

Woman's World

The Latest White House Bride a Social Favorite.



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SECRETARY McADOO AND THE PRESIDENT'S DAUGHTER.

The youngest daughter of President Wilson, chosen as a bride by William Gibbs McAdoo, secretary of the treasury, is one of the most attractive and democratic young women who ever graced the White House. Tall above the average, with a slender and willowy figure, she commands attention wherever she appears. Her blue eyes are fringed with heavy lashes and arched by dark brows. Her mouth is expressive, and she has the chin that characterizes all the president's daughters. Her complexion is a fine clear one, and her shapely head is crowned with masses of soft dark hair. Her smile is a singularly attractive one. She has a keen sense of humor.

She plays tennis, rides, drives, swims, rows and is fond of dancing. Like her sisters, she is a good linguist, speaking French and German fluently. From her mother she acquired a taste for art. She spent several years at an art school and paints very well. She has studied music and is a charming singer.

At Cornish, N. H., where the Wilsons spent last summer, she was the most popular member of the colony. Actively interested in the question of the protection of bird life, she lent her influence to making the performance of Percy Mackaye's bird masque "Sanctuary" an artistic and financial success. As Orms, the bird spirit, she was much admired.

Fond of society and a diplomat in her dealings with it, there is no question that the bride of Secretary McAdoo will become a notable figure in Washington's official set.

CAMEO SHOE BUCKLES.

Novel Development of the Craze for This Jewelry.

The cameo plaque buckle has not fallen from grace, but merely descended to our shoes. It is such a beautiful thing that one would expect to see it at the throat or at most as a buckle at the waist. But it is really used wherever an artistic ornament will catch the high light.

It fastens the new capes and cloaks. It is attached to a sash end. The capelin ornament for a hat may prove on close inspection to be a cameo plaque buckle.

And now in special size and design we have the cameo buckle for shoes and slippers. Here it would reach the limit of its usefulness, one would fancy, but fashion strikes like lightning, and one never can tell.

The cameo plaque buckle is, however, both smart and of unusual beauty, and an instep seems very well designed for its display.

System for Cleanup Time.

Housecleaning ought to be more than the mere scrubbing and polishing of the house. It should be a time to take account of stock and to clear out the unserviceable or unnecessary.

Before the cleaning is really begun it would be a good plan to go all over the house and put aside what is no longer needed, what can be given or thrown away and what needs to be repaired.

If three large boxes are placed in an unused attic and labeled "Charity," "Junk" and "To Be Repaired" every one in the household may contribute to the contents, and all will know just where to put the various things.

Three Kinds of Starch.

In the laundry the woman who knows will provide three kinds of starch—wheat starch for general family use, cornstarch for extras, like collars and cuffs, and rice starch for laces, fine lingerie and linens. In the proportion of two tablespoonfuls of cornstarch to one of wheat, the cooking done properly, collars, cuffs, shirt bosoms, etc., can be beautifully stiffened at home.

Cure for Yawning.

Do not make furious and painful efforts to keep yourself from yawning. Just press your thumb up into the underneath part of your chin, so that it appears to be pushing at the root of your tongue. You can do this while apparently leaning your head on your hand. No one will notice it, and it does away instantly with the desire to yawn.

Milady's Mirror

Care of Arms and Neck.

Since fashion has decreed that women shall wear gowns in which there appears not the vestige of a sleeve, waists that are cut low in the front and more than low in the back, it behooves the woman who wishes to wear them to pay a good deal of attention to the appearance of her neck and arms.

Most women who have not bestowed some care on this part of the anatomy will find the elbow hard, callous and unsightly, but a nightly massage of the joint with a good cold cream after the elbow has been thoroughly cleansed with pure soap, warm water and a brush will drive away the callous spots and make the skin soft, pink and beautiful. When massaging the arms always remember to rub downward with long, strong strokes.

As for the neck, any disfiguring marks should be dabbed with lemon juice or diluted peroxide. In fact, to sponge the entire neck and shoulders with some powerful astringent of this order would be a good idea before beginning treatment, as the lemon juice or peroxide will do much to whiten the skin. After this bleaching fluid has been allowed to dry and remain on the skin for an hour or more the neck and shoulders should be washed free of the astringent with a good soap and warm water and a good cold cream rubbed into the skin.

Remember in massaging the throat that a downward stroke is the one to employ. As for massage of the shoulders, no woman can do this for herself, and if she needs this treatment to improve her appearance she will have to call to her aid a mother, sister or a professional masseuse.

For the Tired Woman.

When the business woman comes home from work tired and fagged there is nothing so restful as a little massage of the forehead and eyes. It soothes and quiets the nerves and improves the appearance as nothing else could possibly do.

