

Health and Beauty Queries

By Mrs. Mac Martyn

Minnie S.: The proper time for a cold bath is before breakfast. The important result of a cold bath is its refreshing glow.

"Mt. Elmo": You say that all cold creams leave your skin so terribly oily. Make this cream jelly yourself at home and there will be an end to your troubles. Get from your druggist an ounce of Almozol, put it in a fruit jar, add one-half pint of cold water and two teaspoonfuls of Glycerine, stir briskly for a few minutes and let stand until it becomes thick. Use for massaging to remove and prevent wrinkles, fill out hollow cheeks and round off angles. It gives a clear, fresh and soft skin because it removes all particles of dust, dirt and soot from the pores. It removes blackheads, and by making large pores small prevents their return. It is also good for freckles, tan and skin-pimples. This cream jelly contains no oils or fats that will cause a growth of hair.

L. I. M.: A bunion is an enlarged joint. The best you can do is to bathe it in Arica and apply a bunion plaster to protect it from irritation by the shoe. Bathe your feet every night in salt water. You can get a bunion plaster or anything else that I mention in my recipes from any first-class druggist. If he is so unaccommodating as to say he is out of what you want, and does not offer to get it for you from his wholesaler, go to another druggist who cares enough for your trade to get for you what you want.

Georgia C.: The most important detail in the care of the hair is its cleanliness. The frequency of a shampoo should depend upon the condition of the scalp and hair. Soda in the water will fade the hair and make it brittle. If you want a shampoo that thoroughly cleanses the scalp, relieves scalp irritation and makes the hair soft and fluffy, dissolve a teaspoonful of Canthrox in a teacupful of hot water and shampoo by pouring it on the

head and rubbing well. This makes an abundant lather.

No Signature: Massage your double chin with Almozol cream jelly. To take the superfluous flesh from your abdomen and hips try this: Dissolve four ounces of Parnotis in a pint of warm water, and take a tablespoonful three times a day, just before meals.

Kate S.: (1) There is no remedy for the deep wrinkles caused by age. (2) If you permit dandruff to form and remain on your scalp it will surely kill the hair. Your falling hair is caused by dandruff, and you should use a quinine hair tonic once or twice a week. Get from your druggist one ounce of Quinola, add one-half pint of alcohol and one-half pint of cold water; let stand until the Quinola is dissolved. Apply by rubbing into the scalp and hair until absorbed. This will keep the scalp and hair in healthy condition, and promote the growth of hair. It has been used for years by a very prominent writer who is noted for her long and abundant glossy hair.

"Elsie Dismore": I thank you for the confidence you express in my little talks to correspondents. For eyes that are dull and listless, easily tired, and become inflamed, use an eye tonic made by dissolving one ounce of Crystos in a pint of water. It will not smart or burn and is an aid to those who wear glasses, for it strengthens the sight, while it makes the eyes bright and sparkling.

X. T. C.: A good liquid powder or face wash is a protection to the complexion. The manufactured brands of merit are expensive, but you can make a good one at home as follows: To a half pint of hot water add two teaspoonfuls of Glycerine and four ounces of Spumax; let stand until cold. This is a true beautifier that makes the skin white and youthful, and is particularly valuable to those afflicted with sallow, dark or oily skin. A friend of mine by accident discovered that it was also very good for cold sores.

PANIC ON STEAMER

Derfflinger Ran on Reef Off English Coast in a Fierce Storm.

CALM PASSENGERS TODAY

(American News Service)
Southampton, July 22.—Their ship lashed by wind and waves, the hundred passengers on the stranded Nord Deutscher Lloyd liner Derfflinger on the Needles Reef spent a night of terror and were relieved today by calmer waters and lower winds. With the coming of darkness a high wind sprang up and the great liner groaned and tossed while the passengers waited for

morning. Women became hysterical and though the officers and crew tried to impress upon them that there was no immediate danger, they refused to be pacified. No plans were made to remove part of the cargo today.

LAD BADLY BURNED

Milton, Ind., July 22.—Mrs. John Ball received a letter from her brother Frank Wagner of Milford, stating that his six-year-old son, Rudolph, was recently very severely burned. He was playing around a bonfire and his clothing caught fire. He was just able to get out when he came near a horse and was kicked by the animal. His skull was slightly fractured. He is gradually recovering. Mr. Wagner is an uncle of Mesdames Homer Wissler and Oscar Kleinknecht of Richmond.

WOMAN ATTEMPTED SUICIDE ON SHIP

Dealer in White Slaves Tries Death to Escape Being Prosecuted.

BEING HURRIED NEW YORK

WHEN SHE LEARNED THAT AUTHORITIES WERE AFTER HER SHE FLED TO ECUADOR WHERE SHE WAS ARRESTED.

