

To Promote Health & Beauty.

BY ELLA APPELLA FLETCHER.

As soon as a girl or woman becomes conscious of a defect which she has learned can be overcome and for which she seeks a cure she expects immediate results from the application of that remedy. If prompt improvement is not seen in five cases out of six she becomes discouraged and often discontinues her efforts.

Most of the letters asking for special advice or directions ask the stipulation that that remedy must act quickly. This hair must make luxuriant growth in a month's time, or locks must either recover their natural color or become snow white at once; smart eyelashes must be transformed to distracting fringes in a fortnight, and the skin, which is the sign manual of physical disorder, must take on the delicacy and perfection of infancy in a week. All these things are impossibilities. Nature's methods are slow but sure, and patience is the keynote to success.

The speediest improvement in health or appearance is seen when the defect or trouble is of a nature that can be reached by physical exercise and deep breathing, and this is because no other means are so

effective of a solution of fluoride of calcium—29 centigrams in 300 grammes of water. Bathe the parts affected several times daily with this.

POTASSA LOTION.
Care brandy..... 2 ounces
Cologne..... 1 ounce
Liquor of potassa..... 1 ounce
Water..... 1 ounce

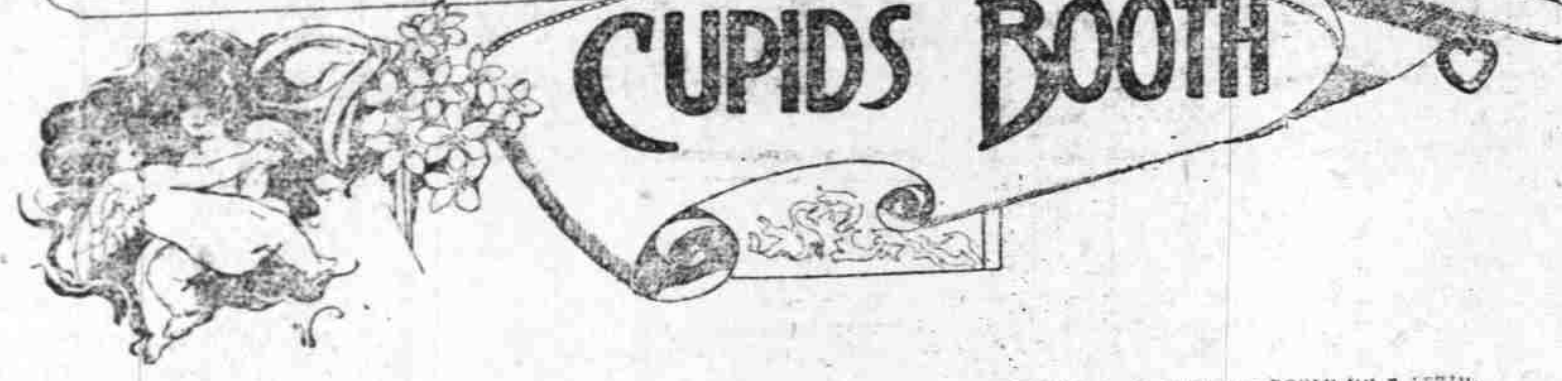
Use this brandy, highly seasoned dishes, patés, hot cakes, game, pork, veal and chicken. Eat plenty of fresh fruit, the sweet cereals and health breads, green vegetables and salads. Take daily baths and sufficient exercise night and morning to induce perspiration. The more time you can spend in the open air the better, and sleep eight hours.

Chronic Redness of the Hands.
Chronic redness of the hands and enlarged veins indicate impaired circulation, and local application can have but slight effect until this is corrected. Take arm exercises with slightly grasped fists, involving the above in 2 or 3 first top-down, then up-down, and lastly side-to-side as a level with the feet.

