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.

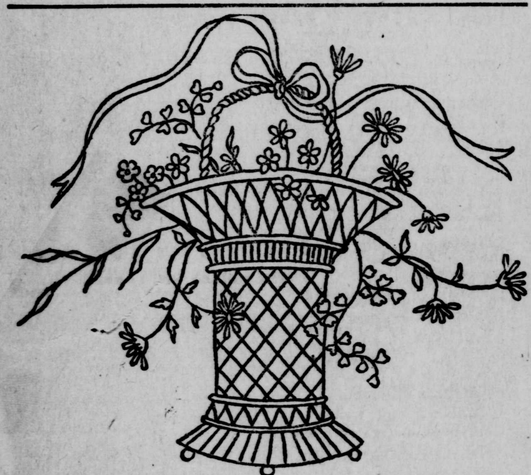
The first care of hands injured with housework begins with the cleansing bath, with soft water barely more than tepid, and the soap of a very good sort. If the water used is hard soften it with a teaspoonful of borax, and before using the soap shave it up and boil it down to a jelly. Get a cake of good 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 chamois or doeskin.

KATHERINE MORTON.

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-m-enots 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.

Social Forms and Entertainments



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 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 doily. 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.

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.

The Panier.

Now that the question of spring suits for out-of-door wear has been definitely settled, out thoughts are turned toward evening modes. The most captivating models may be seen everywhere. The paniered dress is the most novel and sensational, but fashion is so versatile that almost every style which is graceful and effective may be considered la mode.

Overdress seen recently was made in soft ivory mousseline de soie gracefully draped over a handsome embroidered shell pink satin underdress, with applique of Bruges lace, and at the waist was a touch of black velvet with paste ornaments. The long lace trimmed sleeve extended right on to the hand.

Handy Device.

A sleeping car apron is made of a plain breadth of linen, having a broad strip turned up at the bottom to form a pocket with three divisions. These are lined with thin white rubber and are meant to hold sponge, soap, tooth brush and other toilet necessaries, two smaller pockets above receiving rings and other small jewelry, stock collars and other accessories.

Tennis Costume.

The white serge skirt in combination with one of the many types of loose-skirted blouses is much used for tennis. With it is worn a striped coat of blue and white, orange and white, red and white, or green and white. Combinations of the various college colors are also seen.

NEW YORK'S ONLY WOMAN DETECTIVE



NEW YORK.—"To be detective, first grade, at $2,250 per annum—Mrs. Isabella Goodwin."

Such was the order of Rhinelander Waldo, New York's police commissioner, recently. He did not mention the fact that Mrs. Goodwin is the only female municipal sleuth in the United States and New York city's first woman detective sergeant. Nor did he mention it officially that the promotion from police matron to detective was due to good work for 14 years past, and especially for her share in solving the mystery of the $25,000 taxicab holdup, in which two bank messengers were blackjacked and robbed.

Ten thugs took part in this crime, one of the most spectacular in the history of New York. One or two are still at large, but the majority are behind the bars and all but one have confessed. It was Mrs. Goodwin's work that got the first line on them.

The reader of French novels, as a rule, imagines that the woman sleuth is young, dashing, dressed in sprightly fashion and full of verve and chic. Mrs. Goodwin is exactly the opposite. She is a widow of forty-seven—she is proud of her age—and the mother of three grown-up children. Her husband, John W. Goodwin, was a roundsman in the department.

"Sure," laughed Inspector Hughes, head of the detectives' bureau, "you can see Mrs. Goodwin—she's downstairs now."

Among the Sleuths.

Leading the way, he walked into the room where New York's foremost sleuths gather every morning to get their orders for the day's work and to meet their chiefs. There sat Mrs. Goodwin among them. She was just as calm as you please, though it had been only the day before that she had been raised $1,000 in salary and been made New York's only woman detective.

"Don't think these are my working clothes," she protested, settling herself in a chair, "but I've got to dress the part today."

Indeed, she dressed it. Mrs. Goodwin wore a fetching hat of blue straw tied down with a smart lace veil, a costume of bright blue cloth and satin pumps and immaculate white kid gloves reaching up to her elbows. She looked all the world like a society matron ready to take her limousine out for some afternoon tea.

Mrs. Goodwin was assured that no police secrets were wanted; merely something about herself.

