

HOW TO HAVE BEAUTIFUL HANDS

Housewife, as Well as Actress or Movie Star, Can Take Pride in Her Skin if She'll Heed These Hints.

(Antoinette Donnelly, in The Chicago Tribune)

Beautiful and beautiful—that's what your modern feminine hand must be! To be able to turn from some homely household duty to a card table or a ball-room scene and be as effective at play as at work is the program mapped out for it.

How can it be done? With cooking, sweeping, dishwashing and the household et ceteras, how can you keep your hands smooth, white and attractive?

It's being done, just like a thousand other seemingly impossible things are today. Much is expected of your modern wife that wasn't expected of a wife when grandma was a girl, say. If grandma's mother reared a family and did that well, nobody took it upon themselves to whisper asides that her nails weren't manicured, or that her hands were rough and red.

But then she raised families, not families. And she had a powerful lot of household duties to attend without her successors' electrical aids. She had a house of many rooms to sweep, dust and clean.

So, taking it by and large, it isn't asking too much of your modern housewife to keep her hands pretty for company, do you think? Whether it is or not, it's being asked. She can't pick up a magazine or a paper without being confronted with ads that tell her what her duty is in this regard. They hold such promise of rapture that awaits "the hand you love to hold" that it's hard to keep from wishing yours were lovely petals awaiting a strong clasp to crush 'em.

One Woman's Formula

One curious thing about us women is the way we concentrate on one part of the anatomy and neglect another. I was reminded of this the other day when an unusual looking pair of hands came into my ken, belonging to a woman over 50. She had kept her hands unassisted by outside help for twenty-five years. I suspect her hands were ever her vanity. They certainly are now. But she reverses the usual order by giving them all the attention and letting her face go hang.

However, her hand preservation method is worth copying. For years she has bought olive oil in large quantities. A smaller bottle is kept filled on the stand over the kitchen sink.

She says it is nothing to resort to that simple hand lotion five and six times a day. Every time there has been a dishwashing scene or any such job around the house, she habitually makes for the bottle. Her hands are honestly not more than 25 years old in appearance. There is not a bit of looseness to the skin, and they are amazingly white. Her nails are kept rather artistically long. She tells me she never uses the olive oil but she takes one of the wash rags she keeps handy and works back the cuticle into a moon shape as she removes the excess oil. I bought a bottle myself on the way home, so impressed was I with its effectiveness. This woman says she has no trouble with broken or damaged nails, because the olive oil protects them from just such emergencies.

"I wouldn't mind housework," wailed a young matron, "if it were not for what it does to your hands. Washing out the baby's things constantly is enough to wreck any pair."

Lotions Work Wonders

One doesn't need, nowadays, to use soaps in washing their dishes or clothes that render and ruin hands. There are soap powders and flakes that are mild on the hands and effective in the washings. And then, there is this habit of having some good lotion over the kitchen shelf which takes no more than a jiffy to apply. A jar of cold cream is good. Or, you may have a favorite lotion that you know agrees perfectly with your skin. If you haven't, a good one may be made up inexpensively of equal parts of glycerine and spirits of camphor. The glycerine softens, the camphor whitens. This formula was recommended some time ago by the owner of a pair of hands that came to my attention as the most sought after for model purposes. I went to interview the girl in her home, and to my surprise, too, found her a domestic little hausfrau, with a husband and baby for whom she did all the necessary household duties.

The majority of women do not want to be bothered with gloves when they are doing housework. If they keep the unguent handy, they can dismiss them as a nuisance. In fact, the massage applied with the lotion is good for the skin, and perhaps in the long run of years, is really more effective in preserving its appearance.

To remove stains, the homely old remedy of lemon juice still is popular. If a stronger bleach is required when the fingertips and under nails stubbornly resist the usual form of cleansing, it is not always effective. Mix with peroxide. If your nails are discolored and you want a hurry-up manure, take a nail brush, dip it into the pumice and peroxide mixture and scrub. Then shape and shine the nails. This treatment serves surprisingly well.

To Get Rid of Brown Spots

If there are brown spots on the hands, a saturated solution of hypochlorite of soda may be used. Use it freely. It is not always effective, I'm told by some correspondents, but by others whom I suspect

of being a bit more persistent in its use, I'm told it is.

Enlarged joints are difficult to smooth out. By building up the rest of the hand, the joint will appear to be smaller. Pure olive oil or a good cold cream are the builders to use. A habit that should be discouraged is due to a consciousness of the size of the joints. It is holding the fingers drawn back into the palms. The joints become so stiff eventually that their homeliness is exaggerated. It is a better habit to sit with hands in your lap, palms up, one hand resting lightly in the other. When no one is looking to accuse you of being a nervous woman, work the fingers back and forth at the joints and try to limber them.