One of the attractive things about Manhattan's new electric elevated trains is a charming "Cupid's Booth." There is but one booth on each train, and there is room for but two in each booth. Whether you are in love or not, observe this splendid resting place the next time you are in New York. At the extreme end of the last coach you will notice, if you will go that far back, the lovers' opportunity. It is the tiny booth where the automobile crowd were so often seen going in the opposite direction. Now that the automobile is on the other end of the train, this booth is, as if by some magic hand, transformed into an ideal seat for lovers.

The seat is as comfortable and secluded as

CUPID'S BOOTH



essily pull down a shade and shut out the glare of the passenger sitting immediately next to the partition. The drawing of the shade also cuts off the view of the guard who is on the forward platform. Happily, the natural economy of the elevated road of the train makes a guard on the rear platform of the train unnecessary.

The rear door is not opened at the steps because there is no guard on the rear of the train. And few passengers go to the rear end of the train, so that the booth is never crowded. These conditions operate favorably for the working of the machine in the elevated train nowadays.

The only trouble is the wild rush which is made for "Cupid's Booth." The guard on the rear car will tell you that invariably the first couple which gets on his train will hurry to the booth. It makes no difference whether the train is going up town or down town, if it is going up town "Cupid's Booth" is occupied before the train reaches Park place, and if the train is going down town the booth generally empties a couple before the train reaches One Hundred and Forty-second street.

The only persons in the train who can overlook the occupants of "Cupid's Booth" are the passengers immediately across the aisle. A few persons who have noticed that sweethearts always sit there now make it their business to saunter back and see if they can be of any service.

In the olden days the eyes seats in the elevated trains used to be the proper places for sentimental couples, but these are now left to married persons and men who want to talk business. No sentimental affairs are discussed in "Cupid's Booth." It is absolutely and entirely a place for affairs of the heart and the gentle whispering of nothings. Nobody can hear, and if he could he would be a wretch to attempt to listen.

The rules of the new electric road positively forbid listening to what is going on in "Cupid's Booth." Even if you hear the conversation, it is not your duty to report the matter.

The officials of the road have not designed this booth as a place in which to settle disputes. Everything must run along smoothly, and there must not be, above all, any scandal discussed by its occupants.

Perhaps country couples will not fully appreciate what the elevated officials have done in providing this booth. Girls who are accustomed to being wooed amid the wildwood and the jessamine may underrate the charms of "Cupid's Booth." But there are maidens who never strolled through a field of daisies listening to love's eloquence. The pretty working girls of New York have had to listen to broken ties as they rode down town in the morning and home in the evening hanging on to an elevated-car strap. To them and the young men who have accompanied them "Cupid's Booth" comes as a blessing. The only fault they have to find is that there

Miniature Conservatories.

Miniature conservatories designed by New York florists have found such favor with women who are always charmed with new and odd little house ornaments, that some of them have undertaken to make them themselves.

In apartments where room is precious these tiny greenhouses are especially prized.

The idea is not patented, and there is no reason why every housewife cannot have a conservatory of her own making. There would be the double pleasure of having something new for the home and of making it one's own.

The florists have designed an elaborate affair of wood and glass. A wooden frame is built to fit on a wooden base, on which the tiny potted plants are placed. The frame has grooves in which the glass sides and top fit. The wooden frame is effective and top light. In a way, the heavy wooden frame somewhat destroys the artistic effect and the variations which it should be possible to preserve.

The prettiest little conservatory made yet was designed by a Marlen woman, who



Safe to Read One's Letters.

prompt to stimulate the circulation of the blood and purify it, thereby giving the greatest possible impetus to the renewing process of life. Hence the benefit to be gained from external means for improving health or increasing personal attractions can always be accelerated if physical exercises adapted to the particular condition are taken at the same time.