"O, that's simple," she ran on. "I was born in Greenwich Village—that's the lower west side, you know—and I live there yet. But please don't publish my address; it wouldn't help me in my business. I've been in the police department since May, 1896, nearly 16 years. When my husband died I had the children to support and I decided to get into the police department, too. So I studied and took the examination for matron. They sent me to the Macdougal street station, where I stayed for four years. After that I was transferred to Mercer street, and there I've been until they put me here at headquarters.

Woman's Poolroom Her First Case.

"My first case? It was getting the evidence against a woman's poolroom in West Twenty-fourth street 14 years ago. No man could get in there, so they sent for me. I had myself introduced around the neighborhood until I met a woman who had the entree there and she took me.

"'What do you know about horses?' asked one of the women of me.

"'Sleepyhead looks good to me,' said I, and put up $5 on him. The nag's running yet. But I gradually got all the evidence I needed. Occasionally a man used to call up the place and reassure everybody that everything was all right. 'If you get shadowed by any detective just lose yourself in a big department store. He can't follow you there,' was his regular tip to us.

"The seances to which I have been are innumerable, but I never saw a real ghost. Many a time I have sat in a developing class waiting for something to materialize, but there was always one little thing wrong. I guess I've had as many fake mediums arrested as any man detective in New York.

Catching a Hindu Fakir.

"One of the best was a Hindu. He was dressed in robes and a turban and when I walked in he locked the catch on the door. Then he began rubbing my arms.

"'Your business vibrations are all right,' he began, 'but your magnetic vibrations are all wrong. Are you afraid?' I told him I wasn't. Then he said: 'I can plainly see the reason why you are not married'—and I a widow with three children! 'For $50 I can cause you to marry a man you are interested in. Bring me some article he has handled—a knife, handkerchief, pocketbook, and I will guarantee that in 30 days you will marry him.' He was arrested and held in $1,000 to keep the peace.

"McCurda was one of my best cases. He was the minister of a spirit church, he said, and he gave me a reading. He said he could see my mother and sister in the spirit world. As a matter of fact, my mother was living and I never had a sister. He told me the most wonderful, glowing stories of the spirit world and of my spirit friends there.

"'They are advising you to invest in a stock,' he said, 'with which we will raise the money to build a spirit church. It only costs a dollar a share now, but soon it will rise to $10 a share. Won't you take some shares for this wonderful church?'

"I told him I would when I came back the next time, and then he drew me closer to him and whispered: 'I can see it all. You are stoical from lack of companionship. My wife and I are not congenial; you and I could be. Won't you give me your address so that I can call? Instead of letting him have my address I made my report to the central office, and our spiritual friend was held in $3,000 bonds to keep the peace.

"He was just like all the rest of them—a mere faker. Not one of them told the truth, and all of them assumed that I wanted a husband, which I did not. They just impose on gullible, ignorant human nature. And many of these poor people, after being fooled once, come back time and again.

Worked on 500 Cases.

"In all I have had about 500 cases. I have been hypnotized for stuttering—it took me quite some time to learn to stutter before I went to the place. I have taken the magnetic treatment and the electrical treatment. I lay on a table to be operated on by a fake woman physician, but changed my mind just as she was about to start with her knife. I have visited so many palmists I can't remember their names.

"I have sat with the crystal gazers and watched them look into a glass ball until they knew all about my life, past, present and future. I have seen pretty nearly all the fake clairvoyants in New York and have put many of them out of business. I have taken the absent treatment and the open and closed trances. I have had some husbands found for me in the stars and other husbands in the cards. I have been advised by other mystics to buy certain stocks or certain lands. I have been promised three husbands by one woman and children galore. Blond and brunette husbands have been promised to me, all of them rich."

With all her skill as a detective, Mrs. Goodwin is nothing but a woman and a mother, and she has the prettiest homes imaginable—a cozy apartment on a good street, tastefully decorated, fitted with handsome rugs and curtains, adorned with much bric-a-brac and many pictures and kept as neat as a new pin.

Her daughter, Miss Margaret, who is called Marjorie at home, runs the household. She is a winsome girl of nineteen, pretty as a picture.

OF THE WOMAN PAST FIFTY

There Are Many Men Who Say Her Greatest Intellectual Growth Comes Then.

Careful studies of the histories of men and women, their growth and development, extending over a long period of years, reveals some facts not recognized in the literature of the day, writes a physician in the Dietetic and Hygienic Gezette. "A man and woman, both college graduates, married at the age of 25 years. They both possessed culture and training above the average and were in excellent health.

