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TOPICS OF INTEREST TO EVERY WOMAN. EDITED BY JULIA CHANDLER MANZ.

Why Have the Customs Of All Lands Pressed So Heavily on Woman?

By FRANCES SHAFER. As you read of the far-away countries where women are just beginning to feel the impetus of the world-wide movement in behalf of better opportunities, don't you ever wonder why it is that conditions have been made so hard for them and why it has been necessary to have one code affecting man, another affecting woman, when the same human right was involved?

Who ever thought out and carried out the atrocious custom which swears and forced widows in India to throw themselves on the funeral pyres of their husbands? Men never descended to such awful folly. And when that custom was no longer in effect, how did it ever come about that from the moment a woman was widowed in that benighted and abominable India, she was to be the slave of the entire family? Surely it was not for her protection. And why was there ever a decree prohibiting a Hindu woman from inheriting property?

Who set the stagnating pace that Chinese women follow? Why has mere existence been made so cruelly hard for them through the long centuries? Who decreed the bound foot and the death warrant to their own liberty and happiness in that wretched, certain way? And why that strange Islam doctrine that woman is a soulless creature, just so far as she is woman? Who took that narrow measure and established the standard of the Persian woman?

Who did our American men ever put upon the statute books in this free country some of the laws that have been a disgrace to our standards of womanhood? True, they have been wiped out many of them. Not all, for one, need only glance over an epitome of laws that still exist in some of our States to be quite shocked at the amazing conditions they betray.

TOMORROW'S MENU; HOW TO PREPARE IT. Plan for Luncheon Includes Two Guests.

The great American stomach is capoled into taking too many different kinds of food at a single meal. The greatest investigator, Prof. Pawlow, has proved that the digestive juices of the stomach are secreted to suit every variety of food, hence one's intestinal habits may become minding if kaleidoscopic meals are persisted in for any length of time.

Warm Weather Menu. BREAKFAST. Ice. Watercress on Toast. Mincied Ham. Hot Rolls. Coffee. LUNCHEON. (For two friends.) Macaroni Croquettes with Cheese Sauce. Whole Wheat Bread. Mint Sandwiches. Nut Salad, with Orange Jelly Squares. Grape Lemonade. Wafers.

Chicken Baked with Salt Pork. Clean the required number of young chickens. Cut them down through the backbone, open, and flatten breast with a cleaver. In a large covered roasting pan lay several slices of salt pork, place the chickens on these, skin side up. Dredge with flour and lay several slices of very thin salt pork on top. Add two cups of boiling water and heat slowly two hours, frequently turning and dredging very lightly with flour after each basting. More broth may be added if necessary. There should be at least six heaping tablespoons of salt pork toast on a platter, arrange chicken on it, garnish with parsley. Thicken gravy with flour, add one tablespoonful of butter and one cupful of rich cream, salt and pepper to taste, and pour over chicken.

Rye Bread. Mix one quart of milk, one quart of water, one-half cup of lard, one yeast cake, one teaspoonful of salt, one-third cup of sugar. After this is well mixed add rye flour until it is as stiff as you can stir with an iron spoon. When light, mold into loaves, using wheat flour for this purpose; let it rise the second time in the tin until light enough to bake. This bread is better not to rise too much, and do not have too hot an oven.

For College "Spreads." An inexpensive going-away gift that any college girl will appreciate is a box filled with a nice plated can opener, a set of nut crackers and picks, a sharp bread knife and strong corker to use at the midnight spreads. If a candy cooling pan, asbestos mat and measuring cup be added, the girl will be envied by her whole set. The gift need cost no more than a dollar.

Turkish Toweling Shirtwaist. A most unique shirtwaist is fashioned of Turkish toweling, much heavier than that which is made in sailor style, with the collar, pocket, and cuffs of plain linen. The sleeves are short and rather full. The whole waist has a heavy, uncomfortable effect, and a fairly large price is charged for it. This fact, added to its appearance, may keep it from being popular.

FOREIGN GOSSIP.

It is understood at St. Petersburg that the betrothal of the Grand Duchess Olga Nikolaevna, eldest daughter of the Czar, and the Grand Duke Dmitri Pavlovich will be officially announced when the czar and his family will leave for the Crimea. Dmitri is the only son of Grand Duke Pavel Alexandrovich, by his first marriage, with Princess Alexandra of Greece, and is the son of the late King and Queen of the Hellenes. His only sister is the wife of the Duke of Sudermania (Prince William of Sweden). Grand Duke Dmitri will inherit a great fortune from his father and is also expected that he and his sister will be the principal heirs of the Grand Duchess Elizabeth, sister of the Czarina and widow of Grand Duke Sergius, under whose care they were brought up and educated.

It is not generally known that a period of three years elapsed between the beginning and the finishing of Westminster Abbey. Its erection was begun by Henry III, as a shrine for the bones of Edward the Confessor. It was not until the reign of Charles II that the chapel that the coronation chair usually stands. The building went on during the succeeding reign of Henry's son, Edward I, and then the work was added to until the reign of Henry VII, when one of the loveliest pieces of architecture in the world—Henry VII's chapel—was added to its eastern end. It was not until the reign of Charles II that the abbey was finished, and the finishing touch was put on by no less a person than the architect of St. Paul's Cathedral, Sir Christopher Wren.

