

Useful Hints

Woman and Home

Ethical Talks

Massage and Skin Food

Before you begin to massage, cleanse your face with a good cleansing cream or with a complexion brush, a pure bland soap and hot water. Immerse two towels in water hot enough not to feel uncomfortable to the hands. Wring out one towel. Apply it to your face, letting it remain for about a minute. Remove this towel and apply a second, repeating about six or eight times, and gradually increasing the heat of the water. This softens the skin and opens the pores.

Now you are ready to begin your massage. Give the skin food over your face. Then begin manipulations, starting at the forehead. Place the thumbs on the temples, the tips of the fingers so that they meet at the center of the forehead for five minutes. Then move them outward and upward to the temples, making the finger tips form small circles and around one line of circles outside of the other. Repeat this movement for five minutes. Then the fingers are pressed most as they pass upward. A light, rapid rotary movement is used on the downward stroke.

To give tone to the cheeks and to correct the lines running from the sides of the nose to the mouth, place the fingers of both hands upon your cheeks, with the tips almost at the chin. Push your hands upward and outward, pressing the fingers at the temples, continuing the motion upward and outward so that the end of the stroke the finger tips will be at the hair line of the temple. Repeat this movement about fifteen times. Follow this movement with another series of strokes, beginning in the same position. This time make the finger tips rest about a third of a half-dollar upward and around one line of circles above the other until the forehead is reached.

Massaging the lines about the eyes must be done gently, always beginning toward the nose and working outward toward the temples. To remove crow's feet (laughing wrinkles), place the ends of the second and third fingers firmly on the temples, then knead deeply upward toward the forehead. For the wrinkles rising over the bridge of the nose, usually caused from frowning in the opposite way in which the wrinkles are formed.

To massage your chin, place your hands so that the finger tips meet in front under the chin, push them outward and upward toward the back of the ear. Then follow this with the circular movements as described before.

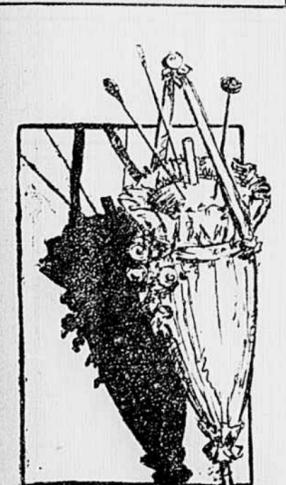
In massaging, you must use pressure enough to stimulate the skin but not enough force to bruise it. The pinching process, which is done with the thumb and fingers or the first finger and thumb, will help to tone up the skin. Then apply some more of the skin food, rubbing off what will not absorb easily. It is best to give this massage just before going to bed.

One of the best skin foods on the market, one that is used by the best beauty specialists, is to be found in the following formula: one ounce white wax, one ounce spermaceti, two ounces lanolin, two ounces coconut oil, four ounces oil of sweet almonds, four ounces of rose water, and a quarter ounce of boracic acid. Melt all the oils and wax in a double boiler, remove from the fire and heat until cold, adding slowly and gradually the orange flower water or in which the boracic acid has been dissolved; lastly pour in five drops of benzoin. Be sure that the ingredients are fresh and of the best quality.

Antoinette Donnelly's Answers.
Geraldine—If you are only sixteen, Geraldine, you may continue to grow until you are twenty. If you have the advantage of a gymnasium, take exercises that will stretch the body. Like the traveling rings, dumb-bells, Indian clubs, and swimming. Play tennis and row a boat. These are all excellent things for stretching the muscles. Don't despair. I feel that you can do a great deal yourself to aid your growth.

Katharine—How do you know that your red face is not caused from indigestion? Improper circulation and indigestion are practically the only things that would cause a red face, unless it is from excessive drinking, which I am sure is not true in your case. Indigestion is simply the result of errors in diet and lack of exercise. You will have to be careful of your diet, eliminating the foods which cause your distress, and get exercise in the open air. A cup of hot water sipped slowly before each meal is most beneficial. If you use a good grade of rice powder and first apply

Ribbon Roses and Silk Umbrella Hatpin Holder



Ribbon, roses and silk in umbrella fashion this hatpin holder. Anything suitable for stuffing a pincushion may be used for this. When made at home it is quite inexpensive.

