STRENGTH HEALTH and BEAUTY

FOR THE WRINKLES AROUND THE MOUTH CAUSED BY PUBLIC SPEAKING.

A BECOMING SPRING HAT IS A VALUABLE ASSET.

TO BRUSH THE DUST THOROUGHLY OUT OF THE HAIR IS VERY IMPORTANT.

Good Looks Help Get the Votes

THE FACE SCRUB FOR REMOVING THE DUST CAUSED BY EXPOSURE TO MARCH WINDS.

TO PREVEN[illegible] CAUSED BY [illegible] ROUND SHOULDERS A DES[illegible] BENDING OVER.

BEAUTY doth of itself persuade the eyes of men without an orator," says Shakespeare, and of the influence of beauty there has never been any question since, many thousands of years ago, the world became civilized enough to know what it was. Good looks are a valuable asset for any woman to possess, and will, unless she is silly enough to allow vanity to get the upper hand, help her vastly in all her undertakings.

In whatever work she is interested in or whatever cause she advocates the woman of attractive personality succeeds much more quickly than the one whose appearance is more or less repellant. And beauty in some form or other is within reach of us all, so why not make good use of this valuable aid instead of ignoring it utterly as so many intellectual women do?

Was it not the opinion of Thackeray that "A good face, a good address, a good dress, are all so many points in the game of life of which any man of sense will avail himself?" And if this is true of a man how much more forcibly does it apply to a woman in her fight for equal rights and a voice in her own government? It is not logical nor even very sensible, but it is true all the same, that the majority of men are more quickly swayed in their opinions by the personality of a woman than by all her arguments. And this is why an attractive personality is so important to the suffragist if for no other reason than to give the lie to that ancient falsehood so firmly embedded in the minds of people who don't think, that dowdiness and suffrage go together.

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GOOD looks do not consist entirely in regular features and pink and white complexions. Any sort of face that shows intelligence can be made attractive if the skin is carefully groomed, the hair kept in good condition and becomingly dressed and the gown no matter how simple is well cut and suited to the figure of the wearer. And all these details are easily within the reach of any woman who will take a little pains to make the best of herself.

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THE suffragist who leads a busy life working and speaking for the cause needs to pay strict attention to her complexion unless she wishes it to assume that worn and weather-beaten hue that coarsens the features and makes her look years older than her age. Exposure to March winds and constant activity will bring about this condition very quickly. And the best and simplest thing to ward it off is the face scrub. No matter how frequently you bathe you cannot get the dirt thoroughly out of the pores [illegible] week the fac[illegible] complexion [illegible] water and [illegible] some pure [illegible] portion of [illegible] in this we[illegible] plenty of [illegible] to remov[illegible] then das[illegible] invigora[illegible] getting [illegible] through [illegible] short ti[illegible] grained [illegible] look va[illegible]

TH[illegible] good [illegible] wrinkl[illegible] gets t[illegible] from [illegible] the m[illegible] is ap[illegible] the f[illegible] act t[illegible] our o[illegible] aroun[illegible] and s[illegible]

face is washed. [illegible] nose and use t[illegible] Begin just under the [illegible] or one hand [illegible] two fingers of each hand [illegible] outward lig[illegible] at a time, and draw them [illegible] cheek on [illegible] lightly to the center of the [illegible] beneath [illegible] each side. Then start just [illegible] thing. [illegible] the mouth and do the same [illegible] the c[illegible] For the forehead wrinkles apply [illegible] and [illegible] cold cream and beginning just over [illegible] between the eyes rub crosswise.

[illegible] a woman wants to be considered attractive her hair must be well groomed. Dusty or greasy looking hair will spoil the handsomest face and no matter how thick the hair may be unless it is properly taken care of it cannot look well. A well-groomed head of hair, even if it is a little thin, will make a better appearance than a badly groomed mass of hair of whatever thickness. The thin hair may be helped by washing, brushing, scalp massage and the use of good tonics, and it can be waved over pins or curlers at night to make it look thicker.

To brush the hair thoroughly every night is very important, as this stimulates the roots and also removes the dirt and dust that have collected in it during the day. The hundred strokes that our grandmothers used to give their hair every night before they went to bed cannot be improved upon by any modern process of the beauty doctors. If the hair has faded by exposure to the wind and sun it may be harmlessly brightened, whatever color it may chance to be, by the application of a little good brilliantine.

