

WOMAN'S HERALD

Devoted to the Household, the Fashions and the Interests 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. FRIDAY, MAY 28, 1915.

THE COLLEGE WOMAN'S ANSWER

College women all over the country are having something to say lately about the charge of race suicide laid up against higher education for women. You remember the charge was made a few days ago by Prof. Roswell Johnson and Bertha J. Stutsman, of the University of Pittsburgh, that college women weren't doing their share because twenty years after graduation less than one-half of them were married; and this half could boast of only one and one-half child a piece on the average, while in order to maintain the race every woman should have on an average of four children.

Based on these conclusions the learned ones of Pittsburgh were inclined to condemn women's colleges, especially women's colleges not of the educational sort, and naturally college women and heads of colleges for women have had much to say in reply.

"What about men's colleges?" said one argumentative college woman yesterday. "College men don't have large families either. Yet no one says it is because college makes them unattractive to women, or disinclines them for the duties of married life. No one says that, just because a college man doesn't usually have as many children as a bod carrier, that there should be no colleges for them. It is ridiculous."

"The charge shows a lack of thought," said another college woman. "I have just been looking over the directory issued by my alma mater. In my own class the birth rate is even below the average—but what of that? Just look at this record! This girl, after studying bacteriology in the German universities, worked her way up to the front in one of the big laboratories here and she is doing her share of research work that has already saved many many lives. She hasn't any children and she may never marry, but she is doing her share of the race."

"And this girl," continued the college woman, turning the leaves of the catalogue. "She's working in the clinics in Chicago, where she has established a penny lunch for school children in a particularly poor section. They are not her children, but she is to be less devoted. Two of our girls studied medicine, one to devote herself to work in the baby hospitals and one to work among the women of the seagulls of Turkey. Here is a girl who is doing the most difficult and sometimes repulsive work among fall in women, another who is an investigator for insane asylum, trying to get at the real cause of congenital insanity, and another girl who studied law is working in the night courts."

"To be rich alone is not enough; the time will come when brains will count for more than mere money." "Go read history and see what women have won in the past through the exercise they influence over men." "Women are a good deal like children; they want the thing that they haven't got." "Men are losing their respect for women because of this continual fighting for their rights." "From the time of Adam men and women have occupied different positions in life and have discharged different duties, and this we cannot alter."

"The American craze for titles is absurd. The only way we can account for it is on the theory that we always want what we haven't got."

"One reason marriages are such failures," she said at another time, "is that women after marriage permit their ideals and ambitions to die down."

Among other aphorisms from the tongue of Mrs. Fish are these: "Brains dominate social life here more and more. New York society

SUPERFLUOUS HAIR MUST BE ATTACKED UNDER THE SKIN

It has been proved by the world's greatest authorities that hair is bound to grow out coarser and stiffer after each removal of the hair. It is impossible to devitalize hair with pastes and rub-on preparations, because they only remove hair from the surface of the skin. De Miracle, the original liquid depilatory, devitalizes hair by attacking it under the skin as well as on the skin. Imitations of De Miracle are as worthless as pastes and rub-on preparations, because they lack certain ingredients that De Miracle contains, which give it the power to rob hair of its vitality—its life-sustaining force. Buy a bottle of the genuine De Miracle today and you will get the original liquid hair remover. Others are worthless imitations—refuse them. Remember, you are not asked to buy De Miracle on a mere promise of your money being refunded. De Miracle is the only depilatory that has a binding guarantee in each package which entitles you to the refund of your money if it fails. De Miracle is sold in three sizes, 20c, 50c and \$1.00 bottles. The larger sizes are the most economical for dermatologists and large users to buy. If your dealer will not supply you, order direct from us. The truth about the treatment of superfluous hair mailed in plain sealed envelope on request. De Miracle, Chemical Co., Dept. F, Park Ave. and 129th St., New York.

SUSANNA COCROFT ON HOW TO BE HEALTHY

Influence of Thought on Digestion.

