HOW TO HAVE WHITE HANDS By LUCREZIA BORI Prima Donna of the Metropolitan Opera

THE old-fashioned idea was that per I feetly shaped, lily-white hands invariably proclaimed the well-bred person. Na ture does not always endow the "lady," in

the old-fashioned sense of the word, with beautiful hands. She may have to acquire by a long, careful process, but she can have beautiful hands she wants them. Hands that are manicured daily and protected in the prop-

manner will be come soft, white and well groomed. I must mpress upon however, that LUCREZIA BORI mean that the nalls are to be polished until they are satin-like in their luster; it means much more than

It is possible for every woman to have pretty hands even when she does house-work. All that is required is a little pre-caution and extra care.

HOW TO BEGIN

I know of a woman who washes dishes, cooks, sweeps and dusts and yet has soft, well-shaped hands that are more beautiful than those of many of her work-free friends. Personally I have little admiration for the woman who does not perform her share of service, while on the other hand I have added respect for the one who, while contributing her part, keeps her hands well cared for,

About the first thing to do to a pair of unsightly hands is to soften and to whiten the skin. For this purpose there is nothing better than almond meal. An excellent way to apply the meal is to make a small bar of chesecioth and to fill it with the meal. Wash the hands thoroughly with soap and water, rinse and before they are dry rub the bag of almond meal over them. Buttermilk, too, is an excellent whiten-er. It is an inexpensive beautifier, and a reliable one. Bathe the hands in it daily, and notice the great improvement.

Mutton tallow is an old-time remedy for rough hands. This should be slightly warmed and applied at night. A pair of old kid gloves with the fingers cut off and holes made in the paims for ventilation should be drawn over the hands,

WAYS TO IMPROVE

In doing housework, when it becomes necessary to use strong soap, counteract its severe action upon the hands by rinsing them in vinegar and then in cold water. Stains upon the skin can be easily removed. Keep a bottle of peroxide of hydrogen handy, and when you desire to remove a stain add a few drops of ammonia to a small quantity and apply it to the dis-colored skift. Lemon juice is also excellent for this purpose, and will remove any ordi-

One of the best whitening lotions is made of equal parts of lemon juice and glycerin to which a few drops of carbolic acid have been added.

Every one desires plump hands, as those which resemble "bird's claws" are not things of beauty. A too thin hand may be made plumper by gently massaging it with warmed olive oil. If the hands are too plump you can reduce their size by bathing them in a solution of Epsom salts and water.

Always file the nails while they are perfectly dry, and push back the cuticle when it is soft and pliable after the hands have been bathed. Never use a metal instrument of any description on the cuticle. An orangewood stick costs but a few cents and is far better.

If you will, you may have hands as soft and white as dove's down. (Copyright.)

HOUSEHOLD HINTS

How "Built-Ins" Help to Make a House a Home

ONE of the occasional labor-Bavers around the home is the little article of furniture or of equipment that is "built-in" instead of being a movable object. It is said the food morsel extending from between sometimes that the fiat-dwelling percentage four population does not care about going her lips. Fastidiously and most carefully, to the trouble of "building in" pieces in a house which is not owned, but it is true no gentleman seeks the lips of a lady withthat more and more flat-dwellers especially are using built-in pieces.

The built-in bookcase, china closet, and even sideboard are today no more uncommon than the built-in sink or refrigerator, and in many respects this is distinctly a wise move. Of course, it may happen occasionally that the bookcase which the owner has had built into the living room is not the kind of bookcase we would have melected had we owned instead of only rented the house. rented the house.

On the other hand, it is usually observable that even these built-in pieces, though not of the very best quality, harmonize more with the contour and colors of the Foom than the detached pieces which are moved in by the new tenant from some other apartment. Incidentally, there is far less wear and fear on furniture that is permanently built in a room and not moved shout from place to place.

