STRENGTH HEALTH and BEAUTY

If You Would Have a Beautiful Mouth

THE teeth add or detract to a very great degree from the beauty of the mouth. If they should be ill-shaped or crooked from childhood, this can be corrected in most cases by your dentist; of course it will take some time but one is well rewarded for their patience.

Mothers should watch closely their children's teeth, and at the first sign of decay—even of their baby teeth—the dentist should immediately be visited and the proper remedy administered.

Crooked and ill-shaped teeth are mostly caused by allowing the roots of the decayed baby teeth to remain in the gum too long. If the baby teeth do not decay and break off, as they are used in masticating the food, they work loose of their own accord assisted by the second teeth coming through.

However, there are other faults which the teeth are heir to. First, if they are not pearly white, they certainly will detract tenfold from the attractiveness of the mouth. Of course, in this day and age every enlightened man and woman does not neglect to use their tooth brush at least twice a day; but do they use it properly to gain the desired results?

The rules to follow are simple and effective if strictly adhered to, and in addition to cleaning the teeth it will promote the life of them.

There are various tooth powders and liquid washes on the market, and while some are good others are very bad because they contain acids which in time destroys the enamel coating of the teeth. Your dentist should be able to advise you on that subject.

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MANY individuals use only castile soap and warm water with their brush for the teeth. Castile soap is the principal ingredient entering into the composition of the most of the best liquid washes for the teeth.

Seeking advice from my dentist—who was old in practice and was the happy possessor of teeth that would cause the young to envy—as the best means to clean the teeth, he said that he never used anything but water and finely powdered pumice, using it but once a day. The other two times when he used the brush he used pure water—sometimes adding a little soap.

But there is a right and a wrong way to use even a tooth brush. Most people will think that they have performed their duty by scrubbing back and forward over them. This is not sufficient.

To use the brush effectively, one should possess a brush whose bristles are not too close and of medium stiffness; use it with an up-and-down motion—thus the bristles enter between the teeth and dislodges most all food which has been held by them.

After the teeth have been brushed in this manner, with a small rubber band or a strand of dental floss—which may be secured in any drug department—work one or the other between the teeth; this will dislodge the refractory particles of food which resisted the brush; then with a glass of water rinse the mouth thoroughly.

Small particles of food lodge between the teeth which will not yield to the brush, and, if not removed in some way, they not only cause an offensive breath, but the teeth decay. The reason of it is that after remaining in the mouth so long it begins to decay, causing a collection of acid; this repeated day after day the action of the acid eats through the enamel and in time the destruction of the teeth occurs.

LET us go a little further to treat stubborn cases where teeth refuse to be white from the usual care given to them. This treatment is very simple—bleach them.

Secure a pure article of peroxide, also a slender splinter of wood, then wind around the end of the splinter some medicated cotton; dip the cotton in the peroxide, and then apply to the teeth to be bleached. Often they all do not need bleaching, though no harm will be done to those who are naturally white, but pay particular attention to the dark ones.

This application should be made as often as is necessary—there is no danger from it; many doctors advise it as a mouth and throat wash. The mouth should be rinsed out with water after using the peroxide.

The color of the lips and tongue go hand in hand with the teeth in helping to create a beautiful mouth. These should have a good, red, healthy color. The lips are always visible, but we only catch an occasional glimpse of the tongue, but that one glimpse may be the cause of an unfavorable impression.

Many women resort to rouge for color. This often has a drying effect and frequently causes a rough, chapped condition of the lips.

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A FAD, or, I might say an innovation which many women have adopted to gain the desired color, is, to suck a small piece of candy that will color her tongue a bright red; the tongue, being passed over the lips now and then, as one always does, transmits in most cases enough of the red to give the lips the desired shade.

In case where it is either objectionable or is not convenient to follow the above I would advise the use of some vegetable coloring upon the lips.

Thin, colorless lips are never permissible to a well-dressed woman. The greatest objection to lip rouge is the unevenness of it which occurs in a short time after application. This is due to not applying it properly.

If the following method was adopted I am quite sure the results will be very satisfactory. First, paint (dye) the lips red (with vegetable coloring); then, with a wash cloth and some hot water remove as much of the coloring as you conveniently can—enough will remain on the lips to give them a perfect coloring—and there will be no trace of rouge.