Enlarged Pores and Comedones.
The condition of enlarged pores and comedones, or blackheads, is exact by what the use of the complexion brush is recommended for. Enlarged pores are caused by sluggishness in the circulation and functions of the skin, which prevent the sebaceous glands from expelling their secretions. These collect at the orifices of the ducts and expand them, while their oily matter clogs all at once the impurities and turns black. Pressing them out is apt to bruise the skin, and is followed by the use of an astringent lotion, makes a bad matter worse. When numerous and frequently defacing it is best to steam the face, which softens the secretions and relaxes the skin, and then press out the comedones with a watch key, pressing it down firmly, but gently, over each spot. Bathe the face afterwards with tepid water or with this

the shoulders and far enough back to pull the muscles over the chest. Repeat each movement from 10 to 20 times, inhaling deeply, with strong movement of the diaphragm as the arms are raised and exhaling as they fall. Massage the hands vigorously with the thumb and index finger. After washing the hands in warm bicarbonate water or with almost any good soap, dry and rub in honey or diluted glycerine. This treatment softens, whitens and redens the skin. This massage can be repeated with advantage several times during the day. Any ligature about the waist or tight shoes may cause red hands. Perfect freedom of clothing is imperative for good circulation.

Balls and strays frequently come together. The only consolation for the affliction is that some physicians say the outbreak of the evil in this form prevents serious illness. Small doses of iodine of lime, taken for a few days, or a week if the case is obstinate, will cure the tendency. A course of pure cod liver oil, or a solution of iodine of lime, will relieve the pain of a boil and heal it rapidly, and its application upon the first hint of their appearance will sometimes avert them. When the first prick of pain in the eyelids sends warning of the gathering of a sore, take a drop of tincture of iodine upon a lump of sugar and bathe the eye with warm elderflower water. Bathe the eye frequently with a solution of one dram of pure ammonia in a half-pint of distilled water will also arrest the progress of a sore and correct the conditions which induce it. If it insists on coming to a head it is best to hasten the process with a warm poultice of flaxseed. The poultice will hasten its healing.

sweethearts could wish. As the train speeds along they can sit there in almost as much privacy as they could have at home. To the rear they have a fine view of the track and the elevated structure. Persons looking their way from the front of the car cannot see them because a friendly partition protects out beyond the edge of the seat. Should they desire to be ultra-exclusive they can

ASTRINGENT LOTION.
Rose water..... 6 ounces.
Elder flower water..... 2 ounces.
Simple tincture of benzoin. 1/2 ounce.
Tannic acid..... 10 grains.
You could massage your face with the almond lotion or with cucumber milk. Both have excellent cosmetic qualities and do not encourage superfluous hair.

Scalation.
Massage is a sovereign remedy for this trouble. The movement is to encircle the leg with both hands, twisting them entirely around the limb in opposite directions and working downward, then upward. The pressure must be firm and deep, so as to evolve natural heat in the parts affected, and thus stimulate the muscular changes in muscles and nerves that will expel the disorder. The cure can be hastened by eating summer. Begin with the juice of one, and increase the dose daily till you can take nine a day.

Obstinate Skin Trouble.
Often obstinate skin trouble is due to dyspepsia. A half hour before meals take a

Waffle sweater..... 6 grammes
White Pine Balm..... 10 centigrams
Oil of Birch..... 10 centigrams
The diet must be plain and nourishing, without spicy or stimulating foods. The twice meals drink an abundance of pure water in which a little fresh lemon juice has been mixed. Activity in the digestive organs is imperative. Obese disposition, not causing any discomfort in the region of the stomach, and chronic constipation could have caused the trouble.



luxury loving "A. D. T. Cupids." This is a conservatory, of course, but the message to be conveyed is that it is a conservatory in public and he is exceedingly pleased to find this retreat, where he can keep his feet up on the seat and take his comfort. It is therefore a race to see who gets into "Cupid's Booth" first—A. D. T. No. 412 or the sponging couple.

Conversation is uninterrupted.



Conversation is Uninterrupted.

faucet. When the water gets cold one end of a half-inch rubber tube is attached to the mouth of this faucet and the other end to the escape valve on a steam radiator. Thus a little stream can be turned on and the water reheated.

Nearly all florists sell plants which are especially grown for these miniature greenhouses. But if one is so situated that suitable "dwarf plants" cannot be obtained, it is very easy to set out tiny ferns, mosses, etc. Frequently twigs taken from conifer plants and set out in tiny pots or basins filled with rich soil will take root and thrive in the little hot-houses.

