

# Health & Beauty Hints

By Katherine Morton

## Social Forms and Entertainments



A toilet vinegar of any desired odor is made by digesting four ounces of any fragrant flowers or scented herbs in one pint of strong white-wine vinegar. Merely put the flowers in the cold vinegar and let it stand for a week, agitating three times daily; then strain several times, and repeat the process with more fresh flowers or herbs if the liquid is not sufficiently perfumed. Toilet vinegars made from dried herbs, such as lavender and rosemary or others, can be prepared in the same manner, only half the quantity of these being needed; but fresh materials are better, these exercising a more active result upon the skin.

Women used to the coquetties of the toilet understand the use of toilet waters and vinegars of all sorts. Where cold cream is much employed, they are indispensable for taking the shine off the skin, and since a liberal use of cream burns the flesh, making it at last darker and rougher than before—remember the point—the toilet vinegar is often required for a thorough cleansing. When using, about a tablespoonful of strong sort is put in a small bowl of water. For astringent treatments of the neck the vinegar or water will be used full strength, after the throat has been washed, massaged and creamed. Sponging down with a solution of toilet vinegar and water is also very refreshing on a hot day and to sick persons, while if a hot plate is sprinkled with one or it is sprayed about the chamber the sick room will be gratefully purified.

When treating sagging muscles of the neck use the vinegar hot. Where the herbs or flowers cannot be had, flower and herb oils achieve the next best thing in the way of a beneficial toilet water, and a vinegar of this sort is as easily managed. One of the simplest lavender waters made, and which always receives the name of "fine" in the drug stores, can be fabricated at home by digesting one ounce of mian oil of lavender in a half pint of strong rectified spirits. Other perfumed oils can be used in the same way.

A toilet water especially for resting the muscles of the body owes its invention, it is said, to Mme. Bernhardt, who used it every day, particularly when coming in from her outdoor exercises. As this wonderful woman at sixty-eight or nine is younger than many women of forty, I would advise a little trial of her "calming" water, which is made in this manner:

Alcohol	.....	1/2 pint
Spirits of camphor	.....	2 ounces
Spirits of ammonia	.....	2 ounces
Sea salt	.....	5 ounces
Boiling water	.....	To make a quart

Put all ingredients in a large bottle, or in two, and agitate thoroughly. When using, shake the bottle always and rub the water into the skin with the hands.

## Dresses for Girls



**T**HE first is for a girl of 8 to 10 years, and is made up in ruby red fine woollen material, with a silk stripe. It has a Magyar bodice with the right side of front cut in a slant and taken over to the left. A strap of plain material trimmed with buttons is carried from above waist to hem of skirt.

The neck and sleeves are trimmed to match, and the waist-band is also of the plain material.

Materials required: 2 1/2 yards stripe 44 inches wide, 3/4 yard plain 40 inches wide, 1 1/2 dozen buttons.

The second would look well in fine face cloth and is for a girl of 6 to 8 years. It has a pleated skirt connect-

ed to the bodice by a braided waist-band; the neck and armholes are trimmed to match. Piece lace or figured silk may be used for the required underslip.

Materials required: 2 yards cloth 42 inches wide, 6 yards Russia braid, 1 1/2 yards silk or lace 18 inches wide for underslip.

For the third black satin is used. The dress is for a little girl of 4 to 6 years, and is just a straight, simply cut Magyar, trimmed at the neck and sleeves by Vandyke lace. A cord girde encircles the waist, and a narrow lace edging finishes the foot.

Materials required: 1 1/2 yards satin 40 inches wide, 1 yard Vandyke and 1 1/2 yards narrow lace.

## NATIVES AWED BY VOLCANO

Region West of Cook Inlet in Alaska Mapped by Geological Survey.

Nome, Alaska.—The volcanoes of Alaska are not all dead, and those that smoke are held in dreadful awe by the natives.

When the Indians living on the west shore of Cook Inlet first beheld a smoke-belching steamer nearing their village they fled precipitately, first closing their houses so that the "demon of the volcano," which they believed was approaching, might be induced to pass by.

As late as 1883 Mount Augustine, a volcanic cone which rises 4,000 feet out of the waters of the inlet, was in violent eruption, and Mount Iliamna and Mount Redoubt, about 10,000 feet high, towering above the coast range,



An Active Volcano.

were in eruption in 1884 and 1902, respectively.

