

As the bunches grow they will need a little thinning of the berries and the application of weak liquid manure to the roots.

As soon as the berries begin to ripen the air must be kept drier, the windows opened daily in fine weather to give free ventilation.

When the fruit is ripe the pots can be carefully removed to a conservatory or hall, and a nice finish is given to the plant by covering the surface of the soil with fresh green moss and placing small pots of hanging greenery all

round the edge to hide the sides of the large pot.

There are other uses and advantages in growing these pot vines. Suppose we wish to make an outdoor tea-party especially charming and attractive, one of our fruiting vines may be transported to the vicinity of the tea-table and placed at the root of a tree so that the stem may be attached to the trunk and the clusters of ripe grapes hang temptingly within reach of our guests, so that they can help themselves as they please.

The illustration shows a vine thus trained over the doorway of my conservatory; the large pot is draped with *Panicum variegatum*, which usually entirely conceals the vine-root, but in order to show that so much foliage can be grown from one root the pot is permitted to be seen in the photograph.

The sorts best suited for this culture are Buckland's Sweetwater, a pale yellow grape; Foster's seedling, a greenish grape; and Black Hamburg; these three sorts make a nice variety and are well adapted for pot culture.

BEAUTY: A DUTY.

By W. GORDON-STABLES, M.D., R.N. ("MEDICUS").



ES, beauty is a duty you owe to everyone around you, and I never think anything the less of a girl who tries to make the most of her good looks. Nor of a man either. Though the beauty of manliness is of quite a different stamp

from the gentle and soft loveliness of woman.

Now pray understand me before I go any further. There is a great difference between trying to look your best with the legitimate "aid of simple measures," and actual faking. Some years ago there was a lady, Madame R—, who I believe came to grief at last, and who used positively to enamel the faces of ancient dames. She plastered on a coat of some stuff so thick that the unhappy woman could not even smile without cracking it.

There is nothing that some females will not do or suffer for the sake of being considered pretty or beautiful. There are places in London where they pretend even to excise or stretch out wrinkles and crow's feet about the eyes, and give the simple semi-idiotic patient—they need to be patient—an entire new skin.

These beauty-makers charge wealth and fashion enormous prices, and although in every case their work is an utter and absurd failure, they recover their debts, for the reason that no lady would permit herself to be sued for such a thing as this. It is not difficult to imagine such a case as the following: Miss Blondeau has been getting sensibly older for some years back. She doesn't exactly know her age, but is almost certain she was born in Her Gracious Majesty's reign. She has still hopes of getting married—when I wonder does a woman give up all hope of coming connubial bliss. But Miss Blondeau is wealthy in a way of speaking. She rides in the park in a pretty two-pair landau, and her nags are universally admired, even to their musical harness, so is the burly coachman's livery and the flunkey's as well. Miss B— has hitherto contented herself by faking her face with various powders and wearing a complexion veil. She makes many calls during the week on lady-friends, and talks incessantly, and is according to her own estimate still "a gushing, giggling thing" with youth at her heart. But she does not know that this same garrulosity of conversation, far from being a sign of youthfulness, is really a symptom of advancing age.

Both those crows' feet though. They are annoying and do make one look old when they are—well, not so old. Ah, but one day in glancing over a gazette of fashion, a lady's

newspaper, her eye falls upon an advertisement. She reads it over and over again. Then she writes a note to the advertiser, asking for an interview, which of course is readily granted.

When she expresses some doubt as to the advisability of submitting herself to certain little operations—

"But, oh, my dear lady," says Madame Schizzlowodski, who talks with a slightly Russian accent, "you will make up—pardon me—most beautifully. Let me see, perhaps you are a little over thirty-five!"

Miss B— nods a happy consent.

"Well, it like twenty you shall be in one leetle month's time. I have in my clientels many ladies of rank and even Princesses, who, although they do verge on sixty, would most easily pass for your younger sister.

"They pay me well," she adds, "that is understood. The labourer is worthy of his hire. You are perhaps wealthy. But ah, my dear lady, what can wealth signify to you, if with it beauty is not combined?"

"You will pardon me, Miss Blondeau, if I speak honestly. Honesty is part of my profession. When I get a bad case or a very old one, I do shake my head. No, I say, I can do no things. You are, I say, one leetle bit *passé*.

"Well, Miss Blondeau, I see you have been using the cosmetique, the powder, the rouge. Ah, such is not art, such is not science. Ladies do spoil their skins by these, and they come to me too, *too late*."