The built-in piece of furniture is decidedby to be encouraged, and if we can't build in all the additions we would like in our home there are, nevertheless, many little

home there are, nevertheless, many little built-ins that we can install without much expense, and which will add considerably to the comfort of the household and many times to the beauty of the room. One or two shelves built over the radiator are a simple and inexpensive addition, and a great improvement to most rooms. An unobtrusive colored curtain suspended from the lower shelf will conceal the radiator the lower shelf will conceal the radiatorwhich is never a thing of beauty in itself— and will give the radiator corner the ap-pearance of a book corner instead. Then there is a little built-in object that

will delight the heart of the small daughter,
who yearns to have a dressing table like
mamma's, and who cannot reach high
though to see into a mirror to be sure that
she's neat and presentable. This is simply
a wooden abelf raised about two feet from
the floor.

In top of this miniature dressing table

On top of this miniature dressing table little daughter can keep her box of ribbons, her comb and brush, her natifile, button-hook and other little tollet articles. And if a small mirror is hung over the table she will have a miniature copy of mamma's sureau—and it will cost very little.

Another little "built-in" that is a great convenience is the shoeholder in the bottem of the clothing closet. This is simply a board about ten inches wide natied diagonally from the side of the wall to the floor. About four inches from the top of the board a narrow strip is nailed. Shoes are put on this inclined board and held in place by the heel catching on the narrow blace by the heel catching on the narrow

(Copyright)



KNITS WITH HER THUMBS ONLY AND LAUGHS AT FATE'S FROWN



MRS. MARY J. ALEXANDER

THE champion knitter in all Philadelphia plate where her lips can secure it. With the wooden stick and a napkin, she can finish her dinner as cleverly and correctly as the best of us. Is Mrs. Mary J. Alexander, of 137 South Fifty-sixth street. In spite of the crop of experts developed by the present Renais-The sister's love and genius has also consance period in this gentle art, a challenge is issued to all Philadelphia women, sub-

ject to the condition which Mrs. Alexander

This condition is a drastic one Thumbs

Mrs. Alexander, who neither thinks of

herself as an invalid nor creates that im-

pression in the mind of the watcher, is hopelessly crippled with arthitis deformans.

This is a type of rheumatism which

cruelly twists and paralyzes the limbs into

A sufferer for fifteen years, Mrs. Alexander is now able to move her arms but alightly from the shoulder, and of her hands, the thumbs only, and of them but the first knuckle. Her elbows are absolutely stiff; she can neither raise her hands to her hands are how her head to her hands.

o her head nor bow her head to her hands. Her lower limbs are equally helpless. Yet this woman of magnificent pluck and courage, brushes obstacles away with a

courage, prushes obstacles away with a joyous smile, and acts as though she almost considered them created for her special amusement, a sort of plaything puzzle for her active mind to divert itself with.

PETER PAN HER STANCH ALLY

PETER PAN HER STANCH ALLS
That long period of time has been spent
in a rolling chair, a trusty chariot in which
she conducts her "business" and travels
out to see the busy world. Her bodyguard
and chum is Peter Pan, a most wise and
affectionate little Pomeranian. Curied up
on the front of her chair, he sees his mistreas to the movies, shares her meals and
tells her in "dog Latin" of his very deep
researd for her.

It is charming to watch Peter Pan, at a signal sound from his helpiess comrade, run to her chair, climb up with outstretched body to reach her face and take

out her permission. His little act over, Peter Pan seizes a nearby garment and scampers from the room, his way of attaining an ambition. Desiring to go out of doors and being refused attention, he has determined in this dramatic fashion to compel what he cannot coax.

"I can't lift my hands to my face, yet I feed myself; drink my coffee from the cup and eat my food from the plate," Mra. Alexander announced triumphantly and with twinkling eyes, "I don't get my mouth dirty; either."

Taking pleasure in her visitor's mystifi-cation, she continued. "I can wipe my eyes, nose and mouth, scratch my head and tickle

"Why, Mrs. Alexander, how can you? You've just said you could not raise your hands to your face."

INGENUITY IN EATING.

Her eyes sparkling, she unfolded with those two wonderful thumbs a fresh hand-kerchief, picked up a long smooth wooden stick from her lap and sank its point into

the folds of the little piece of linen. Manipulating it carefully, she raised it into an upright position. Its tip thus padded, she

drow it confidently across her eyes. In turn, she redsemed her other assertions of skill with that magic wand, the long wood-

Mrs. Alexander's sister, who modestly re-

fused to allow her name to appear, has very ingeniously contrived in many ways to lessen her sister's physical helplessness. She has arranged a tray table on a level with and close to the face; Mrs. Alexander then,

by means of a spoon gripped between her teeth, brings the food to the edge of the

en stick.