Large, dilated veins are frequently seen on thin hands. Raising the hands above the head and subjecting them to a massage in this position not only empties the veins of their contents and pumps out the tissues but tends to contract the blood vessels, if suitable preparations are employed. A good fattening cream should be used, followed with witch hazel. Witch hazel has a specific influence on enlarged blood vessels.

A fattening cream to be applied with benefit to thin, scrawny, bony hands is: Lanolin, cocoa butter, olive oil—of each two ounces. Heat the fats in a double boiler, then beat until cold.

One can buy so inexpensively complete little manicuring outfits, in which are included simple instructions on how to tend the nail tips, that untrimmed nails are really quite unpardonable. Not more than a few minutes a day with an occasional professional manicure, more for pride's sake than necessity, is all the time needed. And it's surely worth it, for that feeling of surety and personal comfort that goes with well kept nails.

RAISING GEESSE FOR PROFIT

The farm, being the natural habitat of the goose, offers splendid opportunities for profit from goose raising, says A. G. Taylor, Poultry Division, Experimental Farm, Ottawa. The investment required to start this side line is relatively small when compared with the profit to be derived from the sale of market birds in the autumn and the original breeding stock can be used for from six to ten years. The feeding of geese is very simple and inexpensive, and the houses required to accommodate either mature or young stock may be of very simple construction.

The essentials to success in goose raising are free range and an abundance of green food. The breeding stock and also the goslings will live well if there is an abundance of tender grass or clover, even if grains or mash are not fed.

The breeding geese should start to lay about the middle of March, and the eggs should be set as soon as enough have been laid to make it worth while. The sooner the eggs are set after being laid, the better. The period of incubation is 31 days. Eggs may be set in incubators, under hens or under the mother goose. It is a good practice to sprinkle the eggs with lukewarm water once daily when set under the mother goose or under hens, and twice daily when set in an incubator. The moistening of the eggs keeps the embryo from becoming too dry and sticking to the shell, especially at hatching time.

Goslings require much heat after they are hatched, and it is safe to leave them in the incubator or under the mother goose for about two days after hatching. The air in the incubator chamber should be maintained at the same temperature after the birds have hatched out, but the goslings should be let down into the nursery when they have dried off and are able to move around freely.

When the goslings are ready for feeding, it is a good practice to place a green sod near the nest or brooder and let the young birds pull the tender shoots themselves. This will induce them to start feeding. For the first few days, goslings should be fed on bread crumbs moistened with milk. When they are about a week old, they may be given a mash composed of equal parts by weight of cornmeal, barleymeal, bran and shorts. This should be made moist but not sloppy. The birds should be fed three or four times daily for about two weeks. When the weather is fine, give the birds their liberty, but they should be protected from cold rains and confined at night until the weather gets warm. Give the goslings a good start, and they may be turned on good pasture and the feeding mash discontinued. Make sure that the goslings have plenty of shade and a liberal supply of fresh drinking water before them at all times.

SLOW SETTING PLASTER

Owing to the quick setting nature of plaster of Paris, trouble often arises from having too much or too little. On small repairing jobs, a good method is to mix the plaster of Paris with vinegar instead of water. This slows off the setting of the plaster, and besides making the job easier, saves a lot of waste through having the plaster set before the job is finished.

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THREE YEAR ROTATION FOR DESTROYING WEEDS

In 1912 a three-acre plot of land was allotted at the Experimental Station, Charlottetown, for the purpose of demonstrating the efficacy of a short-time rotation in eliminating weeds, says B. F. Tinney, Dominion Experimental Station, Charlottetown, P. E. I.

This land was badly infested with golden rod (solidago sp.), yarrow, ox-eye daisy, yellow daisy or black-susun, couch grass, etc., and had been in common for many years.

A three year rotation was outlined as follows:

First year: Hoe crop. This crop received 15 tons of manure per acre. Probably the most satisfactory method to apply this is on the clover stubble the previous autumn and plough it down.

Second year: Grain crop, seeded down with ten pounds red clover, 2 pounds alsike and 6 pounds timothy per acre.

Third year: Clover hay. Immediately after the removal of the hay crop, the land was manured and ploughed in preparation for next season's hoe crop. After ploughing the land was rolled and then worked during the balance of the season to prevent any growth of weeds. It is strongly recommended that the land be ridged up in the autumn.

This rotation was carried on at the station until the season of 1920, when it was discontinued. In the meantime, it has been demonstrated to a marked degree that such treatment would suppress the various weeds mentioned. The solidago, yarrow, ox-eye daisy and black-eyed Susan had entirely disappeared. Traces of couch grass occasionally would appear, and it might be well to point out that the treatment will not prove effective unless the land is efficiently topworked after ploughing the clover sod for hoe crop.