CHIC AND PRACTICAL

Up-To-Date Garden Rig



It would be hard to imagine a more chic but practical garment than this garden dress of white linen. This one is large and roomy. The skirt is of green and white stripe and the hat of white linen with straw facing is crowned with a green velvet band.

cold cream before using it, it will not harm your face.

L. M. N.—Yes, I have a formula for removing warts, but I hesitate to send it to you, as I think it would be far better for you to consult your physician about the wart on your lip. It may look like a wart and yet not be a wart at all, but a mole. The only safe way to remove moles is by electricity and by an expert.

Betty—If you will moisten your hair with a hair curling fluid before putting it up in ring curls or rags it will often stay wavy for three days. I have an excellent formula which I shall be glad to send you if you will send me a stamped addressed envelope. This is an excellent formula for cleansing cream: Two ounces of oil of sweet almonds, one-quarter ounce of spermaceti, one-quarter ounce of white wax, one-half ounce rose water, one dram of boracic acid. Melt the oil, spermaceti and wax together at a moderate heat. Then gradually add the rosewater, in which the boracic acid is already has been dissolved. Stir the mixture briskly and constantly until it is cold. Continue the stirring until it has become soft and creamy.

Dotty—You can in time darken your eyebrows by using plain Vaseline. Did you ever use an eyebrow pencil? That is a simple and harmless way of darkening the brows. Yes, I have a formula for developing the bust which I shall be glad to send you if you will send me a stamped, addressed envelope.

Dr. Brady's Health Talks

Treatment by Scientific Neglect.

Psychological neutrality in surgery: Old Doctor Nature again. Healing wounds by just neglecting them. That is what they have been doing in Cook County Hospital, Chicago. Who, but a well-trained surgeon, would imagine that old, obstinate leg ulcers—varicose ulcers—and bad burns and sandy other infected wounds would heal better with treatment than with neglect. This is what the treatment—no, it is neglect, isn't it?—consists of: The wound or surface to be treated is simply exposed to the air of the room or preferably, outdoor air. In order to prevent accidental injury, or, perhaps, the alighting of a stray fly or other harbinger of deadly germs, the surface is covered with a wire mesh screen to prevent the case is cordially neglected.

At first the patient is inclined to resent the lack of bandages, fussing, dressing, etc. But after a day or two it dawns on him that he is escaping a lot of uncomfortable dressings and handling; furthermore, his old ulcer or wound is giving surprisingly little pain, contrary to its ordinary behavior. And then, presently, if the treatment is kept up—over the neglect, we mean—the surface dries over, all discharge ceases, and before the patient realizes just what kind of a deal they are giving him, he finds his wound entirely healed, or so nearly healed that he goes about his business the same as ever.

If a little exposure to direct sunlight can be added to the neglect, so much the better; no germicide known to medical science can compare with sunshine for effectiveness and harmlessness. But even when there is no sunshine to be had, open-air management of ulcers and wounds is to be highly commended, and we are glad to commend it, being, as you may have noticed, rather prejudiced in favor of fresh air under all circumstances.

Aha, grandma, another bone to pick with you. About salves. Even if salves were not surgically dirty—full of germs, as likely as not—they do keep out the air, and, contrary to the venerable notion, a burn or wound will heal most promptly if it gets plenty of fresh air.

And now that we are through with the talk we can see how we missed the fine chance to work the fresh air obsession into our title. However, we have said it, and so be it. Reply—The value of Vaseline—Do you know the use of white vasoline for cuts, small abrasions and burns? Reply—No. The sole purpose in applying vasoline to a wound or raw surface is to prevent the dressing from drying out and sticking. It doesn't heal anything, any more than mercurochrome or carbolic acid does. Paint the small surface once with tincture of iodine, without trying to wash it. Then coat it with a flexible colloid to protect it from infection. Isn't the Rust That Counts—What should be done as first aid when one is injured by a rusty nail? Reply—The rust makes no difference. Lockjaw or tetanus germs of blood may be present on a bright new nail. The tract of the puncture or scratch should be at once swabbed with

customer found it delicious, and next day he came along and demanded another glass of soda with ice cream in it. Some one else tried it and liked it, and the dealer soon found that he had accidentally invented a new drink—or a new food, whatever it is. The fashion spread thence until it had covered the whole country.

