

KEEPING THE FAMILY WELL.

BY KATE UPSON CLARK.

III.—THE BATH.

An interesting lecturer upon our Western Indians announced at the close of one of her addresses that she was ready to answer any questions. One of her auditors accordingly asked why it was that these Indian women allowed their households to remain so dirty.

"If you lived in a cold temple, or even a log-house, such as most of our Indians inhabit, and if the only water was in a creek forty rods or more away, and that either dry or frozen nearly half the year, and if you had almost no privacy, if no facilities whatever, as one might say, for bathing, perhaps you would be just as bad as they are."

But even in Indian villages, where streams of running water are close by, it is to be feared, that cleanliness is scarcely more courted.

Similar conditions exist in South Africa, where all the traditions of Dutch cleanliness have been overthrown by the settlers of that nationality. Incredible tales are related of the scarcity of water in many portions of the Transvaal—and we excuse the frightful personal lapses of its inhabitants as we read. Still, we do not long for their society. The nation which in these days is not clean must drop to the foot of the ladder. The cleanest nation is likely to be not only the godliest, but the most powerful. Soap rivals the bayonet as an implement of conquest.

The daily bath, with its even more important rub, is practicable for almost every member of every family in the ordinary home of the well-to-do citizen of our large towns. "Among the poor it is still more or less difficult. We blame them for being dirty, but we do not realize how hard it is for them to keep clean. Even when means are provided, they are not always utilized. One finds it easy to believe that we are made of dust when he sees how the human race clings to it."

But having once taken it for granted that every self-respecting man and woman enjoys a complete daily bath, there's still a good deal of latitude in the manner and kind.

In spite of all that is said in favor of the cold plunge, the results in many cases have been so bad that it must be considered of doubtful utility. Certainly nobody should ever adopt it without first consulting a physician. It gives a shock and a strain to the system; and though the reaction is often refreshing and temporarily invigorating, it somehow manages in many cases to undermine the constitution. A cold plunge bath is much safer. We are constantly told that in either case not much cleanliness ensues, but that a hot bath should be interpolated at least once a week for that purpose.

The hot plunge bath is quite as dangerous as the cold one. Tepid water is safer than either extreme, and the long, active rub is the best thing about any kind of bath.

One enthusiastic New York physician has written over his own name that no bath really cleanses unless one is in it for an hour or more! This sounds silly and even perilous to most of us, but doctors are supposed to be very wise.

The Turkish bath and the different kinds of electric and other, so to speak, "scientific" baths are good for cleanliness.

EAGLE DAILY PATTERN

A new pattern service of the latest designs from Paris has been inaugurated by the Brooklyn Daily Eagle, and the patterns are kept in stock in the Information Bureau, in the Eagle Building. Forty-new styles will be introduced each month, and a stock of 1,000 patterns will be kept on hand.

The price for each pattern is 10 cents, whether purchased by mail or in person. Catalogue containing all the new styles for spring and summer, 10 cents; by mail, 15 cents.

Girls' Jumper Dress,

WITH A SEPARATE GUIMPE.

Pattern No. 1923.

ALL SEAMS ALLOWED.



PRICE, TEN CENTS.

All of the best of the jumper features are combined in this useful and attractive design for a child's dress. As illustrated it has been developed in white sateen over a guimpe of embroidered white pongee with blue polka dots. Its extreme simplicity makes it a desirable model for the home dressmaker.

The

pattern is cut in sizes 4 to 12 years, and the dimensions are given in yards of material: 20 inches wide, or 24 yards for 26 inches wide, or 24 yards wide, or 24 yards 26 inches; with 4½ yards of binding to trim.

I have a white and yellow paradise algerite, very large, very gay. It is something of a pretty feather. I wish the you would tell me what would be the proper kind of a hat to get to use the algerite as a part of the trimming. I would also like to know just how I should make the hit. I am 21 years of age, with large blue eyes and an abundance of black hair.

I use your algerite as a part of the trimming for my hat, the hat will naturally have to be something nice, or the algerite will look very much out of place. The hat which I have in mind is a two piece hat in white leghorn, trimmed with white clover, brown maline around the bandage, and an abundance of brown velvet ribbon. The crown is separate from the body of the hat,

This pattern will be mailed by filling in the above coupon—
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FOR OUR YOUNG READERS.

PUZZLE CLUB DAY.

Answers to Puzzles.

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2. Whippoorwill.

3. Condor.

4. Catbird.

5. Puffin.

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