It might not be amiss to point out also that where large areas of rough or permanent pasture lands are available, this makes a fairly suitable rotation for stock raising.

As to disadvantages, it offers little or no opportunity for pasture, and there is, relatively speaking, too much land under hoe crop for the average farmer, but in limited areas, it may be strongly recommended as a satisfactory means of cleaning up land heavily infested with weeds.

HYMENEAL FARR-HOLMES

A quiet wedding was solemnized on Monday, May 24, at the residence of the bride's father, Mr. Anthony Holmes, when his daughter, Margaret, was united in marriage to Mr. Harold Farr of Walkerton. The ceremony, which took place at 4:30 was performed by the Rev. J. Taylor, pastor of the Baptist church here, and took place before only the immediate friends of the contracting parties. The bride was given away by her father and the young couple were assisted by Miss Dora Grein of Hanover as bridesmaid, and Mr. Arthur Holmes as groomsmen. Following the ceremony, a dainty wedding supper was served. Mr. and Mrs. Farr left that same evening for their home three miles east of Walkerton, where the groom is a successful farmer. The Chronicle bids many friends of the bride in Durham in wishing them much joy and happiness.

Big Game

A stranger visiting the United States, fell into the hands of an American who was active in showing his new acquaintance the scenic and architectural wonders of the country. Unfortunately the American gave way too often to boastfulness regarding these wonders and disparaged too confidently the attractions of Europe. Finally the other felt that he must put a stop to that sort of thing, so he asked suddenly, "Have you heard of the Dead Sea?"

"Of course I have," said the American.

"Well, my father shot it!"

IN MEMORIAM

Everett.—In loving memory of George R. Everett, who departed this life May 29, 1923.

This day brings back to memory Of a loved one gone to rest, And those who think of him today Are those who loved him best.

Days of sorrow still come o'er me, Tears of sadness often flow, When I think of my dear husband Whom I lost three years ago.

—Sadly missed by his Wife.

The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

TWENTY YEARS AGO

May 31, 1906.

A serious accident befell our young townsman, Mr. Dan McDonald of MacKay & Dunn's law office on Sunday last. He and Mr. William Heughan were wheeling along the Garafraza road and undertook to coast down Vessie's hill. All went well till the front wheel of Mr. McDonald's bicycle hit a stone. The tire blew out, and the rim gave away, throwing the rider headlong. Mr. McDonald's head struck a stone, fracturing his skull, and he also suffered a broken collar bone.

Mr. William Ridsdale, Dr. Gun's coachman, was driving Miss Carmount, a professional nurse to her home near Orchardville last Monday when they met an automobile at which the horse became frightened and unmanageable. Both occupants of the buggy were dumped out on the road, and the horse ran away.

We had a pleasant call Monday from W. Johnston, Sr., father of W. Johnston, Jr., for many years a resident of this town. The old gentleman is 87 years of age.

While C. P. Kinnee of this town was on his wheel last week on the hill of Glenelg, he was going down hill at his usually reckless speed when the lantern dropped down in some way and stripped all the spokes out of the front wheel. Jack went down too and received a very sore shoulder.

Mr. J. S. Drysdale left here Saturday on a trip to Bonnie Scotland.

We regret to report the serious illness of Mrs. Samuel Scott, for whom very small hope is held out for recovery.

After limping around for five weeks with a scalded leg, our cheerful little friend, Florence Byron, is again able to be about and looks quite cheerful.

We regret to chronicle the sudden death of Mr. Donald Campbell, which occurred at his home here from an attack of pneumonia.

Mr. Andrew Vessie, son of John and Mary Vessie, died May 23 at his home on the Garafraza Road. Deceased was born in 1894, and death was caused from heart trouble and rheumatism.

TWELVE YEARS AGO

May 28, 1914.

Victoria Day passed off very quietly, there being no celebration here. Mrs. Eva, who was 90 years of age last February, has been ill for some time and confined to her bed since Easter. She is in full possession of all her faculties.

Ben Benton, a young fellow employed in the cement works, to show the loyalty of the company on Victoria Day, scaled the ladder at the smoke stack and placed the Union Jack on the top of it, 200 feet above the ground.

Andrew Smith, who has been working as a machinist in Detroit, came home a few days ago and intends to remain for some time in the garage here.

The failure of the Town Council to appoint a medical health officer has resulted in the government stepping in and taking the matter in their own hands. The former official, Dr. Hutton, was appointed.

The annual picnic of the Brigham telephone line subscribers was held in Brigham's grove, Allan Park, on

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