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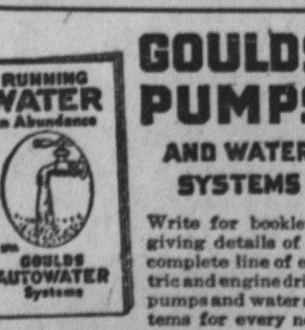
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POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

THE FAMILY MEDICINE CHEST

WHILE, as a rule, medicine should be given only on the doctor's orders, there are a few medicines and a number of articles which should be kept in every home for use in emergencies and for carrying out the doctor's orders in caring for any sick person in the household.

For first aid in cases of accidents and injury, there should be kept on hand a few clean bandages of various widths. One-inch and two-inch sizes are those most frequently used, with a few half-inch bandages for tying up cut fingers. These may be purchased at the local drug store or made from an old sheet. A worn sheet, after being washed and ironed and the hems torn off, may be torn into strips of the desired width and each strip rolled tightly and the ends secured with a small pin. A small box of absorbent cotton, a yard or two of plain gauze and a spool of one-inch adhesive plaster will furnish all the material needed for simple dressings.

Among the articles which are needed in the sick room and which are of great help in the home in case of emergencies and sudden illness, are a fountain syringe, a hot-water bag, a bed pan and a clinical thermometer.

Some of these can be improvised from other things. Bricks or flat irons heated in the oven can be wrapped in flannel or large bottles or fruit jars filled with hot water can be used in place of a hot-water bag. A screen can be made by pinning a sheet, shawl or blanket over a clothes horse or stretching them on a heavy cord. In a cottage in the northern woods last summer, I made a very satisfactory and attractive tray by sawing off the bottom of a heavy paste-board carton in which breakfast food had been shipped and lining it with paper napkins.

Among medicines and drugs, the following should be kept ready for use when needed: Iodine for disinfecting cuts and wounds, castor oil, olive oil, vaseline in a tube for burns and chapped hands, boric acid, mustard, and medicated alcohol. Boric acid is best kept as a saturated solution. A wide-mouthed bottle with a good cork, after being carefully washed, is filled three inches of the top with clean water. Into this is poured 15 cents' worth of boric acid crystals. These will dissolve in the water until as much has dissolved as the water will take up, the rest settling to the bottom. As the solution is used, fill the bottle with clean water, adding more crystals as the boric acid is dissolved. Carbolic acid, lysol and chloride of lime are useful as disinfectants, but as they are all strong poisons they should be plainly labeled poison and kept by themselves, out of the reach of children.

LIGHT AND HEALTH

IT HAS long been known, in a general way, that sunlight was necessary to health, but it is only in recent years that scientific men have even begun to suspect that it was of great practical value in treating and curing many diseases. Rollier in Switzerland, and Lo Grasso in New York, found that the sun was of great assistance in healing tuberculosis of the skin and bones. But the sunlight must be used intelligently. Rollier found that the early morning sun with the cool open air was best, and that the hot mid-day sun was not only of much less benefit, but might be actually harmful. Patients with tuberculosis need the light but not the heat rays, and so must be protected from the heat but exposed to the light.

It has also been found that sunlight is of great benefit in rickets. But, here too, it is the light rays and not the heat rays that are of benefit. Now, Dr. Leonard Hill of London, one of the leading public health authorities of England, says that sunlight is equally valuable in treating fevers. In a recent address before the British Medical Association, he told the doctors that fever patients did better on verandas than indoors, that they should be given plenty of cool fresh air and an abundance of light, but not heat.

Inflamed joints, on the other hand, are benefited by strong sunshine and heat. The British Medical Service in the World War found that wounded men did better outdoors than anywhere else. In fact, this was so striking that Doctor Hill suggests that our hospitals of the future, instead of great brick and stone buildings with heavy walls and roofs, should be lightly-built bungalows with open-air wards with verandas and courts without any roofs.

"We must teach people to get rid of smoke, especially in large cities," he says. "Smoke clouds keep out the sunlight. We must also tell people to wear less clothing and to expose their skin to the sunlight." This is good for animals as well as human beings. To prevent and wipe out tuberculosis in cattle, Doctor Hill suggests that they be kept out of doors in the air and sunlight.

Evidently, we have been living in too close houses and wearing too much clothing, and we need to get back to simpler and more natural ways of living.

Many Ways to Use Velvet in Outfit

No Hard-and-Fast Rule for Treatment of Popular Material.

