

# EX-ENVOY'S LADY

American Born Wife of Former German Ambassador.

## EXPATRIATED BY DIPLOMACY.

The Break in the Relations Between Germany and the United States Has Necessitated the Countess von Bernstorff Leaving the Land of Her Birth and Many Washington Friends.

As far as is known, Countess von Bernstorff is the only American woman married to a German diplomat, and the fact is a strong reminder at this time of the desire of Kaiser Wilhelm in sending Count von Bernstorff to Washington in 1908 to strengthen the bonds of friendship between the United States and Germany.

Before her marriage to the count on Nov. 14, 1887, Countess von Bernstorff was a Miss Jeanne Luckemeyer of



Photo by American Press Association. COUNTESS VON BERNSTORFF.

New York. She is a woman of girlish personality and before the war was one of the most popular hostesses in the diplomatic set in Washington. When the war broke out she was visiting in Berlin, and it was not until last fall that she was able to rejoin her husband in Washington.

The countess leaves many warm friends in her social circle at the capital, who will sincerely regret her absence.

## MEDICINAL GARDENS.

What the Commonest Vegetables Do For Your Liver.

Every vegetable garden is a infold clinic chest recognized by physicians as of considerable value in the treatment of diseases. Outlets for example, contain sulphur oil and are recommended for insomnia and as a means to assist digestion. They also help to allay rheumatic pains.

Turnips and parsnips have peculiar oily principles which are of value as an aperient and diuretic. They are also claimed to be good for coughs and hoarseness. Carrots are useful for correcting derangements of the liver. They are excellent as a dressing for painful wounds and swellings.

The tomato exercises medicinal effects not completely explained by the presence of alkaline salts. There is a principle present which, in a concentrated state, produces salivation and a free stimulation of the liver.

## Satin Hats.

The type of satin hat that dominates in the smart shops is made of black satin, with so small a headband that it is merely a ribbon and so large a brim that it eclipses the crown. This brim convolutes around the head in a series of curves and irregular lines. It is not made by an expert it would be utterly impossible for any woman to wear. Every line of it must be meticulously calculated to the fraction of an inch so that the face beneath will appear at its best.

Rarely is there a touch of trimming on turbans, but the introduction of two flaunting, bright wings in front of a black satin turban gives us a new idea—wings are evidently coming back to fashion, and one goes up and one goes down.

## Avalanche of Pockets.

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## New Millinery.

Among the new features for the south are suede finished felts combined with lisle, tugal straws embroidered or bordered with soutache and cottons and silks printed or embroidered in Paisley, East Indian and Roumanian designs and colors. These novelty straws and fabrics are used in conjunction with the plain straws, including cocoonnet effects, lisse and milan bemp.

# NECK FIXINGS.

Gay Colors and Collarless Effects the Thing.

Just when it seemed that the white collar had become an obsolete feature of dresses it shows evidence of reviving, and it may be said that the broad collar of satin or of lingerie fabrics will be one of the principal attractions of incoming fashions.

As things are at the present moment many women look as if they had dressed in a hurry and omitted the important item of neckwear. The French designer who brought out the collarless frock had in mind the eternally young and poignant type of girl. As this type is limited, despite all efforts to the contrary, it follows that only the favored few look well dressed in the gown sans collar.

There is something rather commendable in the dress that exploits a neck finish of a gay color. It is in keeping with the trend of fashion that emphasizes everything connected with sport wear, whether the garment in question has anything to do with athletic life or otherwise.

Some of the color combinations are decidedly startling. One finds green associated with purple, and yellow with old rose, and turquoise with pink. Usually the collar is of satin, and this in itself supplies a decorative note when the dress is of wool jersey, serge or similar fabric.

Frequently it happens that the color of the collar is repeated in the facing of the skirt. A recent model shows a collar whose front lines are extended to give a four-in-hand effect. The front of the bodice shows two slashes, and through these the ends of the cravat are passed.

## FOR TEN-YEAR-OLDS.

Serviceable Frock That is Also Smart Style.

Flesh colored linen cut knit skirt, white belt, bolero and patch pockets, always a childish delight, give this



AFTERNOON FINKS

good model for school gowns. It is not so simple as it looks, for hours were consumed doing the small scallops that finish all edges.

## The Slender Throat.

You must first have a neck is a ladder to beauty. It is far simpler to pull flesh on a woman's throat than to take it off. For if the tissues are fed with a good skin food, such as codon butter, the neck will soon begin to round out. On the other hand, only exercise of the most vigorous sort will reduce the size of the throat. For a tendency to a double chin and to tighten the muscles which have become loosened, try this simple exercise. Throw the head back as far as it will go, drawing the neck taut. Now turn the head slowly as far to the right as you can and then to the left. Repeat ten times, increasing as you become accustomed to the strain. Massaging the neck with a piece of ice is excellent for keeping the flesh firm.