Madame Schizzlowodski—don't worry over that word, girls, if you can't manage it to-day any time next week will do—Madame Schizzlowodski, I was going to say when you interrupted me, had winning ways with her. Moreover, her studio is wonderful to behold; a museum of art and applied science. Among other curiosities she opens an album and shows Miss Blondeau several of her clients photographed *before and after* a course of treatment.

Is it any wonder that Miss Blondeau succumbs. I could explain the whole of madame's processes for the renewal of youth and beauty. I will not however. Suffice it to say that the lady is a full-grown fraud, and that after Miss Blondeau had sacrificed herself for months and endured untold sufferings, her face is ten times more old-looking than before. The crow's feet have given place to scars, there are the cicatrices of what appears to be burns here and there as if she had fallen on the bars of a grate, and the corner of one eye is drawn up which gives poor Miss Blondeau a sort of Chinese squint, not at all prepossessing.

Miss B— is a proud, high-spirited woman despite the fact that she is in the sere and yellow leaf. She has a stormy interview with Madame Schizzlowodski and gives her a piece of her mind. "I shall never pay you," she

cries, as she flounces out and away. The madame smiles. She is used to such scenes, and when one morning Miss B— receives a threat to place her bill in court, Miss B— thinks she had better pay and be done with it. For who could have a bill read out in a public place containing items like the following:

	£	s.	d.
To ninety-three <i>sederunts</i> includ-			
ing Face baths	21	0	0
One mole (removed)	7	7	0
Buccal wrinkles (ditto)	10	10	0
Crow's feet excisions	50	12	0
Hair dyeing	9	3	0
Superfluous lip hairs electrolyti-			
cally destroyed	25	10	0
Reginal enamel	25	10	0
Stellar eyebright	7	7	0
Persian rouge, Kohl rouge	10	10	0
Sundries	9	13	6
Total	177	2	6

Well, I think Miss Blondeau was right in paying and saying no more about it. She has reverted now to more simple means for preserving the little beauty she has remaining.

Ah, but there is a beauty in age that is mental, not facial. The beauty of doing good. Not in a sing-psalm way, but in studying the lives of the deserving poor and trying to make them more happy.

I want now, girls, to mention one or two legitimate ways of improving your beauty. They may be thought simple but they are genuine.

I would have you endeavour to improve your minds by good literature. Don't go jumping or scorching away to the library and come back with the latest novel, but buy THE GIRL'S OWN SUPPLEMENT every month, and there you will find a really beautiful story delightful to read and to retain in the memory. (If you have not read Sarah Doudney's *Cluster of Roses*, you have missed a great treat, I can assure you. Hard study on dry-as-dust subjects does not improve either mind or body. Such studies give a weary, worried expression to the face, which it is apt to retain. The eyes acquire a pained look and the muscles of the cheeks deteriorate, even the lips become thin and the upper lip drawn.

But there are studies that positively improve the features and the eyes as well. These must—and this is a *sine qua non*—be of an interesting character and such as draw the mind away from this midget of a world of ours. Popular astronomy is one. Study Proctor's books, say, to begin with, *Other Worlds than Ours*, *Other Suns than Ours*, etc. These will fascinate you. You will find yourself leaving superstition behind and

following the light. The portals of eternity seem opening to you, and while you shall love your fellow-beings none the less, you shall love your God far more. Natural history is another delightful study, and this will enlarge the intellectual powers so that eyes and face shall shine with a beauty that all the cosmetiques in the world, nor all the getting up could not secure you.

Again, good poetry refines the mind, and there can be no real beauty without refinement. If this is absent I do not care how wealthy you may be, you are no better than a dressed up slut. And yours would not be the kind of beauty that a man worthy of the name could admire.

But the eyes must be physically as well as intellectually beautiful, and unless the health is up to the mark, believe me they will look fishy, not to put too strong a point on it. If there be the slightest approach to biliousness, a little congestion of the white of the eye at the corners will be apparent, and if this continues long there will be a tinge of yellow, or probably duskiness.

By the way, I tell you to warn you, that some young ladies enlarge the pupil by the application of belladonna, to give a dreamy

look to the eyes. The pupil, or rather the ciliary muscles around it are paralysed for the time being, and the dangerous practice eventually causes amaurosis or nerve blindness.

Actresses and singers darken the edge of the eyelashes. If girls in private life do so they may be put down as "fakers," for the practice is too easily detected by anyone.

But if the liver and blood be kept pure, the eyes are sure to be bright, and, mind this, the spirits will be light.

