Woman's World

Ex-Secretary Meyer's Daughter to Wed.

MISS ALYS APPLETON MEYER.

Ex-Secretary of the Navy and Mrs. Meyer recently announced at a smart luncheon the engagement of their daughter, Miss Alys Appleton Meyer, to Lieutenant Christopher Raymond Perry Rodgers, U. S. N.

The news was first whispered abroad at a tea and dance given not long ago on board the Mayflower, and the theory was then advanced that the marriage would be the climax of one of the most brilliant social seasons of the Taft administration.

Miss Meyer and her sister have been popular in exclusive Washington society through the Roosevelt and Taft regimes, and Miss Alys is accredited with having introduced more new fads into the smart set at the capital than any other girl.

Like her sister, Miss Meyer is an accomplished linguist, having acquired a knowledge of French, German and Italian while ex-Secretary Meyer was ambassador to Russia and Italy. She is a splendid horsewoman, a graceful dancer and skates with wonderful skill.

Lieutenant Rodgers was graduated from the Naval academy in 1904, and his ancestors in the navy date from Commodore Perry. His mother was Miss Cameron of New York, and their Washington home is one of the most attractive at the capital.

TO KEEP YOUNG.

Moderation In Eating Is the Method Advised by a Specialist.

Dietetics furnish mankind with the nearest approach to the fountain of youth, according to a noted physician. He says: What man or woman grow ing old would not give a fortune for the renewal of youth? With a little care he or she might have kept it for ten or a dozen years longer, but its value was not realized until too late. Every one has power to hasten or retard the process of growing old.

Through diet especially is the age of the body affected. Of course one who frets and worries will age more rapidly than the person who takes life serenely, and a great many things, such as bad air, want of exercise and overwork, will help on the wrinkles and stiff joints.

But in this connection food is more important than any other factor. And a proper choice of food and mode of feeding will indeed prevent worry, lighten the cares of life, make work easier and so prolong youth.

First, in order to delay the coming of old age we must prevent the deposit of fat by moderation in eating, more particularly moderation as regards sugars.

Secondly, we must avoid the use of alcohol in all forms as much as possible, so that the arteries will not become distended and lose their tone.

These are the broad rules for preserving youth so far as food is concerned. To obtain the best results it is desirable to commence the rational regulation of diet while youth remains. Up to the age of twenty-three or twenty-five in the case of men and eighteen or twenty in women the framework of the body is being formed and the diet should be generous. After the thirtieth year has been passed it is no longer necessary to eat so much tissue, but only to preserve equilibrium of weight and strength.

Mrs. Wilson's Ball Gown.

Mrs. Wilson recently described the gown which she would have worn had there been an inaugural ball. She will wear the gown, however, at the first evening occasion in the White House. The gown is a brocade rose pattern, the predominating color being light green. It is low in the neck and has a long train. There is a drapery of lace at the neck and down the front of the skirt and a suggestion of lace down the back. About the neck also are a little iridescent applique beadwork and some butterflies in shades of green and rose. There is a similar butterfly on each sleeve at the shoulder.

Is Her Father's Aid.

Miss Agnes Wilson, daughter of William B. Wilson, secretary of labor in the Wilson cabinet, has been her father's private secretary since she was sixteen years of age. She has been with him in Washington for the last six years. She has been familiar with labor questions since he has been the chairman of the committee on labor.

Milady's Mirror

Modes of Dressing the Hair.

A recoil from additional hair has set in, and never were effects so flat and less false hair used. The smaller the head the better. The only false hair used by most women is a roll to pose at the back of the head, on which to place their hair. The ends of the hair are tucked in under this, and a barrette is fastened to cover the spot where stray hairs almost always show. The mass of hair is marcelled once a fortnight or so, and if there are not too many short hairs the effect will be neat.

The Psyche knot is returning to fashion, and the helmet form, which is so becoming, is still worn. In this the back hair forms the modern French twist, and the hair is drawn over the knot and in a way effaces it. Good effects for the low coiffure are those of a simple braided strand of hair or a knot formed in a flat figure 8.

