

THE HERALD'S HEALTHY WOMAN

Edited by JULIA CHANDLER MANZ

Make Real Fight To Forget Past Annoyances and Cares

Don't Allow the Little Troubles That Have Passed Eat with You, Sleep with You, and Nag Your Every Step.

By FRANCES SHAFER.

Have you grown wise enough to make a real fight to forget annoyances, worries, and cares?

Or do you think and think of them, over and over again in moments of rest and in hours of work until it seems that there is a great big something in your head, boring its way through to your very brain?

And then do you lie awake, wondering why sleep will not be wooed and why it seems that life has taken on such a dimmy hue?

"The Happy-Go-Luckies" are supposed to let opportunities slip from their foolish grasp while they are browsing about in the sunshine of good nature and easy going. And probably they do, but sometimes it does seem that it would be wondrously comfortable not to care overmuch when misfortune came knocking at one's door, at least not so much as to let it take possession of one, body and mind.

Because there is healing and there is forgetfulness in God's great out-of-doors if one will only take the refreshment unfollowed by the nagging steps of things gone wrong.

Live One Day at a Time.

Folk who have tried, who have lived through worries and trials, and have come out of them sadly weakened and frail, tell us to live just one day at a time, not to fret about what has gone before or to fear what may come after. But that is the one thing we have not learned to do, and do you know what the trouble is in large part?

Most of us do not habitually try to forget. Something happens, maybe very big and awful, or perhaps just little and annoying, and instead of desperately trying to drive it out of mind we go over and over

it, from every angle, sit with it at meals and take it with us when the time comes to close our eyes, but not to sleep. It is not in human nature to let the big things go by, but most of us have only the ordinary ills in life to trouble us, and it is a pity to dwell upon them day and night to the exclusion of happier thoughts and hopes for the future.

When you let some little annoyance bother and bother, let it eat with you and sleep with you, does it ever occur to you to think that old woman who was that some mother, more nagging than wise, are fond of uttering: "Stop that fretting, or I'll give you something to cry about!" It is rare, unlikely, and really must make a cross, cranky little girl or boy a bit more rebellious than ever. And yet sometimes when one is fussing and fuming over the trifling ills that simply must come to us, one feels almost afraid that the hand of real trouble may fall pretty heavily and that then there may be "something to cry about."

Let Little Things Slide.

For if you and I were truly grateful for our exemption from the cruelly hard blows that come to some folks in this world of many inequalities, don't you believe we would let the little things slip along, from sheer thankfulness, without any worry and without any protest?

—Looking backward, there are not so many things that were worth what they cost in worry. Generally the most dreaded of all developed a silver lining somewhere, and if we compare our lives with those of many others we can well afford to go on, by the day and by the year, taking the small troubles as they come, not stopping to dwell on them. For as the strokes of fortune and misfortune come to all, they fall very softly in some places, very heavily in others.

And if, as some folk believe, we get our deserts, our punishments, as we go along it seems well to take care and not protest too loudly.

For if it were a human power at the helm and we tried to overreach about our little trials and tribulations we surely would be reminded that in time there would be "something to cry about."

Really, when one thinks the weight of worry over nothing and then turns to the real clouds of trouble that sweep over part of the world, it is with a sense of weakness and a consciousness of lack of courage.

At least, we can try to forget, for the time may come when we, too, shall have "something to cry about."

PARISIAN HAT AND BAG.



Flowered lawn covers this hat, which is of white leghorn. The brim has a broad band of Dutch blue satin, and the roses, wreathed around the crown, match the color of those in the figured lawn.

The bag is odd in shape and material, the leather being heavy moire in one color, with embroidery in gold and blue. The clasp is gold with a heavy gold cord.

FRENCH HEELS ARE EXTREME THIS YEAR

Wearers Keep Balance Only with Great Difficulty.

The average American woman is fortunately more sensible in the matter of footwear than her Parisian sisters, who are running to absurd extremes this season, not only in the matter of elaborate materials, but in the height and slowness of their heels. At a recent race meeting in Paris it was only by great skill that the wearers of high heels kept their balance at all, and they hobbled rather than walked, and had the appearance of being deformed at the knees.

In dances it is only possible to glide, the wearers of such heels are balanced entirely on their toes.