When the Abbey was last in the hands of the carpenters, mechanics, and decorators responsible for its preparation for a coronation, Canon Wilberforce was responsible for the most remarkable services which had ever taken place within its walls. He actually held a smoking service every day, and not only talked to the workmen in the abbey cloisters, but gave each member of his informal congregation an ounce of tobacco to smoke. Without exception, Canon Wilberforce was looked upon by the abbey workmen as "a jolly good sort."

It need hardly be asserted that the greatest care is taken to prevent visitors to the Abbey from sitting in the ancient coronation chair, under which rests the body of St. Edward the Confessor, an actual case on record where a mere "human boy" sat in it one night and, moreover, slept there. This was a youth named Peter, a member of the famous Westminster School, which is next door to the Abbey itself.

Being of an adventurous spirit he made a bet with a school friend that he would spend a night in the sacred building and sit in the famous chair. He secreted himself after dusk in the Poet's Corner cloisters, and succeeded in keeping out of sight until the vergers looked up the church for the night. Then he went to the chair, curled himself up in it, and soon was asleep. Being a very chaste sleeper, he awoke only through until he was awakened in the morning by the vergers, who, as may be imagined, was horrified to see him there.

He was still in the chair later upon discovering that not only had he laid in the "sacred" chair, but had also carved his name in it, and there it may still be seen. Everybody is acquainted with the legend that the Stone of Scone, which is placed in the wooden framework of the coronation chair, was the stone which King David used as a pillow, but that is another legend with which very few visitors to the Abbey are acquainted. It is said that the chair gives out a sound when the legitimate heir to the throne sits upon it. The sound is a low and hoarse sound, and is said to be dumb. The sound comes, it is alleged, not from the framework of the chair, but from the Stone of Destiny itself.

The most unique sight to be seen in the Abbey is its stock of waxworks. These include effigies of Charles II, Queen Elizabeth, William the Third, and other monarchs, among royalists, and of such notabilities as the late Duke of Buckingham, with his wife (who was a daughter of the late Duke of Devonshire), and the coronation robes, the great Earl of Chatham, in the identical robes he was wearing when seated with his last illness in the House of Lords, and the impressive monument of the late Duke of Wellington. When Daniel Maclise painted his famous fresco, which visitors to the Abbey see in one of the anterooms of the House of Lords, "The Death of Nelson," he borrowed the heroic crown of a general's head of this effigy to copy from. Inside the lining of it he discovered Nelson's eye patch and the stamp in the crown that was inserted to show that the great hero had paid his hat tax. When rising from the table on the eve of the battle of Trafalgar, Nelson is reported to have said, "Before this time to-morrow it will be a peerage or Westminster Abbey for me to-day."

As a matter of fact he is buried in St. Paul's Cathedral, and this effigy of him was set up in Westminster Abbey for the purpose of drawing sightseers from the cathedral. This remarkable collection of waxwork effigies is contained in the Istip Chapel, a place to which the public are not ordinarily admitted. They are much more in evidence when the coronation robes are put at first blush, for it was the practice for a long period to carry in the funeral procession of notabilities a life-like effigy of the deceased.

King Haakon and Queen Maud of Norway have reached England on their annual visit to the latter's mother, Queen Alexandra. They brought with them the little Crown Prince Olaf, who was also born in England at Aspley House, Sandringham, nine years ago, while the princely pair were on a visit to his Danish grandmother and British grandfather.

Young Olaf continues to be the idol of the Norwegian people, over whom he will rule some day. He is a real boy, full of life and of mischief, but he has a kind heart and a good disposition. Besides, he dresses wholly in Norwegian clothes and has learned to speak the Norse language. He is a Norwegian boy only by adoption. When the Norwegians are being held in the dual monarchy they declared independence seven years ago and set up a government of their own. They are a very democratic people and have favored a republic, but the monarchy habit was strong and it was determined to have a King. After looking over the royal families of Europe—of course, they must have a sovereign of royal blood—they picked out Prince Charles, the second son of King Frederick VIII of Denmark. Olaf was only two years and four months old when that Olaf was not his name.



Here is something new and delightfully charming in ladies' waists. It is fashioned with the upper part of body and sleeves in one, and is especially desirable for striped goods so popular this season. The drawing shows the upper part of the waist with the stripes running up and down and the lower part with the stripes running across, which is a clever idea. Silk or cotton fabric may be used to excellent advantage. The collar and cuffs of lace or embroidery.

UTILITY BAG MAKES APPRECIATIVE GIFT.

Serviceableness Should Be First Consideration in Selecting Material. The gift of a utility bag is sure to be appreciated by any woman, especially if she strives to keep her possessions in order, having a place for everything and everything in its place.

When constructing a bag that is to have general usefulness, be sure to make it of some material that will not easily soil, and one that when soiled can be sent to the laundry without fear of injury. Denim, cretonne, linen and heavy unbleached muslin are all suitable materials; they wear well, wash well and are easy to work upon.