A tendency toward a slight fluffiness now marks dressing of the front hair, and for evening wear its becomingness is undeniable. The present styles are well adapted to the smoothly parted hair worn by so many women, by which method the eyebrows are visible, the ears are almost covered and the hair is massed on the nape of the neck.

Everything seems to incline to the low forehead, and for a woman who has not such this is easily secured by bringing the hair over the forehead and fastening it there with an invisible pin. When the hair is caught back in the chignon the front looks quite natural. Everything is possible in fashions of hairdressing, and perhaps in a few years the high foreheaded beauty may arrive.

Yellow Powder In Fashion.

This is the day of the yellow complexion in France. Gone is the fashion of the pearl white powder with which the Frenchwoman used to cover her face, achieving a peaches and cream effect or more often a chalky and interesting pallor. Now to be really in the mode a woman must use a yellow powder, which gives the skin a slight suggestion of sunburn, a good healthy look which might have been brought back from the Swiss mountains or the Egyptian deserts.

One sees this yellow powder used everywhere, at the opera and the theater, in the drawing room and in the Bois de Boulogne, while the grisettes and the little ladies of Montmartre and St. Michelle, quick to follow the fashions, are also adopting it. There is much discussion as to how such a fashion started. The favorite explanation is that a certain professional beauty whose skin refused the pearl powder and delicate pink rouge finally resigned herself to using the yellow powder and appearing healthy and sunburned, and she looked so charming that she started the vogue of the yellow skin, which all Paris is following.

Superfluous Hair.

Just how permanently to remove an ugly growth of superfluous hair has long puzzled many women. For this purpose a great many women use a simple lotion consisting merely of one-half ounce of spirits of camphor and two ounces of peroxide of hydrogen. Pour out about half a teaspoonful, to which add a few drops of ammonia. First, however, the superfluous hair must be removed by applying any of the good depilatories now on the market. The camphor lotion is then applied daily in the manner described until the damaged roots are entirely killed. When thus used in combination these drugs seem to react upon each other in such a way as not only to remove the hair instantly, but to permanently destroy the roots.

When the hair is reasonably healthy and strong it may always be kept in that condition by gently pulling it occasionally to keep the scalp loose, stimulate the root secretions and remove the "overripe" hair. Do not rub the scalp, as that breaks and splits the hairs. If the hair is weak, however, and falling out badly a good scalp tonic is needed.

Uneven Shoulders Common Defect.

Dressmakers complain that most girls have uneven shoulders, especially those who sit at a desk many hours in the day. The right shoulder is usually higher than the left. When you discover that you have this defect change your way of sitting at your desk. This simple exercise will help you out:

Extend the arm of the lower shoulder upward, the hand grasping a dumbbell. Lower the arm on the other side and with this hand support a heavy weight.

Another simple exercise for this defect is to forcibly depress the higher shoulder many times a day. You can do this as you are sitting at your work.

Uneven shoulders are a common as well as an ungainly defect. Girls often possess them without being in the least conscious of their existence. The dressmaker is often the first to call attention to them. Perfect shoulders play an important role in a beautiful physique.

An excellent exercise which affects the more movable organs of the body is rolling back and forth upon the floor. It is well to practice this on a soft rug.

GIRL'S SUN HAT.

Headgear We'll Wear Later In the Season.

WHITE PANAMA MODEL.

This modish hat will be worn by a fashionable girl when the warm weather arrives. It is of white panama straw banded with saxe blue silk, and from the twin bows at right side rises the very newest notion in fancies, all in shaded blues and white.

Help to the Housewife.

When asked how she accomplished so much work so easily the mother of a large family replied, "I work by schedule."

That is the secret of all easy work. If you live in a nerve racking rush try what keeping a schedule will do for you.

Buy a notebook and head opposite pages with the day and date. Before going to bed plan and write down the work for the next day. In the evening sum up what has been accomplished.

It does not take long to keep this simple schedule, but it is surprising how quick you learn system from it. Busy women go so far as to plan certain duties for certain hours.

Do not plan to do too much in one day, for then the opposite page is a disappointment which spurs you to unwise efforts or needless discouragement. What is left undone one day may be carried over to next day's planning page as a jog against procrastination.