The days of the prim mouth have passed and women try to make the best of what nature has endowed them with; still, at that, some few wish to shorten their mouth.

To my mind this is unnecessary. However, if one has such a desire, they can create this illustion by applying face powder liberally to the corners of lips and mouth. This also helps to hide the sagging corners of the mouth.

If one's lips have a tendency to be thin and starved looking, they may be improved by massaging them in the middle.

Supply yourself with a good cold cream, or, some pure olive oil—olive oil is now acknowledged by scientists to be a flesh promoter, applied either externally or internally.

With either of these on the thumb and forefinger grasp the lip in the center and roll same between the fingers; continue this for several minutes and then wash in hot water.

I might say that to hold a cloth wrung from hot water to the lips for a couple of minutes before beginning this treatment will hasten results, as it will soften the lips and open the pores, which will receive the nourishment more readily.

AS OLD AS SHE LOOKS

If a "woman is as old as she looks," then for goodness' sake don't look old! This doesn't mean to straightway adopt giddy and youthful attire if you are on the shady side of forty, nor does it mean to try and look as simpering and kittenish and coy as your little sixteen-year-old cousin.

But did you ever stop to realize that by looking too serious—by looking too much as if you had all the weight of the world on your shoulder and its woes in your cranium and on your soul you added ten years to your countenance?

In our strenuous rush and busy whirl we acquire "do or die expressions," long faces, and unnecessary lines and wrinkles. Be serious and earnest of purpose—but don't look too solemn.

"She goes around with a fixed look in one hand and a pencil in the other," said an Old World visitor laughingly, in describing a clever little business woman of thirty or so. The European was also a writer, and she had to work as hard as did the "fixed look" little person. The lady from over-seas was also thirty—and looked twenty-four—the American was thirty and looked thirty-five. To be sure this is an exceptional case and most American women need be told little on retaining their youthful figures and faces.

Take a peep into your own hand-glass now—does it show back a face that looks as if you had half the troubles in the world? Now think of something pleasant—the world isn't such a bad place after all! There, did you notice the change—and did you see the years slide away? And isn't the second countenance the better one to show the world in general?

HEBE'S ADVICE TO BEAUTY SEEKERS

Rough Skin and Cold Water.

Discouraged:—When the skin is inclined to chap easily the cream given below should be applied before going out in the cold. After wiping the cream off use a good face powder and it will prevent chapping. Any druggist can prepare this for you:—

Orange Flower Cream.

Oil of sweet almonds	4 ounces
White wax	6 drams
Spermaceti	6 drams
Borax	2 drams
Glycerine	1½ ounces
Orange flower water	2 ounces
Oil of Neroli	15 drops
Oil of bigarde (orange skin)	15 drops
Tincture of Benzoin	½ dram

Comfortable Feet.

P. S. M.:—Comfortable feet are essential if you want to do good work. No one can concentrate their thoughts on their work with uncomfortable feet. It is poor economy to buy cheap shoes. Always have two pairs and change them as soon as you you get home in the evening. If possible have them made to order so that they will fit the feet perfectly. See that your stockings are smooth as a tiny crease may make you very uncomfortable. Never allow the heels to be run down at one side. Change your stockings daily; this may seem extravagant but it will pay better in the long run.

Wearing Glasses.

Matron:—You may dislike wearing glasses but let me tell you that glasses do not age one nearly so much as the want of them. Screwing up the eyes, forehead and, many times, the entire face to see an object will soon form more wrinkles than a masseuse can rub out in six months. Therefore, my advice is that if your eyes really require glasses, wear them. Study facial repose and have the wrinkles removed by weekly massage.

For Dandruff.

Lizzie E.:—Shampoo your scalp with green soap and hot water. Green soap is a soft soap and the imported is best Mix enough with the water to make a good lather. When smooth saturate the hair with the mixture, rub it well into the hair and scalp, rinse with hot water. Dry with warm towels and brushing. Then rub the tonic on the scalp and massage for fifteen minutes. Use the tonic every other day and shampoo the head every two weeks.

Hair Tonic.

Bay rum	10 ounces
Resorcin	20 grains
Tinc. of Cantharides	3 drams

Face Steaming.

Miss B. N. M.:—Any small electrical iron, the kind that is used for ironing clothes only it must be small, can be used for steaming the face. I would advise you to be very careful as a deep burn may be the result. Nothing can take the place of vapor for face steaming; it gradually opens and empties the pores and gives them a chance to contract again if properly treated.

