

Health & Beauty Hints

By Katherine Morton

"Please write something about treatments for disfigured finger nails. Mine are very tender and ugly from a long course of housework, but now I've got some help I want to improve my hands."

"A COUNTRY READER."

The working housekeeper's hands have many injurious influences to encounter, but the very worst of them is the constant immersion in water which dishwashing and other cleaning up involve. Rapid changes from hot to cold water, and the reverse, are very hard on the hands, the changes of temperature making the nails brittle and scoring them with the ridges so often seen on much-used hands. The texture of the skin is also coarsened, while the soaps used in all forms of housework, being full of alkali, may so attack the delicate flesh about the nails as to loosen them. So a proper care of the nails certainly means a proper care of all the hands, and it is easy enough to protect them when doing some forms of coarse work. There are heavy white cotton gloves for sweeping and dusting which cost only ten cents a pair. Before putting these on, the palms and nails should be greased with olive oil or vaseline, either unguent rubbed well into the skin and all about the nail scarf. The gloves should also be regularly washed, for when they are grimed with dirt they are certainly useless for beautifying purposes.

With these gloves and a mop, dishes and cooking utensils may be washed without injury to the hands, or, if preferred, rubber gloves could be used for the dishwashing.

The first care of hands injured with housework begins with the cleansing bath, with soft water barely more than tepid, and the soap of a very good sort. If the water used is hard soften it with a teaspoonful of borax, and before using the soap shave it up and boil it down to a jelly. Get a cake of good old castile for the purpose, and after the soap is dissolved pour in about half a cup of benzoin, stirring it well into the jelly. Begin the bath by wetting the hands, and then rub the jelly on them, working the hands together in the usual way as when using soap. Wash off in one water and then rinse in another of the same temperature, drying the hands at once on a clean, soft towel.

Such a hand bath should be taken every night before going to bed, and when the hands are dry some unguent must be rubbed at once over and about the nails—either olive oil or vaseline, as hitherto stated.

As numerous baths, even with the best soap and softest water, are not always good for sensitive nails and delicate skin, it is wise to clean the hands several times during the day with olive oil or palm oil; if the hands are well rubbed with either of these, then dusted with talcum powder, and wiped off with a coarse and yet soft towel, the soil will be entirely removed. Coarsened nails are much improved, too, by the wearing of loose old white kid gloves, both during the day and at night, while the regular gloves worn should also be fairly loose and of a soft leather such as chamolis or doeskin.

KATHERINE MORTON.

Social Forms and Entertainment



Budget From "Newly Wed."

I am a very interested reader of all your good advice and suggestions to the many asking aid from you. May I, too, ask a few questions? Am just married and moved into our dear little bungalow, and look to you for advice. For which foods are finger bowls used, and does a finger bowl stand in a glass plate? When are the finger bowls placed on the table? When individual salt dishes are placed on the table with salt spoons, is the salt conveyed to the plate with small spoon? Please give me a recipe for a fruit salad containing grapefruit and one without, also a cabbage salad recipe, if not too much trouble for you. In having cards printed shall I have my husband's name on my card, such as "Mrs. H. B. Jones" (or Harry B.)? Is it good taste to have a door plate with name on our new home?—V. G. N.

Finger bowls are necessary when fruit is served or corn on the cob, and many hostesses have them brought in with the dessert service or after it. Each bowl rests on a glass plate to match or on a china plate on top of a fine finger bowl dolly. The salt spoon is used by the individual to put the salt on his plate. I cannot take the limited space to write out recipes unless for some very unusual dish that will be a novelty. What you wish will be found in any up-to-date cook book. Your cards should be engraved with your husband's full name. Door plates are seldom used now.

From "N. B. D."

Will you kindly answer through the paper whether it is proper to bring a box of candy or chocolates when taking a lady to the theater? Also which side should a gentleman be on (right or left of lady) in escorting her across the ballroom floor, and on which side should he seat himself?—N. B. D.

There is nothing improper about taking a box of candy to the theater, but it should be eaten during the intermission and not during the play. A man walks at the left of a lady and sits at her left, offering his right arm when occasion requires it.

Glove Etiquette.

Is it necessary to remove the glove before shaking hands? Are there certain occasions when this is or is not necessary?—"WAITING."

If a man should be working and have on heavy soiled gloves he should remove them before shaking hands, otherwise it is not necessary.

MADAME MERRI.

Breeze Baskets.

