Woman's Life and Love

By WINIFRED HARPER COOLEY

Love Rights of Women

WOMEN'S rights have been exploited by suffrage advocates for a great many years, meaning only legal rights. Yet the most fundamental right — the right to love—has been neglected.

WINIFRED HARPER COOLEY

"Good gracious," retorts the unthinking person. "Of course they always have had that right. Let them love all they want to; nobody cares." Yet society always has curtailed their expression, their every possibility of loving, until the very race is impoverished. A starved femininity is the rule, not the exception.

Theoretically, love always has been urged upon women. That is, matrimony has, when husbands were available.

If a woman can sufficiently attract some man so that he voluntarily asks her to wed him she is ticketed, shelved and disposed of. After that she not only is permitted to love, but commanded to do so!

But what about the unnumbered leftovers?

To take our own English cousins as examples of respectable, well-brought up modern women. There are, even in peace times—when the number of fine, high-class males is not decimated by world-slaughter—a million more women than men in Great Britain. What about their love-life? Did not nature frame them for affection and motherhood, as well as their sisters who have gobbled up the only available supply of husbands? Civilization thus far has decreed that they pine, desolate.

Until very recently nobody knew or cared about such conditions. Love was a commodity to be doled out to those fortunate enough to seize a wedding ring before the supply of spouses was exhausted. For those who came late to the box office there was only the cold and the dark outside.

Nor was it all sunshine within the charmed circle of matrimony. It was common for the married sister in a family to congratulate the spinster on her single state, which at least was negatively comfortable, not actively revolting. What about the right to love, cleanly and congenially, of a woman who is tied to a brute or a degenerate?

The last few years several famous writers have attacked the problem without mincing matters. Such thinkers as Ellen Key, in remote Scandanavia, and such learned physicians and psychologists as the British Havelock Ellis have turned a flood of light on the need-to-love of all women. Statistics have been poured into the printed page of a vast array of highly organized, sweet women in all countries and times who have literally died for love, or have filled the insane asylums.

In less extreme instances there are thousands all around us, in every village and city, who are nervous wrecks, hysterical neurasthenics—for the sole reason that they have been denied the simple basic emotion of the love-life. Happy is one who has the strength of character to divert her unsatisfied natural emotions to active labor, or ambition, or the care of some sick or helpless group. Much may be accomplished by this brave effort to thwart nature, to camouflage the emotions of sex and romance, under the guise of religion, or philanthropy. Even the love of animals affords a vent for the erotic nature, especially of the maternal. One should not deride the woman who tries to fill her loveless life with affection for little pets, whose living, breathing presence and whose feeding and care give her a vicarious thrill of motherhood!

"It is infinitely pathetic that in a whole cityful there should be so much loneliness and isolation," wrote an old man recently. "So many unfed hearts! Where are women going to find men who are worthy of them; or indeed, men of any sort of sensitiveness to find women who will be that all-in-all to them which is vital to human happiness and the proper continuation of the race? Who can pretend that life is worth living without the divine essence?"

We have no set formula to offer. We only hope that people, with the new realization of feminine need of love, will seek a humane and joyous solution.

Mrs. Wilson Gives to the Housekeeper Three Splendid Meals For One Dollar

She Also Warns Her to Keep All Dry Groceries in Tin or Glass Containers—Excellent Recipe for Whole-Wheat Bread

By MRS. M. A. WILSON

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THE mother of a family of growing children should plan to spend her food budget as follows: Spend one-quarter of total food allowance for whole-wheat flour, natural rice and cereals, such as cornmeal, oatmeal, macaroni, etc.

Plan to allow each child under six years of age one pint of milk daily and one glass for the older children. Plan one-third of the budget for fresh fruits and vegetables and purchase the seasonable crops.

Use dried peas, beans, lentils, with beef, lamb and chicken and fish once each week.

Now in order to keep an accurate account of the money spent for the food the wise mother will not only help herself, but oftentimes advance the child by having the child keep accurate record of the money spent. Purchase an expense book and have Kattie or Johnny keep the accounts.

