

HINTS ON WORKING THE LETTER CASE.

As the time for working presents for Christmas has now arrived, we give the readers of THE GIRL'S OWN PAPER a design for a letter or postcard case, always a useful gift to make to any one; and as the design is delicate to suit the small space, it will be a good test of the ability of the worker in the art of embroidery. The design is given the full size to save loss of time in enlarging. The material of the case itself might be canvas, but we would recommend silk, velvet, or satin, as being richer and more *recherché* in appearance. It should be cut in two pieces, the front and flap forming one piece, the back the other. These should be stiffened with buckram to give substance to the case, and the inside should be lined with silk. There might be two small pockets under the flap for stamps. Be careful to put a gusset at sides and bottom of the case to allow it to expand, on the principle of a purse or portfolio; and work over all the edges with silk, as shown in the illustration, thus serving the double purpose of binding the case together and obviating the raw edge that would otherwise appear.

The border at back of case might be worked in tones of olive green and turquoise blue, or in blue greens, but this depends entirely upon the colour of the groundwork. The jasmine design in front should be worked in tones of delicate warm green, the flowers in a creamy white, buds yellowish, stems slightly brown. We have indicated an appropriate place for a monogram, and also the style of letter suitable; the letters C. P. being chosen merely to show how initials should be treated.

 THAT AGGRAVATING SCHOOL-GIRL.

(Continued from page 171.)

you were studying by the moonlight last night?"

"Ye—!" began Josephine, and then breaking off too startled to finish even that short affirmative. Her pale eyes darkened with wonder and some nervous anxiety as she asked, almost breathlessly—

"How do you know I was studying by moonlight? You could not have seen me through the keyhole, even if you would condescend to try to, which I am sure you would not."

"I should think not indeed!" said Helen, indignantly. Then, half laughing, she added, "Never mind troubling your head about how I gained my knowledge, Josie. If wise old Solomon were here just now I expect he would repeat his proverb to you—'A bird of the air shall carry the matter.'"

A mischievous smile passed over Miss Nellie's face as she uttered this quotation and joined to it a request that her companion would mention to no one the fact of her having gained this knowledge, which Josephine began to put down to a clever guess, as every one in the school knew that she seized every possible and almost impossible time to study. Little she dreamt that the bright, beautiful eyes had been within a few inches of her during the night, and that they had brimmed over with sad tears for her sake. But she had little time just then for dreaming anything. Helen had come to the study to give help, and she was determined to render it without further loss of opportunity. Piling together and carrying to another table

everything but the French books, the Roman History, and the spelling, she said quietly—

"Papa says one of the sins of the present day is a way people have fallen into of trying to make their brains tell falsehoods. They stuff a lot of things into their minds, and then tell their brains to say they know them, when their muddled brains really know no more about them properly than the man in the moon. I wonder which you would rather do, go on telling falsehoods, or begin to tell the truth?"

Josephine looked shocked and hurt as she answered—

"Oh, Helen, the truth, you know. But indeed I have never told the falsehoods, nor let my brain tell them. I have known always that I knew nothing."

"Then it is time you began to know something," said Helen, calmly, or rather with an outward appearance of calmness. Inwardly she was feeling very anxious. She knew that it would be utterly impossible to be of any real use to poor Josephine if she insisted on keeping up the accumulation of studies she had undertaken; but Helen much feared if she should have powers of persuasion strong enough to induce her schoolfellow to give up any item of what she had regarded hitherto as her duty. As usual, when Helen doubted herself she fell before her father's thoughts, and once more they stood her in good stead. Josephine consented to give up Professor Smith and the German governess, and then she and Helen set to work together at the Roman History, and before five minutes had passed Josephine had forgotten, for the first time since she had been at Crofton House, that she was engaged upon a difficult task.

(To be continued.)

 COMEDONES.

By MEDICUS.



COMEDONES! I think I can see before me even now the puzzled looks of numbers of my fair young readers as they read the title of this little article. Comedones! what is it? or what are they? or whatever do they do? Had it been by anyone else but by Medicus you might fancy it was the name of some nice little tale; but being by Medicus, "of course," you will say, "it must be something nasty and 'physic.'"

Well, not to keep you any longer in suspense, the word "comedones" is the technical name of a little ailment concerning which some of you are always consulting me. It is an affection of the skin, principally of the face, which girls call "those nasty little tick things," or "small black specks."

"Well," you ask me, "and what are they? What will cure them? Answer me quick."

"No," I reply; "I refuse to be hurried, but you shall have the answer all the same. Listen."

You have all heard of the pores of the skin. They, as you know, secrete perspiration. But there are also in the skin numerous tiny outlets from glands, which secrete an oily lubricating substance, which keeps the skin pliant and soft. Like every other gland and organ in the body, these little bodies are subject to many different derangements, of which I shall not speak at present. Suffice it to say that one of them gives rise to the affection called comedones (from *comedo*, to eat up, or devour). It is simply a hardening or drying up of the contents of the tubes of the glands. These latter are unable to force out the secretion, and so it distends the skin, and can be squeezed out.

"Why has it a black head?" you inquire. The black point is merely caused by the smoke or dust of the atmosphere. Sometimes it gives rise to pimples. The affection is most common among girls who live in towns, who do not take sufficient exercise to render the circulation in the skin duly active, or among girls who suffer from nervousness.

If the unpleasant-looking things are left long in and undisturbed, they get as hard as horns, and when they are finally squeezed out they leave a little pit. I have known cases in which, from no other treatment having been adopted except that of simply pressing them out with the fingers or nails, the skin of the face came to assume quite a pitted surface all over.

As I have already told you that these disfiguring specks are caused by an inactive state of the skin, you will readily perceive, then, that removing this state is the proper way to get rid of them. The morning soap bath to the whole body will greatly aid the cure, and plenty of friction should be used. Then to the face soap should be applied and well rubbed in twice or thrice a day, morning and night at all events; then, after drying it, rub well with a rough towel. Do not be afraid of spoiling your complexion. You will do quite the reverse—you will improve it, although there may be redness of the skin for a little time.

After this thorough washing and rubbing of the face, you may apply a little Eau de Cologne, with just one grain of corrosive sublimate to the ounce. As corrosive sublimate is a deadly poison, this lotion must be compounded by a chemist. Exercise must be taken in the open air, and plain, wholesome, non-stimulating food.

 VARIETIES.

A CLASSIFICATION OF NOSES.

Here is a classification of noses which will prove of interest to all who study either their neighbours' faces or their own. It is a clearly marked classification.



1. The celestial or turn-up nose. 2. The snub nose. 3. The Jewish or hawk nose. 4. The cogitative or wide-nostrilled nose. 5. The Greek or straight nose. 6. The Roman or aquiline nose.

There are, however, infinite crosses and intermixtures of noses which at first embarrass the student of "noseology," but after a little practice she will be able to distinguish all different sorts with tolerable precision.