

HOW HOT WATER MAY HELP IMPROVE YOUR BEAUTY

By LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company

Few of us realize the value of the simple beauty aids which are always close at hand. We are willing to pay extravagant prices for preparations that will improve our complexion, yet scorn to use nature's remedies because they are "too cheap."



Hot water will help you to gain a clear, rosy, smooth skin if you are faithful in its use. Comparatively few women will take the time or trouble to cleanse the skin with hot water before retiring. Because of their careless neglect the pores of the skin become clogged, and show their resentment by defacing the skin.

This is the only way that they can punish you, so blame only yourself if your skin is afflicted with blackheads and pimples. No matter how late the hour may be, bathe your face with hot water. First apply a cleansing cream such as the following formula:

- White wash ..... 1 ounce
Hot water ..... 1 ounce
Toilet soap ..... 1 ounce
Toilet water ..... 1 ounce
Olefin ..... 1 ounce
Olefin ..... 1 ounce
Olefin ..... 1 ounce

When the pores have absorbed as much of the skin food as they can, allow a thin coating of the cream to remain on the skin over night. In the morning apply the hot water to the face, and then dash cold water on the face. Add a tablespoonful of witch hazel or twenty drops of tincture of benzoin to the water, so that the pores will be reduced to their normal size.

Hot water should always be used to rinse the soap from the hair after a shampoo. One of the best shampoos is liquid green soap. One ounce of it should be diluted with twice as much soft water and applied to the scalp with the tips of the fingers. This must be thoroughly rubbed into the scalp. When the scalp is cleansed the soap must be well rinsed out of the hair. For this purpose a spray will be found most convenient. When the hot water has removed the soap, gradually cool the water until the last rinse is cold.

Those who suffer from headaches can trace many wrinkles to this cause. When you are in pain the face is drawn and your brow lined with wrinkles. Hot water is an excellent remedy for this prevalent trouble. Whenever you are suffering from a headache and your feet feel as cold as ice, immerse your feet in a bath of hot water. Continue to add more hot water until your feet and head feel more comfortable. This will relieve the congestion, draw the blood away from the head and the headache will soon disappear.

A cup of hot water to which the juice of half a lemon is added taken every morning before breakfast will work wonders with your complexion. It is also an effective remedy for indigestion, and this uncomfortable malady, as you well know, gives one anything but a pleasant disposition, and lines the skin with wrinkles.

The cooling of water will soften it if it is hard. For this reason, persons living where the water has alkaline qualities often have very dry, coarse-grained skins.

Let me hear, later on, of the wonderful things hot water has done for you. Do not think that because the treatment does not cost money that it is not beneficial. Follow these suggestions; save money and improve your health and beauty.

(Copyright.)

DIARY OF A WELL-DRESSED GIRL

Making Over a Little Girl's Coat

I AM discovered. Even Mrs. Flynn, who has the little notion store near the Mission, knows that many of my frocks are made-over. The other day I stopped at the worthy lady's shop to buy my best plan. She said I'd decked out in my new blue taffeta. Mrs. Naudain's smartest model, for I wanted to look particularly well, as we were having visitors at the Mission. Mrs. Flynn gave me a searching glance from head to toe, and said, "Sure, you look as bloomin' as a rose. Who'd ever think, seein' you so stylish, that every last one of your pretty dresses 'n' hats was made by yourself. Your cook, Norah, was after tellin' me how you're smart enough to turn old clothes into new ones. My Mamie never gets gone ravin' about your style, and, knowin' how proud it'll make her, I wonder if you'd mind lendin' me a helpin' hand in making over her last winter's coat."

Mamie Flynn is one of my best pupils at the Mission. I also owe her a debt of gratitude for having poked the eyes out of the awful painting of Queen Elizabeth donated to the Mission by the wife of our "richest man." So I told Mrs. Flynn to bring Mamie and the coat and come up and spend a day with me.

Mrs. Flynn believes in grapping with time by the forelock. The following morning, directly after breakfast, she arrived with Mamie and the coat.

Mother volunteered her services also and we were soon in the midst of remodeling Mamie's coat. I was glad to find that it was of an excellent quality of brown and green plaid velours, and that there was a generous piece of material left over from the making of the coat.

Mamie had grown so much, and since the coat was rather narrow, I saw that it would have to be made inches and inches wider about the bottom, that it would have to have new sleeves and be widened across the shoulders.

I measured the extra material, and there was enough to make new sleeves and add a breadth to the width of the skirt.

