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The Ideal
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IT'S Cartwright HOTEL
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 Sutter Street (West of Powell)
 One block north of St. Francis Hotel
EVERY ROOM \$1.50 A DAY
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 All sunny outside rooms, with private bath and large dressing closet.
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Talks with Screen-Struck Girls
 by Beatriz Micheleni
 NO. 12
 I SUGGESTED last week that this "talk" would concern itself with the very important topic of "facial expression."
 Unless one has elegant features, i. e. features which respond very readily to changing emotions, she can never hope for any great success as a motion-picture actress. I would not go so far as to say that this requisite is the only thing, but unless supported by it, nothing else can count for a great deal.
 First of all, I would emphasize that facial expression does not mean artificial grimaces. On the exact contrary its effectiveness depends on its coming in natural and almost unperceptible response to what one feels inwardly. It is not a surface accomplishment.
 It follows then that to adequately feel is a very essential matter. An actress in pictures must have great powers of imagination—an imagination that can pull her out from what she really is and throw her bodily into the role she is playing. She must live her part; not make believe it, but actively live it and breathe it and lose her whole soul into it.
 If she does this, facial expression, unless she has features of pure, will pretty well take care of themselves.
 Before starting out to become a motion-picture actress, therefore, every girl should ask herself two questions: First, has she the necessary power of imagination to live a part, and secondly, has she features that, without effort, register her innermost emotions and thoughts. Do her eyes naturally blaze in anger or melt with love? Does scorn give her lips an unconscious but expressive twist?
 She must realize that the day is gone when a pretty face can make its conquest, unaided in motion-pictures. True it is that beauty still counts a great deal, but the leading query after all is not so much whether she has a face as pretty as this actress or that, as whether or not she has one with features as eloquently responsive to her emotions.

WOMAN FROM HAWAII NOW SCULPTRESS OF CANINES

Mrs. Virginia Couzens Attaining Recognition as Artist in New York
 Mrs. Virginia Couzens, widow of the late Harry Couzens, writer of South Sea tales and well known to older residents of the islands, is winning fame in New York as a sculptress of dogs.
 Mrs. Couzens, originally from Nebraska, taught school on Maui and Hawaii for two years before going to New York. There she is rapidly gaining recognition, her friends here.
 The New York Sunday Herald of April 16 prints the following account of this talented woman together with a photo of herself holding a modeled dog:
 The old saying was that every dog has his day, but it no longer expresses the facts of the case, inasmuch as he now has every day. For a long time he has been a conspicuous figure in literature, and has inspired some of the noblest conceptions of the painter. It is not surprising, therefore, that he is now about to reach the Canine Hall of Fame through the genius of the sculptor.
 Mrs. Virginia Couzens, who has been called "Nebraska's only woman sculptor," has just arrived from Honolulu, where she had been living for 18 years, and has opened a studio. She was seen the other day at her home, No. 238 West Fifty-sixth street, and declared that many of the women who own valuable dogs are enthusiastic over the novel idea.
 "And why not?" she asked. "These beautiful and lovable creatures are unfortunately mortal, and must some day pass into the Valhalla of dogs. What more natural than that those who love them should desire to possess a permanent reminder of them? I have been an enthusiast about dogs for many years, and have given much study to them from an artistic point of view. Everybody is familiar with the noble poems that have been written about dogs. Why should they not be honored by sculpture, which has been called "frozen poetry?"
 Mrs. Couzens is a Virginia and Iowa woman, her mother having been the first superintendent of schools in Virginia. Her grandfather was Robert Lucas, the first territorial governor of Iowa, and her uncle, Samuel J. Kirkwood, was the war governor of the same state. Sam Houston and Charles Sumner were her great uncles.
 Mrs. Couzens studied art in Paris, Vienna, and at the Student's Art League of this city, of which she is a member. For years she had a studio in New York, but for the last 18 years she has lived in Honolulu, where she modelled a high pedigree white Pomeranian dog owned by Mrs. W. G. Ogg of Pahala Plantation, Hawaii. Mrs. Couzens is a member of the Iowa New Yorkers and has modelled a bust of Bob, son of Battle, a famous bull dog owned by George S. Wright of Council Bluffs, Iowa. Her husband was the late Harry D. Couzens, the well known writer of South Sea tales.