Reading over such a notebook is an object lesson to the shiftless housewife who works by fits and starts, gets nothing accomplished, has no time for leisure and ends by being a nuisance to herself and a burden to her family.

Debutante Wrap For Summer.

A dressmaker who makes a specialty of clothes for youths designed this quaint little wrap of cerise crepe de chine in a brocaded pattern.

The straight lines of the wrap, combined with the draped effect at the knees, give an exceedingly modern silhouette, and a new note is the girlish collar of fine swiss embroidery which falls over the deep collar of the wrap.

YOUTHFUL COAT OF CREPE DE CHINE.

An Idea For the Slender.

Many girls and women who are unnaturally thin would be glad to hear of an idea that can be quite simply carried out which would give their figures just that rounded appearance that is lacking. It is a form of blouse with a number of tiny frills of [illegible] covering the upper part of the bodice and gradually tapering off lower down.

LINGERIE DRESS.

Silk Motifs Add Color to Costume.

CREAM LACE AND SAFFRON SILK.

Coats, sashes and short tunics in color are a novel note with white frocks of lace and embroidery. The color note in the costume illustrated is sounded by the divided tunic of palest saffron silk and the V shaped plastron on the bodice made of pin tucked net outlined with the saffron silk.

The bodice and skirt are of cream lace over pale saffron messaline, and white buttoned boots are worn with the frock.

Delft Furnishings.

If you feel inspired to start a blue and white dining room this spring the following ideas will be of value to you. They were carried out recently in the home of a famous actress. The curtains in the windows are of soft, dull blue linen and have inner curtains of dotted Swiss muslin. The ceiling and walls down to the tops of the doors are papered with a blue and white Delft paper. Below that a heavy China blue cartridge paper covers the walls. From the low picture rail are hung old willow pattern plates, alternately placed with historic platters and plates, the oblong shapes making a pleasing diversion and the whole showing an interesting finish to the frieze.

Above the chimneypiece a large willow dishplate is hung, and set on the shelves and hanging from hooks here and there are quaintly fashioned pitchers and mugs in old blue and white. The mahogany furniture is of fine design, the corner cupboard filled with blue and white ware, and an old blue and white homespun spread is hung on the walls with good effect behind the sideboard. The tall, branched silver candlesticks, the blue and white rag upon the polished wood floor, the silver glistening upon the sideboard—all make up a satisfying picture. It is a room to sit in as well as to dine in, declares the charming actress to whom it belongs.

Giving a Photograph Party.

There were four couples, all with the camera craze, so the evening was evolved by the clever brain of the wife of the "oldest photographer." The invitations were on photographic mounts and had pasted on them a picture of the house, a tiny print of host and hostess and a clock face with hands at the hour of 8. The day and date were written in. A little note inclosed asked each guest to bring a half dozen of his pet prints.

A most interesting evening was spent in looking over and comparing pictures, planning trips, etc. For the centerpiece there was a camera on a tripod, the legs wound with smilax and flowers. The place cards were snaps that the hostess had developed and no one but herself had seen. All the others had forgotten them, so they were a most agreeable surprise.

The Latest In Paris.

The latest thing in Paris for an afternoon or evening gown is to wear a big half open rose of yellow, rose, red or black at the side of the bust just above the ceinture. From the rose depends a long piece of satin or silk of any dye wished, the garnish terminating in a point, for length three-quarters of a yard and for breadth a third of a yard, the top to be caught into a tight frill under the rose. This trimming helps to brighten any dress; but, what is of more importance, it goes toward producing long lines. This trimming is [illegible]

Points for Mothers

Protection Against Measles.

Measles has often been [illegible] classed, as far as prevalence and danger are concerned, with love attacks, and many mothers throw their children when the disease visits their homes, remarking, "It has to come, so let it come." But it doesn't. Many mothers deliberately expose their children to it to "get it over with." It is no more necessary that the so called "children's diseases" should be than that adults should have typhoid fever.