If they were achieved by such sacrifice to comfort one might understand this high heeled craze, but it is positively ugly and unsightly to behold the natural foot so distorted, and although we follow France's lead in fashion to a large extent, as fashion is but a very transitory and ridiculous fashion in heels.

Summer Shoes Sensible.

At present the summer shoes are cut sensibly. For the most part we see tones of grays and tans in suede and velvet calf, with neat little bows across, and where colored footwear is introduced it appears in the uppers to a patent gold-colored shoe. The buckled shape will be worn a great deal this year with the panther dress.

For evening pretty slippers are made mostly of soft satin to match the frock, or in some pretty contrasting shades. Suede shoes are dainty also for evening wear, and many gold and silver slippers will be seen at smart functions this season. Except for tiny bows or paste buckles and sometimes a little embroidery, the shoes are simple and neat.

The introduction of shot taffeta dress has occasioned a wave in favor of shot effects in hose, and many women are wearing bright color silks under a contrasting shade. Naturally these stockings are gossamer lightness to avoid bulk.

Baking Bread.

When taking bread from the oven turn the loaves upside down in the pans while hot. Loaves in the pans until the bread is cool. You will be surprised to see how soft the crust is. By doing this you need not grease or wrap the bread in a cloth.

GIRLS SHOULD BE TRAINED IN MERCANTILE BUSINESS

By ELIZABETH BEARDSLEY BUTLER.

That the problem of how saleswomen are to become self-dependent is a social problem of grave import, appears from the following instance which though extreme is but one of many similar. Tessie Schlueter entered a store and became a saleswoman. For this service she was paid \$3 a week, and after she had been there five years she became head saleswoman in the millinery department and received \$4. This sum was the most she ever got during eleven years of service.

Inability to bargain, the possibility of marriage, and assistance from families, as well as the social preference given to mercantile work over labor in a factory, in part explains such low wages as these. In part, however, the reason is to be found in inefficiency of the saleswomen themselves.

The occupation of selling is supposed to require neither training nor experience. It seems an easy way to fill in the years which succeed public school. The learning of details is left to chance. Saleswomen who have been long with the house show the newcomer where the stock is kept, and if kindly disposed give her suggestions as to the peculiarities of buyers. Some one tells her the custom as regards sales checks and other records, and with this preliminary information she is prepared to represent her employer to the customer. She stays in the department to which she is assigned, keeps her stock in order, tries to remember when new stock comes in, and when customer's orders do not converse more than is necessary with her co-workers. If the customer asks for something that is in stock she produces it and awaits decision. If customer asks for something that is not in stock she states the fact. She is in reality a "counter-server."

Beginning Already Made.

But how is expert knowledge to be obtained? How is the saleswoman to learn and recognize types of personalities, to grasp what points make the strongest appeal to each type of buyer, to whom she should emphasize utility, to whom beauty, to whom durability?

A beginning has already been made throughout the country by stores of more advanced management. Some efforts are tentative and irregular, but others are on a more permanent basis. Instruction is given, among other subjects, in certain English branches, in cash systems and the knowledge of textiles and the art of selling special merchandise, as well as efficiency in conduct. This instruction is in the form of regular class work conducted by lecturers or teachers engaged for the purpose or in that of talks given by the store superintendent, department manager or the social secretary. Much of the instruction is practical, and is to inform the younger members of the force about the policies, systems or merchandise of the particular store, but there is a tendency to make it of broader range. But well organized as these may be in some establishments, as a rule, it lacks educational basis and well-thought-out methods.

The problem of better equipment for saleswomen is receiving the attention, however, not only of the merchants, but of philanthropists who wish to see working women in a position of greater industrial security, and here and there of school men.

Twofold Effect.

Should well planned training become general the effect upon saleswomen would be two-fold—personal and economic. The younger employes in mercantile houses, although of working age, have not reached physical or mental maturity. As a rule their entrance untaught into an unskilled occupation does not stimulate mental development. Usually their work tends to stultify rather than to develop them because the employe falls to understand its significance. Good salesmanship is a compound of some science and more art. The science can be taught in the form of certain rules and principles. The art can be developed through experience, wisely supervised and interpreted.

