

Woman's World

The President's Niece
to Be an Actress.



MRS. MARGARET HOWE

Mrs. Margaret Howe, wife of Dr. George Howe and a favorite niece of President Wilson, has decided to devote four years of gayety and unalloyed pleasure at the national capital for a life of drudgery and hard work on the stage.

Miss Howe, as this beautiful young woman is now known professionally, recently appeared as Marie in a dramatization of Longfellow's immortal poem "Evangeline" at a New York theater. While the part in no way taxed her abilities, she made the most of her opportunities. In fact, her poses and complete mastery of silent expressions were such that many an actress of far greater renown might seriously covet.

At Miss Margaret Smyth's place she was one of the most admired and beautiful girls in the south. Her home in Columbia, S. C., was noted for its delightful hospitality and brilliant social functions, which culminated in her marriage into the White House family a short while ago.

Her husband's professional work as a physician being at Chapel Hill, N. C., her fame as a hostess in that town became widely known, she and her youthful husband entertaining many of the foremost men and women of the day, particularly those identified with literary and artistic spheres.

Miss Howe's ambition and enthusiasm to make a career for herself on the stage were so sincere that her husband and family readily consented to her recent appearance on the boards.

In all events, if Miss Howe pursues her career with discretion and intelligence and does not permit her pretty head to become turned through an overdose of flattery and admiration, it is safe to chronicle a brilliant artistic future for this daughter of the south.

Some Helpful "Gems."

If you have a strong point in your character don't make it a weakness by admitting it too much.

If you are blessed with a good memory don't weaken it by cherishing things against people.

Don't tell little lies. If you must be untruthful tell big ones and become known as a statistician.

Don't keep a diary. Some one might produce it when you enemies are trying to prove you are insane.

Don't put so much hope on the new thought that you slight the importance of the good old second thought.

Don't forget when the trouble you fear most comes to you it will be much easier to bear than you imagine.

Don't forget that next week you may be looking back with great regret because you didn't show greater appreciation of today.

Don't forget that every task you neglect that you may take a vacation will meet you at the station with all its relatives and friends when you get back.

Don't sit in idleness waiting for your ship to come in. You will be luckier than most people if when it finally comes in the silent boatman isn't in charge.

Don't forget that if a little fairy should appear and make visible the burdens all are carrying on their backs yours seem small and trivial in comparison with most.

The Sweater.

A smart way to embellish a plain white, mode or tan worsted sweater is to knit for it a collar, cuffs, pocket flaps and belt in Roman stripe pattern, using chiefly the dark colors, but occasionally breaking them with a very vivid stripe in yellow, green, blue or red.

When the plain hooded sweater is a single breasted coat shape, the collar burning over widely from the neck should roll from the throat in short, broad revers, whose points extend half way to the arm eyes. The points of the deep cuffs at the center and the back wide belt have pointed ends that cross below the front of the waist line.

Milady's Mirror

Sports Help Good Looks.

The best exercises for women, says a physical director in a girls' college, are those that are simply good fun and have no such special object as the winning of a match.

It would not for worlds forbid women to play games like tennis, hockey and golf, provided that they will not take them seriously.

The two essentials of any form of physical exercise are that it should be enjoyable and that it should be rhythmic. If you enjoy thoroughly your muscles will not get fatigued, but your nerve force will not get exhausted, and if the exercise is rhythmic, if it goes with a swing that brings every muscle of the body into play, then the fatigue will be that glorious glow in the breast of body.

The secret of that swing, of that rhythm, is this: The body must move the limbs and not the limbs the body. Watch a fine walker, a fine swimmer, a fine jumper. It is always the body that lifts and impels the limb. There, indeed, you have the secret of grace in every action of life. You must make a gesture with your whole body with your whole will.

A great weakness of golf, as of most other games played with a handle, is that the clubs must be swung on the right side of the body.

Instead of correcting the unwise preference we give to the right hand such games accentuate it where by one set of muscles (and one part of the brain) are developed at the expense of another, while the unvaried swing from right to left puts the body out of poise.

Hockey, too, has this fault though its rhythm is more varied and out-of-step than any other ball game. The low crouched attitude which cramps the organs and impedes the breathing. Tennis is some ways finer. This more than any other ball game exercises every part of the body harmoniously. Its poses and gestures are many and varied. The player gets a quick eye, a lightning flick of the wrist, the instantaneous speed of a cat on the pounce, the power to hit with arm and body curled or far extended, and, if he will and is wise, he may hold the racket indifferently in his right hand or his left.

Unfortunately, though the rhythm is continuous, it is jerky, and, though the gestures are varied, few of them are noble—a tennis player rarely looks dignified while, when the game is played well, the nervous tension for woggen at least is apt to be too great.