DIRECTIONS FOR MAKING A MINIATURE CONSERVATORY.
Have a glazier cut six pieces of ordinary window glass—two for the ends and four for the sides and top. The glazier will be retained by the builder of the conservatory. Quite a pretty one has been made 11 inches long, 10 inches wide and 10 inches high.

TRAY FOR THE LITTLE POTS.
The conservatory without the glass case.

Showing Base and End of Conservatory.

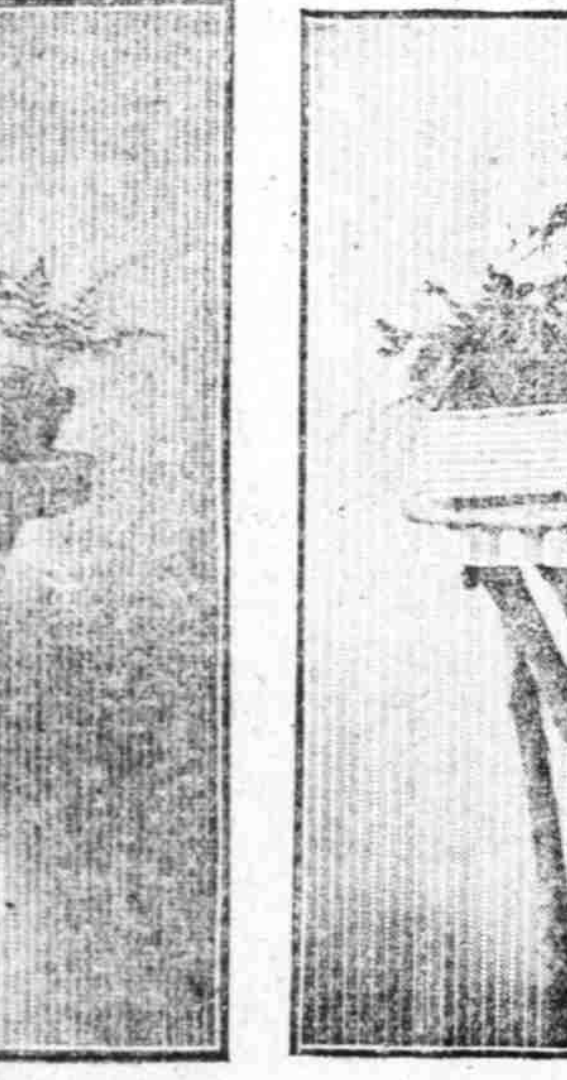
Miniature Conservatory Which Can Be Taken Apart.

A COSTLY WEDDING PRESENT.
One of the wedding presents received by Miss Lina Vandegraft Brown when she became the bride of Mr. William B. Brown was a costly ring box, fashioned like a casket. The cup of which is lined with silk of heliotrope hue. Though of severe simplicity of design and severely taller than an engagement ring, it is an exquisite bit of workmanship.

The ring box was designed by an artist, especially for the recipient and there is no other like it in existence. It is possible for a piece of silver to have as much merit as a work of art or the finest statue or carving, and every year there is a greater tendency among those who can afford it to show the products of the worksheds and factories and to seek for the individual worker and the hand made article. It is this fact that makes this little casket costly and interesting.

It was fashioned out of solid silver entirely by hand. The artist who designed it hammered and wrought it, using the tools which were used before machinery was invented and which many lovers of the best workmanship are trying to bring into use again.

The ornamentation is Egyptian in design. On the cover are the Egyptian wings, joined together and the sphere surmounted by the sacred cobra, waving erect, with outspread hood. On the base of the casket are the lotus petals, continued to give the effect of the entrance of one of the ancient Kings of Egypt, with its inscription in hieroglyphs.



CAT 42 YEARS OLD.
Herr Pohl, president of the German Society for the Protection of Cats, has just published the results of his investigation in regard to the age which it is possible for these animals to attain.