Now, having purchased the foods, it is very important to care for them to prevent waste. If dry groceries and sugars are permitted to stand in packages or bags, the mice and dust often get into them. Then, again, the loss due to the leaky packages is considerable. Store dry groceries in glass or tin containers, then they are mice and vermin proof.

Careful methods of cooking also eliminate waste. If you permit the food to cook dry or burn in a saucepan, the waste is considerable and frequently the food is a total loss.

Take time to season nicely and also to garnish. Foods cooked in a hurry are apt to be only partially done, hence again waste. Learn to blend seasonings and many inexpensive foods will take on flavor that the epicures rave about.

The mother who is looking well to the ways of her household will find the nut, legume and cereal loaves a splendid addition to the menu. Also that cream soups, macedoine of vegetables, with plenty of good home-made bread, are the best foods for young children.

Try, for a change, to see what you can supply for the entire day with $1. Many big business houses are making a specialty of the dollar day. Why not the housewife?

How would you spend $1 to feed a family of five—two adults and three children? The seasoning and sundry staples that are usually purchased by the week need not be figured unless you have found some splendid economical way.

If you have anything that will help another woman to gain her point send it along to me. I will fix it up and test it and bring it to our earnest readers.

How I Would Spend $1

One pound of breast of lamb	$ .22
Carrot	.03
One-half pound of macaroni	.05
Two ears of corn	.10
Two tomatoes	.05
Three eggs	.12
Two pints of milk	.20
Extra loaf of bread	.05
Apples	.15
Total	$1.00

I would arrange a menu as follows:

BREAKFAST

Baked Apples
Cereal and Cream
French Toast Coffee

Use extra loaf of bread and one egg for the French toast.

LUNCHEON

Corn Omelet Sliced Tomatoes
Apple Sauce Tea

DINNER

Lamb Stew with Dumplings
Creamed Carrots Sliced Tomatoes
Apple Cake Tea

Corn Omelet

Grate the corn from one ear into a bowl and add

Two well-beaten eggs.
One-half cup of milk.
Four tablespoons of bread crumbs.
Seasoning.

Beat to mix and then place three tablespoons of shortening in a skillet and when hot turn in the omelet.

There are twelve apples in a measure sold for fifteen cents. Use five for baked apples for breakfast, three for sauce for noon and four for cake for evening meal.

Lamb Stew With Dumplings

Wipe the meat, place in a saucepan and add three onions and sufficient boiling water to cover. Cook slowly until tender and then season. Be sure to have plenty of gravy. Thicken the gravy with flour. To make the dumplings grate the second ear of corn in a bowl and add

Two and one-half cups of flour.
Two onions grated.
One teaspoon of salt.
Three teaspoons of baking powder.
One-quarter teaspoon of pepper.
One-quarter teaspoon of thyme.

and add two-thirds cup of water and work to a smooth mixture. Now place two quarts of water in a saucepan and add one teaspoon of salt. When boiling drop in the dumplings and cover closely for fifteen minutes. Keep the water boiling all the while. Lift with a skimmer to platter and then lift the lamb and pour over the gravy.

This will supply a palatable meal that will provide amply for the family. There is no bread allowance made with this meal because it is understood that whole wheat bread is baked twice a week. Give a liberal allowance of milk to the children and for breakfast cereal.

Try this whole wheat bread, it is splendid. Sift whole wheat flour through the colander and then add the bran left in the colander. Place in a mixing bowl

Six cups of flour.
One cup of dry oatmeal or bran.
One teaspoon of salt.
Two level tablespoons of baking powder.
One-half cup of molasses.
Two cups of water.
One cup of raisins.
Four tablespoons of shortening.

Chop the whole to mix thoroughly and then grease a large baking pan liberally and turn in the bread. Spread about one inch thick and bake in a moderate oven for forty minutes. Cut in oblongs when cold and serve.