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THE suffragist or any other woman who works a good deal at a desk needs to be on her guard against round shoulders. It is an excellent plan after sitting for half an hour or so bending over a manuscript or a typewriter to stand erect and stretch the arms straight up over the head, giving the shoulders a sort of pulling motion at the same time. And then doubling the arms at the elbows try to touch the elbows behind the back. These exercises need only be gone through two or three times before the worker sits down again, but when she does she will feel that her shoulders and back are considerably straighter than they were before.

Attractiveness in woman forms a large part of that indirect influence by which our anti-suffrage friends claim that they influence the male voter to give them what they want, and as the careful general uses every force at his command to overcome the enemy so the wise woman makes use of all her powers to gain the cause on which she has set her heart. And among these beauty is not the least. "All orators are dumb when beauty pleadeth."

The Suffragette an[illegible] Beauty Culture

By Hebe

SOMETIMES in the strenuous discussion of the events of the day we overlook the fact that the militant "suffragette" and the milder "suffragist," while fighting for co-equal rights with men, are not endeavoring to deny their sex, or even to don the manly habit as so many pioneers of the movement tried to introduce many years ago.

While there are always extremists in every cause the average woman be she active in the present struggle or not, realizes that she gains nothing by losing her femininity, but she has need of abundant vitality and bodily health if she is to vie with men in pursuits to which hitherto she has been unaccustomed.

Marching for miles along dusty, hard pavements is a very different proposition to cross-country strolls as anyone who has tried both can testify. Even intense enthusiasm cannot entirely quench after results in stiff limbs and fatigue while the effect on the skin of exposure is of course deleterious to a delicate complexion.

Who cares for that? I hear the enthusiast cry out in protest. Ah, beauty may suffer in a good cause, but why, after all should it suffer unnecessarily? If one grows old and haggard those who claim that women are unfitted for battling in the open will have gained a point, and I do not believe that such a result is necessary if those concerned will take a few minutes now and then to devote to themselves. No, if women gain what so many of them are fighting for there will be greater need than ever for bodily care and that is after all what real beauty culture is.

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CLEA[illegible] fo[illegible] of heaven[illegible] to add p[illegible] their pres[illegible] child bear[illegible] will have [illegible] every form[illegible]

We all kn[illegible] ities are [illegible] bodily condi[illegible] important ex[illegible] well being [illegible] dition, the po[illegible] tion good.

Now it must [illegible] ing in a parad[illegible] pores when the [illegible] street is consi[illegible] as much dust a[illegible] goes, especially [illegible] of the skin unless once a [illegible] e is scrubbed with a soft [illegible] rush. Use plenty of warm [illegible] ather the skin freely with [illegible] mild soap. Go over each [illegible] the face and neck thoroughly [illegible] y and be sure to rinse in [illegible] warm water, as it is important [illegible] every particle of soap, and [illegible] h cold water on the face to [illegible] e the skin and keep it from [illegible] labby. If this process is gone [illegible] every week it will be only a [illegible] me before the skin becomes fine- [illegible] again and the weather-beaten [illegible] nishes.

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[illegible] E woman who speaks in public [illegible] and who writes and thinks a [illegible] deal finds that her face begins to [illegible] e at a very early age. The orator [illegible] hose distressing wrinkles running [illegible] the nose to the mouth and from [illegible] outh downwards, while the thinker [illegible] to acquire the frowning lines in [illegible] orehead. What will best counter- [illegible] is distressing state of affairs is [illegible] d friend, massage. The massage [illegible] d the mouth is very important [illegible] hould be done every time that the [illegible] travel on thoroughfares where a parade naturally takes place.

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A HOT bath and a vigorous rub-bing after a day on the streets is a necessity both for cleanliness and to prevent fatigue. The feet and the face and hair naturally suffer most, and where much walking is done one should be careful not only to bathe the feet in lukewarm water and soda at night, but also to keep the soles powdered and take heed that the stockings are well fitting and without creases. Even though the shoe be well fitting much misery is caused by too long, too short or too heavy stockings.

Do not neglect your complexion, Miss Suffragette. I do not mean by that that [illegible] vocate your obtaining what you [illegible] t by owning a pretty face, for that [illegible] ot the spirit of the movement, and I do not wish to be misunderstood on that point. But I do hold that a woman has more self-respect and gains more from others if she is well groomed, if the face is fresh, clear and unlined. Cleanse the face with a cream instead of water before and after exposure and take enough time to have a facial massage weekly. A man always takes time to shave daily and the most of them have a little facial rubbing with cream after the shave. Why should not a woman consider it even more important to take care of her complexion? If I were a man I should think first of all, "Well, if a woman cannot keep herself in trim is she fitted to make laws for other people?" The business woman, who is already an established step in woman's progress, has learned from her men associates in the office that neatness and personal cleanliness are essential to success.