The bedroom that is redolent of the old-fashioned scent of lavender suggests refreshment and peace. It is not enough to line the wardrobe shelves with lavender sachets, though to do so is a step in the right direction.

Very pretty are the hanging "breeze" baskets which every breath of air from the outside encourages to send forth a delicious scent. The baskets are hung upon ribbon and slung upon the looking glass or upon the handle of an escritoire, out of sight maybe, but not out of mind.

"ONE MILLION LEAGUE FOR MANITOBA."

The purposes of the "Million for Manitoba League" are set out in the fact that Manitoba wants more people. Today the population is less than five hundred thousand, and the determination of the representative men of the Province to devote their best energies to increasing this to a million is a worthy one. There is already a widespread interest in every municipality; committees are appointed, whose duties are to secure such a thorough knowledge of local conditions that, whether the applicant for information be a laborer for the farm, a would-be tenant, a probable homesteader, the buyer of a small improved farm or the purchaser of a large tract for colonizing farmers, the information is at hand, free.

The advantages that Manitoba possesses are many, and with the exploitation that will be given them by the birth of this new acquisition to the settlement and immigration propaganda that is being carried on by the Dominion Government, there is no doubt that the establishment of the bureau will very soon bring about the results looked for. Manitoba is practically the gateway of the great grain belt of the West. Its farm lands have demonstrated time and again that they have a yielding value that practically makes them worth over one hundred dollars per acre. Added to the yielding value of the land, there is an increased value on account of its nearness to markets, and the matter of freight rates is carefully considered by the cautious buyer. But the information more valuable to the incoming settler is that it still has an immense amount of vacant fertile land open for homesteads. This dispels the idea that free homesteads in Manitoba are about exhausted. In addition to this, the territory recently added to the Province will open up a homesteading area which when filled should fully satisfy the "Million for Manitoba League." Within the old boundaries there is an area of 47,360,000 acres, less than six million acres of the 16 1/2 million acres occupied being under cultivation. At present there are over 20 million acres of available land capable of being put under the plough. If in every one of the 195,000 vacant quarter sections of the Province an average family of four persons were placed, there would be added a rural population of nearly 800,000. So there is room for additional hundreds of thousands on the farms of Manitoba, without any possibility of congestion. The population per mile in Iowa is 39.4, in Minnesota it is 23.5. That in Manitoba is only 7.1.

A glance at the map, copies of which will be forwarded upon application to any Canadian Government Agent, shows that Manitoba is wonderfully well supplied with railways. There are but few farms that are more than ten or twelve miles from a railway line; elevators are convenient, and markets are always good. The growing of grain, while a big feature in the inducements held out, is well reinforced by the great possibilities that exist in all portions of the Province, for the raising of stock, for dairying, for hogs, and for a successful class of mixed farming, and what gives additional interest is the fact that there is so much land in the Province open for free homesteading that improved farms in almost all of the 98 municipalities can be purchased at very low figures. Many of the owners of these have made sufficient upon which to retire and are becoming residents of the cities. In addition to the export market for the produce of the farm, Manitoba has a number of large cities and towns providing a splendid local market. Truck and garden farming are highly profitable branches. Winnipeg is a city bordering on 200,000. Brandon is a splendid centre, Portage la Prairie is the hub of an excellent district, and Yorkton, Minnedosa, Dauphin, Morden, Manitou and a dozen other towns are important help as consumers.

The Dominion and Provincial Immigration officials are working in strong sympathy with the "Million for Manitoba League," and in addition to the general literature sent out by the Government, the League has prepared pamphlets giving useful and concise information, which on addressing the Secretary, Million League, Winnipeg, Manitoba, will be forwarded free.

His Veracity.

Jim Slocum of Montgomery county, avers the Kansas City Journal, was called as a witness to impeach the testimony of a man in that county. Jim was asked if he was acquainted with the reputation of the witness for truth and veracity. Jim said that he guessed maybe he was.

"Is it good or bad?"

"Well," said Jim, "I don't want to do the man no injustice, 'but I will say that if his neighbors were to see him looking as if he was dead they would want some corroboratin' evidence before they would be willing to bury him."

Irrelevant Reasons.

"Why is Jones-making his girl take music lessons? She'll never learn if she practices for a million years."

"Jones says he knows she has no talent, and he can't afford the expense, but that he hates the people so on the next floor."

The quarrelsome man should bear in mind that a chip on the shoulder never won a jackpot.