The Woman's Exchange

Needs Physician's Aid

To the Editor of Woman's Page:

Dear Madam—Would you kindly tell me how to remove moles? I have a few on my neck. S. S.

This can only be done by some one who is skilled. I would advise you to consult a doctor.

Care of Fern

To the Editor of Woman's Page:

Dear Madam—Will you kindly tell me how to take care of a house fern? MRS. L. D.

This is a simple matter, for the fern family asks for water and enough sunlight in order to grow green and healthy looking. The one thing to be particular about is that it shall not be given too much water. Always see that the roots are kept moistened, however.

For the Hair

To the Editor of Woman's Page:

Dear Madam—I have blond hair, which is growing darker every day, and would like to know how I can keep it the color it is now without bleaching it in any way. What sort of shade for a hat will go well with a Pekin blue wrap? ROSIE.

There is nothing to do for your hair, [illegible] mild bleach. Lemon juice, applied when you are washing the hair, will keep it light, and also make it fluffy. Do not wash it too often; give it more tonic shampoos.

You might wear a seal brown hat with your wrap, a dark blue one, black, or the same color as the coat itself.

What Shall She Do?

To the Editor of Woman's Page:

Dear Madam—What should a young lady say when a young man tells her he is glad he met her? Who precedes the other in going down the aisle at church—at a restaurant? Who orders the food in a hotel or restaurant?

Also, when one spends the evening with a girl she knows and two young men who are friends of this girl, shall she thank the one who escorts her home? L. M.

In regard to your first question, she can simply smile, and say that it was nice to meet him.

The man takes the lead until the person who finds seats for you is reached, and then the girl may precede him. The man always orders the food, although he should be careful to consult his companion as to what she likes.

When a man has taken a girl to her home, she can say to him, "We had an awfully good time this evening, didn't we?" And, in this case, she may add, "It was kind of you to bring me home."

Please Tell Me What to Do

By CYNTHIA

What of Curls at Five?

Dear Cynthia—I have never written to you before, but since you give such fine advice, I'll try to see how it works. I am a mother of twenty and have a daughter of five years of age. Now, what I would like to know is this: Do you think she is too young to wear her hair in long curls? She has the cutest dark eyes and dark hair and the prettiest round face. YOUNG MOTHER.

Of course, let her wear curls if they are becoming. It always seems a pity to conform to the bobbed head for a little child when the hair is long and beautiful.

Scolds "Tennessean"

Dear Cynthia—May I address a few words to the unmanageable person called "Tennessean"?

"Tennessean," you aren't the only nut who thought of a great resemblance between "Western girl" and "Miss Quits," etc. Please count "Nancy" among those who have the same thoughts with you on that subject. I wonder, "Tennessean," if you write under an "alias." I imagine so.

Now, Tennessean, I am going to give you a piece of my mind. (I've plenty to spare.) Your latest letter was unreadable. That is, senseless. (I am not referring to the later paragraph, only to the first few.)

The Plebe's "masterpieces of nothingness" are just nothing next to my "essays of emptiness." You didn't know that I wrote stories and poems for papers, did you, Tennessean? Well, I do. Some day I'll write a poem for your benefit and call it "Sailing, sailing over Niagara Falls," or "Swimming, swimming, through Sahara sands." I am twenty-one years old and I write for a few magazines. The rest and my name will be lost in imagination.

NANCY.

Doesn't Believe in Present-Day Marriage

Dear Cynthia—Which is the happier marriage, one founded on love, a mutual attraction, without a real knowledge of each other's tastes, or a marriage founded on mutual long friendship?

To my knowledge of experience I say neither one nor the other, and the reason why is this: that the present generation does not know what love is; that there is too much of what they call fast time and no one likes to be tied up with chains of marriage, and if they do get married it soon will come to an end, because one wants to tell the other what to do, and that's why at present marriage is never a success, and I believe it never will be.