Fencing is too fine an exercise to be ignored. It gives suggestion of poise, lightness of limb, grace of carriage and a quickness of eye and of wrist far greater than tennis gives. It commonly shares with golf the unwise preference for the right hand (though some are wise enough to fence with either hand), and it tends to overdevelop the muscles of the wrist and arm.

As to horse riding, there is no sport more exhilarating. There is nothing in motion more splendid than the free movement of the brave creature under you, his quick response to hand or foot (the mingled sense of hazard and security, the sense of being launched in air the flashing picture of the way and the quick whistle of the wind).

But riding may be overdone, even by strong women. The woman who rides to hounds is a fine picture on horseback, but she is not always graceful on foot.

Brushing the Teeth.

In brushing the teeth use the brush downward for the upper teeth and from the gums upward for the lower teeth. By this method the bristles go between the teeth as well as over the front and sides. The teeth always must be recognized for what they are— invaluable adjuncts to both health and health. Consequently no pains are too great to secure perfect cleanliness of the teeth and mouth. If there is too much acidity in the system the teeth will decay quickly and much suffering will be entailed. To counteract this an alkaline dentifrice should be used.

If the teeth are yellow or show discolored spots a little powdered pumice stone can be used. It should be slightly moistened so that it will adhere to the orange wood stick with which it is rubbed on the spots. After brushing the teeth an antiseptic mouth wash should be used.

Fat Women Must Avoid Tight Clothes.

The roly poly fat woman, short and dumpy, the very tall big woman who is fatter than she wants to be and all the other types of stout women are clamoring for the costume which will give them long lines. The well dressed stout woman learned long ago that if she would look her best she must avoid tight clothes. She must also ignore the costume that is conspicuous, whether it is the fabric, the color or the design which makes it so, says the Woman's Home Companion.

Soft materials, which drape easily striped fabrics where the stripes is not too pronounced and neutral colors are all things which the stout woman should consider in planning her clothes. Purple, navy blue, the darkest of browns and greens and deep toned tawpes are all becoming and appropriate colors for the very stout women.

FOR HIS HIGHNESS.

Just the Cap For
Cold Winter Days.



CHURCHILLA SCHOOL CAP

Comfortable for the little chap who plays outdoors in the bitterest weather is this comfortable cap of thin-hill fabric. Attached to the hat are ear flaps, which add further warmth, protecting the little ears.

Novelties in Footwear.

In many respects the changes in footwear are radical. Gold shoes we are accustomed to, but the gold boots which have been brought out have not had much of a success. High shoes are being worn. Bronze is coming back to us from the long ago. Boots with colored leather are good, polished gray kid having a great vogue, with pearl buttons. Patent leather is used for all sorts of boots and shoes, and cut steel and enamel buttons and fancy toe tips appear on only a few of the shoes. Gun metal calf is new for walking boots, but satin takes first place for evening shoes. Buckles have superseded all rosettes and bows, and single rhinestones are the few exceptions. Jeweled heels have appeared on evening shoes, and some of the stockings exhibit a rhinestone in the center of each pattern on the instep. Insets of lace figure on many of the more costly stockings, but one cannot do wrong in wearing plain silk hose.

The Bolero For Afternoon Wear.

A new fabric of the season has been christened "kitten's ear cloth" from its resemblance to the soft, velvety appearance to be found on the inside of pussy's ear.

The afternoon suit illustrated is of this material in crow's blue—a blue



OF CROW'S BLUE CLOTH.

that is almost black in its intensity. The bolero coat is of the same shade of velvet embroidered with iridescent beads. The sleeves are odd little chopped off affairs. The hat is of black velvet, trimmed with blue ostrich, and the black patent leather boots have buttoned tops of blue satin.

KITCHEN KINKS.

To cut hard boiled eggs in smooth slices dip the knife in water.

To cleanse a frying pan which smells of onions or fish fill the pan with water and when it boils drop in a red-hot cinder. Afterward rinse and wash in the usual way.

When the grate is cleaned and polished rub all over with a piece of old velvet. Old velvet is also very useful as a final polishing cloth for waxed boards and floor cloths.

Apples cut in irregular pieces will cook more quickly in a pie than if sliced, for they do not pack closely as slices do, and so the hot air comes more easily in contact with the fruit and cooking is facilitated.

UNUSUAL AND CHIC.

Oriental Lines in
This New Costume.



OF TAN DUVETTIN AND CLOTH.

Chinese lines have been exploited in evening gowns for several seasons, and oriental effects both in materials and trimmings have received a perfect sartorial ovation from the feminine public. But this year the silhouette designed from Chinese costumes is new in the dress world.