During the first 25 years of their married life he attained great eminence and did fine intellectual work. Then he became a mental invalid and remained at a standstill, without any special cause. During this time his wife had given all her attention and time to the care and education of her children and domestic duties, and while regarded as a very strong woman seemed not to have risen above the level of her surroundings.

Then suddenly she realized her husband's decline and entered into the work which he was engaged in, and showed rare intellectual vigor and power, and in a very short time attained a reputation. This continued until her death. Her husband, in the meantime, failed to keep up his previous reputation and gradually declined, although he was not in ill health. His intellectual work was over, but her's began where he stopped and went on to great heights.

Thus in almost every community there are women not recognized as anything more than the average in intellectual attainments and wisdom, who suddenly, after 50 years of age, broaden out into strong, vigorous thinkers and become great powers in the community.

Joseph Cook said: "The most intellectual audiences I have ever addressed were women past fifty years of age. I have found them most appreciative and critical, and when I have asked for questions to bring out further explanations of the subject their wisdom has astonished me, as well as their clearness of knowledge and breadth of judgment."

The late Professor Shaler affirmed that, all things being equal and with a degree of average health, the real intellectual growth of women is more rapid after fifty years of age and from them on to seventy than in men.

Usually men at about fifty years of age begin to decline in productive, literary or constructive work. The rest of life is spent in gathering up and perfecting work that has been outlined before. In women it is just the opposite. Many men who live rationally and carefully exhibit no halt in intellectual growth until after seventy. The best work of life is done in the last fifteen or twenty years.

In women it may be stated as a rule that their highest attainments begin and go on after fifty. The term "grand old man" should more literally include the woman, who is the best illustration of all that is broad and strong.

Women are barred from the golf links of many of the London clubs.

CASTLE OF ST. ANGELO NOTED

Known as Tomb of Hadrian—Scene of Torture of Beatrice Cenci.

Rome.—Nearly everyone is familiar with the famous head called "Beatrice Cenci," said to be by Guido Reni, and with the story of that ill-fated family as it is presented in Shelley's play. The beauty and virtue of Beatrice have become a popular tradition; but we are now told by certain iconoclasts that the famous painting is not of her, that it is not by Guido Reni, and that the lady was neither beautiful nor virtuous. The poor tradition has not a leg left to stand on, but the fact does not spoil the pleasure of readers in Shelley's drama, nor of sightseers in viewing the room in which the unfortunate Beatrice is said to have been tortured. That room is in the Castle of St. Angelo, otherwise known as the tomb of Hadrian, in Rome. This famous mausoleum, one of the oldest landmarks of the Eternal City, has been greatly changed since its erection more than seventeen centuries ago. The original structure is almost hidden by fortifications that have been built around it; the cone of earth which once crowned the top, planted with evergreens, has given place to a gilt angel sheathing a sword; and the interior has been stripped not only of works of art that adorned it, but of much of the very material used in its construction, that material having been utilized for other buildings.



Castle of St. Angelo.

In 1500 the tomb was connected with the Vatican by a subterranean passage. A photogravure of the castle of St. Angelo, as it is now called, showing also the Tiber, the bridge that gives approach to the tomb, and the dome of St. Peter's in the background, illustrates this article. St. Peter's the largest Christian place of worship in the world, and the Mecca of pious pilgrims from all over the globe, has also undergone various transformations since the early days when it succeeded an old basilica located on the same spot. It was built at first on the plan of a Greek cross, which was changed later to a Latin cross and shifted between these two forms twice more before being left in its present form. It is not seen to full advantage at close range, on account of its great dimensions; but the picture accompanying this article gives an excellent effect of the stately and impressive dome.

SEEK NEW LIGHT ON PIGMIES

Curious People Found to Be Industrious and Intelligent—Expedition to Visit Them.

London.—Fresh and interesting information regarding the habits and conditions of life of a curious pigmy race will be sought by the new expedition to Dutch New Guinea, which is now being planned in London. This strange race of people were first seen by white men when the recent expedition under Capt. C. G. Rawling penetrated into the heart of the island.

Rawling's expedition comprised six Englishmen and was sent out by the British Ornithologists' union. Their objective was a long range of snowy mountains, called the Nassau range, but between them and it lay 60 miles of absolutely unexplored country and of the most difficult kind to negotiate. Dense forest covered most of it, intersected with rivers which for one half of the year were torrents and the other half nearly dried up river beds.