First wash the face with warm water; then rub a very little skin cream on the fingers—only a very little. Lay the tips of the fingers together in the center of the forehead and draw them gently outward to the temples.

Do this on the forehead and on the eyes. If one of those people who feel tired in the lower part of the face, do it on the mouth also, beginning in the middle of the lips and working outward to the ears.

Rub very lightly and very steadily, keeping on for perhaps five minutes. This process takes all that dragged and worn appearance from the face and makes one look many years younger than before it was tried.

Care of Eyebrows and Lashes.

Don't neglect your eyebrows and eyelashes, allowing them to get straggly and thin. Use an eyebrow brush regularly, brushing the brows smoothly and firmly and gently brushing the eyelashes upward.

Petroleum jelly is splendid for thickening and darkening the brows and lashes, and so, for the matter of that, is cocoa butter. Apply a little every night, and you will find in a very short time your eyebrows and eyelashes will improve.

Be careful, though, how you apply either petroleum jelly or cocoa butter to the lashes. You require only the least little bit. Take a match, round the edge of which a thin piece of cotton wool has been tightly twisted, and dip into petroleum jelly or cocoa butter. Apply under the eyelashes, working upward. This will cause them to take a pretty upward curl. Never clip the eyelashes. By doing so you will work them lasting harm.

Exercising For Grace.

To be graceful one must learn how to relax readily. Stiff, hard muscles are ever foes to grace, for, as a rule, grace should mean relaxation well controlled. To this end all of the muscles of the body should have more or less exercise, not necessarily violent, but at least sufficient to bring unused muscles into play.

One excellent exercise for bringing into play unused muscles is that of steadying oneself by holding lightly to the back of the chair and then kicking, not exceedingly high, eight times with each leg—twice forward, twice backward and twice to each side. It is said, too, that besides exercising unused muscles this exercise frees and stimulates the large nerves of the lower portion of the spinal column, and this, of course, makes for health. This exercise may be repeated every day or every other day to advantage.

For Round Shoulders.

A splendid exercise to correct round shoulders is to lie face down on the floor and raise the body on the hands and toes ten times. Do this several times a day and increase the number of movements each time.

Another exercise is to stand in a doorway and, with each hand on the door frame, try to walk through the doorway. You will feel the effect of this movement on the shoulders. You should always stand or walk with the head held erect, the chest out and the abdomen in. This position will force the shoulders to be straight.

TRIM CHECKED COAT.

Smart Model Suitable For Street or Motoring.



NEW CHECKED COAT.

This simple checked coat is an attractive model for street or motoring wear. The raglan shoulders, the convenient pockets and adjustable collar are smart and convenient features of this new wrap.

Plain jackets are worn with striped or plaid skirts and vice versa. Rolling collars made of lawn are popular worn over a collar of the suit material that can be removed and laundered. The linings of coats usually trim the collar and cuffs. Novelty silks, printed crapes and modern art colorings in stripes and checks are used for linings.

The cape is the latest idea in outer garments. It appears in various lengths, from a short cape reaching to the waist line to the one that envelops almost the entire dress. The cape coat is also smart. For everyday wear fancy worsteds in Scotch mixtures, small checks, invisible plaids and novelty materials are used. The new cotton velvet in bright shades is used for capes and cape wraps.

FOOTWEAR VAGARIES.

Colored Hosiery and Shoes Are Considered a la Mode.

Colored hose are the thing. Of course this does not mean that black hosiery will not be worn. Far from this. It will be worn—and in quantity. What is true of hosiery is true of all footwear styles. Color dominates and in artistic harmony with this season's costume requirements.

Dressy slippers made of brocades or other fancy materials are in high favor owing to their especial value for wear at dining parties.

Street shoes, pumps and walking shoes will offer allurement in the shape of dark red leather, edged with black and mounted with jet buckles, as well as blue and green leather slippers far removed from the shapeless boudoir variety, but marshaled into trim, fashionable alertness in the form of pumps, ties and cothurns of immediate style fashioning.

Sandals, called Cleopatra sandals, beautifully fashioned, are for sale in all the smart shops and are to be seen without hose, but for indoor wear alone.

Covering the Iron Board.

To make a practical ironing board cover buy two yards of unbleached muslin or denim, measuring off sixty inches or enough to cover the length of your board.

Tear this lengthwise through the center or make a straight fold. Now put the two pieces of cloth together and bind the side and the bottoms with cotton tape. Allow an underpiece of two inches for making the flap.

Make pockets for the iron holders, stand and wax from the piece of muslin or denim that remains. Then you always know where your things are when you want them.

Roasted Nuts.

If you are fond of walnuts try roasting them for a change and you will not care to use them raw again. Shell the walnuts and put them in a pan with about one teaspoonful of butter to a cupful or more of the nuts. Sprinkle with salt and place in a moderate oven, stirring occasionally to prevent burning. Do not allow them to become too brown, as this spoils the flavor.

