

RIGHT LIVING HINTS

HOW TO BE HEALTHY, HAPPY AND HANDSOME.

Rules for Making Graceful Curves
 Take the Place of Sharp Angles—
 Diet and Sleep—Care of Hands and Feet—Simple Remedies.

You cannot make fat and produce the adorable curves so beautiful in a woman's form if you fret and allow your strength, both mental and physical, to be exhausted in fussing and worrying. There's a wise old saw that says a sweet temper and a boy woman never dwell under the same roof.

Rest all you can—get long hours of refreshing sleep. Keep in the open, but don't exercise violently; don't do anything exhausting. Ten hour's sleep out of every twenty-four is not too much.

The very reverse of the rules for fat people are suited best for the emaciated woman who wishes to coax flesh upon her attenuated frame. Given a woman without an organic ailment and free from real heart-breaking trouble, the road for making curves is a path of flowers compared to the hard lines laid down for obesity patients.

Eat a little at a time, but often, and as much as possible avoid the food especially advised for fat people.

Summed up briefly, the rules for thin people are: Absolute freedom from care and anxiety. At least ten hours' sleep out of the twenty-four. In addition to this, naps during the day if possible. This sleep must always be natural. Nothing is so bad for the appearance and general health as sleep induced by anodynes or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar; potatoes, fresh sweet butter, milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macarini and spaghetti kind; fish and oysters, ice cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. No one can gain flesh if there is an internal disease—certainly not if there is any tendency to dyspepsia or liver trouble.

When plump in one part of the body and lacking in another, a gymnastic course is advised. There is nothing better than moderate bicycling, unless it may be a regular gymnastic course, which is not advisable in the summer. Where the development is meagre in the upper part of the body, swimming is also an excellent exercise. Walking is always wholesome.

Exercise is recommended for both reducing and gaining flesh.

The care of the nails is what few women understand. They have a lot of silver scissors and polishers that are fit for ornament only, as a rule. They torture the cuticle, cut and tear it with dull implements. It should not be touched, except to be pushed down gently with an orange stick.

To soften the cuticle, hold the fingers in a bowl of hot water and soap suds, in which a few drops of almond oil have been poured. Then file the nails round or oval, never pointed. Sandpaper the edges. After this is done push back the cuticle till as much as possible of the half moon at the bottom shows. The gentlemen who selected beauties of the harem in ancient Persia rejected all who did not have this half moon well defined.

Then apply the red salve, dust with powder, and be sure to use a good one that is not gritty and will not scut the nail. Apply more salve, as this gives a high polish. Then dust with powder and polish again. Then wash the hands in warm water and wipe the nails by pushing back the cuticle with a towel. This will take off all the salve and powder.

Then polish with a polisher that has not been dipped in powder. The polishers should be used. Vaseline or cold cream rubbed on the nails at night is beneficial and absolutely necessary if one dabbles in disinfectants such as trained nurses must use, or the chemicals of photography.

A tablespoonful of common salt added to the water in which the feet are bathed will sometimes do away with the disagreeable odor entirely. A teaspoonful of strong vinegar is effective in many cases. Where the vinegar of salt is used, the use of soap should be dispensed with. In very obtrusive cases of excessive perspiration try this remedy: Betanaphol, 1 dram; distilled witch hazel, 8 ounces. This may be used as well for excessive and odoriferous perspiration in other parts of the body.

A well known physician is responsible for the statement that women ruin their hair by excessive washing. He claims that only an occasional shampoo is necessary. The hair should be brushed regularly and at least, an hour a day. This will remove dust and dandruff, make the hair glossy and soft, while washing renders the hair brittle and lifeless, and eventually destroys the natural oil which is essential to a healthy condition.

Accidents With Lamps.

Any table on which lamps are placed should be of firm construction, large top, and of sufficient weight at the base not to tip easily or jar when touched. A great many so-called accidents with lamps are caused by placing them on light, rickety tables.

Maud Gonne, the beautiful Irish patriot, is reported as wanting to go to the Transvaal, to fight at the head of the Irish troops. They say she is actuated not so much by sympathy with the Boers as hatred for the English.

Groceries and Provisions.

Our big store is crowded with good things to eat. We have made special preparations for the holiday season, and if you are not a regular patron let us send you a sample from our high-grade stock.
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Mrs. R. Thompson

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Imported Cheese Imported Roman Cheese Imported Bologna

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For Fresh Imported Candy and Confectionery. The finest you can get in town. Don't forget to call and try some of it.

Best 5c Cigar in Freeland.

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dealer in

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Reclining Chairs, Leather Chairs, Morris Chairs, Odd Rockers, Rattan Rockers, Plush Rockers, Velour Rockers, Parlor Suits, Rugs Couches, Onyx Tables, Carpets, House Furnishings of all kinds.

Beautiful line of Children's Holiday Chairs. White and Gold Beds, Sideboards, Bedroom Suits and Tables of Every Kind.

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KEIPER'S Stock of Confectionery and Candy is fresh and pure, and his prices are as low as those of any dealer in town. For Nuts and Fruit see the line at **KEIPER'S.**

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Centre and Luzerne Streets.

A very choice line of Groceries kept constantly in stock. Also a big assortment of Dry Goods, which comprises many pieces in Dress Goods and Novelties, any of which would make an appropriate holiday gift. Wenner's goods are always reliable and fresh and their

Prices Are Very Reasonable.

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Fancy - Bread - and - Cakes.

JOHN RIPPEL, PROP.

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