## Colored Veils Worn.

Colored veils are being worn to a considerable extent. Beige, gray and navy are the most popular colors. The embroidered veil continues to dominate, yet one sees a combination of colors, for example, beige colored embroidery on a navy veil is smart, again gray on navy. Black and white combinations are making their appearance in increasing number. We note white, chippie embroidery on a fine black hexagon mesh. There seems to be a woman in mental embroidered veils.

## Cheesecloth Bags.

Refrigerator bags are a comfort. They are plain and made of white cheesecloth, with white drawstrings at the top. The name of the contents of each bag is written in a running article across the side in a fast shade of blue. The celery bag is made long and slender, lettuce bag wide and short and parsley small and square. A set of these bags is a welcome gift to a friend just starting housekeeping.

# FOR YOUNG FOLKS

Sleepy Time Story About Kind and Unkind Trees.

## THE REWARD OF EVERGREENS.

Experience of a Lame Robin Which Could Not Fly Away With Its Companions—How the Oak and the Beech Were Punished For Their Lack of Hospitality.

I am going to tell you tonight, said Uncle Ben to little Ned and Polly Ann about

## THE TALKING TREES.

Once upon a time as the little birds were making their long journey to the pleasant warm countries where birds spend the winter a little robin was left behind. He had a lame wing, and lame winged birds never can fly far.

Little robin looked about in the strange woods where, tired out, he had come to stop. He crept up to a gnarled oak tree whose branches soared a hundred feet into the air.

"Please let me stay with you all winter," the little bird pleaded. "Your leaves will shelter me from the winter winds."

But the oak was proud. "Go away," he said. "I do not want tramp birds like you about my branches."

The little bird fled to the beech tree, but the beech tree made believe not to hear the robin.

"The maple is so lovely. Perhaps she is also kind," the little bird said. And he went to the maple tree to ask her for shelter. But the maple tree was not kind.

He flew to the little stream along which the white birch trees gleamed, but the birches said that they were not strong enough to take lodgers.

As, tired and sorrowful, the little bird started away on his lame wing a dark, shaggy tree standing on the hill slope called to him. "Here you are welcome to shelter, little wanderer." It was the tall pine tree with thick needles which could turn off the roughest winter wind.

"I, too, have a home for you," called the tall, dark spruce. And the stately cedar whispered that if the little bird cared to live near the dwellings of man not to overlook its sheltering branches in the garden.

"As for me," called the little juniper, "though I may not be able to offer shelter, my berries will provide you with food, to which you are welcome as long as you need them."

And so the little bird stayed with these kind ones, and every morning and every evening he sang them a little song of gratitude.

Old King Winter heard it one day and learned the bird's story. He said to one of his wisest winds.

"Go out into the woods and strip those unkind trees of the leaves of which they are so proud, but the trees that have been kind and willing to share what they had with the unfortunate shall always wear their green leaves all winter."

## Happy Days of Ice and Snow.



Photo by American Press Association. WINTER AFTER A SNOW.

Old Mrs. Northwind and sprightly Jack Frost are friends of little folks. If it were not for the activities of these two weather gods there would be little joy in the land for the devotees of coasting and skating. Many people complain that the last two years of winter are the best they have known since the days of the late Mrs. Northwind.

The milkman, who comes every day, no matter if it rains and pours, he never seems to mind a bit what it is doing out of doors.

In the middle of the night I hear him coming up the stairs. He tips to our door and leaves his milk and leaves our neighbors theirs.

# EVENING SCARF.

What the Debutante Craves When She Discards Furs.



BELLE OF THE BALL.

Soon as warm nights arrive the fetching substitute for velvets and furs will delight dancing maidens. A long these pieces are not the same; neither metal cloth is the idea, and in this case waste to a maize chiffon. Any becoming colors may be had.

## EMBROIDERY CRETONNES.

How to Make Attractive Spreads by the Art of Applique.

Simple work for busy hands seems to be in demand just at present. Applique patch embroidery is simple and is made quickly.

To make centerpieces, cushion tops, scarfs, tidies or chair backs, clothes bags, etc., plain linen or silk is needed, preferably linen.

Circles of applique are cut from cretonne. The design should be a large single flower or small spray in order to cut three inch circles. The circles are pasted to the cloth and stitched on by machine close to the edge. Chain stitch around each circle with coarse thread, then run through with a white thread in what is called the blanket stitch, or whip it straight along the last row of stitches, catching it over and over. The white rolls in with the black and is very pretty. A scroll is drawn in by cutting out a figure which looks well and then tracing it off on the cloth.

In a centerpiece six medallions are used, three in a pillow, three in each end of a scarf and three in a chair back. To finish the edge of the medallions were outlined. But, which are often placed in the center of the scrollwork are made of back in the satin stitch.

