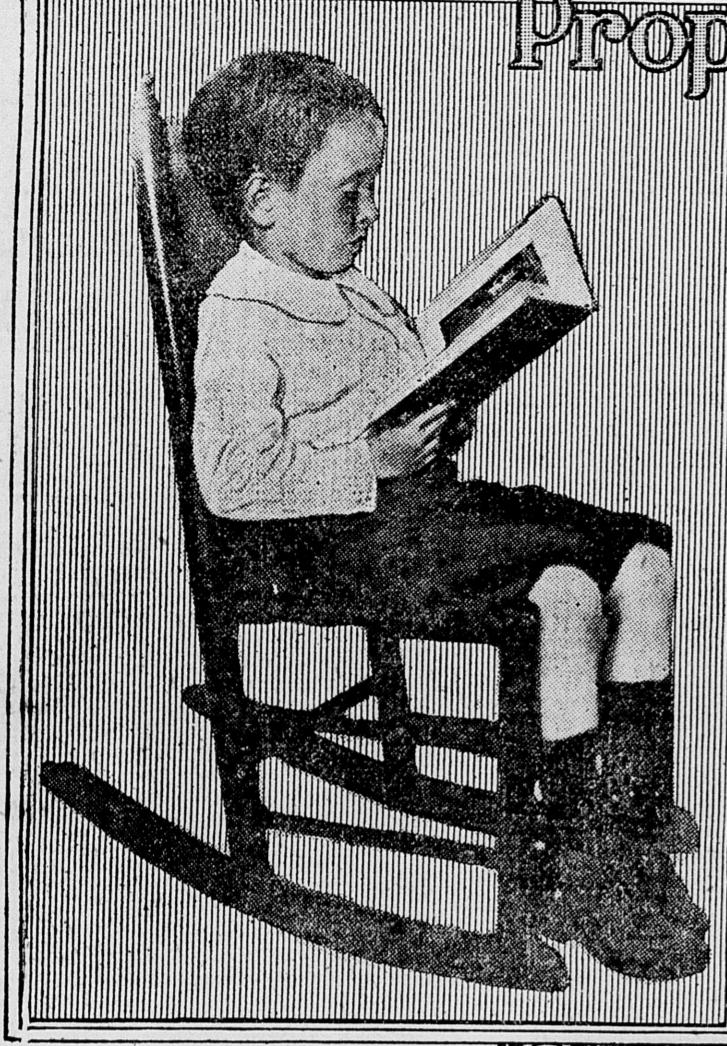


Proper Care of Children Insures Health And Beauty at Maturity



REPOSE IS NECESSARY TO AID DIGESTION

By Harriet Coates

FEW parents fully realize that the health, beauty and happiness of their children depend largely upon the watchful care given them during their childhood days. Nevertheless it is a fact, and if each child was intelligently studied and treated accordingly we would soon have stronger men and women.

Nothing is more important to a child's physical well-being than proper digestion and assimilation of food, and in order that this may take place, good teeth are essential.

Digestion begins in the mouth with the mastication of the food, and in order to masticate the food sufficiently to derive benefit, good teeth are necessary. Hence, the care of the teeth should be one of the first considerations the mother should give the child.

As the teeth grow they should be watched closely and brushed each night and morning. Should the first teeth show signs of decay, the child should be taken to a dentist for advice. Brown bread should be given children. They require it for the formation of bones and teeth, as it contains phosphates of wheat.

In early childhood the teeth should be cleaned with a good dental preparation or castile soap, using a cloth or soft sponge to apply same. The bristles of an ordinary brush are too stiff and apt to injure the delicate gums.

When the second teeth begin to appear they should be watched closely. If they grow evenly, do not disturb them; but if they are irregular, put them straight every day by gentle pressure.

THE child should be taken to a dentist who will so adjust a band that the teeth will grow straight.

In early childhood, very frequently, much mischief is done to the teeth by overeating, by the immoderate consumption of bonbons and sweets, improper food, and overdoses of medicine, more especially preparations containing iron, mercury, and arsenic. So never fail to consult a dentist immediately a spot of decay appears on any tooth, even if it gives no pain. Decay is oftentimes very rapid, and at all times infectious. A bad tooth will soon destroy its neighbors on either side, and if the trouble is taken in time the loss of what can be often never satisfactorily replaced may easily be prevented.

I have found it an advantage to have



THE GROWING TEETH SHOULD BE CLOSELY WATCHED

allowed to go unattended the trouble multiplies.

When one advances in life one of the first signs of wearing out is the decay of the teeth. The complete breaking up of solid food, and its thorough mixture with saliva, is indispensable to solution in the stomach and intestines, upon which our vigor largely depends. Hence, it is well worth while to avail oneself of the skill and ingenuity of the dental specialists to prolong the life of the teeth.

Mothers often set a bad example for their children by the manner in which

they use their teeth. For instance, most mothers bite thread instead of breaking or cutting it. Every one should know that this is injurious; by biting fibrous substances the enamel of the teeth may be cracked and ruined. Biting hard articles endangers the teeth in like manner.