Visit a Chiropodist.

E. V. S.:—It is false modesty to suffer with corns rather than be treated by a chiropodist. The treatment is almost always painless and gives relief at once After all the callous skin is removed, rub the spot gently with a piece of very fine pummice every other day after the bath, and it will not be necessary to visit a chiropodist so frequently.

For Headache and Faintness.

S. M. L.:—The following lotion is used to bathe the forehead and temples and is very refreshing:—

Essense of lemon	4 drams
Essence of Bergamot	3 drams
Essense of Cedrat	2 drams
Hungary water	½ pint
Spirits of wine (rectified)	2 quarts

To Keep Blonde Hair Light.

Vivian:—The hair should be shampooed alternately every two weeks, one week with just enough bi-carbonate of soda to soften the water and the next use camonile tea made quite strong. Never resort to bleaching the hair for in time it will make the hair dry and brittle.

Prevention of Mouth Breathing.

Mrs. David M.:—Mouth breathing is often a habit and can be broken by placing little narrow strips of court plaster over the houth at night, one across the center and one on each side about a quarter of an inch apart.

Frosted Feet.

Mrs. Myers.—Camphorated oil is a good remedy for the frosted extremities of young children. For older people rubbing with phenol sodique as soon as there is any indication of the trouble will soon afford great relief.

Gaining Time in the Garden

By Ann Page

DURING the dull month of February when most gardening is at a standstill, a great deal can be done indoors toward hastening the Summer blooms. One need not have a greenhouse, all one needs is a sunny window and a comparatively even temperature. The correct heat is never lower than sixty degrees or higher than eighty degrees. It is well to be careful in the selection of varieties sown, nearly all the best Summer blooming flowers that are annuals can be depended upon but chrysanthemums, geraniums and cannas as well as carnations seldom pay for the trouble when grown from seed. It is always wise to buy the best seeds for the early starts. They may cost a trifle more, but it is worth while for the finer quality, larger size and better color of the flowers.

The earth must be carefully prepared to gain the best results. Any soil that is well aerated and drains freely can be used. A garden soil mixed with leaf mold and sand is a favorable combination. The seeds may be planted in a shallow box or pan though the regular earthen wear pans are most convenient. An inch of broken crockery or small coal at the bottom of the pan provides drainage. Over this the earth is sifted to the depth of an inch. The pan can then be plunged into a tub of water until it has become thoroughly moistened. When the earth has drained sow the seeds from the packet directly to the pan and cover with a piece of glass.

If you wish to hasten germination the pans may be placed over the radiator on boards for a few hours each day and be kept covered with a piece of moistened cheese cloth. Pansies, asters and most moderately large seeds may be sprinkled on top of the soil with a sifting of fine earth covering them. They should then be pressed down with the hand and covered with the glass Be sure to see that the earth does not become dry and baked. It is a good plan to remove the glass at night, wiping off any moisture that may have collected on it. When the seed leaves have started remove the covering but keep the box in a warm shady place until the young plants are strong enough to transplant.

Snapdragons are particularly satisfactory when started in the house. When the seedlings reach an inch and a half in height they can be transplanted into pots and placed in a window until the middle of May when they can be set out in open ground. In July they will bloom and if not allowed to go to seed will give flowers until frost.

Sweet alyssum when started indoors will blossom long before the seeds planted directly in the ground. It is one of the hardiest of flowers and with successive sowings one can have a carpet of snow from frost to frost. Petunias are one of the most satisfactory of annuals and well worth the attention of the amateur. The newer varieties have been developed in rich deep tones so one need not grow the sickly shades which have become associated with the name. In starting petunias in the house do not make the mistake of keeping the seedlings too moist. For early blooms sweet peas may be started in the house, they can be planted in pots and later put out of doors. Three or four seeds in a six-inch pot are sufficient; more will become overcrowded.

After your young plants are a month old they should be transplanted into flats, just like the seed boxes. Take a fork, insert it in the earth, away from the little plants and gently lift the earth to loosen it, then with a toothpick lift the seedling and change it to the flat for stronger growth. Plant about one inch apart every way, for small slow growing plants, and an inch and a half for stronger ones. When they show signs of recovery from the shift, put them in a light place and watch them grow. Ordinary cardboard cracker boxes can be used to start the seedlings. The boxes are cut crosswise in three and a string tied about the different parts to keep them from spreading, is all the preparation required. The entire box placed horizontally is useful for groops of seedlings.