The chic little three piece costume pictured is of such a genre. The material used is tan wool for the skirt and the same shade in duvettin for the little mandarin jacket, which has a slash of silk worked with metal threads finished with bands of fur. The costume is original and smart in the extreme.

Will Man Dispose and Woman Propose?

Over in Stockholm a dreadful discussion is raging because women wish to be given the right to propose. A statement of Dr. Paul S. Hunter of the Wisconsin board of health to the effect that woman is prior to man after all seems to give the much-sought privilege to the woman. If Dr. Hunter's statement is scientifically correct, as he says it is, woman existed on this earth ages before man. Eve lived in the garden of Eden a great many years before Adam appeared, and therefore women can reverse the old situation, for trouble only began when man was made.

"The female sex existed alone on this earth for ages," says Dr. Hunter. "When the male came he came as an offshoot of the female, and, although for ages the great processes of life had gone on without him, he began to claim priority for himself as soon as he developed a physique strong enough to force his demand. He has been telling these stories about himself and his great superiority until today, but now science can disprove his claim."

The average person wonders about the future stand of science toward woman's right to propose. If woman is man's superior (as she undoubtedly is or is not) she should certainly manage her own matrimonial ventures. A great many women would propose more gracefully and more discreetly than some men, but the sad thing that may happen to the impressionable weaker sex (in the light of the new discovery) when they are unable to forbid a lady to marry them can be pictured. It is consoling to think that the poor abstracted scientists will be least able to resist the danger that they have brought upon themselves.

High Collars.

High collars, if tight, do more to induce a double chin than anything else, and, moreover, by pressing the flesh underneath the chin back against the throat they cause the two front neck cords to become unduly prominent and stringy looking, which is quite as deplorable as the double chin. This can be avoided by having the collar of a flexible material, such as a good quality of net, and boning it so that it flares a little at the upper and lower edges, which is best accomplished by running the net through the fingers and stretch it.

Odds and Ends.

If your milkman brings you warm milk make it hot for him.

A fly in the milk often means a member of the family in the grave.

Have an expert examine the drains. It will cost less than a case of typhoid.

When you see a child looking like an angel do not kiss it; you might make a real angel out of it. There are all sorts of germs in a kiss.

If you let the child have measles when he is young you may save a doctor's bill later on, but you may have to pay the undertaker now.

Points For Mothers

Your Boy's Room.

If you have two rooms to turn over to the boys I think they will prefer a den and a bedroom, the latter furnished with twin beds, two dressers, or high shaving stands and one big chiffonier, and an interior decorated recently. The den should contain a broad couch without back, a large table with the shelving beneath partitioned off for reading matter, two large easy chairs, boys like Morris chairs better than rockers—a bookcase, preferably the sectional style, a splendid reading lamp and if possible an open fireplace.

As to color schemes, on the north walls use either a golden yellow and rich yellow brown combination—the yellow in the bedroom, brown in the living room—or a red combination. Brown makes a splendid background for college trophies, pennants, banners, etc., and sporting prints, while yellow for the bedroom gives a good reflection for shaving, dressing, etc.

If you use red select a warm geranium pink for the bedroom and for the den a rich, deep red, which will be simply a deepening of the geranium pink or dry pinkish terra cotta for the bedroom and a very deep, warm terra cotta for the den. And always have a plain cartridge paper when you can get it in the right shades or a fine satin stripe paper which is in a soft two tone effect.

If you use a border select for either the brown or terra cotta wall covering of the den a hunting or riding or skating design.

For rugs use as many skins as you can muster or the imitation rag carpet rugs, which clean and shake splendidly. Have plain Marseilles or honeycomb counterpanes and no shams. For bureau scarfs have plain hemmed strips of linen. Boys hate lace furberies and ribbon bows.

I hear some mother of slender purse say that this is all right for the woman who can furnish a suit, but when you have only an attic room for the little—what then?

And again I say consult the boy. You'll be surprised at his resourcefulness. Here is what a mother and her boy living in a small town have done. She told the little of fifteen just how much money she could spend on his room when they moved into the new house. The little was not pleased, and the boy bought plain tan colored building paper to cover ceiling and wall and make the room warmer.

This made a stunning background for his squirrel skins, high school banners, fishing outfit and all other boyish treasures that would hang.

He built a cozy corner of old boxes and barrels, bags which his mother helped him to rip and dye a warm red. He painted his own floor and he and his mother huddled rugs at night. The girls gave him pillows for his cozy corner, and after he had repaired and painted a huge porch chair they made more pillows for that.

That room is beloved by every boy on the little's list of friends, and a certain club of boys and girls meets there once a week, thus saving maternal pangs.