That Vulcan is still active within these mountains is attested by the persistent clouds of steam rising from their summits and by occasional light showers of volcanic dust.

The natives say that Iliamna is the name of a great demon-fish which lives in Lake Iliamna and is ever on the watch to destroy the unwary, so that the native who risks himself on its waters in his frail craft is accounted venturesome.

The lake is, however, the largest fresh water body in Alaska, and is frequently swept by terrific gales. It is 80 miles long by 8 to 20 miles wide—somewhat larger, perhaps, than Long Island sound. Its bottom is far below sea level.

North of the tributary to Iliamna lake is Clark lake, more than 50 miles long, but narrow. This lake is 220 feet above the ocean tides, but in places is more than 600 feet deep.

The region containing these interesting volcanoes and lakes was the scene of very early missionary endeavors and trade exploitation by the Russians. Nevertheless little exact knowledge of the region has been acquired, and that has been largely inaccessible to the public, so that the recent investigations by the United States geological survey, a report on which has just been published, should be welcome.

This report describes the geographic and geologic features and the mineral resources of an area covering more than 5,000 square miles lying west of Cook inlet. The geology is treated at considerable length, and so also the prospective mineral resources, which are copper, gold, silver and petroleum.

None of these minerals have yet been shipped from this district, but the region may nevertheless some day become important commercially.

## NEVER HEARD OF HEAVEN

John and Joseph Shake Their Heads When Questioned by Judge in New York Court.

New York.—Rabbi Harris Platin, who has his synagogue in Grand street, Brooklyn, and two in Manhattan, appeared in the children's court to press charges of malicious mischief against two young brothers, one aged thirteen years and the other ten. The elder of the two, John Waturkatis, was found guilty. Little Joseph was allowed to go home. John will be pardoned.

The rabbi alleged that the two boys threw bricks at him and struck him in the head with one of them, and called him names.

Judge Ryan, when examining the boys, asked them if they had ever heard of God or heaven. John and Joseph, in spite of their biblical names, shook their heads.

**Love by Wireless Angers Uncle Sam.**  
Newport, R. I.—The latest thing to retard official wireless communication of the naval torpedo station and ships of the Atlantic fleet is the large number of messages from girls smitten by the many jack tars of the big ships.

These maidens, living in Boston and other large cities along the coast, send the most trivial messages to their seafaring friends. One of the most ardent messages intercepted here was from "Sweetheart Maggie" to "Darling Jack," in which Jack was implored to come to Boston as soon as he could because Maggie's heart was "just melting away" for him and he hadn't kissed her for so long her "lips were dry."

Captain Williams, commanding the torpedo station, has incorporated many of the messages in a report.

# INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute of Chicago.)

## LESSON FOR JUNE 9 HEARING AND DOING.

**GOLDEN TEXT**—He ye doers of the Word, and not hearers only, deluding your own selves.—James 1:22

Last week we had from the lips of Jesus three illustrations of that false righteousness which he will not countenance in his new kingdom. Today's lesson is the last of the present series which has to do with the fundamental teachings expressed by Jesus in his manifesto and it is emphasized by the Golden Text taken from James' epistle.

Jesus begins with a short parable which, though not recorded by Matthew as being used in this same connection is here used to introduce and to explain what was said about the mote and the beam. Parenthetically Jesus informs us that we are not above our Master. We must teach principally in the same manner he taught, e. g., by our lives. He has been setting forth the manner of life to be followed by his disciples. He is the incarnate truth, and in that fact lay his power and success as a teacher, so as we incarnate his life, live his life before the world, we shall most successfully teach. His sight was unimpaired, hence his ability and power. Jesus, however, guards against any self-assumed righteousness upon the part of his followers by telling us that "everyone," that is every disciple, "when he is perfected shall be as his master." (v. 40.) No leader or teacher has ever made any great and lasting contribution or impression upon history except as he has in a measure emulated the life of Jesus or followed the principles he taught the world.