That industrial instruction will have a beneficial effect upon the economic status of women is undeniably true. The wages of the selling force of a department is calculated at a percentage of the total sales. If by the ability of those in charge of the department the number of employes can be kept down the change produces a net gain for all.

The unskilled worker accepts what she deems justice, because she cannot

Doctor's Boyish Face Reveals Skin Renewer

I heard the other day the story of the physician who so admirably a skin that all his women patients asked the secret. He told one, who generously told others, that knowing the remarkable absorbent property of ordinary mercurized wax, he concluded this substance would make an excellent complexion renewer and preserver. Knowing the wax would not harm the skin, he began using it after shaving. He soon observed that the old, withered, colorless cuticle was being gradually absorbed and replaced by younger, healthier skin. This was the simple secret of the silver-haired doctor with the boyish face.

The secret became public property. Now women everywhere use mercurized wax, applying it nightly like cold cream, washing it off mornings, continuing until the complexion is entirely renovated. An ounce of this wax, procurable at any drug store, will banish the worst complexion.

Another valuable complexion renewer used by this doctor was a wrinkle-remover and preventive in the form of a face bath, made by dissolving an ounce of castor oil in a half-pint of water. This also has become famous.—Aurelia in Fashion Review.

WHAT TO SERVE AT THE HOME BOARD

With Many Delectable Recipes that Have Been Tested.

- BREAKFAST.**
Toasted Cereal, Strawberries and Cream.
French Omelet.
Crumb Griddle Cakes. Sirup.
Coffee.
- LUNCHEON.**
Asparagus on Toast.
Stewed Prunes, Cream and Cheese.
Baking Powder Biscuits.
Tea.
- DINNER.**
Ran Soup.
Calf's or Lamb's Liver en Casserole.
Macaroni with Tomatoes and Green Peppers.
New Beet Salad.
Mother's Lemon Pie.
Coffee.
- Crumb Griddle Cakes.**
Soak a cupful of moist or half a cupful dry crumbs in one pint of sweet or sour milk overnight. Mash well in the morning and add one-half teaspoonful salt, the same of sugar. If sour milk was used, a teaspoonful of soda dissolved in a half-pint of water. If sweet milk, use one teaspoonful baking powder; add one egg and enough flour to make a pour batter.
- Bran Soup.**
This summer soup is made without meat by boiling one cupful of bran in six cupfuls of water slowly for three hours. Strain this through a cloth to one quart of it add one sliced onion, three tablespoonfuls rice, one teaspoonful salt, and just before serving a tablespoonful celery salt, a quarter teaspoonful white pepper, and one tablespoonful chopped parsley. This inexpensive soup contains much of the nutritive properties of meat. It may be varied by adding tomatoes, potatoes, or other vegetables instead of rice.
- Mother's Lemon Pie.**
Grated rind and juice of one lemon, one cup boiling water, one cup sugar, yolks of two eggs, butter size of an egg. One slice white bread broken fine (about one cup). Beat the yolks of eggs well and add to the sugar and butter. Pour the boiling water onto the bread and stir until well mixed, then add the sugar, eggs and butter. Bake in a deep plate lined with pastry; when done whip the whites of the eggs to a stiff froth; add one tablespoonful sugar; pile this upon the top of the pie and return to the oven until it is a delicate brown. This is the nicest lemon pie I ever tasted.
- Note.**
Any liver left over from dinner can be made into a delicious hash for the next day's luncheon or breakfast, as follows: Chop the liver, crush a few slices of cooked bacon, and add to it; then add a few slices of cold potatoes, spoonfuls of cooked rice, or any coarse cereal, and mix together. Melt two tablespoonfuls drippings in pan, add one-quarter cup of tomatoes and turn in the meat mixture, cover, and simmer slowly until well heated.
- A Kitchen Hint.**
A Baltimore housewife cooks new peas without the bother of shelling them. Every one who has undertaken the task of shelling a half peck of peas in a hurry will welcome her suggestion. "Be sure the peas are fresh," says she, "and pick them over carefully, taking out all of the perforated skinner and then drain the peas, add hot milk, a big lump of butter, and salt to taste. The peas have a much finer flavor when prepared this way than when shelled and cooked."

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HOME COMFORT CO.