I couldn't quite see where this breadth should be successfully added, and was puzzled over it when mother suggested that I slash the skirt of the coat and insert triangular sections of the material.

No sooner said than done. I slashed the coat in five places, and cut out the triangular insets. I pleated them so that they were fan-shaped, and basted them in position. Then I tried the coat on Mamie, and

it was as smart as it could be. I cutlined each inset with a single row of machine stitching, and mother sewed a deep hem in the coat.

While she worked on the hem I made the sleeves. I happened to have some dark brown velvet that went beautifully with the velours, and made from it wide, turned-back cuffs and a deep sailor collar.

After sewing the sleeves into the arm-holes and the collar to the neck line I turned the coat over to mother so that she could line it with the green silk.

Then I added several final trimming touches in the form of green tasseled cords, with which I laced the collar and cuffs, brown bone buttons to be used in fastening the coat, and embroidered arrow-heads, done with brown silk, at the top of every inset.

"I would have had a pleasant holiday," Caruso said, "if it had not been for the chickens on the farm, which woke me up a 5 o'clock every morning. They made a noise like this." Then he gave some good imitations of a rooster, to the edification of the passengers.

"It was what you call in America the limit." I got my shotgun and blazed away at the roosters until the destroyers of my slumbers were all killed. It was too sad. We have them fricasseed afterward."

(Copyright.)

LUTHERANS DISCUSS PLANS TO RECEIVE 10,000 POLES

Conference Refers Matter to Rev. A. L. Ramer for Action

READING, Pa., Oct. 17.—Plans for getting the 10,000 Polish people of Reading into the Lutheran Church were discussed at the forty-sixth annual session of the Reading Conference of the Evangelical Lutheran Ministerium, held in the new Trinity Church at Tipton, Berks County. The matter was brought up by the Rev. C. P. Harry, of this city. He thought the time was opportune for the conference to decide upon some method of bringing the Polish people into the Church. After some discussion the subject was referred to the Rev. A. L. Ramer, superintendent of the Reading and Hungarian Mission Board of the General Conference.

A petition was received from the Church of Atomsion, Wyoming, asking for admission to the conference. It was referred to the legal committee.

The conference will close today. The Rev. H. A. Weller, president of the Lutheran Ministerium of Pennsylvania, is presiding.

Governor May Go to Border

CAMP STEWART, El Paso, Tex., Oct. 17.—From sources very close to him, it was learned here last night that Governor Marshall G. Brumbaugh is considering a trip to the border to visit the Pennsylvania guardsmen.

VOGUE Pattern Sale

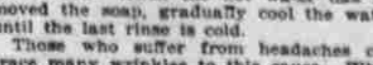
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Here you may secure expert fashion advice; study combinations of the season's smartest materials in original color schemes for gowns; try on crinoline models embodying fashion's latest whimsies; purchase the actual patterns of those which suit you best.

13th and Walnut Streets

THE CHEERFUL CHERUB

The waiter that I had today was fierce; An idiot is all too mild a name; But at the end he fixed me with his eyes And I, poor wackling, tipped him just the same.



HOUSEHOLD HINTS

WE THINK of spaghetti, or any member of the macaroni family, as distinctively an Italian dish, to be partaken of once in a while as a novelty. As a matter of fact, when we look into the history of macaroni we find that it comes of ancient lineage—Japanese or Chinese, rather than Italian—and also that far from being a dish of living and other reasons the problem becomes more complex than ever.

Such was the opinion expressed today by Ernest Cunningham, assistant steward at Girard College. Mr. Cunningham at times speaks the language of figures.

"There are 1561 boys at school here," he said, "and it is a foregone conclusion that it will cost Girard College many thousands of dollars more to feed them this year than it did last year."

"First, take milk. We use an average of 1320 quarts a day at a total yearly cost of approximately \$40,000. True, our milk contract does not expire until next May, so the increase in price will not be felt until then. Flour we bought at \$4 a barrel before the war; we use 1500 barrels of bread daily. Now, under contract, we get it at \$5.35 a barrel. The retail price, I hear, is \$5.95."

"The price of potatoes is soaring. A year ago we bought them for seventy cents a bushel; now we pay \$1.40."

The cost of feeding the students at Girard College last year was \$124,515.91, or \$124.61 per boy. Mr. Cunningham explained. The cost in 1915 was nearly \$6000 more than the cost in 1914, and the cost this year will be considerably greater, he said.