His little act over,

herself has to meet.

only may be used !

regard for her.

out her permission.

trived a chair arrangement which permits her to get Mra Alexander in and out of bed unaided; while by means of some planks and a rope she is able to get the rolling chair and its occupant down the flight of steps to the street level. "I have traveled alone in my chair long "I have traveled alone in my chair long distances by rail; sister and I frequently go to the well-known restaurants in the city, attracting no attention whatever, and I expect to go downtown soon and do my

This clapped the climax; an absolute cripple who refused to "stand still," whose humorous mouth and merry eyes bespoke unquenchable youth of mind and body. How could a grandmother be fashioned from

Christmas shopping. I am a grandmother,

eith material? A grandson of four, however, establishes the fact.

Mrs. Alexander's "business," atthough
not undertaken to provide a livelihood, is
most seriously regarded and pursued by
her; it is her career, her contribution as a
human toller to the work of the work.
Capa, baby sacques, socks, bedroom slippers, sweaters, anything and everything
delicately webby or comfortingly warm,
are transformed from uninteresting and
unending yards of wool, the magician being
those two poor thumbs already pathetically showing trace of the encroachment of
the disease.

A visit to Mrs. Alexander would relieve the most confirmed of cynics and provide him with a brand of cylinism as radiant and shining as the evening star; both shine most brightly when the night is darkest.

Brand-New Babies

DIAMOND, Mr. and Mrs. Benjamin, 3929 Pennsgrove street, a son, 7 lbs. 8 cms. GRYNKRAUT, Mr. and Mrs. Adolph, 3308 North Broad street, a daughter, Mar-

guerite de Meurisse. LEVITT, Mr. and Mrs. Benjamin, 1952 North Thirty-first street, a daughter. McCULLOUGH, Mr. and Mrs. Joseph, Sr., 2022 Montgomery avenue, a son, 10 lbs. SMIGELL, Mr. and Mrs. V., 4103 Baring SCHULTZ, Mr. and Mrs. Samuel, 847 North Seventh street, a son.

THANKSGIVING DINNER AT \$1.82

Co-operative Buying Secret of Low Cost, Says Mrs. Hugh Muro, Hostess at Feast

A Thanksgiving dinner for ten persons at a total cost of \$1.82 was served by Mrs. Hugh Munro, president of the Cohocksink Neighborhood House, at her home, 1737 North Fifth street. The menu consisted of cranberry-lemon cocktails, cream of tomato soup, meat pie, cauliflower, white potatoes, sweet potatoes, biscuits, cranberry jelly, stuffed prunes, plum pudding and coffee.

Mrs. Munro said that the low cost was essentially the result of careful buying of the provisions, an advantage she said could be enjoyed by every housewife by co-opera-

Among those who were at the dinner were Mr. and Mrs. Milton Stern, Mrs. William E. Lee, chairman of the foed and economics committee of the Civic Club, and Mrs. Anna Carver; while assisting Mrs. Munro in preparing the repast were the members of the cooking class of the Neighborhood House.

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The model sketched at \$25 is of fine Silk Plush and Chase's Fur Fabric. A military cape collar model with satin lining. Others of genuine Bolivia, soft Velour, Broadcloth, etc. FRANK & SEDER, SECOND FLOOR

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OR several weeks past we have been urging our customers to buy liberal supplies of goods, and those who have taken our advice have benefited thereby. So far as market conditions look at present, it is still advisable to buy liberally, as the tendency of prices is still upward. If we had to buy some of the goods now which we have in stock we could not afford to sell at our present prices; in fact, in many cases we are selling goods cheaper, retail, than we could buy them at present in carload lots. It has, as you know, always been our policy to protect our customers both as regards Quality and Price, and our advice to buy liberal supplies at present prices is strong evidence that we are faithfully holding to our policy.

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