The pigmies were first discovered near the Kapare river, one of the immense streams which, rising in the Nassau mountains, make their way down to the sea. The Japanese soldiers who accompanied Rawling as bearers spied a couple of the little pigmies one day in the hills. The pigmies bolted at once, and an exciting chase took place, which ended in their being captured, and two days later more were surprised and surrounded. They proved to be sturdy men, averaging about four feet, eight inches high, and much better developed than the tribes encountered in the plains. They were also industrious, and decidedly more intelligent. They had neatly constructed huts, and after some time it was discovered that they had words in their language to denote numerals up to ten, words entirely lacking from the language of the plainsmen. Although the most strenuous search was made, only solitary huts could be found. Strangely enough, no children and only one woman, who was being escorted to her new home from her wedding, were seen.

Gets $1,000 for Dog's Bite.

Mineola, L. I.—Mrs. May Miller, housekeeper for George Wintjen, taught his pet collie to jump and seize dainties on her shoulder. Last year the dog jumped on the shoulder of Miss Minnie Stockton, a laundress who lived across the street, and, finding no dainties there bit her on the shoulder, forearm and knee, so that she could not leave her bed for four months. She was awarded $1,000 damages from Wintjen.

CAMPAIGN IS HAVING EFFECT

Already the Death Rate From Tuberculosis Is Showing a Gratifying Decrease.

In certain cities, such as New York, Boston, Cleveland and Chicago, and in states like Massachusetts, Rhode Island and Connecticut, the decline in the death rate from tuberculosis is more marked than in the country at large, which declined 18.7 per cent. in the ten years from 1901 to 1910. The National Association for the Study and Prevention of Tuberculosis says that there are many factors working together to cause the decline in the tuberculosis death rate, such factors as the change in the character of our urban population, increased sanitation, and better housing, but probably as potent a factor as any has been the nation wide anti-tuberculosis campaign. "It may be foretold with considerable certainty," the association says, "that when the effects of the present rapidly increasing provision for the care of tuberculosis patients shall have become evident, the decline in the death rate from consumption in the coming decade will be even more marked than that in the last one."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Chas. H. Fletcher*

In Use For Over 30 Years.

Children Cry for Fletcher's Castoria

The Real Cause.

The temperance orator was waxing eloquence.

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

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

Probably there is nothing more expensive than the things we get for nothing.

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

The man who hesitates may win by watching others lose.

WOMAN SICK TWELVE YEARS

Wants Other Women to Know How She Was Finally Restored to Health.



Louisiana, Mo.:—"I think a woman naturally dislikes to make her troubles known to the public, but complete restoration to health means so much to me that I cannot keep from telling mine for the sake of other suffering women.

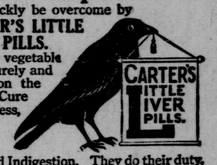
"I had been sick about twelve years, and had eleven doctors. I had dragging down pains, pains at monthly periods, bilious spells, and was getting worse all the time. I would hardly get over one spell when I would be sick again. No tongue can tell what I suffered from cramps, and at times I could hardly walk. The doctors said I might die at one of those times, but I took Lydia E. Pinkham's Vegetable Compound and got better right away. Your valuable medicine is worth more than mountains of gold to suffering women."—Mrs. BERTHA MUFF, 503 N. 4th Street, Louisiana, Mo.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.



Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty.

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

Brent Good

URIC ACID NEVER CAUSED RHEUMATISM

I WANT to prove it to your satisfaction. If you have Rheumatism, acute or chronic—no matter what your condition—write today for my FREE BOOK on "RHEUMATISM—Its Cause and Cure." Thousands say it is "The most wonderful book ever written." Don't send a stamp—it's ABSOLUTELY FREE.

JESSE A. CASE, Dept. H. Brockton, Mass.

THE NEW FRENCH REMEDY No. 1, No. 2, No. 3. THERAPION Used in French Hospitals with GREAT SUCCESS. CURES KIDNEY, BLADDER DISEASES, PILES, CHRONIC ULCERS, SKIN ERUPTIONS—EITHER SEX. Send address envelope for FREE booklet to DR. LE CLERC MED. CO., HAVERSTOCK RD., HAMPSTEAD, LONDON, ENG.

DROPSY TREATED. Gives quick relief, usually removes swelling and short breath in a few days and entire relief in 15-45 days, trial treatment FREE. DR. GREEN'S SONS, Box A, Atlanta, Ga.

Pettit's BEST FOR Eye EYE ACHE'S Salve

©Maryland State Archives, msa_sc2929_scm3539-0138.jpg