When Driving Nails.

When a tack has to be driven into an inconvenient corner, force the tack through the end of a strip of paper and hold the paper instead of attempting to hold the tack. This will save the finger and thumb from the hammer and the recording angel from making an entry on the wrong side of your page.

CHILDREN'S FROCKS.

They Have the Style Tendencies of Adults' Garments.



EMBROIDERY DRESS.

Modern mothers display good taste in selecting dresses of charming simplicity. There are party frocks, of course, for special wear which are dainty, but the models for practical wear are sensibly made. The materials chosen for these frocks are washable and successfully withstand the wear and tear of weekly laundering.

Since cross stitch embroidery has been revived it is extensively used to decorate children's frocks. An effective example of this was a frock of fine white linen with a cross stitch design done in tones of brown. The bodice was gathered to the yoke and again to the narrow belt. The bishop sleeves had turned back cuffs and the skirt three inch wide hand run tucks adorning the hem.

Just like their elders, little folks are now arrayed in various types of tunic dresses. Illustrated here is a dainty model in fine machine embroidery in lace patterns. It has a plisk tunic of indestructible voile and is adorned with a pink sash.

THE PANCAKE HAT.

This Model Made Famous by Watteau is the Rage in Paris.

The plateau, pancake or mandarin hat as it is variously called is a model universally becoming. If you doubt its piquant beauty look at the pictures of the shepherdesses or the ladies made famous by Watteau. They nod their heads in dainty promise of millinery beauty, and you will do the same thing at any one who will look at you in the latest headgear.

One of the natural accompaniments to the flat top is the bandeau. It is at the side or the back and gives a fascinating tilt over one eye or down over the forehead, and you can give the slightest wink at the turn in millinery affairs that things have taken.

Paris is mad over the plateau hat. Whether it is banked with flowers or ribbon or made femininely fluffy by malines and lace, it is here and will be the winner of approval and laurels in the race for favor.

The hat shown here is of natural colored leghorn—it has the picturesque Watteau tilt in the back and, of course, the necessary bandeau. The model is adorned with old blue ribbon and pink flowers.

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Planting Palm Trees.

Every housewife would like a palm, and if she will act upon the suggestion given here she will have a plant which will equal any palm bought at the florist's. When she purchases dates she should save the seeds and plant them in a jar with the crease side down. Keep quite wet, and the palm will repay the little trouble given it.

Keeping Rhubarb.

To have fresh rhubarb all the year try this way: Skin and cut in pieces tender rhubarb. Place in jars. Pour cold water into jars until it runs over. Seal tightly and place in cool cellar.

Points for Mothers

Care of Children's Teeth.

As soon as all twenty teeth of a child's first set are through the gums a small toothbrush should be provided and the child taught to clean its teeth thoroughly, back and front, up and down.

It is not an easy matter to teach a young child to clean its teeth and to keep it up to the cleaning of them twice a day—and they ought to be cleaned twice.

The bedtime cleaning and brushing are even more important than that of the morning. Here is a piece of advice from one of the best known dentists in the country. It is this:

Do not give bread, cakes or biscuits to a child at bedtime unless it cleans its teeth after eating them. Particles of such food cling round the teeth if these are not brushed immediately after such things are eaten.

In the warmth of the mouth these particles ferment quickly, become acid and in time cause the teeth to decay, especially in cases where they are not very strong and sound to begin with.

Teeth, of course, differ in different people. A robust person generally has a stronger make of tooth than one of poor constitution.

So if the children are rather fragile it is particularly important that they should take special care of their teeth. They should never be allowed to make the teeth do duty as nutcrackers, scissors, etc., and of all things they should clean them well at bedtime and after this eat nothing until morning.

Amusing Children.

Every child should learn to amuse itself if you want it to be happy.

To amuse a child sit on a rug with the foolish habit of "putting to sleep." Children should put themselves to sleep, and they will do so—except, of course, when they are ill or in pain—if they are never accustomed to having some one patting and rocking and singing to them when they are put to bed for the night.

The habit of "being amused" fosters the seeds of idleness in a child disposed naturally to that sort of thing.

Luxurious nurseries, where the children are "waited on hand and foot" where some one is always at hand to pick up toys that have been sung down in a pettish humor and to follow to "tidy up" after untidy children—are not by any means good for the children themselves.

This kind of thing doesn't really make for happiness in a nursery.

Mouth Breathing.

Mouth breathing is the cause of many undesirable things. It is said to lead to adenoids and other throat troubles, also to chest ailments.

At the same time one should remember that mouth breathing is sometimes a symptom of adenoids. The back of the nose being blocked by these, the child cannot inhale air in sufficient quantity through its nostrils.