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It is no more vain for a woman to nurse her complexion than for a man to shave carefully, and the good or bad results are equally noticeable. As I say the woman in business knows, and let the woman at large remember that, whether the franchise is extended now or in the far future.

There is nothing like a purpose in life to add character to the face, and in this the suffragette ought to excel, but let not her contact with the sordid side of her contest lend a hardness to her feminine curves.

It is possible to have pleasant thoughts and to have other associations without interfering with the work in hand, and, judging by the animated discussion on the woman question which takes place at the quietest social gathering, there is no danger of the matter being laid aside for more frivolous affairs.

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NO, we are all beginning to see that since the subject of woman suffrage is interesting women in every station of life that the more fitted the women are to meet the problems concerned the more they are bound to gain.

But do not cease to be womanly in spite of it all, my dear readers. I am not discussing the pros and cons of woman suffrage—that is outside my province, and impossible in my allotted space—but I do most emphatically state that even though a woman get to be President of these United States, she cannot afford to neglect her complexion and care of herself. Health and all that the name covers are what she must strive for and keep or the history of future generations may be a curious proof of the success or failure of the movement.

If she wishes to avoid the imputation that she is "living on her nerves" she must not starve the nerves, for they can be starved and are, if the body is not properly nourished. Nerve strength is largely dependent upon bodily health which is another reason why the body must be taken care of.

We do not wish to raise up a race of anaemic nervous invalids, or where will the future inhabitants of this fair land find themselves? And what will be gained by equal rights?

A great deal depends upon us women. Let us steadfastly endeavor to meet the claims upon us in the right way.

[illegible] NLINESS and consideration [illegible] the bodies we inhabit is one [illegible] 's first laws, and if women are [illegible] olitical and civic activities to [illegible] ent duties of home-making, [illegible] ng and professional life they [illegible] to study physical culture in [illegible] most seriously.

[illegible] ow that our mental capabil- [illegible] argely influenced by our [illegible] tions and one of the most [illegible] ternal recipes for bodily [illegible] to keep the skin in con- [illegible] es clean and the circula-

[illegible] be confessed that march- [illegible] is not conducive to clean [illegible] condition of the average [illegible] lered. Asphalt gives [illegible] cobbles as far a[illegible] where there is [illegible]

THE OLD-FASHIONED SAMPLER

Already, the threatened reversion to old-fashioned simple ideas and customs which we hear prophesied on all sides, has shown itself in the present fad for working samplers. Sometimes the old-time designs are used and often one copies her great grandmother's sampler, if she is lucky enough to find it to copy. The children and older girls too are all working samplers to frame and hang on the wal[illegible] grandmother did.

The Well-Directed "Kick"

NO, this is not a little talk on ballet dancing, nor directions telling how best to spurn a stray dog from your door. The "kick" referred to is the protest which we sometimes feel we must make against some small incivility, injustice or outrageous condition. Who has not walked out into the street because some one has caused the sidewalk to be piled full of boxes and bales? Who has not had a snub or a smart retort from street car conductors, ticket seller, saleswoman or some one else whose business it is to serve the public, but who cannot do it without occasionally slapping the public's face, metaphorically speaking?

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Not so very long ago I went into a big hardware store and I asked a clerk to show me some small brass knobs suitable for a library table, with doors at each side. The young man took out the knobs—several styles—and as I hesitated to make a decision, he left me and went over to another counter and began to serve some one else. In all I waited twenty minutes, and when he finally returned, I said to him mildly "Do you think you ought to leave a customer in that way and not make any explanation or apology?" Whereupon I received several very smart and rude replies which caused me to seek the superintendent's office.

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There I explained the incivility—the clerk was called in and heartily rebuked, and the superintendent thanked me for coming. The courtesy of that young man has been forcibly propelled upward and future customers may unconsciously thank me for what I felt was a very disagreeable thing to do.

The way of a reformer of small things is indeed hard. She (or he) is often ashamed of the pettiness of the complaint, but it is just these little things which so exasperate and annoy. After making every allowance for possible weariness, nervousness, ill health or grief, which may make those who serve you short tempered and careless and brusque in speech, there is still a large per cent. who need your offices. Do not, then, hesitate to go straight to the higher officer and report. He will thank you. He wants the public pleased and he cannot hear or see everything said and done by his aides.