All this looks natural enough, but this explanation is so extremely easy that it seems unnecessary to hitch it to Elizabeth or any other one place; it must have happened in scores of other towns. As nearly as the Office Window can recall, ice cream soda as a regular beverage (or eatable) cannot have been in existence more than twenty years. Sweetened soda water served from a fountain is itself not a very cold invention. As soon as you get it when it was not. Then Mr. Tutts, of Medford, came along with his soda fountain and earned a million dollars just as legitimately as the man did (his name is nearly as well known as the chilled-steel plow) and then he built a college.

It is a curious thing, by the way, that the name of that little town in Massachusetts, Medford, should be immorally associated with two such entirely diverse drinks, in their substance and in their effects, as soda water and rum.—New York Mail.

PORT OF PRINCE RUPERT

Building a City Believed to Have a Great Future.

The further north one goes the less is the primeval east and west across continents and across oceans. This well known fact largely accounts for the Grand Trunk Railway and its far North Pacific Coast terminal at Prince Rupert, just south of the pan-handle of Alaska. To plan and build a city with a free hand is a privilege that seldom falls to the lot of man. Gary is one notable example of the unusual in this respect. When William T. Donnelly, consulting engineer, of New York City, was intrusted with the future of Prince Rupert, a similar opportunity was his, and the following brief description is of this city now in the making.

After careful survey it was decided that the city should be located on the north shore of Kalen Island. As this point is about 600 miles removed from any source of supply, the necessity of complete independence regarding outside help, both now and in the future, is at once apparent. Building on that plan, the present terminal construction started with complete machinery provided with heavy machinery of all types. Following this was the boiler and blacksmithing shop, administration building, complete steam-electric power station, 3,200-horse-power capacity, shipbuilding, the city hall, and all the numerous minor buildings, etc., needed to complete such an installation.

That the city of Prince Rupert will grow rapidly as soon as this new line makes itself felt is an assured fact. That this line and port will make a section of Canada is certain. In only one section of the world is so much of the line counted, while over most of the line five-eighths of 1 per cent or less are shown. Add to this a 500-mile advantage in distance to Japan (claimed by the east, but by the little girl who plays Rosina, the Italian's daughter. The other child—the one who is kidnapped by her uncle—is an attractive little thing, but the very bruno child, who is not at all pretty, is very much an actor. So much an actor is she, indeed, that the pathos of the story is deepened and intensified by her work.

At the Colonial.
In "Helen and the Highway," the Colonial's feature picture for to-day and to-morrow, the rollicking old days of the stagecoach and the ready sword are portrayed in thrilling manner. It is a maid this time who bids travelers to the highway, and the highway is a liver. She captures a young officer, and off they go together to Edinburgh to defy the King. But the King is crafty Jamie Stuart, and a hard time they have of it before they win to the happy ending. Still, their trials and their dangers form a story that lends itself with peculiar happiness to motion picture reproduction, and therefore Cyrus Townsend Brads's "Helen and the Highway," as enacted by Lillian Walker and Darwin Karr and a large company, will doubtless be more than interesting.

At the Little Theater.
"Little Pal," the Paramount picture in which Mary Pickford has delighted the Little Theater's patrons for two days, will be seen at that house again to-day for the last time. For the last half of the week, beginning to-morrow, Manager Sheild announces as the Little Theater's attraction the very famous dancer, Maud Allen, who makes her debut as a film star in "The Bug Makers' Daughter." Miss Allen will be seen in three of her notable dances, which are said to reproduce some of the most effective movements in her "Vision of Salome," regarded as a particularly artistic version of the dance that led to the historic and scriptural tragedy.

BROTHERS IN FIGHT

Oscar L. Shaw Shot in Abdomen; William Shaw Under Arrest.

In a three-cornered fight among brothers last night at 1327 Windsor Street, Oscar L. Shaw was shot in the abdomen by William D. Shaw, and all of them were more or less seriously battered in the melee.