If your food did not digest well this morning, why? Some foods are more difficult of digestion than others, but the chances are that it is the condition of the individual, not the food, that is responsible for the trouble. The foods you call indigestible may be readily digested by another, or by you at another time. The chances are that the food is all right—the difficulty is with you. The search for your trouble. Have you been worried, anxious, angry or jealous?

Much of what we commonly call nervous indigestion is not due to the nerves, but to weak force directing the nerves; to bad habits of thinking, such as worry, anxiety, fear, mental depression, nervous tension, etc.

If you believe a food is difficult of digestion, the chances are that you've put the cart before the horse. The food is all right, but in your belief that you are going to be harmed your mental attitude is tense and this tension restricts the flow of digestive juices and of saliva into the stomach and mouth and thus digestion is retarded. If you think the food is going to be indigestible, the stimulus of the digestive juices flows more freely and digestion is more normal.

What are "indigestible foods"? In many cases those you believe are going to harm you.

It is now generally admitted that indigestion, or dyspepsia, is more dependent upon the mind than is any other physical function. Almost all of us can call to mind cases in which a day of worry or fear has resulted in indigestion the next day. This trouble often arises from over concentration in business, or from some worrying financial or family connection before or during the processes of digestion.

At the first symptoms of trouble, peel apart to find out what they are eating. They associate an attack of pain with eating a certain food; that is, they are being misled. The general health may suffer from this restriction. Laboratory experiments prove that the first process of stomach digestion is much influenced by appetite and taste. Food eaten with a relish will be digested more readily than food eaten with a distaste. In the mind with pain, is consequently tabooed. Little by little, in this way, a number of perfectly nutritious items are eliminated from the diet, and the general health may suffer from this restriction.

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Belief that food is improperly prepared, or that the cook is not clean will often bring about a case of nausea or turning against food, although that belief may be found later to have been based upon a mistake. There are curious, natural prejudices for and against certain articles of diet almost impossible to overcome. In many European countries horseflesh is regarded as both nutritious and edible, but the average Anglo-Saxon cannot tolerate it. The thrifty Normandy peasants will not eat the luscious blackberries that grow in the country because they believe them to be connected with the Scriptures crown of thorns. Very old people with failing appetites often demand some tonic, heart food of their youth and profit on it. Dr. J. J. Walsh tells of several cases

where women are highly cultured, educated and interested in the intellectual things of life. "To be rich alone is not enough; the time will come when brains will count for more than mere money."

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HOUSE-WIVES DAILY ECONOMY CALENDAR

PINEAPPLE DELICACIES.

We have all of us heard of the health-giving qualities that pineapples are supposed to possess. The juice of the pineapple actually contains valuable ferments, ferments that help to carry on digestion. And as an authority pointed out, pineapple juice begins to help digestion as soon as it reaches the stomach. Sour milk, which also contains valuable ferments, is in itself rather difficult of digestion, and must dispose of its own mass of fats and proteins before it begins to digest other things. But pineapple juice is ready to begin its helpful work the moment it enters the stomach.

Pineapple juice is a delicious beverage for summer. It is not difficult to prepare. The juice separates readily from the fiber, especially when sugar is added to it. It should be chilled thoroughly, and it should, of course, be taken from thoroughly ripe pineapples.

Pineapple cut into cubes or shredded with a silver fork and served, with a little sugar, is a delicious dessert. It is slightly sweetened, with almost any red blood corpuscle almost known. With whole, sweet strawberries, with raspberries, with halved red cherries, with oranges and grapefruit cut into slices, or with a mixture of diced peaches—with all these it is tempting. Such a dessert should be daintily prepared and served in dessert glasses. A little finely shaved ice may be added to make it more tempting.

Pineapple water is a cooling dessert for a very hot day. This can be made from canned as well as from fresh pineapple. Like any other water, it is best when served chilled. It is far less than ice cream, for the cream, milk and eggs form a much heavier food than does the pineapple juice.

Pineapple syrup, to use for ices or for beverages, can be made and bottled when pineapples are least expensive. Peel and slice the fruit, remove the seeds and add a third as much sugar. That is, for every one pound and a half of pineapple, use half a pound, or a cupful, of sugar and two cupsful of water. Strain the very soft and then press through vegetable press. Strain, measure and return to the fire, with a pound of sugar and a half cupful of water, until the sugar is all dissolved and bottle while hot. Cover the corks with sealing wax.