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It is always easy enough to detect the person who is in mental or physical pain. No one, unless possessed of an inhuman cruelty, would report any negligence or inattention on the part of a girl whose heavy eyes and white cheeks tell that she is suffering from a sick headache, or from a man where pain and suffering speak from every line of his face and body. But what about the saleswoman who refuses to try—absolutely refuses to try to match your sample of blue silk, or the street car conductor who curses a poor bewildered foreigner and puts him off the car without trying to find out where he is going. Here is your chance to kick, my friends—and kick hard. Take the man's number and write a letter, detailing all the facts of the incident. Don't write angrily and don't make the mistake of entering into an altercation with the offender, unless you know you can do some good by it right then and there. If you are a man, maybe you can. If you are a woman you will probably only have a painful scene for your trouble.

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The firm who employs drivers who are reckless and insolent will be glad to be informed of it. The store manager whose clerks are "snippy" to customers is thirsting for information thereof. The sum total of public courtesy in this world is not a large one in these days. If we do our own share and force (by kicking) others to do theirs, it will be largely increased, and the comfort of living be correspondingly enlarged.

TO CLEAN WHITE GLOVES

Instead of sending one's gloves to the cleaner to be worn out in a few weeks, one can clean them at home if she will buy one of the long wooden hand and arm pieces that are to be found in the shops for forty cents, then the glove can be scrubbed with a wet sponge, that is saturated with ether, and wrung out only enough to prevent it dripping.

Hebe's Advice to Beauty Seekers

To Reduce the Nose.

L. S.:—The nostrils can be made smaller by plastic surgery. A deep massage might reduce the flesh on your nose, but at the same time it might also increase the red veins you mention, so I would not advise it in your case. The enlarged veins can be contracted with the electric needle. You must, however, be very careful to secure a skillful operator, both for the veins and to reduce the nostrils. This department cannot recommend any one person in preference to another. Your family physician may be able to direct you to one that does good work.

To Develop the Bust.

C. M.:—Bathe the bust with warm water, then apply the cream given below and massage gently with a rotary, upward movement for ten minutes (no longer). Wipe off the cream that remains on the surface. Every morning bathe the bust with very cold water. Keep up your deep breathing exercises.

Massage Cream.

Olive oil	2 ounces
Lanoline	2 ounces
Cocoa butter	2 ounces

To Reduce.

E. T.:—It is not necessary to take medicine in order to reduce. If you follow my directions you can reduce without a doubt. Eat no breakfast and take a long brisk walk early every morning. Let your first meal be at one P. M., and then eat sparingly. In fact, always eat sparingly. Have all your bread toasted. Eat no potatoes, beans or peas. Drink no liquids with your meals or for two hours afterwards. Do not sleep or lounge during the day. Never sit down for one-half hour after dinner. Exercise all you can in the open air.

Flabby Face.

W. X. Y. Z.:—You should use a massage cream instead of cold cream and you will get better results. Full directions for facial massage were given November 24, also formulas. You can obtain the paper by sending to the office, as I cannot repeat so often. I would also advise you to cover a smooth piece of ice with a soft cloth and rub it over the face thoroughly three or four times a week. Fifteen minutes is long enough to massage your face at one time.

To Keep the Fingers Tapering.

A. M. D.:—When the finger tips are naturally tapering they can be kept so by gently pinching them between the thumb and fingers of the other hand every time they are bathed. The nails can be slightly tinted with a liquid that comes for that purpose and which also gives a good polish.

The Light When Reading.

S. T. V.:—The light should fall over the left shoulder when reading or sewing. When one is obliged to hold work or book at a long distance to see, it is time to visit an optician and be fitted for glasses.

L. S.:—You should consult your physician. I could not take the responsibility of treating you without seeing you. Directions for treating blackheads and pimples were published November 24. You can procure the paper from the office.

WILL THE YELLOW COMPLEXION BECOME FASHIONABLE?

HERE is a sensational piece of news which I am sure none of my readers can guess, and which will surprise even those who are prepared for the most extravagant ideas which our passion for the new can suggest. We all know what art we have, up to now, brought to bear on the care of the face, to give or preserve the appearance of freshness, which, failing a naturally good complexion, is sold in boxes of all sorts. Well, for the future, a really chic woman will not boast of having a skin like lilies and roses, as sung by the poets. She must use yellow powders; and yellow greasepaint will, no doubt, soon follow. The sunburned look, so much objected to formerly, is to be the aim and object of every woman, who will powder her rosy cheeks or white forehead with yellow. Where has this mode come from? It is whispered low that we owe it to one of our leaders of beauty, whose skin refuses to bloom in spite of all lotions and washes. So, in despair, she has created the ochre powder to hide her defects. If the submissive flock of elegantes really follow (as it is said they will), we shall soon see our fair women like so many Sioux Indians. But it is to be hoped our good sense and good taste will step in, as they generally do, to correct such an undesirable innovation, and allow us to keep our fresh complexions. Although it has often been affirmed, it must not be believed that the art of the fard is to arrive at its apotheosis in 1913. For, while with us it is only a hidden refinement, it was with our ancestors an obligation. Not to paint and powder would have seemed, under Louis XV, as inexcusable neglect and an unpardonable want of breeding. Women of quality, bourgeoises, young girls and children, all rouged more or less, according to their social rank. Our innocent modern attempts are extremely modest when compared to those of our ancestors, who put on powder and rouge in thick layers, from mouth to eyelid. But in the annals of fashion we shall at least have the glory of having inaugurated the reign of the yellow complexion! For the sake of our memory, let us hope the attempt will die as so[illegible] as born.