Says Woman's Beauty Depends Upon Health

Health and Vigor Necessitate Regulation of Organs of Elimination.
 Skin foods and face creams and powders cannot make a woman beautiful, because beauty lies deeper than that—it depends on health. In most cases the basis of health and the cause of sickness can be traced to the action of the bowels.
 The headache, the lassitude, the sallow skin, and the lusterless eyes are usually caused by constipation. An ideal remedy for women, and one that is especially suited to their delicate organisms, is found in Dr. Caldwell's Syrup Pepsin, a mild laxative compound, pleasant to the taste and free from opiates and narcotic drugs of every description. Mrs. Gertrude Jordan, 522 North Liberty St., Indianapolis, Ind., says: "It is simply true; I have never been able to find anything to compare with Dr. Caldwell's Syrup Pepsin. I started using it for the baby and now it is my family standby in all cases where a laxative is needed."
 Dr. Caldwell's Syrup Pepsin is sold

Women Now Pay More For Shoes Than Headgear

Visiting Salesman Says War Has Forced U. S. to Originate Own Fashions

As the autumn leaves are scattered by the winds, so have the latest quirks in fashion been whirled away by the European war. And these fashions from one of America's biggest losses from the conflict, according to a well-known traveling salesman for a big Pacific coast millinery firm now visiting in Honolulu.
 The millinery business has not suffered from the war, he says. "But the fashions and latest style information which America was wont to get from France, is not now forthcoming and, as a result, the United States is being forced to create its own styles for the time being."
 On the other hand, women are not paying as much for their hats now as they did a year or two ago. They are buying better and more expensive shoes. This probably is because Dame Fashion has ruled that skirts be a trifle shorter. The average stylish woman who used to pay \$4 for a pair of boots, and figured that she was doing well in her purchase, now spends all the way from \$6 to \$15 for her footwear. And she is content to pay only \$5 or \$6 for a hat.
 Since the beginning of the war the brand which American hat manufacturers buy from Japan has nearly doubled in price, giving the impression that there is also a rise in the price of the hemp secured by Japan from Manila. Silk trimmings, also purchased from Japan for use on hats, has become more expensive for the reason that the silk worms of Japan seem to have gone on a strike.
 But in spite of the war the traveling salesman who comments on the fashion situation says that the millinery business in Honolulu is just as good as ever, and he has been "making" this city for the last 12 years.

GRANDMOTHER'S MEDICINES
 Our grandmothers were wise in the virtues of the herbs of the field. They used to gather and store roots and herbs, and use them to cure the ailments of their families—wormwood, thoroughwort, sage, rue, camomile—the list might go on and on of the healing plants with which they made us familiar.
 Now their granddaughters get the extracts from just such good old roots and herbs, from the nearest druggist, ready prepared for use. One such medicine, which women find best for their own ailments, is the well-known Lydia E. Pinkham's Vegetable Compound.—Adv.

The Russian government is considering an extensive utilization of the water courses of Finland to supply electric lights and power to Petrograd.
 If Alaska's erratic coast line was stretched out in a straight line it would be longer than the entire coast line of the remainder of the United States.

MRS. GERTRUDE JORDAN.
 in drug stores for fifty cents a bottle; a trial bottle can be obtained free of charge by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Illinois, or by calling at Benson, Smith & Co., wholesale distributors, Honolulu.—Adv.

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White Military High Boots Full French Heels
 Made of White Soap Kid. To be worn with short skirts. Only just received and now showing.

\$10.00 a pair
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 Many new patterns
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We expect to see you in Honolulu June 11th