Pineapple syrup can be added to any fruit punch. A delicious beverage can be made with pineapple and strawberry syrup. Pour over the charged water, poured over the whole. Orange juice and pineapple, with sliced cherries and ice, are good together. Pineapple water, with lemonade is also refreshing. Mixed with cold tea, imported ginger ale, and a little melted grape or currant or cranberry jelly it forms another sparkling drink.

HOROSCOPE

"The stars incline, but do not compel." Friday, May 28, 1915. Jupiter, Neptune, and Mercury rule for good until sundown, if the reading of the stars is made in the evening. This should be a favorable rule for speculation. Brokers and bankers should benefit, and an injection of the medicine of a panic before midsummer. This may be brief, but great danger to certain lines of business is foreshadowed. It is an auspicious time for talking counsel in lawsuits or for beginning litigation. Legal settlements that will embarrass a creditor during the next few days, but they will suffer from sudden depression, owing to some unanticipated complication, probably a strike.

Under this way educational affairs should flourish. Professors and college students should find the atmosphere of the brain and encouraging to high ambitions. A movement in which universities will have initiative will be started in the autumn and will grow to astonishing magnitude in a short time. This is said by the stars. Effort to re-establish foreign relations on a foundation of brotherly love.

Short journeys are well expected. The rule is in favor of hotel proprietors, who should reap a summer harvest. The stars indicate that warm weather and a moderate amount of nervous diseases will cause resorts to be particularly lucky to have dealings with neighbors or near friends.

Moving pictures will be introduced into new lines of utility, it is prognosticated. Persons whose birthday it is may have a year of good fortune. Those who are employed may suffer serious injustice. Children born on this day have the augury of change and vicissitudes. Subjects of Gemini should be allowed to follow their natural bent. Their principal ruling planet is Mercury.

TOMORROW'S MENU

"We had three eels that my wife and I bought this morning of a man that cried them about, for our dinner." Peppy's Diary.

Breakfast: Grape Fruit, Rice and Eggs, Biscuits, Coffee. Luncheon or supper: Steamed Clam on Toast, Gingersnaps, Cheese. Dinner: Cream Tomato Soup, Broiled Bluefish, Cucumber Sauce, Scalloped Potatoes, Spinach, Lettuce salad, Strawberry Cake.

Rice and Eggs—Boil rice, drain it and spread it about an inch thick on a platter. Over it pour a little melted butter and the juice of part of a lemon. Make depressions in it with a tablespoon, and in each depression put a poached egg. Sprinkle with minced parsley and serve at once.

Steamed Clam on Toast—Steam the clams and chop them. Add a tablespoonful of flour to a tablespoonful of butter bubbling in a frying pan. Then add half a cupful of cream and the same amount of the clam liquor, stirring constantly until smooth. Season with salt and pepper and the chopped clams. Pour over pieces of toast.

Cucumber Sauce—Remove the skin from two cucumbers, grate them, season them with salt, pepper, and good vinegar. Serve with broiled fish.

Aunt Chatty's Mothers' Club Conducted by Mrs. Charity Brush

CARE OF THE CHILD'S TEETH THIS is a real Mothers' Club, for the benefit of mothers everywhere who are struggling with questions of discipline, training, education, clothing, for the children. Write to Aunt Chatty of problems which are vexing you, and she will advise and help you to a solution of them. Write to her, too, of your own discoveries, of methods you have found successful in smoothing the rough paths of life for the tender, childish feet, that through the Mothers' Club your experience may be of benefit to other mothers who are still tangled in the web of perplexity you have so happily unraveled.

Co-operation is the secret of success in any business; so why not in the business of motherhood, that highest and holiest calling which always has been and always will be woman's crown of glory, no matter what other avenues of usefulness may be opened to her? Address Mrs. Charity Brush, care of this paper.