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WOMAN'S REPUBLIC FORMED IN ST. LOUIS

Mrs. Belva A. Lockwood, of Washington, as Attorney General, Assists in Framing Constitution.

Mrs. Belva A. Lockwood has returned to Washington from her trip to University City, St. Louis, where she went to assist in the formation of the American Woman's Republic, an organization composed of 80,000 women from all sections of the country, governed after the manner of the United States.

While at the organization convention Mrs. Lockwood, who is attorney general of the republic, assisted in the drawing up of the constitution, administered the oath of office to the President, and delivered the principal address at the inauguration.

Mrs. Lockwood is the only woman in America holding the title of doctor of laws, and because of this fact she donned her cap and gown at the convention. After the inauguration the Senate and House of Representatives of the republic convened. Mrs. Margaret J. Carns, of Lincoln, Neb., was elected Speaker of the House. Sixteen bills were passed, most of them appropriating money for the defrayment of general expenses.

An appropriation of \$100,000 was made for the advancement of woman suffrage. Men are permitted to vote in the republic in those States having equal suffrage at present. The President of the republic is Mrs. Mabel C. Lewis.

Among the Washingtonians who accompanied Mrs. Lockwood to the convention were Mrs. Harris, Mrs. Anna M. Bugbee, Mrs. Julia W. Leavitt, and Miss Ellen Burroughs Foster.

Last Band Concert Saturday.
Col. Spencer Cosby, superintendent of public buildings and grounds, yesterday announced that the band concert which have been given on Wednesday and Saturday afternoons since April 20, in Potomac Park, will terminate with the one to be given on next Saturday afternoon.

S. KANN'S & CO.
612 3rd St. PA. AVE. THE BUSY CORNER

SUMMER APPAREL News Extraordinary!!

Great purchase and sale of Suits, Dresses, and Coats; values, \$20 to \$45. Choice . . . \$8.80

1,200 Fresh, New Summer Suits, Coats, and Dresses on sale at less than price of the material.

Not a garment worth less than \$20, and most of them made to sell at \$35 and \$45.

This Will Prove the Crowning Garment Sale of the Season.

Why they are so low priced

BECAUSE NEW YORK'S LEADING MAKERS ARE INVOLVING AND PREFER TO COUNT CASH instead of stocks. Former experiences with sales of this kind at Kann's should create an enormous sensation and pack the Suit Store with eager buyers.

Every Garment Offered Was Made for This Season

And is strictly down to the minute in style, color, and fabric. YOU SIMPLY CANNOT AFFORD TO MISS IT.

Bank Robbed of \$125,000.
Berlin, June 26.—Discovery of the theft of \$125 from the chief branch of the Dresden bank was made to-day. The authorities are searching for a bank messenger who has mysteriously disappeared, and who is supposed to know something of the theft.

Bank Embesler Paroled.
Leavenworth, Kan., June 26.—O. F. Cochran, serving a five-year sentence in the Federal penitentiary here for embezzlement from an Indianapolis, Ind., bank was released on parole to-day, having served between two and three years of his sentence.

THIS COUPON and 49c

—for SIX CAKES of Palmolive Toilet Soap, regularly 15c a cake, and one jar of Palmolive Face Cream.

Total value, \$1.49— for 49c. (12)

IT PAYS TO DEAL AT GOLDENBERG'S

Goldenberg's

SEVENTH AND K "THE DEPENDABLE STORE"

Women's 25c Lisle Vests at 15c.

Women's Fine Quality Lisle Vests, gauze weight, with silk tape in neck and arms. Trimmed with lace yoke or plain. All sizes. Regular 25c value at 15c to-day.

THIS COUPON and 10c

—for full size one-pound can of "Venus" Violet Talcum Powder, sold regularly at 20c. High quality, deodorant, scented talcum for toilet and nursery use. (11)

Men's \$3 Lustrous Silk Shirts Extraordinary Values at \$1.59

No other similar sale ever approached in unusual value-giving this offering of Men's Lustrous Silk Shirts at \$1.59. You'll find the identical Silk Shirts selling at the haberdashery stores for \$3.00, and with this saving in mind it will be natural for knowing men to seize promptly the opportunity presented in to-day's remarkable sale.