Bids will be opened today at Girard College for supplies listed as follows: 375 dozen cans of tomatoes, 1816 dozen cans of June peas, 182 dozen cans of other peas, 1808 dozen cans of corn, 362 dozen cans of pears, 170 cans of string beans, 225 dozen cans of peaches and nearly 500 dozen cans of raspberries, blackberries, plums, apricots and lima beans. Some of the cans are gallons, others are quart cans.

Meat is an important item in the diet of the boys at Girard College. Thousands of dollars go for it annually, and tens of thousands of pounds of beef alone are eaten by the boys. The beef checks, 130,826 pounds of them, for instance, cost \$233,657; the roast beef and the pinbone roasts, 38,502 pounds of them, cost \$57,673; last year the boys ate 45,159 pounds of steak. They consumed 848 cases of cereals and breakfast foods valued at \$248,137; 35 barrels of cereals costing \$220.29; 20 nothing of the \$2548.04 worth of oysters and clams; and 52,400 pounds of butter, costing \$17,148.92; 23,334 dozens of eggs, costing \$7,074.88, and 95,381 pounds of sugar.

Mr. Cunningham said that the increase in food prices will not be so noticeable at the college at once, owing to the contract system used in buying food supplies.

Paris Foregoes Wine; Takes Beer

WASHINGTON, Oct. 17.—Cider and beer have taken the place of wine in many Paris households, according to figures from American consuls which show that during August 20,000,000 less quarts of wine were brought into Paris than in August, 1917. Approximately 6,000,000 more quarts of cider and beer were brought to the city.

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IF YOU LOVE

Flowers You Should Know

THE CENTURY FLOWER SHOP

18th Below Chestnut St.

GIRARD COLLEGE HIT BY SOARING FOOD COSTS, BUT BOYS MUST BE FED

Milk and Flour Bought Under Old Contract Will Not Increase at Present—Other Things Up

MEAT IS A LARGE ITEM

The feeding of students in any large college presents a problem as big and as intricate almost as the feeding of a fair-sized army, according to those who are in a position to know. When the price of food jumps anywhere from three to 100 per cent, as in the case of the present, the problem becomes more complex than ever.

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SEEK TO SAVE PINE TREES

Destruction of Gooseberry Bushes and Flowering Currants Urged

WASHINGTON, Oct. 17.—Setting an example to other land owners in New England and New York State, Charles F. Quincy, of 30 West street, New York city, today ordered all of the currant and gooseberry bushes and flowering currants on the Quincy farm at Center Harbor, N. H., destroyed, in the effort to prevent the spread of the deadly white pine blister rust which threatens the destruction of all of the white pine, not only in New England, but throughout the entire United States.

Mr. Quincy is chairman of the executive committee of the American Forestry Association, Washington, D. C., which is now sending out warnings throughout the country that white pine in the New England States valued at \$75,000,000; in the Lake States at \$90,000,000; in Western States at \$50,000,000, and in national forests at \$10,000,000, or a total value of \$225,000,000, is now threatened with destruction by the white pine blister rust. The most effective way to prevent the spread of this disease, for which no cure has been found, is to both wild and cultivated, for it is on these bushes that the disease develops to the stage when it affects pine trees, the poison spores being blown from the currant and gooseberry bushes to the pine trees by the wind.

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(Copyright.)

CARUSO KILLED CHICKENS

Tenor Imitates Those He Slaughtered for Keeping Him Awake

NEW YORK, Oct. 17.—Enrico Caruso, who arrived on the French liner Lafayette, wearing the mustache he had cultivated during the summer at his villa in Italy, was garbed in various shades of blue. He had a dark-blue overcoat, a lighter blue suit, a soft hat of the same hue but paler, blue-striped silk shirt, blue socks and dark-blue gloves.

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13th and Walnut Streets

HORRORS! PHILADELPHIA'S "A" IS DIPHTHONGAL AND AWFUL

Bawston's Is Affected in Its Broadness, but Not so Atrocious as the Phonological Hyphenate Heard Hereabouts, Says U. of P. Instructor

By M'LISS

English pronunciation of A, half Boston pronunciation of A, half Philadelphia pronunciation of A, hay-oh

Philadelphia twangs; twangs semi-nasally and sentimentally; twangs with a twang that is all its own; that makes prickles run down the cultured spine of the Bostonese, and causes the monotonous of the native Londoner to quiver with nervous emotion.