Mignonette is very hard to transplant, in fact it is impossible to do it without giving the plant a check and the secret of growing it successfully lies in planting it in the place where it is to flower. If you desire those sweet smelling plants for the house sow the seed directly in the pots. When the seed has germinated, thin to one plant to a pot. Here it may grow until the pot becomes filled with roots when it will have to be shifted to a larger one with more drainage. This must be done carefully so as not to disutrb the roots.

Cannas can be started successfully in the house by cutting the roots into as many pieces as there are eyes. This must be done after they have been brought into the light and warmth and started into growth. If the roots are started now they will commence blooming early, flowering all Summer. The advantage of starting the dahlia now is that the stock of desirable varieties may be increased. Both these roots will grow if given moisture and heat. The dahlias will push up small shoots which can be taken off and repotted in a light sandy soil.

It is hardly worth while to plant perennials in the window boxes, for they seldom bloom until the next year, and may as well be put in the seed bed in April. Annuals will best repay your attention by returning an early showing of blooms for your care and forethought in February; and you will have sturdy little plants to put into your garden in May, when other gardeners are just sowing the seeds.

A LECTURE ON DEPORTMENT

BY HEBE

OF LATE I have noticed a very awkward standing posture affected by the young women, especially among those who have adopted the extremes of modern fashion. I am wondering whether it is to display the draperies or whether the shapeless corset encourages the attitude, but certainly there is a decided tendency to stand more on one leg than the other and to thrust forward the stomach. In doing this the shoulders drop and the chest sinks giving a flat undeveloped look which is enhanced by the modes of the moment.

I notice the same attitude in the sketches of fashionable clothes and I am, therefore, inclined to think that the models also affect it and the receding chest and prominent stomach are the result of our waistless draped-hip costumes.

Also, let me add that the hand resting on the hip is another phase of the attitude in question. It was something relegated to the washerwomen a generation ago, this "arms akimbo" as they used to call it, but now like the elbows on the table at mealtime the attitude apparently is allowable among people who ought to know better.

Let me say right here that the draperies of the present are very graceful if they are made just right, and if you know how to carry them, otherwise they are hideous.

It takes considerable savoir faire, and sang froid, and numerous other terms borrowed from our French sisters to carry well some of the bizarre modes of the moment and in a costume which betrays every bend of the body that to-day must be trained carefully in the way it should go or the effect is decidedly ungraceful and the gown itself displayed to poor advantage.

Our bodies, used to restriction about the waists for many decades, are naturally little used to the present mode of compressing the hips and giving freedom to the upper part of the body, nor have we been practicing the art of carriage as did our grandmothers of the Napoleonic era when straight gowns were in vogue before. Hence we need just a little more backbone to keep ourselves from looking sloppy and anaemic in our stayless condition. But if our lungs are allowed more liberty we cannot say as much for our pedal extremities, and although we have escaped from the hobble skirt, the draperies are too clinging to allow of great freedom in walking and the free swing enjoyed during the circular skirt period which exists only in the memory.

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THEREFORE we must set to work to adapt ourselves to the dictates of Dame Fashion if we do not wish to become caricatures.

Let us first of all learn to stand still without resting a hand on a hip and without allowing the body to settle down into the hips in a way which protrudes the abdomen. Remember to hold the chest high and to breathe deeply which will cause the shoulders to square themselves involuntarily and to poise the upper part of the body evenly and properly.

If you wear a slashed or even a draped skirt remember that you must not stride. If the length of the skirt or the funny little tail of the train requires holding up, practice doing it before you try it in public or you may be displaying an undignified length of hoisery in the rear.

It does indeed require more art than the mere donning of a dress to appear as one should nowadays, and it is an excellent time to take to posing before a full-length mirror in the privacy of your own bedroom.