If you would study beauty, never over-eat nor over-sleep. Retire early, but during the day be all you can in the open air. Exercise to be of any good must be pleasant and taken in the company of a friend. That is, exercise must be recreative. But the daily morning bath is the essential help to the acquisition of natural beauty; also a warm bath, using the mildest soap once in three days, and if possible a Turkish bath once in ten days or oftener. Concerning the morning sponge-bath, I give my own experience in a new brochure of mine (*The Invalid's Diary; or, Day-book of Health*) as follows:

"I maintain that almost anyone can take a cold tub all the year round with advantage, or even a dip in the sea, who commences in

summer. Well, my bedroom is large, but I never have a fire; the dressing-room is off it. This morning when I entered the latter it was only 5 degrees above zero. There was half-an-inch of ice over the bath, the soap was frozen to the dish, soap-brush and shaving-brush as solid as leather, and the bath sponge as hard as a 'putting stone.' I smashed the ice with this and used a new sponge. Time in the bath, about 1½ minutes. Time spent in towelling, about 6 minutes. Dressed partially and shaved, time, 5 minutes. Fingers only cold. No glow, but genial, gentle reaction. Spirits very light. Singing while dressing. But for the bath I should have been shivering and with no song in me. Have worked in my wigwam from 9 A.M. close to the large open window. I am writing here now, bareheaded, and that right in the draught, only my pen-hand is rolled up in a silk handkerchief. Body as warm as toast. Time 9.30. Temperature 12 degrees above zero. I have nothing to complain about except frozen ink."

The hair is quite a study from a beauty point of view. Frizzy nobs are all too common. A girl should not look like a Skye terrier or a towsey Highland bull.

Good-bye, lassies, for the present.

ANSWERS TO CORRESPONDENTS.

MEDICAL.

HAROLD.—There are three essential conditions to be fulfilled by a tooth-powder:—first, it must be antiseptic; second, it must possess the power of cleansing the teeth; and, third, it must not contain any injurious material. All powders that fulfil these three conditions are satisfactory. Carbolic tooth-powder is one of the best to use. Chalk alone is not a good material for it contains no antiseptic; but in combination with other substances it forms the basis of very nearly all tooth-powders. There is little to choose as regards rapidity between the better kinds of powders. If your teeth are stained, and you cannot clean them by the usual means you should have them scaled, which will remove any deposit which cannot be got rid of by the tooth-brush. After having had your teeth scaled you should wash them three times a day, using a soft brush and carbolic powder.

KIVON.—The best way to use peroxide of hydrogen is to apply it twice a day with a camel-hair brush or piece of flannel. You can never be certain as to the result of this treatment, though usually it has a marked effect. Certainly it does no harm to pull out superfluous hair, indeed it may be questioned whether there is any more satisfactory method of dealing with them. But it must be remembered that they will grow again.

KINDERGARTEN.—The "round lump" in your neck is undoubtedly a swollen gland, but it is necessary to discover the cause of it before considering what is the right treatment. Inflamed glands in the neck may be secondary to bad teeth, sore gums, sore places inside the mouth, inflamed or enlarged tonsils, sore throat of various kinds, sores on the face or head, and, lastly, to tuberculosis. It is only in this last case that it is commonly necessary to operate, and it is not always necessary even in this case. Bad teeth, sore gums and enlarged tonsils are the commonest causes of swollen glands. Have you any one of these? If so you should treat the primary condition and the gland will subside. If you have been told by a competent surgeon that the gland must be cut out by all means consent to have it done at once. It will leave a small and insignificant scar, whereas if left to nature the gland may break down and discharge its contents, in which case a ragged very unsightly scar will be left.

QUEEN RUVANI.—You seem to be very much more annoyed at such a trifling ailment as blushing than there is any call for. At your age it is natural for all girls to blush. A great many girls of fourteen blush whenever they are spoken to, but they out-grow it in a few years and you will do likewise. It is nothing to worry yourself about. Not only do we allow very young girls to write to us, but we encourage them to do so if we can help them in any way. If you will turn to the advertisements at the end of your *GIRL'S OWN PAPER* you will find the names of many books which are suitable to a girl of your age. There is also a supplement to *THE GIRL'S OWN PAPER* published every month containing one complete story.