Brilliant, lustrous quality, with neat satin stripes, made in coat style, with soft turn-back cuffs. All sizes in the lot. Choice of the most desirable colors, such as pink, light blue, lavender, tan, pearl, and white. Every shirt full cut and perfect fitting. To-day at \$1.59 instead of three dollars.

Beautiful Silk Dresses Values Worth \$12.50, \$15.00 and \$18.00 in a Sensational Sale at . . . \$4.75

Brand-new Silk Dresses, of unrivaled beauty and style-charm, offered to-day at the lowest price ever known for garments of such fine quality—the outcome of a purchase of a prominent maker's overproduction of summer styles. No woman needing a silk dress can afford to miss this chance to obtain a handsome summer costume at a fraction of its original value.

Materials consist of Fine Quality Silks, including Chiffon Tulle, Messaline, Imported Fouards, Hand-embroidered Pongees, etc. All the newest and most charming effects are represented by the best and most fashionable silks in every color that might be desired. The entire collection of dresses shows the clearest interpretations of fashion's every whim in the cut and trimming. Many are richly finished while still more show to what an extent charming variations in trimmings can be carried.

The extraordinary values cannot fail to impress you and make you an enthusiastic buyer. Choice to-day of any dress in the lot for \$4.75—a price that hardly pays for the silk used in these beautiful garments.

TAN DRESS LINEN Regular 19c Value at 9 7/8c

Another example of the way we undersell and outvalue on the season's most favored fabrics. Tan Dress Linen has never been in greater demand than now, and here is the most desirable grade priced at just one-half its real worth.

Full 27 inches wide—strictly all pure linen flax; firmly woven and of just the right weight and texture for separate skirts and suits.

Counted good value at 19c a yard—we could easily sell every yard of it at this figure. To-day at the sensationally low price of 9 7/8c a yard.

Dainty Printed Lawns Regular 10c Value at 6 3/4c

These new and lovely summer wash fabrics are fresh off the looms, and reflect the latest designs for summer frocks. Strictly first quality fabrics, in a large assortment of the choicest styles and colorings.

White grounds with dainty printings, such as dots, figures, rings, and stripes—a fine sheer grade that will wash perfectly.

Sold everywhere at 10c a yard, but offered as an extraordinary Thursday Bargain Sale feature at 6 3/4c a yard.

Wash Goods Dept.—First Floor.

Men's Serge Suits, \$7.45 \$10 and \$12.50 Values

A remarkable value in Men's Serge Suits that cannot be matched by any other clothier in town. These suits are strictly all pure wool and guaranteed fast color. Tailored in the season's correct 3-button sack style, in two and three piece models; some half lined, others full lined with mohair. Pants cut full and finished with belt loops and wide turn-up bottoms.

Sizes 34 to 42. Actual \$10 and \$12.50 values for Thursday at \$7.45.

This Coupon and 29c for 69c SAUCEPAN.

Seamless Enamelled Saucepan, with cover and ball handle, 20-pint size. Sold regularly at 99c. To-day, with this coupon, for 59c each. (11)



Here is a charming little dress with the popular front closing. It is box plaited in becoming fashion and is held in position by a belt. There is a dainty turnover collar, which is made of contrasting goods of which the cuffs are also fashioned. Any wanted wash fabric may be employed, including linen, pique, gingham, and percale.

The pattern, No. 5457, is cut in sizes six to twelve years. Medium size will require three yards of 36-inch material and two-thirds of a yard of 27-inch contrasting goods.

The above pattern can be obtained by sending 10 cents to the Pattern Department of The Washington Herald.

FORTY SLAIN IN FIVE MONTHS.

Warsaw, Poland, June 26.—A series of mysterious murders led to-day to a raid on a house in the village of Kurpis in Nowyinska, tenanted by a woman whose daughter disclosed the corpses of seventeen human beings. All had been tortured to death. The bodies were mutilated almost beyond recognition.

Upon rigid inquiry the mother confessed that she was the head of a murderous gang which in the past five months had slain forty persons. She gave the names of others in the gang and within a few hours thirty were under arrest. The motive in each case was robbery.

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More healthful than Tea or Coffee. Agrees with the weakest digestion. Delicious, invigorating and nutritious. Rich milk, malted grain, powder form.

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