I'm only thirty years old, I have traveled quite some and I am a World War veteran. I had my medicine of married life five years, but now I'm a widower. I give my compliments to "Duchess," who seems to be a very shrewd person, and I wish, before she gets in wrong, she would follow the proverb which says "Be sure you're right and then go ahead." DETERMINED BACHELOR WIDOWER.

Young Man Is Wise

Dear Cynthia—Please tell me what I am to do. I recently met a young man five years my senior—in fact, he is twenty-seven, of rather a settled disposition and from a fine family. It was not through a formal introduction that we met, but during a dance, and I fully believe I cared a great deal from the start and he, too. Since that time, which was in August, he has called on the average of twice a week. Am I to believe his intentions are serious, as he has told me he loves me, and he does not appear to be of the "fickle, tell-every-girl-the-same-thing" type?

It happened the last time he called when leaving he told me that he couldn't come the usual night, that being Saturday, but would come on Tuesday if that were convenient to me. I asked him why not Saturday, and his answer was that he thought I would tire of him, seeing him so often, and that this way our friendship would grow into a bigger thing and better.

I will be ever so grateful if you will tell me just what I am to do in this case. I have had a number of men friends and somehow most of them seem to give me the "same story," but I feel that this one is different.

In ending I wish to state that he is not wealthy and not in a position to marry, as I believe his father is dead and himself supporting his mother. PERPLEXED.

Why not be good friends? If the man is not in a position to marry he is right not to call on you very often. Even if your friendship grows into love and a promise of marriage it's always wiser not to see too much of each other. Two or three times a week, especially if the engagement is to be a long one, are quite enough.

The Uneven Skirt Hem Increases in Favor

By CORINNE LOWE

The old game of "odd or even" is now changed to read "odd and even." This pertains, of course, to skirt hems. A woman whose skirt hangs even is certainly as odd as the woman who never makes excuses.

As a means of providing this variety, we are perpetuating the side panels longer than the skirt. In this detail, indeed, we find one of the longest serials ever published in the world of fashion. Each season we think we'll come to the end, but there's always a "continued in our next" sign present.

For those who are spending September and part of October in the country, we suggest the above combination of light green silk and black foulard with green figure. Indeed, the warm autumn day in town will be met by this model with ease and ability.

YOUR EYES WILL TELL

Central News Photo

Did you ever know that the color of them says things about your character? Here are some helps in judging yourself and others

BLACK eyes seem to have read different messages to the men who made it their business to collect data upon the subject:

"But the gleam of black orb, I warn ye fly,
For dark, even like Allah's ways, is that eye."

That's what one says. Another says: "Black, sparkling eyes, with a grave mouth, show taste, elegance, sound judgment, but often an ungenerous disposition.

Again: "A black eye is usually lively, penetrative, brisk, and proves a person to be of lively wit, sprightly conversation, not easily imposed upon, of a sound understanding, apt to lie, often led away by the influence of others, selfish, desirous of absorbing the time and attention of a friend, and jealous of every one else."

Haughty black eyes are indicative of domination and personal power.

A black-eyed man is almost always suspicious of his wife, and jealous by nature. A gray-eyed man is most faithful, the brown-eyed man is the best to provide, and the blue-eyed man is always henpecked.

A true gray eye, it is said, denotes the person to be of weak intellect, devoid of wit, but a plain, plodding, downright drudge, who will act as ordered or suggested by others. Slow in learning anything that requires attention, he will be just to the amount of his understanding of the matter.

With the Arabs, gray eyes are synonymous with sin and enmity.

Greenish gray eyes with light streaks coming and going, denote intellectuality, impulsiveness, impressionableness, and love of poetry and art.

Gray blue, clear, steadfast eyes show that the person is serene and constant.

Very pale blue eyes, with a shifting motion, show dishonor and deceit.

Dark blue eyes, with a violet tint, show great power of affection and purity.

Blue eyes, with a green tint, show a choleric disposition. When angry they look red.