Every housewife should remember that the duty of giving her child useful and strong teeth devolves upon her.

## Some Wedding Ways.

Goodly to the plain gold band, at least for awhile. The really smart bride now wears a band of platinum set with diamonds or merely a plain band of chased or filigree platinum. Hoops of platinum set with sapphires, rubies, emeralds, and opals, as the case may be, are surely unusual as the symbol of "the two that bind." Green gold, the latest metal fad in jewelry, is fashioned in plain chased bands for the same dignified purpose.

## Hot Water Bags.

A few precautions taken with a new hot water bag and continued through out its life will greatly prolong its days of usefulness. To begin with, buy the bag from a reliable dealer. Most bags are guaranteed and are replaced with new ones if there is any defect. These guarantees, of course, are not good if you treat the bag harshly. But as soon as you get a new bag home fill it with hot water, screw in the top and look it over carefully to see that there is no leak and no other visible imperfection. If there is none and if the bag is of good quality it is your own fault if you cannot tear up the guarantee as no needed.

## Grape Sponge.

Soften one tablespoonful of granulated gelatin in one-fourth cupful of cold water, then, dissolve over boiling water. Bring one cupful of grape juice to the boiling point, add three-fourths cupful of sugar, the dissolved gelatin, the juice of one lemon and strain. Stir occasionally until beginning to thicken then add gradually the stiffly beaten whites of three eggs and beat until stiff enough to hold its shape. Turn into a wet mold, place on ice until firm and serve with whipped cream or soft-boiled custard.

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# ABOUT FOOD VALUE

How to Buy Nourishment Is Told by an Expert.

## COMPARISON OF NUTRIENTS.

The High Cost of Living May Be Reduced by Simple Arithmetic and a Knowledge of What the Different Foods Contain Both of Nourishment and of Waste.

"How much is it a pound?" inquires the housekeeper, whether she purchases meat, flour, cheese or coffee. On the pound value she bases the cost of her housekeeping and the cost of the man's and living of her family. One would think to hear her that, if meat costs 22 cents a pound or cheese 22 cents or coffee 35 cents. Just in so many cents does she get an equivalent in nourishment. But this is totally wrong. The price per pound in no wise represents the price of nourishment to the body.

The housekeeper who is really trying to solve the high cost of everything will first study nutritive values. She can do this by the aid of government bulletins and several small volumes which she can buy. She must know how much nutrition she gets out of her meat, her sugar, her cheese, her coffee, before she knows the actual cost of feeding her family. In other words, she must learn to buy not by the pound, but by the food value.

Let us compare porterhouse, the rump and the flank. From actual figures we see that the food value of the different pieces are not the same; neither metal cloth is the idea, and in this case waste to a maize chiffon. Any becoming colors may be had.

	Calories	Water	Protein	Fat
Porterhouse	127	524	197	170
Rump	307	450	130	200
Flank	102	649	170	180

The main nutrient which we buy for food, protein, is greatest in the porterhouse. But it is nearly equaled by the flank, and when we compare the refuse of the two we see that there is less refuse in the flank and more in the rump. By comparing the rump, which is much heavier per piece, we see that it has as much refuse and a third as much value. Now, many a housewife will purchase a rump because it sells for 20 cents or cents a pound less than the porterhouse, or, again, she will purchase the porterhouse, which sells for 30 cents times more than the rump. But the really true value would be to purchase that meat which sells for the lower price, but which has the most nutrient "on the dollar." We might say, and this would be fairly true, that in other words, for a dollar she can buy a pound of porterhouse, but she can buy a pound of rump for a dollar, and she can buy a pound of flank for a dollar.

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# OFF FOR THE SOUTH.

The Newest Kind of Suit is This Silk Model.



THE CHIC ONE

Figured tussore will be all the rage this spring. The body of this pictured is deep cream color with odd figures in terra cotta contrasted with a Chinese blue. Terra cotta velvet gives the smart ruffled collar, strapped cuffs and strings belt. Please note the round yoke on the coat.

## BEAUTIFUL TEETH.

### A Hygiene Note For Mothers of Small Babies.

Good milk will make good teeth, for it makes teeth for calves. Good milk will, for it makes them for young lions and wolves. Good vegetables, nuts and fruits will, for it makes them for monkeys. Good corn, oats, barley, wheat, rice, and indeed everything that grows, will make good teeth if taken in their natural state, no elements being taken out, for every one of them makes good teeth for horses and cows.

But starchy and sugars and lard and adulterated foods will not make good teeth; therefore a wise mother will keep from very young children pastry white bread, cakes and tea and will give them instead good milk, whole wheat bread, cereals, meat, eggs, ripe fruit, vegetables and nuts and will do well to see that these helps are given them early enough.

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