

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women. MARY MARSHALL, Editor. DAILY DEPARTMENT OF THE WASHINGTON HERALD.

Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

Way Go the Disinfectants!

No more fumigation in the tenements of New York! Away go the disinfectants! This is by order of the guardian of public health in that congested quarter of the country—Dr. Goldwater.

Dr. Goldwater, with his wisdom along lines of public health, has come to the conclusion that air and sunlight are the only two disinfectants worth considering. They are the strongest, deadliest and most effective of germicides—these simple, harmless appearing companions of our existence.

Only two deaths have occurred at the American Hospital, England.

Swimming ought to be taught in the public schools, says Annette Keller, head of the American Hospital, England.

Seven-course dinners are out of fashion.

The war has affected in various ways our daily needs. It has changed the feeling that in these stormy days a simpler diet table should be brought about.

There is no harm in a woman using rouge and powder.

Parsons, president of the New York School of Fine Art Applied Arts, recently, "unless to such an extent that they can be detected. It is only when the use is inartistic that there is abuse."

TOMORROW'S MENU.

Breakfast: Apples, Corn Gems, Bacon and Eggs, Coffee. Luncheon or Supper: Meat Turnover, Fried Potatoes, Stewed Green Beans.

Dinner: Roast Beef, Stuffed Baked Sweet Potatoes, Baked Apples, Green Salad, Mince Pie, Cheese, Coffee.

Corn Gems—One cup of sweet milk, one cup of corn meal, one cup of wheat flour, one-half cup of sugar, one tablespoon of melted butter or drippings, a pinch of salt, and one teaspoonful of Royal baking powder.

Meat Turnovers—Stew the end of a cold roast of beef or lamb until tender and let the water almost cook away.

Baked Onions—Wash onions and cut off the ends, but do not remove skins. Boil for an hour, peel, and brown, with butter in the oven.

Worms are great promoters of vegetation by boring, perforating and loosening the soil, and rendering it porous to rains and the fibers of plants.

Another Servant Problem Solved.

Housewife: Oh! I'm in great trouble! Housewife: Your kitchen maid tried a Whorlwind Hair Dresser last night at the home of Mrs. Uppside-Down, where her sister works, and now refuses to come back to the kitchen.

Magnetic Woman Speaker Tells Secret of Success

If You Would Speak Effectively You Must Absorb Your Subject—Even if You Have to Go Into Retreat.

Whether you are delivering a six-page address to an audience of 5,000 or are reading the secretary's report at the Monday morning's missionary meeting your success as a speaker will depend on one thing—whether or not you have your listeners' sympathy.

That at least was the opinion of Miss Lila Van Kirk, who is in Washington to give her interesting travel talks on Italy and our own West at the Washington Club on March 8, 10, 11 and 22.

"I began speaking," said Miss Van Kirk when a representative of The Woman's Herald asked that I wanted her formula for success as a speaker, "not because I thought of giving talks as a profession, but because I had something that I wanted to say. I was interested in humane work with dumb animals and I used to talk to groups of children about it."

"Do you write out your talks before you give them?" asked the representative of The Woman's Herald, eager to know the exact method used by this very clever speaker, and Miss Van Kirk was strongly emphatic.

Investigation among the cannibals of New Guinea indicates that they eat human flesh because they like it.



MISS LILA VAN KIRK.

HOUSE-WIVES DAILY ECONOMY CALENDAR CANNED GOODS.

There is no use holding out against canned goods and there is no need of it. If you will observe a few simple rules there is no more danger in eating canned goods than there is in eating the fresh article.

One of the smartest American-made and American-modeled tailors suits in of blue gabardine, which has practically supplanted the serge, dear to the heart of the French woman, and which in its infinite variety of weave or other texture—is certainly a most delightful substitute.

Philadelphia Hotel Men Collect Purse for Widow of Cook Who Invented Famous Dish.

Special to The Washington Herald. Philadelphia, March 5.—A final tribute to the man who invented what is today the most famous bit of cookery in the world is being paid by Philadelphia hotel men, who are collecting a purse for his widow and two small sons.

THE EAST AND OUR FOOD.

On our table we have been serving food for years that shows that the influence of the East on the West is as old as civilization itself. Peaches, rhubarb, spinach, lettuce, currants—the dried ones in drop cakes and plum puddings—sago, tea and coffee, sugar and many other everyday foods first came from the Orient.

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An idea which was introduced in the late winter models and which is being extensively used on the early spring models is the peplum on the tailor suit coat. It can be long or short, full, or extremely so, to suit the figure of the wearer. Patent leather belts with "pouch pockets" are a smart novelty.



The skirt is full—actually voluminous at the hem—but so cut as to give an outline to the hips. A little hint to the would-be wearer of the new full skirts—they must be more carefully cut and considered than the coats, if that is possible, for a full skirt in these very modern days means a skirt still with a suggestion of "ligne."