Blue eyes, streaked with unequal orange or yellow flakes, show the owner to be quite different from other people, odd and uncommon.

Blue eyes belong to enthusiasts.

A blue eye shows the person to be of a meek and gentle temper, affable and good natured, credulous though not capable of violent attachments, ever modest, cool and undisturbed by turbulent passions, endowed with a strong memory, in constitution neither robust nor delicate, subject to no violent impressions from the vicissitudes of life, whether good or bad. Equanimity is the ruling characteristic.

Blue-eyed people are supposed to be luckier than dark-eyed, and gray-eyed folk the best to trust secrets with.

Green eyes signify deceit and coquetry.

Brown eyes are said to do the most mischief.

Brown eyes with a green tint show a hasty and irritable disposition.

Light brown eyes—inconstancy.

A hazel eye shows a person to be of a subtle, piercing and frolicsome turn, mischievous in a dangerous way.

A crimson eye is the bad eye of eyes.

A red eye denotes the person to be selfish, deceitful and proud; furious in anger, fertile in invention of plots, good and bad and an indefatigable worker.

Citron-colored or yellowish eyes are also bad eyes. Beware the one who has them does not get you in his or her power.

A cold, indolent and selfish disposition is shown in feebly tinted eyes or eyes that show little color.

Bright eyes are a sign of good health.

Loquacious people usually have large eyes.

Quiet and reserved people usually have bright eyes.

The Heart Pirate

By HAZEL DEYO BATCHELOR

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Theodora Caldwell has become engaged to Jimmy Bland, and to her surprise is not happy about it. She tells her employer, Richard Blakeslee, that she is leaving to be married and because he feels that she has no rights aside from his wishes, he kidnaps her and carries her off on his yacht bound for a business trip to South America. Theo at first refuses to work and then a storm brings her into more personal relations with Richard Blakeslee, so that he sees her for the first time as a woman instead of an office machine. Theo feels that a business relationship must be resumed and decides to give in to him, but a broken propeller carries the packet out of its course and changes the plan of the trip.

CHAPTER XXV

'I Have Something to Tell You'

BUT even steady, sane thinking brought Theo no relief. With her blue suit gone, she had nothing at all to wear unless she wished to put on some of the lovely clothes Richard Blakeslee had provided for her.

And she did want to wear those clothes! She did, she did, she did! More than anything in the world. But how could she without lowering her pride? It was out of the question.

And yet there was the other side of the problem. How could she remain in her stateroom for days? Lovely as it was and luxurious in its appointments, it seemed like a prison now with its two small porthole windows. She longed for the deck. She had planned to steal up there as soon as darkness fell, for a brisk walk, but without anything to wear it was, of course, impossible.

A brisk knock sounded on the door. Theo, who had been pacing up and down the cabin, paused and held her breath. It was repeated.

"Who's there?" she snapped out.

"Miss Caldwell." It was Richard Blakeslee's voice.

Theo went to the door, unlocked it, and threw it open.

She did not speak, simply stood there looking at him accusingly.

"Have I sinned beyond your forgiveness?" he asked, a smile curving his mouth and giving a momentary glimpse of flashing white teeth. "It's really very lonely up on deck. Won't you relent and have dinner with me? We'll have it served up there."

Theo shook her head. "I am sorry, Mr. Blakeslee, but it's quite impossible."

"Because, like Miss Flora McFlimsy, you have nothing to wear?" he asked quickly.

Theo ignored this. She did not intend to beg abjectly for her shabby blue suit.

He bent toward her suddenly and his fingers closed around her arm, beneath the velvet negligee which she had been forced to put on.

"Miss Caldwell, I want to talk with you. I have something interesting to tell you, something that I think you will be glad to hear."

"We're going to make for shore?" she asked breathlessly.

He smiled at that.

"Of course. That is what you would like most."

Theo nodded, and, suddenly conscious that his hand was still on her arm, she drew away from him.

"If you'll have dinner with me, we'll talk it over," he returned. "How about it?"