### Beam and Mote.

It is as we are being perfected, follow on after perfectness in Christ Jesus, that we are effectually able to see for ourselves and to lead others. Jesus by means of this teaching about the beam and the mote shows us how impossible it is for a man who is himself disobedient to the truth to be able to do anything that will help others who are in a like state of disobedience. He plainly implies that it is not only impossible but actually a sin for one who has a beam, a "splinter" in his eye to attempt to remove the mote—a light speck of dust—from the eye of another. The sin of attempting to teach that which we ourselves do not obey is greater than the sin of him who is not obedient but makes no attempt to teach the truth and called forth the emphatic "thou hypocrite" of Jesus. How many fathers desire their sons to walk in the path of truth and yet they make no effort to remove the beam from their own eyes—hypocrites—is it to be wondered at that they both fall into the ditch?

Jesus emphasizes all of this by use of the figure of fruit-bearing. The preposterousness of our looking for grapes upon a thorn bush, or to look for grapes upon a bramble bush is patent to all. We know that corruption is not so much a matter of infection as it has to do with inward purity. If the tree of life is pure it will yield perfect fruit, for life always reproduces its own type, in the same manner the influence a man exerts is the influence of what he is in his own life.

In verse 46 Jesus adds further light upon this matter of hypocrisy. He has already told us we are to build upon his words, which were the truth. Now he shows us that to call him "Lord, Lord" with lips only, and not because of a heart conviction, even though it be known and heard of all men, will not avail. This sort of crying aloud shall be tested by him who knows the thoughts and the intents of the heart and it, too, shall receive the just reward of all hypocrisy. To cry "Lord, Lord," to judge others by different standards from those by which we judge ourselves, is but another evidence of the sin of selfishness.

### Obedience the Only Proof.

If we will read Paul's epic upon love (I Cor. 13) daily it will clarify our vision and correct the motive of our lives so that its fruit will be acceptable to God. Obedience is the only one and only acceptable proof that we are friends of Jesus (John 15:14). To further add light and significance to this whole matter Jesus tells us of the two kinds of foundations upon which men build. That upon the solid rock may be severely tried, as shall all the works of man's hands, but being rightly founded the storm breaks and not the house.

Is your house founded upon the living word or upon the speculations of science? Face this question we must.

**Lesson outline:**

- I. False and True Teachers. v. 39-45.
- 1. Danger. v. 39, 40.
- 2. Like teacher, like pupil, v. 41, 42.
- 3. The Test. v. 43-45.
- II. Final Exhortation, v. 46-49.
- 1. Profession. v. 46.
- 2. Testing. v. 47-48.
- 3. Practice. v. 49.
- 4. Testing. v. 49.

## OLD AND NEW WORLD BRIEFS FOR THE BUSY

General Lyautey reported that a strong French column had dispersed the Moorish tribesmen threatening Fez, with heavy loss to the natives.

The dirigible Zeppelin III, guided by Count Zeppelin and with Prince Henry of Prussia aboard, went from Hamburg to Bremen and back without a stop; despite a fierce storm there was no casualty.

The Supreme Court of the United States upheld the Massachusetts decision that a corporation can make a promoter account for profits, and Albert S. Bigelow, of Boston, must pay \$2,100,000 to the Old Dominion Copper Mining and Smelting Company.

"Matt" McGrath, the weight-throwing New York patrolman, was shot and painfully wounded by a man whom he was trying to arrest.

J. C. Stuart, vice-president and general manager of the Erie, was offered the presidency of the Seaboard Air Line at a salary of \$50,000 a year.

### THE MARKETS.

(New York Wholesale Prices.)

MILK.—The wholesale price is 34c per quart in the 26c zone or \$1.61 per 40-quart can, delivered in New York.

Butter.

Creamery, extra ..... 27 @27 1/2

Firsts ..... 26 @26 1/2

Seconds ..... 24 @24 1/2

Thirds ..... 24 @24 1/2

State dairy, finest ..... 26 @26 1/2

Good to prime ..... 24 @25

Common to fair ..... 22 @25

Eggs.

State, Pa. and nearby, hen ..... 23 @23

White, fancy, new laid, 22 @22

State, Pa. and nearby, selected, white, fair to good ..... 21 @22

Brown, fancy ..... 20 @21

Gathered, brown, mixed colors, 19 @20

Western, gathered, white ..... 20 1/2 @21 1/2

Duck eggs, Baltimore ..... 22 @22

Duck eggs, western ..... 21 @21

Duck eggs, southern ..... 18 @21

Goose eggs ..... 25 @30

Fresh Killed Poultry.