Garfield Tea helps clear a muddy complexion, dispel foul breath and sweeten the temper.

A true friend is a person who listens to your troubles.

HEALTH FOR THE CHILD.

The careful mother, watching closely the physical peculiarities of her children, soon learns that health is in a great measure dependent upon normal, healthy, regular bowel action. When the bowels are inactive, loss of appetite, restlessness during sleep, irritability and a dozen and one similar evidences of physical disorder are soon apparent.

Keep the bowels free and clear and good health is assured. At the first sign of constipation give the child a teaspoonful of Dr. Caldwell's Syrup Pepsin at bed-time and repeat the dose the following night, if necessary. You will find the child will quickly recover its accustomed good spirits, and eat and sleep normally.

Dr. Caldwell's Syrup Pepsin is far preferable to salts, cathartics and purgative waters which are harsh in their action. Syrup Pepsin acts on the bowels easily and naturally, yet positively, and causes no griping or discomfort. Its tonic properties build up the stomach, liver and bowels, restoring their normal condition.

Druggists everywhere sell Dr. Caldwell's Syrup Pepsin in 50c and \$1.00 bottles. If you have never tried this remedy, send for a sample to Dr. W. B. Caldwell, 201 Washington St., Monticello, Ill. He will gladly send a trial bottle without any expense to you whatever.

The Real Cause.

The temperance orator was waxing eloquent.

"What," he demanded, "what causes more misery than liquor?"

"Thirst," responded a husky voice from the rear of the hall.

Special Status.

"Why does that fellow put on so many airs among his companions?"

"Cause he's near-society, he is. He was once run over by a multi-millionaire's motor car."

A Hint.

He—I don't approve of tips.
She—It has been noticed that you do not even tip your hat.

DO YOU HAVE CREAM TO SELL? Write MIDSWOLD CREAMERY CO., Minneapolis, for prices and tags. They guarantee return of cans and satisfaction to you for every shipment.

Some people lead such placid lives that nothing ever seems to happen to them, not even the unexpected.

For liver or kidney troubles, nothing is quite so reliable as Garfield Tea.

The fellow who depends entirely upon luck isn't to be depended upon.



Here's

The Road to Comfort

A vanished thirst—a cool body and a refreshed one; the sure way—the only way is via a glass or bottle of

Coca-Cola

Ideally delicious—pure as purity—crisp and sparkling as frost.

Free Our new booklet, telling of Coca-Cola vindication at Chattanooga, for the asking.

Demand the Genuine as made by

THE COCA-COLA CO. ATLANTA, GA.

Whenever you see an Arrow think of Coca-Cola

THE DELINEATOR

EVERYBODY'S MAGAZINE and ADVENTURE want a local Representative. You can earn a salary every month. Write to-day to: The Butterick Publishing Co., Butterick Bldg., New York City

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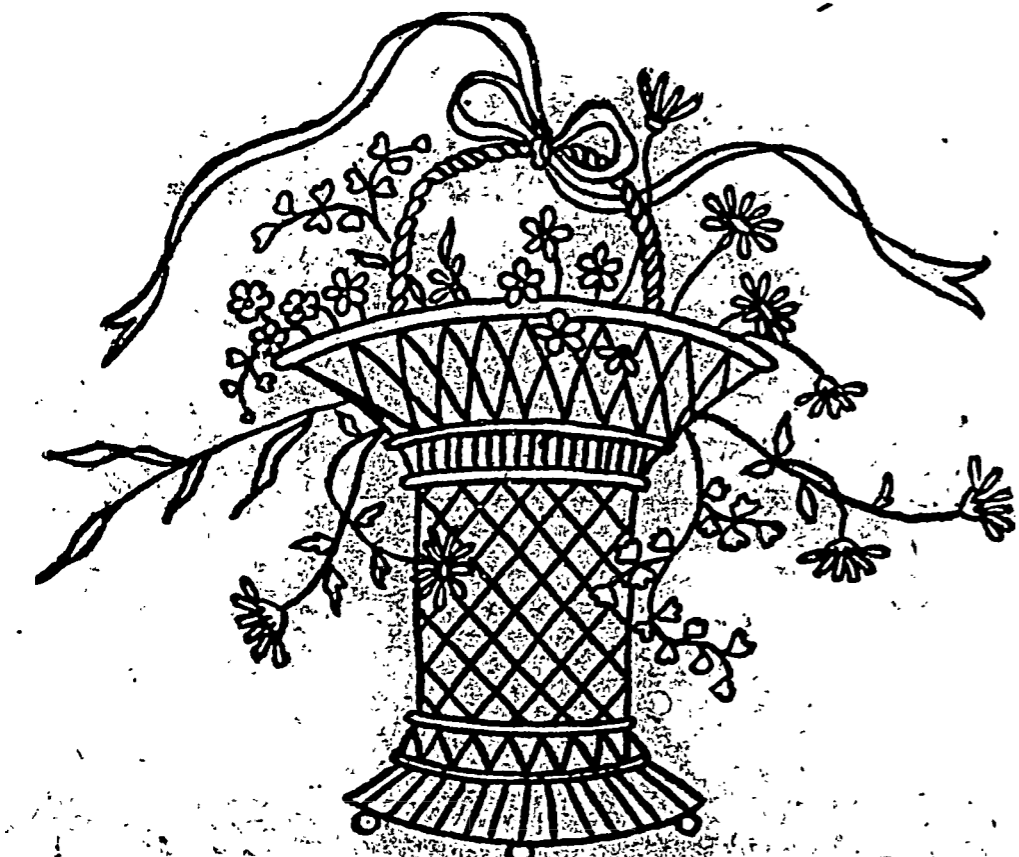
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HAROLD SOMERS, 150 DeKalb Ave., Brooklyn, N. Y.

