

it is not the most dabbed gently on the part every Be sure to make the application esthetic theme in the world to discuss, still the troubles due to perspiration are common enough, accentuated in warm weather, and let it usually sufficient to make three such applications then the world to dry on. This will cause a rapid amelioration of excessive sweating. It is usually sufficient to make three such applications, then to wait for a line its use. such applications, then to wait for a in its use. consequently require discussion, To get right down to it, generally recurrence before resuming treat-

speaking the delicacy of the subject less in its being due more often than not to carelessness about personal hygiene. Sometimes, to be sure, ex- cess on the feet and on the hands, cessive perspiration is due to a run- as well as under the arms. If the quires medical treatment or a good been known to cause irritation, in down nervous condition which re-

Where the trouble is present, howwhere the trouble is present, how-ever, excessive care about personal hygiene is required, because if this cessive use of it will cause irritas neglected an unpleasant odor is tion, a sharp and stinging sensation,

given forth with the perspiration. which subsides if the part is not It contains genuine Semolina, from A body not bathed frequently scratched. But where reasonable which the best Macaroni is made. enough, carelessness about under- care is exercised the trouble will be For sale at all grocers. wear, about dress shields, about nil. If itching does occur, in spite stockings, and about airing clothes of precautions, anoint with cold will offend with an unpleasant odor, cream, Heavy sachets and perfumes will only make matters worse.

Get the Daily Bath Habit.

The first remedy is excessive and scrupulous cleanliness. People with the daily bath habit react psychologi-cally to a particularness about matters of dress. It is an almost impossible feat to put on soiled Inderwear and stockings where the daily bath is an established babit. Even though it requires a little extra washing at night to augment the the clean and wholesome girl will have them.

The morning cold shower and the

evening warm bath are required in summertime, even more than at any other season. Clean stockings every day, and fresh underwear, too.

Shields are worn day after day by some women, even a season's length, without being washed and they hold an odor of perspiration which is exaggerated and repeated after each wearing. It is a simple matter to wash them. There are tiny safety pins on the market quite inexpensive, to save the sewing in of the shields after each washing.

Woolen and silk dresses, which have once become infected with a perspiration odor must be sent to a cleaner's. But if after each wearing they are hung where the air may get through them the trouble is minimized greatly.

Many are not themselves conscious of a perspiration odor about them, while others are painfully sensitive about it. So, when in doubt, bathe, and bathe whether in doubt or not. And be careful in the matter of underwear and airing clothes.

The most serious consideration is urged on this subject and its prevention and remedies because more than one girl has lost out both in romance and business because of a fault that seems not to beget easy forgiveness on the part of the male. A Doctor's Advice

Just a tip that many girls and women are not familiar with Dr. William Lee Howard says:

"At certain times girls will have more or less of an odor from their skins and breaths. It is extremely noticeable in some, and in others of the more careful cleanliness and habits it will be detected. Perfumery only makes matters worse; the attempt to cover the natural odor is too marked. These odors are all caused by acids and other chemical materials which exist in the natural secretions of the body; the perspiration, breath and other secretions. "The less water there is in the hu-

man system the more will these chemical odors pervade atmosphere surrounding the girl. It is lack of plenty of water that causes the skin to give forth odors. If you have exercised to the extent of bringing on profuse perspiration and have not drunk plenty of water before, during, and after exercise, no amount of bathing will prevent an odor from

coming from the skin. "If you are going out to a dance or any place where you will be in a warm room, you will be unable to disguise the chemical odors coming from the skin. But if you have filled your system with water two or three hours before going out, your skin will have a natural delicious odor. You can so saturate your system with pure water that all these fatty acid odors become highly diluted, and scarcely any of them will make their presence known to those around

Formula for Lotion.

Then there is an astringent lotion which I recommend heartily. It came to me through Dr. A. W. Williams, skin specialist, and I have been recommending it for some time, with great success to my correspondents, they report. It is efficient and inex-

A 25 per cent solution of alum-inum chloride in distilled water is

Fruit Flavor.

A little salt added to fruit punch | Almost any one will order a club intensifies the flavor. Relative to sandwich at a restaurant, but few fruit punches, nutrition specialists think of making them at home, where point out that fresh fruit drinks, es- they may be enjoyed equally as pecially those made from grape juice much. and the various citrus fruits, are im- Take three slices of bread, thinly

portant for children because they cut in any desirable shape, toasted gratification, but a real contribution to the day's food,

To Remove Spots.

dining room table, left from placing with thin slices lengthwise of small hot dishes on it, they may be re-moved by using camphorated oil, toast. The toasted bread and bacon should be hot.

Club Sandwiches.

supply vitamines. A pitcher of and buttered. Place a lettuce leaf on orangeade or lemonade or grape the lower slice, and on its top put punch, therefore, is not a mere slices of chicken breast. Then put another slice of toast on top of that, with another leaf of lettuce, followed by thin slices of broiled breakfast bacon, topped with a third slice If you have white spots on your of toasted bread. Finish the sandwich

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