Chickens—Harris:

Phila. and other nearby squab broilers, per pair ..... 30 @30

Phila. and L. I. fancy, per lb. 45 @45

Pa. broilers, fancy ..... 40 @40

Powls—Dry Packed:

Wn. bxs. 48 to 60 lbs. & over to dz. d. p. @15

pick fancy ..... @15

Wn. bxs. 40 lbs. & un. to dz. d. p. 13 1/2 @14

N. & Cen. west'n, 4 to 4 1/2 lbs. and over ..... @14 1/2

North & Cen. W'n 5 lbs and over ..... @14 1/2

South'n and south'n aver. best ..... @14

Scalped average best ..... @14 1/2

Small ..... @13

Other Poultry:

Old cocks, per lb. ..... @12

Spring ducks, L. I., Pa. and other nearby ..... @21

Sqbs. pr white, 10 lbs to dz pr ..... @24

dz ..... @24.75

Sqbs, prime white, 10 to 12 dz ..... @24.75

Fruits and Berries.

Apples—

Greening ..... 2.50 @2.50

Fritzberg ..... 2.50 @2.50

 Spy ..... 2.50 @2.50 |

# HONG KONG CUSTOMS

## Chinese Women Perform as Heavy Labor as the Men.

They Haul Huge Loads, Harnessed Up Like Horses, Also Assist in Building New Roads—City Is Very Cosmopolitan.

Hong Kong, China—A peculiarity of the Hong Kong colony is the anomaly of the men's and women's occupations—according to our English ideas. The women work just like the men; they drag huge loads harnessed like horses, carry heavy weights strung over their shoulders as yokels carry milk cans in the country.

They stagger up the Peak for about 100 yards, when they lay down their burden, go back, pick a new lot up, carry this up to the first dumping place, then take the first load on a few yards further and so on, all under a blazing sun. All the bricklaying, road mending, coaling, etc., is done equally by both sexes, but perhaps the most curious sight, writes a Hongkong correspondent, is to see a woman straining at an oar or at the tiller of a sampan.

If the boat be a very heavy one two of the women will work an oar together, one pulling one way and the other pushing, while a little baby is perched on the back of each in a sort of cradle or papoose arrangement.

On the other hand up on the Peak, which is the European settlement, one often sees a Chinese boy walking along sedately pushing a perambulator, while the English nursemaid walks empty handed by his side and superintends operations. Of course all the house work is done by "boys."

The next point is the very cosmopolitan nature of the place. This was most forcibly borne in upon me the other day when I was walking with an American on one side and an Australian on the other. Just in front of us were a couple of Germans, a Parsee stood at the door of his shop, a Japanese girl followed by two Portuguese boys passed us, and a moment later a rickshaw went by in which sat a Spanish maiden.

There were of course Chinese scattered all over the place as usual, so that here within a hundred yards of one another at least nine nationalities were represented. It would be hard to name a country which could not produce its type here.

A contingent of the Baluchistan Infantry is here; we have Sikh policemen; Indians of all kinds are represented officially in the civil and police



Street Scene In Hong Kong.

courts; next to the "Chinks" I think the Germans predominate; there is a large sprinkling of Malays and Lascars, heaps of Frenchmen and Swedes; Italians, Turks, Portuguese and Spaniards all have their place in the colony; the Scotsman and Irishman are here in large numbers, and then somewhere at the end of the list come a few straggling Englishmen.

## FATHER IN A GLASS CASE

Son Earns Nimbly Sixpence by Exhibiting "Old Man" as Curiosity.

Paris.—Viverlos, in Auvergne, boasts of a man who for twenty-five years has preserved his father's body in a glass case in his drawing room.

Jean Granet, who has just retired at the age of 70 from his post as secretary to the local mayor, keeps a museum at his house, in which are found mummies, animal and human, and grim curios connected with the undertaking business. The most gruesome exhibit, however, is the perfectly preserved body of his father, Robert Granet.

To all who pay a franc the son will disclose his father's body, explaining the minutest changes that have occurred.

In order to surmount a legal difficulty Granet, whose house abuts on the local cemetery, had a small mausoleum constructed on the consecrated ground and connected by a passage with his museum.

## Famine Survivors Eat Each Other.

Shanghai, China.—One-third of the population of Chinese districts in the vicinity of Shanghai are dead as the result of the famine caused by floods last summer. Survivors are now said to be eating each other.