To crack the enamel is not simply to make a surface break. Each tooth is a mass of sensitive pulp, having a living nerve and covered by a hard and thin coat of enamel. The saliva gets through this tiny fissure and is absorbed by the

gut.

Children should not be made to sit still long at a time. If they are kept long in one place they will fidget, move restlessly from side to side and take attitudes which may make them grow crooked. Neither should they be allowed to sit on narrow forms or seats without proper support for the back.

Repose is necessary—especially after each meal—to aid digestion, and children should be encouraged to rest by lying back in a suitable chair; this will often work wonders in curing or checking a tendency to round shoulders and weakness of the spine.

Body Massage.

S. B. D.—A professional masseuse will not give massage without a doctor's order, or at least without a doctor's consent. Massage should be given only by one who has been thoroughly trained in the work. After one part of the body is treated that should be covered at once, and the treatment should not be taken in a room where the temperature is below 70 degrees.

Hebe's Answers

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Shampoo for Oily Hair.

J. S.—One tablespoonful of lime water to each raw egg. Beat them together, then rub them well into the scalp and hair. Rinse with tepid water. Use no soap. Dry by gently rubbing. Use a brush with moderately soft bristles. Always brush an oily scalp gently and not too long.

Traveling Necessaries.

Mrs. W. M. G.—The towels used on trains are rather rough for the face. Old, soft cotton birdseye is the best thing to wipe the cream off with. Cut them in pieces just large enough to use once, then you can throw them away after using. Old linen toweling will also answer. The paper towels are sometimes used, but for wiping off the cream they are not as good as the soft cotton toweling. They are very useful though for drying the hands.

Walking and Breathing.

E. S. G.—Deep breathing is naturally an accompaniment to walking. So if you walk well you will also breathe well. In walking hold the chest high and head erect, not tipped back or inclined forward. Take a firm light stride. The body should be balanced on the hips without swaying. Keep the mouth closed and breathe through the nose. Never allow yourself to acquire a mincing step.

Water as a Beautifier.

Jessie B.—To have a clear complexion, it is imperative that all the excretory organs are kept in a healthy condition. Many obstinate cases of constipation and skin diseases are the result of not drinking sufficient water to aid the system to carry off the waste matter. Take a glass a half hour before breakfast, several between meals and a glass before retiring.

SIMPLE ENOUGH ARE THE RULES FOR THE DEBUTANTE

By Hebe

SUMMER was a joyous time but now it is past. The delights of cooler weather, or crisp days and cold nights are at hand. Among all who enjoy the prospect perhaps no other person can be said to more keenly await the oncoming season than that favored and highly fortunate individual which it has become the custom to call the debutante.

Who does not envy her, this comely young woman whose eyes dance and sparkle as she thinks of all that is in store for her. She would stand on tiptoe, if she could, and peep over the top of the baffling everyday present into the enchanted realm of the future where the not impossible Prince Charming awaits her coming.

In her mind is one mad jumble of such things as dances and matinees, teas, bonbons, posies, ribbons, favors, new gowns, bewildering hats, fairy slippers, cobweb silk hose, gloves, jewels, airy nothings, vows of love, sighs and dreams, soft music, softer glances, stolen hand clasps and Heaven only knows what else of all the medley of youth and life and pleasure.

She is ready, nay, she is thirsty for the fray. Like a mettlesome thoroughbred who longs to be off, who dances this way and that, vibrant with life and nervous energy, this young girl thoroughbred tosses her head, pats her slender foot, can indeed but scarcely wait for the intervening days to go by so that the enchanted time of her debut

shall at last dawn upon this mundane sphere.

AFTER that the deluge; she is out, the die is cast, in common parlance and to use a phrase of one not yet forgotten by the great American populace, her hat is in the ring.

She is at last cut loose from the safe moorings of childhood into the troubled waters of young womanhood; and those that love her breathe fervent daily prayers that good fortune shall attend her and bring her to some favored and peaceful port of the right kind of marriage.

She has indeed many friends, confidants and counselors. Notwithstanding all of these, she has a mind of her own and pretty generally follows its mandates rather than the words of older, wiser ones.

She seeks to be "differently" dressed, rather than a mere mannequin of fashion. She chooses her hats with an eye to her own individual charm. She takes care, among all of her pleasures to look well after that which might be called her capital, i.e., her good looks, both of face or figure.

To-day's young woman is generally a pretty healthy specimen, thanks to the many outdoor games and sports in which she may indulge. Her figure, then, is at least that of firm, strong, health rather than that of artificial sort which once was considered entirely beautiful. To-day's debutante walks well shod, dresses her neck becomingly, is always fully gloved. Her hair she also knows full well how to manage; one

item of her store of good looks which might be said to be the most important one, since without it she would be much put to it to appear well, is a good complexion.

The modern girl is blest, as a general rule, with smooth and healthy skin. After the Summer's play and fun, her cheeks betray an active circulation in their ruddiness and freshness.

IF SHE is tanned or sunburned the wise girl will at once seek her masseuse and have her face treated until the skin regains its natural fairness. A coat of tan may be becoming at the shore or mountains, but rather incongruous in a ballroom gown in the Winter season. If she is freckled they too can be permanently banished in ten days. All girls hate freckles and truly they are most unbefitting.