There are countless ways in which velvet is being used, and as many styles of combining velvet with other materials. It is a most grateful fabric to handle, notes a fashion correspondent in the New York Times, for it makes effective contrast with any one of many other goods. It makes more important a woolen flannel, embellishes satin and is shown in novel partnership with lame, with the splendid Bianchini fabrics, with chiffon, and in some particularly smart models is trimmed with gilt leather, with jet, metal beads, brilliants, or is ornamented with needlework done in bright-colored crevels. There is no hard-and-fast rule for the treatment of velvet. It is a matter of individual creative ability. The point of significance is that the gown, or wrap, or hat become the wearer, and in wearing velvet every woman presents herself most flatteringly. The period gown, the simple tight bodice with long, full skirt, is tremendously picturesque in velvet, in black or color, or



Latest in Vogue of Velvet—Applique of Black and White.

requires no trimming. A quaint effect is given by adding a bertha of fine lace to one of these old-style velvet gowns, a costume that is becoming to every

Gold Leather Used as Millinery Decoration

The use of gold leather as a millinery decoration is of exceptional interest and since it is sponsored by the most important milliners of Paris will have an influence upon autumn and winter hat modes. One Paris milliner, who shows a number of hats modeled on the new tricolor lines, edges the brims with gold leather which is in effective contrast with the color of the velvet used for their development. A black velvet tricolor has a wide flange of gold leather, while from another comes a novel shape, designed as the mosaic hat, and made of purple velvet cut out in modernistic design to show a lighter tone of velvet. All the edges are bound with gold leather.

Plaits Still Used by Some Paris Designers

This season's modes are by no means confined to flare and godet, says a fashion writer in the New York Times. Some of the best couturiers are showing exceedingly chic things in which plaits give ease at the bottom of the skirt. The plait has done much to popularize the plait, and this is varied in many attractive ways. The season's fabrics are particularly well adapted to the plaited model, for crepe and the new wool weaves respond to this treatment and keep their shape. The inverted plait is seen in many of the latest designs and is popular with women who wish to have a frock which appears to be flat, yet is released below the knee. The deep inverted plait is laid in front, directly at the back, or at each side of the skirt, to give an effect of floating panels.

An unusually clever little street frock of mirlouen lace the straight, slender lines and is laid in small plaits held into the shoulder seam in front. Beginning at the waist the material of the skirt is slashed to the hem with fine plaits inverted, giving the appearance of box plaits all the way round. Low about the hips a wide, soft belt is worn.

Use Leather Lining in Lightweight Fur Coat

A new and clever idea is to line fur coats with leather. This gives additional warmth to a lightweight fur coat and is likely to be popular. Small amusing muffs are carried with most of the more dressy ensembles. These are generally round in shape and match the fur that is used for the

Blouse of Beige Kasha Duvetyn Underskirt



Here is a charming new sports frock designed by Lucien Lelong, well-known Paris style expert. The underskirt is of reseda green duvetyn and the blouse is of beige kasha, embroidered with aluminum fronds.

type of beauty and to women of every age.

Altogether, velvet, in innumerable ways and in varied technique, is contributing an element of great importance to the season. It is a boon and joy to many because of its possibilities even in the hands of an amateur. A band of wide velvet ribbon will form a rich trimming for the skirt of chiffon, or taffeta dress, to be repeated in the bodice. Velvet shoulder straps as they are shown in a June fille frock of chiffon; ties of velvet ribbon looped at the back of a high-cut bodice; a belt, wristbands and occasional straps are familiar ways of giving chic to an otherwise uninteresting frock.

Individuality, Keynote of Latest Autumn Hats

While women have shown a disposition to adopt the hat of wider dimensions, and the large hat for the first time in many seasons is conspicuously featured, they have not waned in their allegiance to the small close hat so admirably adapted to the present silhouette. Little high-crowned hats with narrow brims which Rebox first introduced and which she wears with such chic have been the inspiration for other models carried out in felt, velours and velvet, which as the season advances becomes increasingly important.

An extremely fetching little hat is made of black velvet with an interesting decoration of black satin accentuating the height of the crown, and finishing the edge of the brim, while from georgette comes a charming model also of black velvet cleverly draped to fit the contour of the head and ornamented with two long crystal pins.

In keeping with the vogue for small flexible hats is a model with a crown of black panne velvet, and gold kid used for the upturned brim. Little wings of black velvet and gold kid are the only decoration and reflect the feeling for cunningly wrought motifs in metal kid which appear in the collections of the most important modistes.

Pink Dance Frock

A fascinating dance frock is of geranium pink chiffon with the waist embroidered in brilliants. Some of the brilliants are scattered over the skirt and a broad band of ostrich feathers trims the bottom of the skirt, which has a slight upward flare in front.

Pretty Lingerie

New lingerie that is lovely enough for any trousseau is made of a rather deep shade of pink crepe de chine. The neck is composed of alternate rows of narrow red valencienes with exquisite rows of hand embroidery in the same shade as the silk.

New Handkerchiefs Are Blue

The vogue for all shades of blue is reflected in handkerchiefs of crepe chiffon in a vivid tone finished around the edges with lace of the same shade. Another version has inserts of silver lace.

ALONG LIFE'S TRAIL

By THOMAS ARKLE CLARK
Dean of Men, University of Illinois.
(©, 1925, Western Newspaper Union.)