She hesitated. After all, why not? If they did make for shore, she would soon be able to put Richard Blakeslee out of her life forever. Then why not be sensible about the situation which he seemed determined to manage in his own way?

"Very well," she said finally.

"Good! Shall he say in half an hour?"

"Yes." She drew back and closed the door, standing with her back to it for a moment or two. A peculiar expression had flashed into his eyes, a rather disconcerting expression.

What did he mean? And what did he have to tell her? Perhaps it was only a ruse to get her up on deck, to force her to his wishes, as he had done from the beginning.

Well, it was too late now to draw back, and she was guiltily conscious that she had no desire to do anything of the kind. Perhaps they were going to make for shore that very night, and in that case she would soon be on her way to Jimmy.

But the thought brought no thrill of love nor tenderness, only a dull resentment. It frightened Theo with its definiteness.

Tomorrow—Carried Away.

A Much-Used Material

For your new collar and cuff set, use white kid, if you want to be right up to the minute. And, when you have carefully bound each piece with a narrow piping of the material of your dress, do not let it go at that. Take a pencil and draw a conventional design, using triangles, diamonds, squares, or circles for your motifs. After this has been done, cut the figures out with a sharp knife or scissors. The plain, dark material of your frock will then show through the kid in an unexpectedly pretty manner.

Adventures With a Purse

ONE OF THE most natural and logical things for a woman to think about as the cooler nights approach is the question of heavier bed clothes. Has she enough for this year, or does her supply need replenishing? Well, this story is for her who must invest some money in blankets and things. First of all, about blankets. There is a shop that is having a special on blankets. They are all lamb's wool, are bound in white with pink or blue bands for decoration, and are priced at $13.50 a pair, which sounds pretty reasonable to me.

The bride told me about the luncheon cloths. "My dear, they are wonderful," she confided enthusiastically. "I use them for breakfast as well as luncheon." And small wonder. They are of heavy linen, scalloped around the edges, and adorned with one heavily embroidered letter so well decorated that the one letter looks like a whole monogram. They are square, and are forty-five inches. Their price is $5. And what a wedding present! Oh yes, and I defy you to tell me whether the embroidery is hand or machine done. Certainly it looks hand done. In fact, I am quite inclined to say that it is.

For names of shops address Woman's Page Editor or phone Walnut 5000 or Main 1601

Read Your Character

By Digby Phillips

Sharp Mouths

A sharp mouth is one which projects a bit, so that when viewed in profile it becomes an outstanding feature. It is due to the projection of the teeth and the conformation of the upper and lower jaws, and must not be confused with lips which stand out because of their thickness. In fact, such mouths are rarely accompanied by thick lips, and when they are the significance of them is largely modified.

The sharp mouth is sharp in the figurative, as well as the literal, sense. It denotes what might be termed a sharp disposition. In other words, a tendency to irritableness, though not necessarily a lack of sympathy and affection.

The irritableness, which, under certain circumstances, has a tendency to develop into downright cynicism, is the result of high-strung nerves, and a temperament inclined both to quick thought and quick action.

You must not expect much deliberation and calm judgment from persons with this type of mouth. Then hasty thoughts and actions are constantly leading them into hot water, but by that marvelous law of compensation, the very quickness of their mental processes enables them to scramble out of their difficulties often before any harm has been done. They will, for instance, often say untactful things, but realize their mistakes and smooth them over before the significance of the original remarks sink into the slower wits of their hearers.

Tomorrow—Extension Ears

The Question Corner

Today's Inquiries

1. How can an artist's easel be used by an invalid?
2. Describe an easily-made lampshield, which would be an ideal prize for a card party or gift for a bride's shower.
3. Why is it better to hang out white clothes without wringing them too dry?
4. What is Gretna Green?
5. In what unusual and useful way is the huge collar of a fur coat ended in front?
6. If a sleeve is too tight around the arm, how can it be widened and at the same time kept in accordance with new styles?