She should start upon the season's gayeties with smooth forehead, pink

cheeks, a snowy chin and nose; and if she takes just some little thought and care she shall not lose any of this beauty, as the different festivities occur and are succeeded by others.

Too often it happens that the debutante is not wise in this respect. Late hours, refreshments at all hours, a great amount of nervous excitement—all do their work and some fine day our young lady awakes with a horrid start to the knowledge that her good complexion has vanished, goodness only knows where, and she is left with a skin dotted with blackheads, punctured here and there with small pimples, a generally sallow or pale appearance, lines around and under the eyes.

What an outcry is there, my countrymen! And straightaway heroic measures are resorted to, to atone for past thoughtlessness and neglect. The fact of the matter is such a loss need not have occurred. A little intelligence, a little forethought and that incomparable freshness which cannot be bought in any box, hailing from Paris or any other place, could have been retained and the girl possessed of such wisdom would have stood out among her less fortunate sisters as the newly opened flower does among those about ready to fall from the stalk. Who would not achieve such a result, if it is within one's power to do so?

Simple enough are the rules whereby this can be done. Lost sleep—this is the traitor which so often depresses vitality and the next thing a cold is caught with all of its accompanying discomforts.

LOST sleep adds no color to the lips nor brightness to the eye—and bearing this in mind, the wise debutante will take pains to catch up, as the saying goes, or to make up arrears after a night or two when the sleeping hours were few. She had indeed better spend a whole day in bed once a week if lost sleep can be made up in no other way. Such a twenty-four hours of rest will work wonders as a beautifying agent.

Then irregular eating or the partaking of sweets and ices—these sometimes mean a cankered mouth, a thing in itself painful and inconvenient.

Sometimes the rebel stomach takes its revenge by causing a disfiguring cold sore or fever blister to appear upon some portion of the lip. These cold sores are ugly things in their inception, their continuance or their disappearance. Some of them when first erupting swell the lip to a surprising degree. Larger

a hard surface shows its unbecoming dark spot. After awhile this becomes loose, catches in the veil or tears away, leaving a raw-looking spot. Who would not avoid all this by being just a little thoughtful, a little careful when she chooses what she will eat, late at night or between lunch and supper?

It is natural to relish the cup of hot liquid, when cold weather is here. It is natural to enjoy something ice-cold when one is much heated from dancing, or some other exercise. If these things must be taken surely one should try to take them sparingly. If sweets are offered, the very little bit is always better in every way than the generous indulgence in them.

SOME girls instinctively seem to know how to take care of their complexions, others do not. Some indeed, are reckless and do not care, deeming it too much trouble to be hampered by the thought of carefulness. Nevertheless the debutante who wishes to retain all of that charm of youth which is in no other way, better expressed than in a good complexion, will not disdain to observe that little ounce of prevention which is worth so much more than the tardy pound of cure. She will do all that she can to preserve the smoothness and lovely color of her skin; and if she finds herself not able to the task she will indeed take advice or secure the services of any of the excellent experts which nowadays are to be found, who can assist her in the world of preserving and maintaining her facial beauty.

Chamoise Treatment

THE woman who motors much is advised to give her skin the chamoise treatment. The skin is warmed with a hot towel and is then covered with real cream, though cold cream may be used if more convenient, or any good and cleansing skin food. This is spread upon the face and while moist is rubbed off with a prepared chamoise leather.

To prepare the leather take a strip about eight inches wide and 18 inches long and wet it well with warm water. Wring it out, and while it is still moist rub soap into it, using the best toilet variety. Rub the whole chamoise well with the soap until it is lathered, then hang it up to dry, when it will be soft and fine and ready for use upon the skin.

The way to polish the face with a chamoise leather closely resembles the polishing of the toe of a shoe. The chamoise leather is taken by its ends and seesawed across the face, using as much force as possible. By this vigorous exercise the skin is made fine, clean and soft.

A powerful factor in treating the complexion is the collar. If it is worn loose the face will be much clearer in tone than if it is worn tight. A tight collar will make the veins in the neck swell and will redder the nose. Sometimes the mere loosening of the collar will change a poor skin into a good one.

A remedy that is severe but effective in certain cases of dust-covered complexion consists of a cut lime squeezed into half a cupful of water. Half a teaspoonful of borax is added to this, and the whole is rubbed upon the face, only to be mopped off immediately with the softest of cold cream.

The Corset and the Debutante

KEEPING THE HANDS SOFT

IT IS very difficult to keep the hands soft in frosty weather, especially if one is one's own housemaid. An inexpensive wash if one has some left over milk on hand is to soak them in warm milk. A bottle of glycerin and rose water kept on the bathroom shelf and applied when the hands are wet after washing, will help also. Vaseline may promote a growth of hair on the hands, but there is nothing better for loosening dirt under the nails than a little vaseline pushed under the nail at night before retiring; it not only removes the soil, but lubricates the nail surface and prevents it from becoming brittle.

Bedmaking is hard on nails and it is advisable to wear an old pair of washable gloves when tucking in the sheets.