Speaking of posing before a mirror, have you ever watched a person who while calling or for some other reason finds herself in front of a looking glass? It is one of those moments when breeding is bound to tell. There is an almost irresistible impulse to keep glancing in the mirror while trying to converse with your hostess and almost before you know it you find yourself surreptitiously straightening your hat or your gown or improving your pose. You know that you are observed and yet it is difficult to keep your eyes from the image of yourself which is fairly forced upon you and as a result your conversation becomes abstracted or your card-playing careless. For myself, I have a cure for this condition of things and that is to change my seat to one where my double is invisible. For even if I feel I can hide my involuntary desire to look at myself I realize that even in the effort to avoid posing I am distracting my mind from the business at hand.

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NOT that I object to a looking-glass in a drawing-room—far from it, it not only adds dignity and size to an apartment but also gives a chance guest an opportunity to improve any little things astray about her person while she is waiting for her hostess. But she must let it go at that and not be fussing with herself and stealing glances during her call. If the impulse causes restlessness there is just one cure as I have said, change your seat.

A woman has reached the height of her ability in carrying her clothes if she can reach the point where she knows she is all right and can forget about her appearance and enjoy herself in the pleasure of the moment. Lots of women can forget how they look when they ought to remember, and others remember how they look so poignantly that they are continually posing. Whereas the woman who rightly feels that she is appropriately and comfortably dressed without the dread of something coming apart becoming disarranged is a happy mortal and a rara-avis.

Self-consciousness is a very difficult failing to overcome, and it requires perseverence to overcome it. Some women pose, others talk very fast, again others are speechless, and still others acquire little mannerisms such as wrinkling the forehead, twitching the veil, clearing the throat and so on. But nearly always these things can be traced to the image one has of one's self either in an actual mirror or in the mental picture which every one has of one's self.

It can be largely overcome by learning how to carry one's self. Dancing, gymnastics, lessons in deportment, all these things help, and perhaps my little lecture will add its small quota to the general improvement.

FILET TEA CAKE COVERS

Of the same dimensions as the old-fashioned glass layer cake covers, are very dainty shields for afternoon tea sandwiches. Their sides are composed of a half dozen squares of embroidered white filet lace firmly wired at the four edges and joined to form a six-sided upright section which is topped by a flat six-sided piece of embroidered filet. The contrivance perfectly protects the contents of a sandwich plate from germs and furnace dust without concealing the "goodies."

HASTY NOTE STATIONERY

When you don't want to say much, nor yet to seem abrupt in replying to a note, the correspondence card is your friend. You may have it in cream or pure white daintily initialed with gold or with the address engraved across the top or in a pale color with the monogram done in a darker shade, both styles, of course, fitting into envelopes of a match hue. Quite as little writing goes upon the hasty line sheet which, when once folded, forms an envelope and carries as well as any letter. These sheets come in tablets and if needed for a prize or for favors, may be had encased in black leather lined with bright-hued moire overlying a sachet wadding.

THE PERENNIAL KIMONA

Despite the pronounced vogue of Chinese modes in formal garb, the Japanese kimono remains the intimate friend of the woman who has a collection of dainty lounging robes, For those cold mornings when the wind howls outside and the furnace is in sulky mood, there are comforting robes of quilted Japanese silk, daintily hand-worked with light and dark floss. For milder weather, there are adorable kimonos of flowered satin with borders of satin or Japanese silk, and some of these have the shirrings at the elevated waist line which slightly suggest a blending of the Empire with the Oriental style. Still more fascinating are the cotton and silk crepes in white, sprinkled over with pink cherry blossoms and in blue or rose printed with graceful sprays of white wistaria. To wear the kimono there should be a clinging loose slip of satin in a solid tone matching either the grounding or the figuring of the robe. Many women, however, prefer to wear the ordinary princess garment of Seco silk trimmed with lace ruffles or the one in white lingerie carrying muslin embroidery Van Dyck point insertions, and edgings of Valenciennes lace.

Electric Needle.

E. K.:—Names and addresses of specialists cannot be given in this paper. But if you will consult the advertising columns you will be likely to find what you want.

Wee Whispers of the Modes

—Plenty of coarsely woven linens are in evidence.

—One notes many violet tones, browns and greens.

—Waist lines are growing more normal.

—And waistlines are marked by belts.

—Plenty of buttons fasten the one-piece frocks.

—And plenty more are in evidence, but are not nearly so useful as they appear.

—The Tam o' shanter survives in straw.

—Coats are shorter than Winter models.

—Ratine—ratine—ratine—in many, many guises.

—Accordion pleated skirts are seen again.

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