

"Complexion Secrets Of An Actress."

In a recently issued volume bearing the above title, the author says: "Continuous use of grease paints, rouge and the like, had ruined my complexion. My skin was colorless, wrinkled, coarse and pitted with large pores. In England I heard of the virtues of methylated wax; my first experience with this marvelous substance convinced me it was more valuable than all cosmetics combined. Now whenever my complexion begins to go wrong I get a drug store spread on a thin layer of it before retiring, wash it off next morning. The wax, after a few such treatments, seems literally to absorb the worn-out cuticle, when a brighter, healthier, younger-looking skin appears."

"For the wrinkles and enlarged pores began using a solution of salicylic acid, one ounce dissolved in a half pint of water. Bathing the face in this every day for a while soon relieved the condition most wonderfully."

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For the Children

Princess Marie, Daughter of the King of Belgium.



Probably not many American children will feel envious of Princess Marie, daughter of the king and queen of the Belgians. Until last August she was a care free, joyous little girl, but since the dreadful war broke out the people of Belgium have suffered greatly, as all little folks who are old enough to read already know. King Albert and Queen Elizabeth were forced to flee from their native land, and of course the royal children went with them. Princess Marie is the youngest of the family. She is only eight. She has two brothers, Prince Leopold, who is fourteen years of age, and Prince Charles, who is twelve. Prince Leopold, heir apparent to the throne, has recently joined the Twelfth Belgian Infantry as a soldier. King Albert is fighting with his troops, while Princess Marie and her mother and other brother are living in France.

Trade Pantomimes.

This is a variation of the old game of "dumb crumbo." The players divide themselves into two parties, called "the masters" and "the men." After consultation the men agree upon some trade or occupation which they are to illustrate in dumb show. The masters must guess from their motions what trade they have chosen, and to help them in this they are told the first and last letters of the word describing it.

For instance, the men decide upon the word "gardener," and, giving the letters "g" and "r," they stand in line, and each performs a gardener's work—planting seeds, mowing with a scythe, digging with a spade, weeding, watering, etc. Not a word is spoken and but one guess allowed to each master. If one guesses correctly the men "lose their job." If no one discovers the trade the word is told and they proceed to act something else. If the masters fail twice to guess the

word the men strike and "quit work." The masters then become the men and must take their turn at pantomime.

"What Am I Doing?"

Six, seven, eight or more players take their seats in a straight row. Behind them the person chosen to lead the game takes his stand. Placing himself exactly behind the player seated on the top chair, he then begins to conduct himself in the most absurd manner possible—for instance, shaking his fist or any other comical antics that may suggest itself to him. After doing this for a minute or two he says to the player seated before him, "What am I doing?" Should the unfortunate individual be unable to answer correctly he must stand up and, until permission be given him to desist, must imitate in silence the antics the nature of which he was unable to discover. More frequently than not the guesses are quite wide of the mark; consequently the spectacle is most laughable when five or six of the company are all occupying the envious position above described.

To Take Impressions of Plants.

Burn a common cork till reduced to a powder, add a teaspoonful of olive oil, mix into a thick paste. Now paint the veiny side of the leaf with camel's hair or black sable brush, lay the leaf carefully on a piece of clean paper, painted side down, subject it to a strong and even pressure by placing it in a book under a weight for about a quarter of an hour, then remove the leaf carefully from the paper. Very veiny leaves are the best.

Heard in the Nursery.

"I thought you were very much attached to the book," said the stuffed dog to the picture that had once ornamented the cover of the book. "I was," said the picture, "but Dora cut me out."

Losses.

Little Bopoop Has lost her sheep And cannot refrain from yawning; Leave her in bed, The sleepy head, To slumber all the morning. Little Boy Blue Has lost his shoe He must have come back, Unless peradventure he hopped it.

His Wife's Allowance.

Illustrative of the social leveling influence of war, the following incident is told of two Englishmen: A new commanding officer was questioning a smart young corporal. "Are you married?" asked the officer. "Yes, sir." "Don't you think you ought to make her some allowance out of your pay?" continued the officer. "If you think it necessary, sir," replied the corporal, "I will, sir. I'm keeping up the house and car and allowing her \$3,000 a year, but if you think an extra sixpence a day would be any good to her I am perfectly willing."

Many a man who acts square during the day is a rouser at night. Does your charity cover many sins?

Points for Mothers

Regarding Environment. A study of sound educational principles shows that the greatest perils as well as the greatest opportunities present themselves largely during a B C age and that therefore a careful study must be made of all requirements when providing a child's environment. Specialists point out that at the start every child is greatly handicapped. Therefore he should be so nourished that every part of him works with a minimum amount of friction. We must rid ourselves of the idea that the youngest child requires the teacher of the least ability and skill. This is a viciously harmful idea. If children are wisely directed in the beginning there will be less cause for complaint afterward, less cause for men like Herbert Spencer to condemn the method upon which the advancement of the community rests.