IF YOU WANT TO BEGIN OR EXPAND business write the Board of Trade, Weyburn, Saskatchewan. We want industries, retailers and wholesalers. Electric power, water, fuel cheap. Builders with capital needed. Population doubles this year.

W. N. U., Minneapolis, No. 21-1912.

Pretty Decoration for the Handkerchief or Glove Case



A white silk glove or handkerchief case may be charmingly decorated with this little basket, worked in colors. The daisies are worked solid in white with yellow centers; the forget-me-nots in blue with yellow centers, and the leaves and ferns in green. The stems are done in the outline stitch in green. The basket is also worked in the outline stitch in a light shade of brown and the ribbon is done in the solid satin stitch in pink, blue, lavender or green. Use filo floss for the embroidery.

Roll your Own!

NOTHING in the world gives so much pleasure for so little money as tobacco. And where in the wide world can you invest 5 cents and draw as big a dividend of pleasure as from a sack of good old

GENUINE "BULL" DURHAM SMOKING TOBACCO

Forty "rollings" in each 5-cent muslin sack.

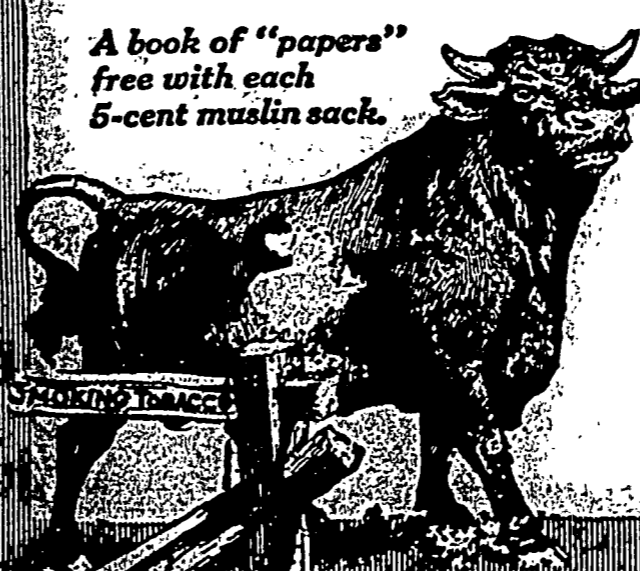
—whether rolled in cigarettes or tucked away comfortably in your pipe?

Just look at it in plain figures.

10 ordinary ready-made cigarettes	5 cents
10 better ready-made cigarettes	10 cents
10 more expensive ready-made cigarettes	25 cents

40 of the very best possible cigarettes rolled from one 5-cent sack of "Bull" Durham 5 cents

A book of "papers" free with each 5-cent muslin sack.



—Roll your own and enjoy the solid pleasure of a pure, mellow, fragrant, satisfying tobacco that for over fifty-two years has delighted more millions of men than all other high-grade tobaccos combined.

That plain muslin sack holds "Bull" Durham—"Bull" Durham will hold your loyalty for a lifetime.

Bull Durham's Durham Leaf & Co.