroidery motifs were used on a putty-colored chiffon afternoon gown seen recently, and on a pale gray crepe gown there were embroideries of silver, gray and blue. A white net evening gown was trimmed with embroideries placed on the skirt to catch up the draperies at the side and on the tiny sleeves.

**Y** OU would be surprised to hear how often I'm asked what is the cause of so-and-so's success," said the assistant editor of a trade monthly. "Letters come with that question oftener than with any other. What was the reason for Blank's success in that line of his? How was it that Smith pulled ahead? And my answer is usually that it's because Blank is Blank and Smith is Smith. That is to say, the reason for success is you. That's the big, the main reason. Other things contribute, but they can't bring it. It is the kind of man you are, the method you feel impelled to use, the use to which you put your energy and your brain that make you succeed, and all these are just you." This is a point of view that has possibilities. You don't need to sit around waiting for opportunity to knock at the door if the real road to success is yourself. You can get right to work. It is entirely up to you.

**S** OME men and women are so blessed that if they close their eyes they can go to sleep at any moment. Others, however, find it difficult. Taking a siesta is an old-fashioned custom, which might be revived with great benefit to a number of men and women who rise early in the morning, work hard during the forenoon and by the time two o'clock has arrived feel exhausted. "Forty winks" would refresh them wonderfully. Office workers, unfortunately, cannot take the needed rest at just this time, but after the day's work is over and they have returned home, say at half-past five, a half hour's rest before dinner will do them a world of good. To darken the room is the first aid to slumber in daytime. One woman who is preserving her youth and beauty by indulging in an afternoon siesta each day ties a dark blue scarf lightly round her head and over her eyes. She finds it an excellent method of inducing sleep.

**P** ATCH pockets appear not only on coat suits, but they have forced their way to dainty sewing aprons. A very attractive apron can be fashioned of dotted swiss, fine linen or fine lawn. Near the bottom at either side attach oblong pieces of the material to form pockets. Then fill in the space between these upright pockets with one long pocket. Bead the three pieces with valenciennes. If you have the time, you might embroider a dainty daisy pattern on

each pocket before stitching it to the apron. Decorate the center pocket with a rosette made of pink or blue ribbon. The pockets will not only ornament the apron, but will prove most practical for holding sewing utensils. A luncheon set very simply embroidered in one color, preferably blue or green, may be very neatly finished with a fringed white cotton braid. This new finish to the luncheon set reminds one strongly of the old-fashioned fringed dollies with which our mothers and grandmothers used to pass around the afternoon tea and crackers. Another finish for the luncheon set—in fact, a finish which actually "makes" the set—is of maltese crochet, the kind mother used to make on a hairpin. Ask her to show you how to do it. It makes beautiful sheets and pillow cases, and is the finer thread for lingerie seams.

## THE POWER OF ANGER

BY EDNA EGAN.

**T** HERE are few things that can cause one more heartache than to be reproved in an angry tone. Mothers especially should try to overcome this habit. Children are tantalizing at times—we all admit this, but each one of us has been a child, and perhaps we, too, often broke the rules laid down for us. It is wise to young people are going to work—their first positions probably—that the employer should remember his or her first days in the business world, and give the young man or woman a fair chance to show what he or she can do. To lose patience with them—to speak in an angry tone because of some unconscious mistake—the result of inexperience, is not the act of a right thinking man or woman. Many young persons who now hold responsible positions look back with terror on their first "boos," whose inconsideration and sarcasm made life a nightmare in the first few days of their business career.

Giving way to anger is taking a most unfair advantage of the person who is compelled to listen. Heaven knows we all have failings, but why be taken unkindly and sarcastically to task for them? A good old man once gave this advice to a young person who had a lofty idea of himself—"Remember a gentleman should never let his temper get the better of him. When the angry word rises to your lips, stop to count seven; if still inclined to give way to your anger, count twenty, and by that time you will have come to your senses—will have won a victory over yourself and most likely over the person who provokes you."

One story of the great war now raging in Europe relates that during a petty quarrel a little French bride drove her young husband away from her with angry words. That very day he joined the army, and was killed in his first engagement. Can any one picture the anguish of that little bride when news was brought to her of her husband's death? The memory of those last angry words she addressed to him will always remain with her, and time or distance will never efface them.

Anger serves absolutely no purpose. A trivial matter that amounts to nothing will cause lifelong friends to become bitter enemies. Spite fences—law suits—even the taking of human life have resulted from giving way to an angry mood. The man or woman who makes no effort to overcome this habit should certainly follow the advice of the gentle old man quoted above. Smoothing over any little difficulty is accomplishing a sort of feat, because "little difficulties" can in a flash become gigantic troubles, and gigantic troubles take a long time—very often a lifetime—to rectify.