Seguin tells us that we must educate the study of the senses, train the faculty of speech, the art of receiving, storing and expressing impressions, which is the natural gift of infants, and then we shall not need books to fill up the emptiness of our teaching until the child is at least seven years old.

If the education of the senses is neglected all after education partakes of a haphazard, an insufficiency, which it is impossible to cure. Here, then, is a possibility of reasoning that mothers and teachers of the very young child cannot escape. Examine the Montessori plan or Hilmyer's or any one of the methods based upon the fundamental principles advanced by Froebel, Seguin—indeed by educators that reach back to the beginning of all things—and you will find in every instance that the greatest reliance is placed upon the sense training accompanying these methods. These students of education grasped the underlying principles and then worked out their own methods for fiction.

Night Terrors Are Serious.

Night terrors are due to fault in the nervous system which makes it easily excited by any slight irritation, even though that irritation be in some remote part of the body. The child awakens suddenly with violent screaming and gives abundant evidence of great fear. This may be repeated night after night or at less frequent intervals. Night terrors usually attack children between the ages of three and eight years, and in nearly every instance the attack comes on within two or three hours after the child has retired.

The face of the child shows the extreme terror which he is in. His eyes are widely opened and generally fixed upon one object. Sometimes a crier is given to what frightened the child by his crying out the name of the thing or person. During the attack the child will cling to others for protection. This period of extreme terror lasts usually only a few minutes, but it may be prolonged to nearly half an hour. Following this is a period during which the child recognizes persons and his surroundings, but for a considerable time he remains in a state of mild fear and dreads to be left alone.

Night terrors should never be allowed to continue untreated. They are indications that there is a serious fault in the nervous system, and this should receive the most careful and thorough consideration.

American Toys.

To take the place of the lead soldier made in Germany one firm has made a steel soldier very durable and quite neutral, his breeches Magyar, his coat English, his helmet German. He is cheap, too, the little set of fifteen infantrymen and three cavalymen costing 25 cents as against the price for the imported pewter set of soldiers of \$1. The sale of the paper and wooden soldier has gone up from the rate of 2,000,000 a year before the war to 5,000,000 since.

The sales of toy shotguns have also increased. In one firm the employees have been increased from 60 to 150, and they work in day and night shifts. This firm made not only guns, but war games. Their history is interesting because it is so recent. They are an adaptation of the peaceful map game made by the firm before the war, a game of the shortest routes for parcel post or a game to be won by locating the capitals of the states or by naming rivers and harbors.

Cruelty a Trying Fault.

One of the most trying faults to combat in nervous children is cruelty. Fortunately it is not a common one. The difficulties of its early eradication are made possible by the many examples that the child sees of what is apparently deliberate cruelty carried on by adults. He cannot see why it is not wrong to trap and kill mice, to kill fowl, to use worms as bait or to catch flies. He justifies his own acts by those of others. This is what makes the problem a particularly hard one to solve, and it requires the most patient handling to set the child right. Since acts of cruelty in the child need not be a cause for alarm, but persistency in such acts or their occurrence in later childhood should attract attention to both moral and physical needs.

What has become of the old-fashioned women who took snuff for weak eyes?

It's usually too late for congratulations when the happy couple have been married more than a year.



Advance and Give the Countersign— "Kellogg's" CORN FLAKES

The attacker knows he has the countersign to pass him through the lines. The little sentry's sense of duty keeps him at this post, but it is a hard strain to let that package pass. He would almost give up his play and even his cherished sword to get at its contents.

The Sweet Heart of the Corn. Made-in-Canada. 10c. per package.



Cocoanut Oil Makes A Splendid Shampoo

If you want to keep your hair in good condition, the less soap you use the better. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulsified cocoanut oil (which is pure and entirely greaseless), is much better than soap or anything else you can use for shampooing, as this can't possibly injure the hair. Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage. You can get mulsified cocoanut oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

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are recognized all over the world to be the best corrective of troubles of the digestive organs. They tone the stomach, stimulate the liver, regulate the bowels. They cleanse the system, purify the blood and act in the best and safest way

For Health and Strength

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OLD FRIENDS COME BACK. This picture showing a poke bonnet hooped skirt and short bodice taken recently at a fashion magazine in Toronto. The gown was worn by Mrs. Jackson of New York. The material was a lively shade of soldier blue taffeta, the skirt made short and full over a hooped petticoat with narrow ruffles, and the silk well above the knees. The bodice was short waisted with frilled sleeves and white muslin fichu. The shoes and stockings were also white. With this was worn a poke straw hat with pink eyes.

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