STAMMERING (an answer to "ANXIOUS ONE," "A SICKLE" and others).—It is impossible for anyone to say what is the primary cause of stammering. We cannot even say for certain whether it is an affection of the voice box, of the lips or of the brain. Sometimes we can point to some obvious unhealthy condition of the vocal organs as the cause of stammering, for the symptom goes when the local condition has been cured. But in the vast majority of cases, no morbid condition is anywhere to be discovered. In such cases what is the cause of stammering? We do not know for certain, but in all probability it is due to a condition of the mind. Habit has a lot to say in the production of this exceedingly tiresome defect. The habit of speaking rapidly, without thought, and of clipping words is a very important cause of this condition. The cure of stammering is often a most difficult affair, but occasionally a very trifling matter. If there is any obvious defect anywhere in the vocal organs that must be seen to first and probably the stammering will cease. But how are we to proceed when no local cause can be discovered? Always speak slowly and carefully and never slur or clip your syllables. As a rule you will find that you only stammer over one or two sounds. These differ in almost every case. The commonest letters to stammer over are P, D, B, L, M, N and K. Every person who stammers must find out what letters she has difficulty with. Then she must educate herself to bring out those letters clearly and sharply. Reading aloud to one's self is the best way to do this. But read carefully, distinctly and attentively, and work till you have mastered the letters that gave you trouble.

ROGATOR.—Hereditarily is a most important cause of premature greyness of the hair, as it is of baldness. Yourself and your relatives show a most distinct family peculiarity in this way. It is difficult to know what to advise you to do, but we think that you would obtain some distinct advantage from "cantharidine" pomade. Most chemists keep this preparation in stock.

R. A.—There is no safe method by which moles on the face can be removed except cutting them out. It is very inadvisable to apply any strong reagent, such as acetic acid, to the face. If your moles are not very prominent leave them alone, but if they are very disfiguring you might have them removed by a surgeon. A minute linear scar would be left after they have been cut out.

FRANCES BURSTON.—It is quite possible that the stopping of the discharge from your ear is the cause of the severe headaches which trouble you now. But it does not necessarily follow that such is the case. Wash out your ears every day with a weak solution of Condy's fluid used warm. If this does not do any good you would do well to go to the hospital and get further advice from the aural surgeon. There is an ear department to most general hospitals.

"SNOWDROP."—For "scurf" on the forehead and eyebrows apply sulphur ointment every evening and wash your face with sulphur soap. It will soon get well.

"A WORKING MAN'S WIFE."—We think that the reason why your child does not sleep well is the tea that you give her two hours before she goes to bed. Children should have very little tea, and certainly should not have any within four hours of bedtime. Cannot you give the child hot milk instead of tea? It would certainly be much better for her.

STUDY AND STUDIO.

EVELINE D. CONNELL.—We have inserted your wish below for a French correspondent. We think our correspondents had better arrange with each other both as to the frequency of letters and the method of correcting mistakes. The correspondence should go direct from one to the other. We are glad to hear that you "like the cover of the new volume very much, but especially what goes inside it." Certainly we shall be pleased to receive offers for correspondence in any language.

PERSEVERANCE.—We answered the same question, under the same name, in August last, giving the names of some pieces of music we thought suitable. If you are not the same correspondent in spite of the double coincidence, we refer you to the answer which will contain what you want. You name certain composers, so we may add Schubert's *Impromptus*, the *Cavotte* from Bach's second violin sonata, transcribed by Saint-Saëns, Weber's *Invitation to the Waltz*, Mendelssohn's *Songs Without Words* and Beethoven's *Andante*. These are in many cases only suited to an advanced student, but we have, of course, no knowledge of your powers.

NOVICE.—The idea of your religious poem is good, but the metre changes twice if not thrice. First of all it is a correct "7 s" (seven syllables). Then it becomes an irregular combination of "long metre" and 7 s; then it becomes 8, 7 s; and the last verse is quite beyond all rules. You should study the laws of versification.

EGLANTINE.—1. We are sorry, but the essays on "My Room," must be written in English.—2. We have inserted your request.

PETIT CRAMON.—1. Your verses are fairly correct as to metre and rhyme, though you sometimes put the accent on a word that should not be accented, e.g., "not," in

"We saw not with our blind eyes."

Only familiarity with good poetry will train your ear to note these matters. The theme—of trust in days of gloom and difficulty—is one very often handled by young writers.—2. The 1st of September, 1879, was a Monday.

MISS THOVTS, Sulhamstead Park, Berkshire, writes to say that she is reviving her old Question Society, if any of our correspondents would like to join. The papers would be issued January 1st, with six queries for each month. There are prizes, and a small subscription. The answers are to be written on postcards, or all sent together, before July 1st. Formerly there were 100 members, many of them Girton girls. We should think it would be a suggestive and helpful society.