For sewing, embroidery or knitting a bag made of flowered cretonne showing dark red and green tones on an ecru ground is good. It is fashioned from a strip of heavy cretonne, twelve inches long and twelve inches wide. This is lined with green silkoline several shades lighter in tone than the green of the cretonne.

Fasten to Hoop. At each end the material is turned to an oval embroidery hoop by fastening the edge over and hemming it down, and stitching it underneath. This forms an opening and two handles, by which the bag is carried conveniently. The sides are either slipstitched together or finished with the buttonhole stitch.

To match this is a darning bag made of the flowered cretonne and plain dark green cretonne. The flowered material is used to cover two pieces of cardboard, one of which is twelve inches wide. One end of each has the square edge curved off; they are both covered first with a single layer of cotton wadding, then with the cretonne put on perfectly smooth and having the ends overlapped together. If the pattern of the cretonne has a definite design, arrange it so that the central portion of a figure will come in the center of the cardboard. Now cut a strip of the plain material twelve inches wide and fifty-four inches long, gather this from the squared-off corners all around the curved edge of the cretonne-covered boards, turning in an inch hem at either end.

Now a small brass or bone ring at the joining point of plain and figured material, having two rings on each side, and through these rings a cord is run in a flat bow, that will serve as a draw ribbon to the bag and also as a means to carry it or hang it inside your closet door.

Brown and Blue. Natural-colored linen crash, thirty-two inches long and fourteen inches wide, has a lining of blue cloth. This is folded over double, sewed together from the folded end on the edges for twelve inches and then stitched back and forth several times so it will not tear open, and has seven glove snap fasteners sewed at intervals across the top of the opening about an inch from the edge. Two straps of linen form handles on each side of the opening. This makes a splendid bag to take with you on a trip. It can be placed all sorts of things.

A bag of unbleached muslin decorated with a very stenciled design is destined to hold middy's cordsets. This is twenty-two inches long and eight inches wide and is finished at the top with a drawstring run through a casing two inches from the edge of the opening. This may have a small sachet sewed in the bottom to impart a delicate perfume to the contents of the bag.

Egg Outlets. Put two tablespoonfuls of butter into a saucepan; add two tablespoonfuls of flour and blend over fire; add one cupful of milk, three minutes, stirring all the time; add two yolks of eggs, one at a time; add two tablespoonfuls of chopped, cooked ham, six chopped mushrooms, four chopped hard-boiled eggs, seasoning of salt, pepper, and nutmeg. Turn out on to a plate to cool. Shape into outlets. Brush over with beaten egg yolk in bread crumbs, and fry in smoking hot fat. Serve hot.

Hickory Nut Ice Cream. Three pints milk. When scalding hot stir in 2 well-beaten eggs, 1 cup sugar, pinch of salt, 1 tablespoon flour; stir until it thickens like heavy cream; when cold stir in a little vanilla and 1 large cup of chopped nut meats; freeze and let ripen for two hours.

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Movement to Observe Barbara Fritchie Day.

War Is Being Waged in Frederick Over Setting Aside Holiday in Schools—Historians Say the Incident Is Only Fiction.

Agitation over the Barbara Fritchie incident in Frederick, Md., during the civil war is expected to strike the District of Columbia as well as this fall. In Frederick, the Barbara Fritchie incident, whether actual or traditional, now has feeling at fever heat between the Barbara Fritchie Memorial Association, which has sent requests all over the country that State superintendents set aside a day in her memory, and the United Daughters of the Confederacy, whose members are so bitterly opposed to the perpetuation of what they regard as an impugning of the character of Stonewall Jackson.

According to a dispatch received last night from Frederick, the war between the United Daughters of the Confederacy and the Barbara Fritchie Memorial Association, which proposes to erect a monument over the grave of Barbara Fritchie, has been so severely waged that the Board of County School Commissioners in formal session, declined to set aside a date to be observed as "Barbara Fritchie Day" in the schools of the county.

The memorial association has sent letters to the State Superintendent of Schools in each State in the Union requesting them to set aside a day in honor of the heroine of Whittier's famous poem. He was baptized Alexander Edward Christian Frederick, after English and Danish ancestors. But when Prince Charles accepted the crown of Norway he took for himself the name of Haakon, which had been borne by half a dozen of the most famous of the Norse Vikings, and the name of Olaf, likewise of heroic memory, was bestowed upon little Alexander. For some reason it was not deemed necessary that the Queen should have a Norwegian name and she is still Queen Maud.

Of course, the English mother insisted that her boy should be as much as possible a little Englishman. She taught him to speak English, dressed him like an English boy, and often took him on visits to England. But this so displeased the Norwegians that they made a patriotic protest, which has had its effect, and so the future King of Norway will be a real Norseman.

ECZEMA. KING GEORGE V. London, Aug. 17.—King George V. offered to King Manuel of Portugal a suite of apartments in Kensington Palace. The former Portuguese monarch has as yet made no decision in regard to the matter. Kensington Palace, where Queen Victoria was born, is now divided into suites and apartments. As the gift of the King, two of these are occupied by the Duke and Duchess of Argyll and Princess Henry of Battenberg.

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