(American News Service)
New York, July 22.—Details of the attempt at suicide made by Helen Spencer on the steamship Alliance off the coast of North Carolina are expected today by the police authorities. In a dispatch received today it was simply said that the young woman tried to kill herself last night aboard the steamer.

She is being brought back to New York by Messrs. Kesselmark and Griffin to answer a charge of "white slave" traffic between the United States and Panama. She had a handsome apartment house in Panama and is said to have conducted it with another woman, who was sent north on a royal mail steamer. When she got a tip she was to be charged with enticing girls to Panama she eluded the authorities and escaped to Guayaquil, Ecuador, where after a world-wide search she was arrested.

Witnesses Are Held.
Inspector McCafferty was notified by cable from Guayaquil July 10 of her capture. There were then three girl witnesses against her in this city said to be anxious to give testimony, one being in the house of detention.

Miss Spencer is regarded as something of a mystery by the New York police but it is believed she is one of the principals in a gigantic traffic of white slaves. She is about 35 years old, and is described as handsome and stylish in appearance, always wearing fine clothes and jewels.

The three young women, according to their stories, first met Miss Spencer here last May. She won their confidence and separately told them of the splendid opportunities in Panama for women of the theatrical profession.

They Signed Contracts.
Representing herself as the agent of a variety house in Panama City, known as "The Navajo" she induced the girls to sign contracts with attractive salary inducements, including the cost of transportation.

The girls had never met until they were aboard the Orinoco bound for Colon. They soon learned their plight and became so fearful the stewardess reported their condition to Captain Cheerat who sent for them. He heard their story and had them sent back.

HANDMAID: Nothing better for the boys than bread from Gold Medal Flour. **REARICA.**

CATCH BANK THIEF

Terre Haute Young Man Arrested on His Return From Vacation.

HE MAKES A CONFESSION

(American News Service)
Terre Haute, Ind., July 22.—Howard Phillips, twenty-two years, a clerk at the Terre Haute National Bank, has been arrested and has confessed to taking four thousand dollars of the bank's money during the past three years. The thefts were made by manipulating accounts when exchanges were made with other banks. Phillips had just returned last night from his vacation. While away his books were examined and the evidence of crookedness was discovered.

LITERARY WORLD

TENNYSON.
(From an editorial in August Century) Century.

We need not inquire as to the comparative artistic merit of Byron and Scott and Wordsworth, of Keats and Shelley, of Longfellow, Lowell, Poe, Whitman and Emerson, of Swinburne, Browning and Tennyson, in order to determine whose genius of all these reached the wider, popular audience and influence in their times. Among these English speaking singers each of us may name his special favorite and master, but all know which reached the greater number.

Fortunate indeed has been the English speaking world in that the fascination for the masses of readers of the brilliant and irresponsible Byron—the effect of whose better deliverance was yet wholesome—was followed by the vogue of a master so golden hearted and nobly inspired and inspiring as Tennyson. For many of those living who felt and long remained under the Tennysonian spell another music—such as that of Fitzgerald's, even, or that of one of the mightier singers—may later have assumed a more peremptory importance. Some parts of Tennyson's wide accomplishment may have to these lost something of its earlier charm; but his greater accomplishment, the diamond like perfection and strength of his highest lyrics, the grave music of his most virile and most penetratively beautiful blank verse, the large and fit expression of his wisdom of life—these elements of his art endure; these are indestructible; these endure the laureate, and always will, to every soul that recognizes with welcoming rapture that which is eternal in the poetic art—the "worthy offering" of "the flower and fruit" of a blessed and beautiful nature.

Mr. Botts—I think, my dear, I have at last found the key to success. Mrs. Botts—Well, just as likely as not you'll not be able to find the keyhole.

RECEIVE NO REPLY FROM THE COMPANY

Commissioners Still Waiting For Answer of the Railroad Officers.

EXPECT AN ACCEPTANCE

THINK THE COMPANY WOULD PREFER TAKING THE PROPOSITION OF THE COUNTY THAN GOING INTO THE COURTS.

The board of county commissioners has heard nothing in response from the Pennsylvania railroad officials in regard to the proposed sale of poor farm land to the company for \$3,000. It is believed locally the railroad company would prefer buying the land to a law suit. The commissioners have threatened injunction proceedings and had gone so far as to notify the county attorney to begin the process of law, when the railroad asked for a stay.

Contract Awarded.
The railroad company has awarded its contract for the work and now is undertaking to secure the right of way. It is believed by county officials that the county has the right to ask for some reimbursement from its land, although the contract of 1886 provided for such an improvement by the railroad without expense for land. The commissioners have expressed their intention to retain the position they have taken in the matter and unless the railroad company agrees to settle, it will find legal action confronting it.

"You should love your neighbor as yourself."
"But my wife won't let me have any affluities."—New York Press.

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