Philadelphia has the worst speaking voice of any city in the United States. I made this important discovery when I asked Dr. J. Dolman, instructor in public speaking at the University of Pennsylvania, if he approved the action now under consideration at Wabesley College of taking the Yankee accent out of the students' voices by compelling the use of the broad "a" of the English woman.

"The Yankee twang is bad enough—the Boston 'a' is an affliction," he told me, "but Philadelphia has a twang all its own, worse than the northern one."

ENGLISH "A" PROPER

The majority of persons who affect the broad 'a' use the 'a' of Boston, which they imagine is the proper one—many misinformed elocution teachers instruct their pupils in the use of it—but the proper 'a' is the English one; it is historically the purest.

With great good nature Doctor Dolman then gave a vocal illustration of the wild 'a' as he said it has associated too promiscuously with 'o's' and 'ow's'. You feel, when Doctor Dolman pronounces it, that it somehow wandered out of the Hack Bay district and got into the Common. There it got terribly frightened at what it heard and rushed back to the blue stocking region—broader than ever, as broad as a Schmitzer drama or a Ziegfeld Polly. Professorially speaking this 'a' is atrocious.

The Philadelphia 'a' is diphtongal, and what worse could be said of an 'a' than that? It has the defects of both the North and the South, and the virtues of neither. Philadelphia says "hay-oh" for half in a disagreeably hyphenated way, and, professorially speaking, this 'a' is atrocious.

To speak properly we should use the English 'a'. Doctor Dolman pursued the subject, "but I do not approve compelling the use of it in universities where boys and girls are gathered together from all parts of the country, their speech, in consequence being very different."

"After all," he continued, "the most pleasing speech is the natural speech. That is the reason the broad Boston 'a' is often so ludicrous. It is unnatural to pronounce and sounds affected. The general idea in the English department at the University here is to correct the glaring abuses of the pupils' language and in this negative way to obtain a purer speech. Proper articulation

is carefully practiced makes a correct speech and a pleasing voice.

"But Philadelphia speak so slovenly. It is the accustomed thing for us to drop the 'g's' on our 'ings.' We say 'thinkin' and 'goin'." We have not the beauty of the southern speech, which, though it is not always correct, is pleasing because the vowels are full pronounced. Here we talk in consonants and that is ugly."

Out at the girls' Sorority House, at 2804 Spruce street, a tinkle of silvery laughter, entirely belying Doctor Dolman's charge, greeted my request for an expression of opinion on the adoption of the broad "a."

BRYN MAWR'S "A"

"Why, at Bryn Mawr they have to do that," Miss Lillie Hall, a demure senior said scornfully, "and have you ever heard a Bryn Mawr girl talk? It takes her only about a month to acquire that peculiar 'a,' but when she gets it she's the funniest thing. She never gets over it."

"The boys would laugh at us," a frivolous young thing interjected smotheredly from the vantage point of the cushion on the couch, "we simply couldn't take up the broad 'a.'"

"And we don't want to, either," put in Miss Dolly Leaming, seriously. "There are 800 or more co-eds out here at Penn, and wouldn't we be a lot of Percys and Algernons if we suddenly dropped our natural 'a' and did as the Bryn Mawr girls do? Their own mothers don't know them when they come home."

Which, after all, is a real indictment against the use of the "a" that is broad.

Six Months' Strike Called Off

PASCOAG, R. I., Oct. 17.—The W. H. Frenderast woolen mill has been reopened after the settlement of a strike of fifty-six weavers which had been in effect six months. The plant was closed when the weavers walked out to enforce a demand for a ten per cent increase in wages.

HEADS SUNDAY SCHOOL LEADERS

Two hundred superintendents, members of the Presbyterian Sunday School Superintendents' Association, met in the North Tenth Street Presbyterian Church last night and elected their officers: President, James Linton; first vice president, A. G. Bradford; second vice president, E. N. Eveson; third vice president, Benjamin Daniels; recording secretary, John G. Macky; corresponding secretary, Francis R. Forderer; treasurer, Marshall Collingwood.

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Advertisement for Bradley Market and 21st Streets, featuring a cow illustration and text about meat quality.

Advertisement for Greeting's shoes, featuring a slipper illustration and text about shoe quality.

Advertisement for Lester Player-Pianos, featuring illustrations of people playing pianos and text about the instrument's features.

Large advertisement for F. A. North Co. pianos, featuring detailed text about the company, piano models, and contact information for various locations.