William was arrested by Sergeant Zimmer and Policemen Till and Brennan, and taken to the Second Police Station, and Oscar was taken to the Virginia Hospital, where early this morning it was said that his condition was precarious. The attending physicians decided to postpone operation until some time to-day.

ICE CREAM SODA

Happy Combination Said to Have Been Hit Upon in Elizabeth, N. J.

Several things besides submarines have had their origin at Elizabeth, N. J. Ice cream soda (not any rate it is so claimed) originated at "the port." The story goes out there that there was once a man there who kept a soda fountain, and also sold ice cream out of a can. At that time no one had ever thought of combining soda and ice cream. Those were primitive days, and the Elizabeth man did not have his fountain well cooled. One day a customer called for some soda water, and when he got it found that it was quite warm. "Scotty," said he, "your ice cream water was as cold as your ice cream it would taste better." "Hu!" answered the soda-fountain man, "well, I guess I can make it so." He thereupon took a large spoonful of ice cream out of the can and plunged it into the glass of soda water. The

To-Day and To-Night in Richmond

Park Concert—Keanich's Municipal Band, Clarke Spriggs Playground, 8 o'clock.
Lyric—Popular vaudeville; matinee, 3:30; night, 7:45 and 9:15.
Lido—Motion pictures; continuous performance, 11 morning to 11 night.
Colonial—Motion pictures; continuous performance, 11 morning to 11 night.
Little—Paramount pictures; continuous performance, 12 noon to 11 night.
Strand—Motion pictures; continuous performance, 11 morning to 11 night.
Victor—Motion pictures; continuous performance, 10 morning to 11 night.

The Weather

Forecast: Virginia—Local thunder showers Wednesday; Thursday fair.
North Carolina and South Carolina—Local thunder showers Wednesday; Thursday fair.

Local Temperature Yesterday.
12 noon temperature..... 84
3 P. M. temperature..... 75
8 P. M. temperature..... 69
Maximum temperature to 8 P. M. 84
Minimum temperature to 8 P. M. 76
Mean temperature..... 76
Normal temperature..... 76
Deficiency in temperature yesterday..... 1
Deficiency in temperature since March 1..... 259
Accumulated deficiency in temperature since January 1..... 110

Local Rainfall.
Rainfall last twelve hours..... 1.02
Rainfall last twenty-four hours..... 1.03
Deficiency in rainfall since March 1..... 6.20
Accumulated deficiency in rainfall since January 1..... 2.99

Local Observation at 8 P. M. Yesterday.
Temperature, 69; humidity, 88; wind, direction, northeast; wind, velocity, 12; weather, cloudy.

General Weather Conditions.
WASHINGTON, July 20.—There have been scattered showers within the last twenty-four hours over most of the country east of the Mississippi River and in the Southern Rocky Mountain region. With the exception of overcast weather and probably showers in the South Atlantic States, it will be fair Wednesday and Thursday, with probable showers over the Middle Atlantic States.

CONDITIONS IN IMPORTANT CITIES.
(At 8 P. M. Eastern Standard Time.)
Place. Ther. H. T. L. T. Weather.
Asheville..... 70 82 68 P. cloudy
Atlanta..... 78 88 72 P. cloudy
Atlantic City..... 68 74 68 Rain
Boston..... 63 76 68 Cloudy
Buffalo..... 68 74 58 Clear
Calgary..... 72 76 46 Clear
Charleston..... 84 94 78 Cloudy
Chicago..... 66 82 62 Clear
Cincinnati..... 72 82 68 Cloudy
Duluth..... 62 74 50 Rain
Galveston..... 86 92 80 Rain
Havana..... 78 84 76 P. cloudy
Jacksonville..... 82 94 78 P. cloudy
Kansas City..... 74 76 62 Clear
Louisville..... 76 84 76 P. cloudy
Montgomery..... 86 92 74 Clear
New Orleans..... 86 92 74 Cloudy
New York..... 72 76 68 Cloudy
Norfolk..... 82 82 72 Cloudy
Oklahoma..... 72 94 68 Clear
Pittsburgh..... 70 74 60 Cloudy
Raleigh..... 74 88 72 Clear
St. Louis..... 76 78 72 Clear
San Francisco..... 66 70 52 Clear
Savannah..... 86 92 74 Cloudy
Spokane..... 80 90 70 Clear
Tampa..... 84 90 78 Cloudy
Washington..... 68 78 70 Rain
Winnipeg..... 72 82 62 Cloudy
Wytheville..... 68 72 64 Cloudy

MINIATURE ALMANAC.
July 21, 1915.
Sun rises..... 5:06 Morning..... 11:37
Sun sets..... 7:26 Evening..... 12:22

The PLAZA HOTEL

NEW YORK
Fifth Ave. and Fifty-ninth St.