A seemingly mild attack of measles may have serious results. Indeed, the sooner we recognize measles as an insidious disease with dire consequences if care be not taken the better for our children.

Measles is a very contagious disease. Children should be isolated and should never be allowed to associate with others until thoroughly cured. The contagion may be present in any of the secretions of the afflicted one. It may be carried in the clothes of a third person. Care must be taken to isolate the patient and to guard against carrying the disease.

Measles appears from seven to fourteen days after exposure to the germs. It is heralded by a feverish cold, "running" of the nose, watery eyes and sensitiveness to the light. A general lassitude and loss of appetite are present. The fever gradually rises to 103 F. and may go higher while the eruption is coming.

About the fourth day a breaking out on the body appears. It usually comes on the forehead first. This resembles little pimples. When there are hemorrhages of these into the skin the disease is known as "black measles."

At the end of the first week a peeling of the skin takes place. It is fine and is accompanied by itching that is almost maddening. To allay this the body of the patient should be rubbed with oil or fresh lard once a day. This prevents the scattering of the tiny scales of the skin.

The eyes are generally sensitive and should be protected from light by dark glasses or by a darkened room. A solution of boric acid is a good cleanser to be used every day.

The rash should be brought out, if delayed, by hot drinks and hot baths. If it suddenly disappears the doctor should be immediately notified.

During this disease the patient may have a dry cough. This can be relieved if a bottle of boiling water be kept steaming in the room.

Milk, nourishing broths, eggs, fruit juices and gruel should be the chief diet. The child ought to be kept in bed one or two weeks and quarantined for four.

Above all, be careful of the convalescent. The complications are more serious than measles itself. Bronchial trouble, pneumonia, ear trouble and tuberculosis may result. How many could be prevented if mothers only knew!

Cultivate Good Taste In Girls.

So many mothers select clothes for the young schoolgirl without considering it in the least necessary to consult her taste in the matter. This seems a mistake from many points of view. To begin with, the child has to wear the clothes, and she should therefore have something to say in their choice. Again, many children are very sensitive about their clothes and have a horror of being peculiar or different from "the other girls." This grownups very seldom realize, and the suffering that a would be artistic, badly shaped or odd garment occasions its young wearer is often very deep indeed. Also it is never too early to begin training a child's taste in clothes, for no woman can afford to be badly dressed nowadays, whatever her position or calling.

While simplicity should be the key note of children's dress, it should be combined with good taste and an eye for effect. The color and design should suit the small wearer and as much allowance made in the choice for an olive complexioned brunette or a fair blond as the grownups. An inordinate love of clothes should not, of course, be encouraged, but every girl should take a natural interest in pretty clothes and experience a pleasure in wearing them. This uncultivated taste for clothes in their early youth makes the badly coifed, sloppy young women whom we see so often and who lose 80 per cent of their natural attraction by their careless, clumsy dressing.

Child's Toilet Articles.

Do not let children become lax in toilet niceties. Cleaning the teeth, manicuring, proper care of the hair and complexion should all be insisted upon from earliest childhood until such matters are inculcated as habits and are practiced involuntarily.

A point which falls upon the mother to attend to, unless she has a competent nurse, is the question of towels, face cloths and toothbrushes for the individual members of her family.

As soon as a child needs toilet articles—that is, from the day of its birth—it should have a separate supply. A [illegible]

For the Children

[illegible]

[illegible]

Teaching Baby Eagles to Fly.

In an article on "Eagles" in Farm and Fireside the writer says:

"In teaching the young to fly the mother will often have one of them climb on her back. She will then sail away with it in this position. Suddenly she will drop from under the young one and leave him alone to his attempt at flying. Should he start to fall the mother will catch him on her back and wings and then try the same project again."

Jack Frost Growing Old.

Jack Frost, I think,
Is growing old
Or else afraid
When it is cold.

Or else—and this
Is true, I fear—
He's not been feeling
Well this year.

He's hardly brought
A bit of snow
To let us sled
Upon, you know.

He has not made
The river nice,
So we could skate
Upon the ice.

He has not painted
Pictures pretty
Upon the [illegible]
Windows [illegible]

[illegible]