When you notice that a child keeps its mouth continually open and cannot breathe comfortably through the nose you should at once consult a surgeon.

Eating with the lips unclosed is a very bad habit. It may not perhaps affect the health, but it may affect the child's future socially—and affect it very seriously. People fight very shy of those whose table manners are distinctly unpleasant. Correct this habit when noticed.

Keeping Hair From Darkening.

When a child has pretty light hair it may be kept from darkening in this way: Wash the hair once a fortnight with a good shampoo and add to the rinsing water the juice of a lemon. Every day well rub this lotion into the scalp and hair: Oil of orange flower, four drops; acetic acid, four grains; tincture of cantharides, five grains; distilled water to make eight ounces. Do not forget that scalp massage keeps the hair bright and in good, healthy condition. The scalp should be rubbed round and round in a circular movement every night for five minutes.

The Irritable Mother.

Even cleaning can be overdone. There is a type of woman who seems to think of nothing in the world but cleaning and tidying her house. Not a speck of dust or dirt can be found in her house. All this is very admirable no doubt, but she's scouring and cleaning all day, and the consequence is that when her husband and children come home she is thoroughly worn-out and irritable.

Surely a tired, irritable mother and a spotless house are less desirable than a little dust and a bright mother ready to welcome husband and children after the day's work is done.

Walking and Talking.

Some babies begin to crawl about on their knees at eight months old, others not until they are ten or twelve months old or even later.

It is the same with walking and talking. Children vary greatly, and no table can be made to give the exact time at which they should do these things.

If, however, at eighteen months the child makes no attempt to creep about a doctor should be consulted, as there must be serious lack of vigor.

Some children can walk at a year old, some not before they are two.

For the Children

Good Advice From A Non-Little Girl.



Photo by American Photo Association.

A LETTER ADVISES.

Of course they're clean at bedtime. But before the other meals. Your hands will both need washing. And you'll like the way it feels.

So while I'm on this subject, with a few more tips to spare. Perhaps it's well to mention that you should wash your hands.

The Brown Thrasher.

The brown thrasher, or brown thrush, as he is commonly called, is not really a thrush at all, but a large wren. His head, back wings and tail are rich reddish brown, and the breast is white with brown streaks. The tail is noticeably long, and we may wonder how he manages to carry it about. From up in a tree-top you will hear a beautiful song—warbling, whistling, trills and gurples—a surprising melody of notes. It is the brown thrasher singing to his mate as she sits on her eggs near by. In looking for a nesting site, the thrasher is one of the birds that choose a thorny hedge, into which few of their enemies dare to enter. It is a mystery how the owners of the nest get in and out without injury.

Boys' Superstitions.

The subject of Jack makes all boys shiver. If a horseback is found in the road the rider has not to pick it up, make a wish, expectorate lustily into the horseback, bury it backward with his head and walk away whistling, cursing, cursing. If he keeps on going without looking back the wish will be realized. If a horseback is not possible a perfectly round stone trodden in the same way will produce similar results. That rule will work on all subjects but one, and that is a wish that the schoolhouse will burn down. All sorts of tricks of black magic have been tried without avail in that case.

Conundrums.

What always weighs the same whether it is large or small? A hole. Which is the only foot that grows sharper with use? The tongue. Where is the best place to have a ball? On the other fellow. When is it proper to swear? When you are put under oath. What workman never gets excited in a political campaign? A carpenter, because he keeps his spirits level. Barabam was asked what show he thought he had of getting into heaven. He answered, "The greatest show on earth."

Trick With a Bottle.

This trick seems almost impossible, but you can do it. Tie a piece of white securely around the neck of a bottle, then lay a match on the cork, hold it firmly, bring the ends of the white up over it and tie a tight knot, forming a loop.

You may remove the match to show that you have simply tied a loop. Then insert the match through the loop, just one end on the cork and lay the other on the projecting edge of the table, when the bottle will swing clear of any obstruction.

Origin of "Gringo."

When the American army marched into Mexico sixty-five years ago a word that continually sounded from camp began, "green-grow-the-rubber-oh!" The Mexicans heard this line repeated so often that finally they began to call the invaders by the first two words, which they pronounced "grin go," hence "gringo." A Mexican name for Americans.

Censored Vegetables.

1. As the sailor tried to lower a spar a gust of wind blew the sail against him. 2. We made our escape as silently as possible. 3. When we had walked down the path as far as the turn I parted from him without a word. Answers: 1. Asparagus. 2. Peas. 3. Turnip.

Meaning of Vanilla.

The word vanilla is derived from the Spanish "vainilla," the diminutive of "vaina," a pod, consequently vanilla means a "little pod."