Cats, he says, are like human beings in one respect. The more peaceful and better regulated their life is, the longer they are likely to live. As a proof, he points out that a favorite cat in the royal castle of Nymphenburg has lived to be 42 years old, and consequently may fairly claim to be considered the dean of the cats in Germany.

That this remarkable animal has still some youth in her is evident from the fact that she gave birth to a kitten two years ago. Moreover, the kitten thrived wonderfully and attracted much attention when it was exhibited at the exposition in Breslau.

Showing Base and End of Conservatory.

Miniature Conservatory Which Can Be Taken Apart.

Join the half-dozen parts together with passe partout or such spring strips of paper as you may have at hand. The best of all should be used, because the dampness of the plants will cause some moisture to collect and this will try to get out through the plants. If a wooden base or bottom is used, have a solid piece of wood cut to fit the completed glass house, with the top of it a cover. If a zinc pan is to be used, do not let the glass cover fit over the pan, but not an inch high.

If it is desired to give the conservatory the appearance of having been made in a greenhouse, small panes of glass can be pasted on very narrow strips of paper which will seem to form a frame around the plants. First cut the strips to the width of an inch wide. Fold them lengthwise into four parts and paste the outside edges flat, leaving a raised point or ridge. Assemble the little strip of wood with the panes in a large hot-house. Paste the divisions, running from front to back. They are each in one strip 14 inches long, and should be placed 1/2 inch apart. The crosspieces are placed in the same way and pasted between the lengthwise strips as closely as desired, to the proper effect of small panes, but not here.

These plants are all the prettier when one is looking down the little glass with the dwarf plants on either side. When this effect is desired the builder should be careful not to place too many plants in the little greenhouse. Too few plants make a better showing than too many.

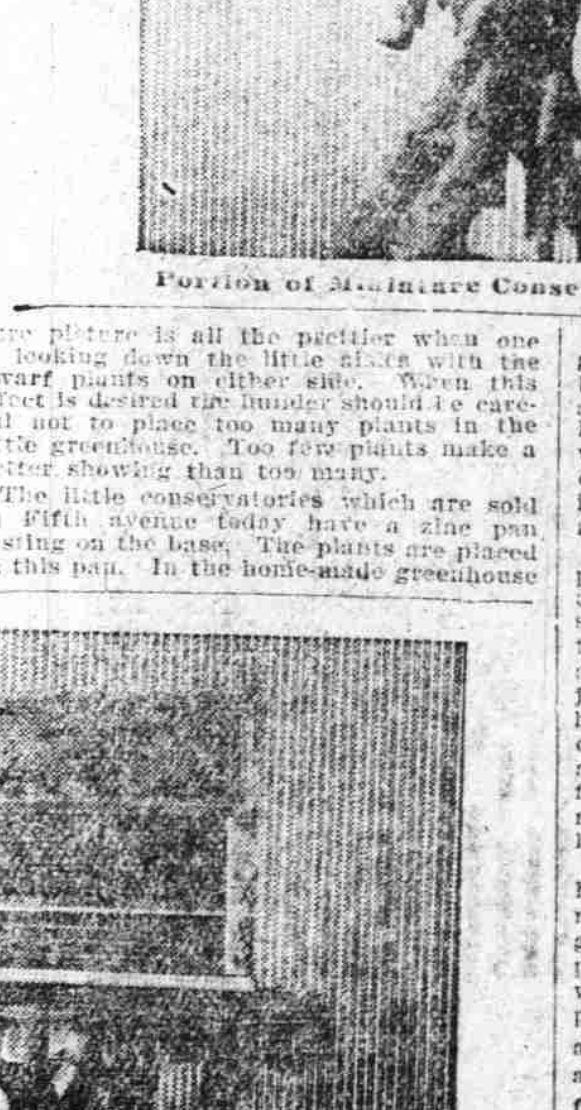
The little conservatories which are sold in the florists today have a zinc pan resting on the base. The plants are shown in this pan. In the home-made greenhouse

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