Saturday's Answers

1. Mrs. Leonora Ward, of Erick, Okla., had the unique experience this summer of graduating in the same class with her son at the State University.
2. Fasten a piece of sandpaper along the edges of shelves in the china closet, in order to keep dishes placed upright against the wall from slipping down.
3. In order to tell whether buttons will rust when washed, hold a magnet to them. If they are attracted they will rust, as there is metal in them.
4. The Golden Gate is the entrance to the harbor of San Francisco.
5. An orchid satin sash with a pink back which turns over on the edges is lovely to give contrast to a black beaded evening dress.
6. The fullness in the wide skirts that fashion is bringing for autumn is concentrated on the hips, leaving the front and back perfectly flat.

Things You'll Love to Make

Here is a NOVELTY NECKLACE that you will love to wear with one of your simple new fall frocks. Paint two large flat wooden button molds black. On the raised sides paint small blue or pink forget-me-nots. Glue the two buttons together, back to back. String small beads on heavy thread. Run a string of the beads through the center holes and fasten them at the top. Run another string through the holes and fasten one inch away from the other string. Now join the long chain of larger beads to these two strings and you will have a fascinating NOVELTY NECKLACE.

FLORA.

GEO. M. KEEBLER
1428 CHESTNUT ST
Announces His
MILLINERY OPENING
Fall and Winter 1921-22
WEEK OF SEPTEMBER NINETEENTH
Latest Importations and His own Productions
YOU ARE CORDIALLY INVITED

Women Who Worship Outward Beauty Often Ruin the Beauty of Their Souls

They Cannot Endure Anything Ugly and They Forget That the Path to the Beautiful Often Leads Through Ugliness

"NO TONGUE can tell," wrote Maeterlinck, "the power of a soul that strives to live in an atmosphere of beauty and is actively beautiful itself."

Sometimes in our quest for beauty and our love of the beautiful we go a little too far.

We take the poet's words a little too literally.

We think, for instance, that he means material beauty.

We wear beautiful colors always, made in beautiful ways; we have our hair arranged so that it is nothing short of beautiful, and we assume the sweet, pious expression that looks as if it were saying "beauty" all the time.

We fill our house, our own special room, with beautiful things, and we give it out that we cannot bear anything that is not beautiful.

And we get very tiresome.

People who have been our friends before this beauty trouble struck us are filled with a great desire to show us just how unlovely we have made ourselves.

They want to show us the ugly things in the world that have spiritual beauty in them, and make us see the inside.

IF WE have enough common sense to pull us through, we realize in time that we have been making a mistake; that we have been overlooking much real beauty by putting unsightly things out of our lives.

For nearly always we must arrive at a beautiful conclusion by means of an ugly, fearsome route.

The woman who steeps herself in physical, material beauty is very often lacking in soul.

She shuts herself away from anything that does not appeal to her, and so she prevents herself from broadening, from sacrificing, from being unselfishly interested in others who are less attractive than she.

It is the woman who may or may not be lacking in charm herself who looks upon ugly distasteful things and tries to change them, who is really beautiful and finds beauty.

It makes no difference to her that a certain poor woman lives in a miserable little house, in dull colors and shabby clothes, and has a homely face.

"The beauty of her is her complete honesty and her wonderful cleanliness," she will say.

THE life that is least conscious of its fineness is nearly always the finest. Its utter lack of self-consciousness, of pride in its own goodness, makes it better in its ordinary moments than the life that is aware of its superiority over the "sordidness of living."

Oh, don't ever put beauty on a pedestal!

Put it into your heart, look for it in life, seek it out in your friends, in the people you meet in your every-day tasks.

But don't let the search for it rule your life, because if you do you will be worshiping it and losing your soul to it before long.

If there is any danger of that, change the name of the thing you are looking for; call it human kindness, call it self-sacrifice, call it some one who needs help, call it consideration for others.

But whatever name you give it and wherever you look for it, remember that it is only to be found in the soul.