TACT

NANCY and I are hopelessly western. We were both born in Illinois, but her parents came from Virginia and mine sojourned there six years on the way from northern England to the Middle West.

Last Sunday we were out to dinner, and during the meal I had the honor of being seated by a young woman in a somewhat mused gown. She had been born and educated in Massachusetts, as I learned before we had scarcely begun the soup.

"How crude these western women are," she began. I looked across at Nancy—slender, sweet, smiling, and self-poised, apparently listening with interest to the sophomore beside her.

"They seem educated sometimes," she went on. "But it's usually a sham. They are superficial; there is no depth to them. They have no real culture."

She drifted to coeducation while the plates were being changed. "No woman educated in a coeducational institution has any initiative," she went on. "They have never thought for themselves, they've never taken responsibility, they have been coddled always."

I have never been strongly impressed with these weaknesses in Nancy's character; I had, on the contrary, often felt that in her management of me she had shown considerable aggressiveness and initiative, but I have been taught that it is impolite to contradict a lady, so I said nothing.

I was reminded of an experience which Nancy once had with a woman who had never before been west of Troy, N. Y. She had found our prairies particularly flat and monotonous and irritating to her esthetic sense. "What have you out here, anyway?" she asked as a sort of poser at the end of an examination. "That is beautiful?"

Nancy hesitated for a moment; she did not want to boast; she disliked to seem disloyal to her native heath. "Well, don't you think the sky is sometimes pretty?" she asked naively. I held Nancy's hand warmly in mine as we walked home that evening. For a long time we were both silent.

"Never mind," I said; for I knew she had heard every word that had been uttered at the dinner table, though she had not winked an eyelash or blushed even, and Nancy blushes easily. "I love you anyway, even if you are crude and shallow and without initiative, for you have tact."

GETTING ON IN THE WORLD

ROBBINS had never had a very large salary. He had a family of five, he lived comfortably, he had built an attractive house, and at fifty he was looked upon as one of the substantial citizens of the town, whose financial rating and whose credit was unquestioned.

"How did you do it?" I asked him one day. "There are a lot of people in town who have earned twice as much as you have, who seem not to have accumulated a dollar." "It's the old saying," he answered. "It isn't what you make, it's what you save."

"I determined when I got my first job, and I got only fifteen dollars a week, to save ten dollars a month. I put it into building and loan stock, and when the series paid out I had one thousand dollars."

"What did you invest in?" I asked. "Men came to me, friends of mine, too; they assured me, with all sorts of schemes to be furthered and stock which promised wonderful returns, but I fought shy of them. I took the thing that was certain or as nearly so as it is possible for human organizations to be. I was satisfied with a reasonable return."

"I never touched my investments nor spent the income which accrued from them, and before I knew it, that income was quite a respectable one. I've never been close or stingy; I've simply saved systematically and regularly, and more and more as my salary was increased. Any one can do it."

And so Robbins had gotten on in the world. It was not so with Tompkins. His salary was twice as large as that of Robbins, but he spent it all and was heavily in debt besides.

"I've put money into a lot of things," I heard him say, "but I never get anywhere. All my ships go onto the rocks." The trouble with Tompkins was that he was never satisfied to make six per cent; he wanted to make twenty.

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Norfolk, Virginia.—"If you only knew how many women and girls have taken your medicine by hearing my testimony, it would seem wonderful to you. Every day and every chance I have I advise some one to try it. It was in June, 1904, when I had given up to never get well, that I wrote to you. My husband went to the drug store and brought the Vegetable Compound home to me. In a few days I began to improve and I have often taken it since. I am now passing through the Change of Life and still stick by it and am enjoying wonderful health. When I first started with your medicines I was a mere shadow. My health seemed to be gone. The last doctor I had said he would give me no more local treatments unless I went to the Hospital and was operated on. That was when I gave the doctors up. Now I am a healthy robust woman. I wish I could tell the world what a wonderful medicine Lydia E. Pinkham's Vegetable Compound is. I will be only too glad to answer letters from anywhere. I wish all sick women would take it."—Mrs. J. A. Jones, 317 Colley Avenue, Norfolk, Virginia.



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Went to the "Roots" of Patient's Trouble

Dr. S. G. Schaefer tells an amusing story about the modern doctor's practice of extracting teeth as a cure for so many ailments.

"A man went into a clinic one day and complained that he had lots of trouble biting his finger nails."

"Well, the medical staff in charge did everything they could to find out what was the cause of this pernicious psychiatric phenomenon. They couldn't find the cause anywhere. As a last resort they looked at the man's teeth. There was something suspicious about them. They pulled out a couple of them. Instantly the patient showed improvement! Encouraged by their success, they pulled them all out! Their patient pronounced himself completely cured and from that day to this he has never bitten his finger nails!"

The hand that follows intellect can achieve.—Michelangelo.



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