A GARDEN FOR THE CITY DWELLER

By Ann Page.

ARE you one of the many flower lovers who must confine your gardening efforts to window boxes or the tiny space about a rented city house? If so do not be discouraged but endeavor to make your small grounds yield the greatest amount of beauty possible. In front of the house a flower bed will add greatly to its charm and individuality, but if the lawn is too miscroscopic to be divided into grass and flowers give way to the grass by all means and devote your attention to the flower boxes on the porch, with perhaps a vine or two trailing up the pillars. The outlay of a dollar will greatly repay you, if carefully invested, in blooms during the entire Summer. Any sturdy boy can turn up the sod and spade in a few shovels of manure. For annuals this is all the preparation necessary as they do not root deeply. It is well to have the ground prepared early. Let the boy begin as soon as the frost is gone that the air and sunlight may make the soil sweet for the little seeds. Generally they cannot be put in until the last of April or even the first of May but it is an excellent idea to make your plans early. If you are an impatient gardener many of the seeds may be started in the house during March or April and when planting time comes you will have sturdy little plants to put into your garden as well as seeds.

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THE first requirements of the little plants will be sunlight, so if the house faces north or if the garden is so situated that it does not receive the full light of the sun at least part of the day you must be content with ferns and shade loving flowers. Pansies will bloom in the shady garden. Though they are annuals they do best if treated as biennials. The most practical plan for the city gardener is to purchase the plants already started. They will last throughout the Summer if kept well cut. Ferns for the shady garden will cost you nothing more than carfare to the nearest woods. Make the trip early as they are best transplanted before the fronds start, for they break easily. When planting the ferns arrange the tall ones at the back with the maidenhair and other low varieties in front with the pansies among them and you will have no cause to envy your neighbor across the way, who has the sunny garden.

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IF the soil is poor and you do not care to go to the trouble and expense of bringing in new earth, confine your efforts to nasturtiums and such flowers which do not require a deep rich soil. Given too much moisture and too good a soil the nasturtium will put forth an abundance of beautiful leaves and but a scanty supply of flowers. The climbing varieties may be planted against the house with the low plants in front. At the seedman's you will find a great variety of new shades in the nasturtium and if you must confine your flowers to those plants there need be no monotony as small packets of the various colors can be purchased, giving color to your garden.

Given sunlight and a good soil any of the hardy annuals will thrive for the amateur who may devote himself to the old time favorites or experiment with the new varieties as he wishes. The zinnia is an ever-popular flower which blossoms from July till frost. It grows stiff and tall, making an excellent background for the smaller plants and best of all its blossoms remain fresh for days when picked. In contrast to this plant is the poppy. The flowers are beautiful though the plants are not so effective. They grow easily but the blooms wither directly when they are cut. Phlox drummondi or annual phlox grows from six to eight inches in height and blooms freely.

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THE snapdragon is another old-fashioned flower worth putting in the garden. Do not forget the aster. It is not only beautiful but gives an abundance of blossoms in late September and early October when flowers are beginning to be scare. Then there is always the petunia, gay with blossoms all during the Summer. For foliage if a bit of green is needed plant a castor oil bean or two.

Annual vines planted about the house will add greatly to its charm for the Summer, and as they grow quickly you will soon be able to enjoy them. The Japanese gourd is one of the fastest growers and it can be started in the house. The Passion flower covered with its blue and white blooms is beautiful but it must be started early. This vine has been known to survive the Winter when well protected. Then there is the lovely Moonflower and the quick growing morning glory. This latter while pretty is more suited to the kitchen garden than the front of the house.

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IF your gardening is limited to a flower box do not be discouraged for with care you will have quite as attractive blooms as your neighbor with a regular garden. In the beginning see that the earth in the box is at least eight inches deep. This will give the plants room to put forth roots so that they will not dry out during the Summer. A good layer of broken crockery for drainage [illegible]

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