On his bed he has Great Grand mother Burrell's counterpane, crocheted in red and blue. He repainted the bureau and made a tie rack to hang on one side and a whisk broom holder on the other from burnt wood. He has a homemade bookcase, and he and his chum are now building some real mission furniture to finish off the room.

Birthday Candle Ring.

If a birthday is soon coming in your household, buy one of the charming little candle rings to go around a birthday cake. These rings are made of wood, enameled white and painted with small pink and blue flowers. They are perforated with sockets for holding many small candles. They sit securely on the table outside the cake, and there is no danger of burned cloth or scorched cake when they are used. Of course they come in different sizes and cost according to size.

One with so many holes that the possessor of that many years to her credit would attempt to forget it costs \$1.75. A group of three small ones costs \$2. If only part of the holes are needed to accommodate the necessary number of candles the candles can be arranged symmetrically, skipping one or two sockets between each two candles, and the empty sockets can be covered with flower heads or bonbons done-up in little motto papers.

Children's Luncheon Dainty.

A favorite luncheon sweet for small children with dainty appetites is made from a box of animal crackers, one of saltines and a cupful of pure maple syrup. Boil in the syrup until it forms a soft ball when dropped in ice water. Then put a little on each saltine and press an animal into this in a standing position. Cream cheese and marinated with saltines is also a good combination.

For Playroom Floor.

A good covering for the nursery play room floor is cork carpet. It is thick and warm, is washable and does not resound with noise like hard boards or thin linoleum.

For the Children

Ruth McEntee, Sponsor
For Submarine Boat K-2.



Photo by American Press Association.

Miss Ruth McEntee was a proud little girl when she christened the submarine boat called the K-2 not long ago. The boat was launched at the yards of the Fore River Shipbuilding company, Quincy, Mass. You see her as she was snatched by the photographer just after the boat slid down the ways. Mr. F. T. Boyles, president of the shipbuilding company, presented a bouquet of Richmond roses to Ruth as soon as the boat was named and then the photographer got busy. Miss Ruth is a daughter of William McEntee, who is one of Uncle Sam's assistant naval constructors. It was a happy day for the little girl and one that she will remember the rest of her life.

Birds Cut Steel Netting.

Few humans have any idea of the great power that the beaks of some birds possess, says the New York Zoological Society Bulletin. The bite of even the smaller of the order Passerina is an unforgettable experience, and the macaws, the large gray, and many species of the green parrots inflict terrible wounds. The lower jaw is an impressive example of one of the forms of the lever and is limited in the extent of destructive ability only by the size of the bird.

When the large bird house in Bronx park was built, special cages were made for the macaws and parrots in Parrot's hall. The netting inclosing these cages was sufficiently strong to imprison securely a large monkey or even some of the smaller cats.

By steady application, the macaws cut out sections of this netting two and three feet long and from eight to twelve inches wide, affording an easy passage from one compartment to the next. To cut this netting, a workman is obliged to use heavy steel cutting pliers and considerable force. The netting was replaced with heavier material and thus far has resisted successfully all attacks upon it.

Thimble In Sight.

Among games of search this is popular. The greater part of the company being sent out of the room, a thimble must be placed where it will not be noticed, and yet be in plain sight when once the attention is directed to it.

As each of the party discovers the thimble he does not give any clue to its whereabouts by looks or actions, but indicates that he has found it by saying, "Rorum, torum, corum," and takes a seat, leaving the rest of the party to continue the search. The last one to find it must pay a forfeit for slowness.

In some games where a small object is hidden there are various ways of assisting the seeker when in doubt. Thus it is said you are "cold," you "freeze," you are "warm," you "burn," according to your distance from the object.

More original is a practice common in Massachusetts, where one of the company says, as the person who has been sent out re-enters the room to begin searching, "So high water," indicating the height of the object above the floor.

Hidden Furniture.

That racking pain in my chest reminds me of pneumonia. Harry's tool chest stood in the closet. John was not able to run the race. Ray could slide, skate and coast. Charles swam so fast he became fatigued.

The Singing Lesson.

Edward, Mabel, Maud and Peter, also Willie Wee. If you want to sing quite nicely please attend to me. All together, not too loudly, when I've counted twice. One for ready, two for starting. "Three blind mice" Edward, you began too quickly. Mabel was after me. Maud and Peter missed the measure. So did Willie Wee. Now, once more. Let's make it pretty. Singing is such fun. One for ready, two for starting. "See how they run."

That was better. Now, once more, and in a gentle tone. Listen to your neighbor's singing more than to your own. That will make the music pretty. Or we go again. There, that's all! But who would tell you lessons are in vain?