You don't have to search for material, outward beauty. It is all around you.

On the Newest Hats

Lace is a becoming and decorative note which is still much used. It is sometimes seen in long streamers that fall from the brim across the back and hang to the waist-line, or, again, it is draped at one side. There are some shadow designs, but the Spanish laces are particularly interesting and quite different from anything used during the summer, because of their definitely heavy pattern and silky weave. Metallic laces in gold and silver are decorative for evening hats.

Soft willow ostrich with long flurs, natural or glycerinized ostrich feathers lacquered quills, and narrow ribbons are used for trimming. Very often, black feathers are tipped with silver.—Vogue.

WHAT'S WHAT

By HELEN DECIE

No matter how much a hostess may disapprove of a guest's speech or actions, she should not evince any vexation on the subject while the offender is sheltered under her roof—unless the offense verges on crime. To rebuke a slight infraction of ethics by even a condemning glance is a gross breach of the immutable laws of hospitality.

So, if an unmarried man seems to be overly attentive to a married woman, or if a young girl appears to be monopolizing somebody else's sweetheart or husband, the hostess should find some diplomatic way to rearrange the groups without actually disciplining anyone concerned. If somebody's conversation or mode of dressing or dancing is not in accord with the, perhaps, too old-fashioned taste of the mistress of the house, she can only possess her soul in patience and resolve never again to invite the guest who—maybe quite unconsciously—has "disappointed" the giver of the feast.

Two Minutes of Optimism

By HERMAN J. STICH

Plattsburgisms

THEY have two words in the army which they use very much and which are meaningful. One is "mission." The soldier's mission is the thing he is given to do. There may be any one of a hundred other things he is anxious to do with opportunities constantly presenting themselves. But the true soldier passes them by. He is on his mission. He will do the thing he has to do because he has it to do. So he fulfills his "mission."

The other word is "possible." Possible is a word of the rifle range. When the marksman makes all his shots bulls-eyes he has scored "possible." It is every real soldier's animating ambition to score "possible" every time he goes on the range. This idea is good for the civilian as well as for the soldier.

McKinley once said: "It is just as easy to form good habits as it is to form bad ones. And it is just as hard to break a good habit as a bad one. So get the good ones and keep them."

"Nothing is acceptable but my best—all the time." Make this your motto. Never fall short of its ideal.

You get out of anything—your exercise, your studies, your job—exactly what you put into it. You may think you are fooling the gym director, your instructor, or your boss. You are not. You are fooling yourself alone.

Almost without exception you will find it to be the rule that the man who won the prize was the man who worked a little harder than the other fellow.

One of the things they pound into a man's head on the rifle range everlastingly is, "Don't flinch!" This is good advice, both on and off the rifle range. No matter what he is handling, he who flinches is lost. "Don't flinch."

The man on the defensive is licked if he stays on it all the time. You have got to get out and fight to win.

Every noble life leaves the fiber of itself interwoven forever in the work of the world.

The secret of strength is concentration.

Your heart beats more than once a second, seventy-two times a minute, over a hundred thousand times a day; and it does this week after week, month after month, year in, year out. If you worked as hard, as regularly and as conscientiously as your heart works, you could accomplish pretty nearly anything you had a mind to.

The use of profane, vulgar or common language indicates either ignorance or lack of breeding. Gentlemen do not do it. You would not wear dirty clothes. Do not dress your thoughts in dirty language.

Know the best that has been done in your particular line so you will know what you've got to beat.

You get a leap further in life with a smile.

First aid is a very important thing. You never can tell when you may be of great help, perhaps save somebody's life, maybe your own, by the most simple of expedients. Everybody should master the rudiments of first aid—how to handle asphyxiation, burns, bleeding, fractures, etc. The information is easy to absorb and is obtainable free of charge at any public library.

Four things a man must learn to do
If he would make his record true;
To think without confusion clearly;
To love his fellow men sincerely;
To act from honest motives purely;
To trust in God and Heaven securely.

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