The coolest hotel in New York. Overlooking Central Park. Within easy distance of all theaters and shops.

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OUTDOOR TERRACE AND SUMMER GARDEN.

Special Dancing Features.
Single Rooms with Bath, \$3.50 up.
Double Rooms with Bath, \$5.00 up.

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Low Profit Policy Store
New Location—Broad at Jefferson



Why not let this step-saver relieve you of some of your work this summer, and give you more time for rest? \$100 puts it in your home at once, and \$1.00 a week pays for it. May We Send You One?

SUGGESTIONS FOR RELIEF OF LUMBER BUSINESS

E. B. Hazen Summarizes His Recommendations to Members of Federal Trade Commission.

CHICAGO, July 20.—Members of the Federal Trade Commission concluded a two-day conference with lumbermen to-day and left for Detroit, where they will hold a hearing to-morrow.

The statements that the lumber business in the country is in a demoralized condition were repeated by representatives of the industry who appeared before the commission to-day.

E. B. Hazen, of Portland, Ore., representing the West Coast Lumber Manufacturers' Association, summarized his recommendations for the relief of existing conditions as follows:

"Our marine laws should be amended so that we can compete with vessels under foreign flags—so that we can purchase ships anywhere and operate them under our flag offshore and between the Pacific and Atlantic coasts.

"Railroad-owned ships should be permitted to operate through the Panama Canal from coast to coast.

"The lumber men should be permitted to form co-operative selling agencies to care for the domestic trade.

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that a five-passenger automobile belonging to him had been stolen from in front of the Superior Theater, on Sixth Street. The car bears the number 1023.

TO KEEP BOMBS OFF SHIPS

Unusual Precautions Taken at Piers in New York.

NEW YORK, July 20.—Discovery of bombs among the cargoes of several vessels that have left here for Europe has resulted in unusual precautions being taken with regard to the stowing of freight on board steamships now in port. In addition to an increased number of regular pier guards, scores of private detectives, many of them disguised as laborers and longshoremen, are on all piers where freight is received and loaded.

As a still further precaution, on some of the piers every box and package is opened on the dock and the contents examined before it goes aboard the ship.

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No matter how severe the itching, burning and disfigurement of rashes, eczemas, pimples and dandruff a hot bath with Cuticura Soap followed by Cuticura Ointment lightly rubbed on will bring immediate relief and point to speedy healment when all else has failed.

Cuticura Soap and Ointment sold everywhere. Liberal sample of each mailed free with 32-p. book. Address post-card "Cuticura," Dept. 10, Boston.

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Various kinds; women's and children's sizes; some at half—many at much less.

Right now in this blazing weather—just when you need Parasols most—down go the prices.

A miscellaneous lot of these—hardly two alike—fancies, novelty effects, solid color. Some few are not quite fresh.

All are bargains of unusual magnitude.

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\$2.50 Parasols, this sale.....\$1.19

\$5.00 Parasols, this sale.....\$1.69

\$5.50 to \$6.50 Parasols, this sale.....\$1.98

Children's 50c Parasols now at.....12 1/2c

Children's 25c Parasols now at.....16c

IMPORTANT NOTICE

M. and M. \$2,000 Contest

To-Day Is Voting Day for WESTMINSTER CHURCH

VOTE STANDING

of Contestants Will Be Published in THURSDAY'S TIMES-DISPATCH.

COLONIAL CIRCULAR DINING TABLE.

Stationary pedestal. Solid mahogany top and solid mahogany hand-carved claw feet. Made in 54-inch and 60-inch sizes. 8-inch extension. Period 1790.

Sale Price, 54-inch, \$65.60

The article shown here and price are only characteristic of the enormous cut in the selling price of our

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