Elizabeth Barrett Browning, probably the greatest of all women poets, was born on March 6, 18 years ago. She was a child of extraordinary precocity and at the age of eight she was reading Homer in the original with the greatest of pleasure, and at eleven she wrote an ode to a birthday surprise for her father.

TRIBUTE FOR FRIEND OF JADED PALATES

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TODAY'S FASHION HINT.

The radish, first from Asia, was named by the Latins from their work for root, radix; so peas have a Latin name and have been a usual food for centuries.

Elizabeth was devoted to her pen, and was a remarkably fine horsewoman when she was a child. And it was due to this that she sustained the injury that made her a lifelong invalid. It was when she was only nine years old that she attempted to saddle her own horse, and through some mischievous of the straps of the saddle she was thrown from her horse, sustaining injuries of the spine from which she never recovered.

HOROSCOPE.

The stars incline, but do not compel. Saturday, March 6, 1915. According to astrology this is not an altogether lucky day, for Uranus, Saturn and Mercury rule strongly for evil and the Sun, alone, is in benefic aspect.

Religious crusades and church campaigns will mark the coming months. A revival of interest in matters pertaining to the spiritual side of life will be evident, but old time prejudices and intolerance may develop.

Success and fame will accrue to a woman, who is prominent at the Panama-Pacific Exposition. The forecast for this fair is bright. Prices, 15 cents.

Children born on this day are likely to be ambitious and restless. Boys will succeed best in employ. These subjects of Pisces are usually exceedingly neat and orderly.

Appetite Follows Good Digestion

Nearly every one indulges their appetite and the digestive organs are abused, resulting in a congestion of poisonous waste that clogs the bowels and causes much misery and distress.

THESE WOMEN LIVED ON TAPIOCA AND FRUIT IN A HOUSE ON STILTS

They Went Unarmed and Unprotected to Work Among the Savage Moros.

Two gentle, cultured New York women went to the Philippine Islands a little over a twelfth-month ago to do humanitarian work among the Moros, the most hostile natives of the islands.

They made their headquarters in Jolo, a walled city as congested as the most populous parts of New York. Here the natives are wont to take the lives of Christians whenever they wish to expedite their entrance into the Mohammedan heaven.

FAMOUS WOMAN HER BIRTHDAY AND YOURS

March 6—Mrs. Browning.

Elizabeth Barrett Browning, probably the greatest of all women poets, was born on March 6, 18 years ago. She was a child of extraordinary precocity and at the age of eight she was reading Homer in the original with the greatest of pleasure, and at eleven she wrote an ode to a birthday surprise for her father.

It would be hard to find in all English biography a childhood more full of encouragement and respect than that of the budding poet than Elizabeth Browning's. She was encouraged by a highly educated father in all her intellectual attainments.

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Drawing Near the Finish

BERBERICH'S great \$15,000 Gift Sale—the most remarkable merchandising event in recent years—is drawing to a close. Those who would get their share of the 25 Orrolinger La-Rita motorcycles, or boxes of 25 Orrolinger La-Rita straight razors and Orrolinger's Rubber Heels, or 3 pairs of Knickerbocker Socks, or 3 pairs of Hosiery and Orrolinger's Rubber Heels.

Dr. Marden's Uplift Talks. Where Your Supply Is.

Quit looking for some outside agent which will move your life train. Your power is coiled up right inside of you. There is where your engine is. The same of that engine is trying to get any power outside of yourself to move you forward.

Men who leave their mark on the world are men with firm resolution, with grim determination. If youth were only taught at home and in school the power of an inflexible resolve, an unshakable determination of the thing they are determined to accomplish, if they were only taught the invincibility of an unshakable will, of resolve which knows no defeat, life would not be half so hard.

GETTING A START

SIMPLICITY. By NATHANIEL C. FOWLER, JR. Simplicity is art, understood by the ignorant and appreciated by the intelligent.

Great men are simple, and their tastes are simple. They dress simply, never ostentatiously; they watch chains, if they have any, are never large and conspicuous; they wear a ring, but only one ring. Their natural appetites crave simple food, and not the rich viands and the mysterious sauces which can only be enjoyed by a connoisseur, who lives to eat rather than eats to live.

DAILY FASHION HINT.

Smart in line and expressing the last word in fashionable detail is this tailored costume in grosgrain cloth in the new shade of gray. Prices, 15 cents.

What Do Readers of the Woman's Herald Think of "Folk We Touch in Passing"?

For some time the Woman's Herald has been publishing Julia Chandler Mann's "Folk We Touch in Passing" every Saturday morning.

We are anxious to know what our readers think of these features of real life which are among the most talked-about woman's page fables in the country. We have decided to let you decide whether they are to be continued. If you have read them, if you have any opinion about them, or have heard others discuss them, let us hear from you. Upon your verdict the future of "Folk We Touch in Passing" is at rest.

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