Nothing in the care of our children is more important than attention to their teeth. "Oh, but," I think I hear you say, "I should have them clean their teeth night and morning! Why, I bought Johnny's first toothbrush when he had only two of his very first teeth. I substituted entirely on soap and water those first teeth as they came in, one by one, so that they were well placed in the little mouths? Did you regulate Johnny's diet so that he had the right amount of the indispensable proteins to build the bony structure, and not an overabundance of starch and too much indulgence in candy, to cause those early teeth to decay before the second set was ready to take their place?"

Did you watch the baby teeth for signs of decay and hurry Johnny to the dentist if these seemed the least need of a filling? And when those so-called milk teeth began to loosen and fall out, did you also have your dentist keep an eye on the second ones, to make sure there was room for each as it arrived and that it did not stand crooked in the jaw or line up above or below its fellows?"

Don't think these questions are all nonsense; these are the things you must do if you would build for your child the sound body which alone can house the sound mind I am sure you want him to have.

Some student of bacteria has discovered that a disorder of the gums, known as Riggs' disease, is caused by a microbe in the cavities in which the teeth are set, and from there affects the whole system, producing Bright's disease of the kidneys, sore joints and other forms of rheumatism, and other bodily ailments. In Riggs' disease the gums become inflamed and sore and recede from the teeth, and perfectly sound teeth loosen and fall out, sometimes making a set of false teeth necessary. A solution of lime used as a mouth wash is suggested as a preventive and a remedy for this condition, but an injection of the medicine under the skin will be more certain to reach the seat of trouble. Therefore, if you have reason to suspect Riggs' disease in your child, even in incipient form, I should advise you to consult your dentist about it at once. It is easier to prevent than to cure.

I shall never forget the suffering I endured when a girl of ten in an attempt to have my crooked teeth straightened, had my teeth pulled out by a dentist, who fitted a gold band over the front teeth, and made it so tight that it pressed against the sides of my mouth. Only after the trouble was quite advanced, my mother took me to a dentist, who fitted a gold band over the front teeth, and made it so tight that it pressed against the sides of my mouth.

Dear Aunt Chatty: When my Carl was getting his teeth he seemed to be hungry all the time, but I never could find anything which seemed to satisfy him. We live on a hillside overlooking the Mississippi River and the front hall door is on a level with the ground. I noticed that the baby would crawl out into the yard whenever he could get away from me, and after a while I would find him out on the ground eating the dirt as fast as he could scoop it up. Of course, I thought that was awful and I'd bring him right in every time and wash him up nice and clean. When the second boy got along to that age, I found him doing the same thing. So, one day when we had the doctor to see my husband, who was sick, I asked him why the boys did that. He said he supposed it must be nature trying to supply something they needed which they were not getting with their food. He gave me a doctor's book on diet and I've gone by that ever since, and I must say both children are doing well. And little Elmer's teeth don't have to be fitted. I had to have Carl's a couple of times.

A prime essential in the care of teeth is cleanliness. They should be cleaned with water after each meal, or at least once a day, with a good tooth powder or tooth paste. There are many of these on the market. Ask your dentist to recommend one which will be the right thing for your child to use.

Mrs. T. B. writes: "My little boy always sleeps with his mouth open. If I tie it shut with a handkerchief he wakes up and cries. What ought I to do?" It may be that the child has adenoids. They should be removed by a surgeon, and I advise you to have one examine the child for them.

Mrs. S. K. writes: "I bought my little girl a pair of shoes with a fitting in this spring, but she won't wear them."

TODAY'S FASHION NOTE



Simple and effective Empire coat dress, in ecru serge. It is an ideal design for vacation wardrobe, as it requires very little adjustment. A large size requires 1 1/4 yards 54-inch material for dress with papillon. Editorial Review Costume No. 1197. Size, 32 to 44-inch bust. Price, 15c.

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These Prices Prevail for Friday and Saturday

LEAGUE OF CONSUMERS' FRIENDS PATRONIZE THE STORE NEAREST YOU.

- SOUTHWEST: H. T. Gover, 7th and C Sts. A. G. Schmidt, 4 1/2 and F Sts. R. E. W. Schmidt, 8th and D Sts. NORTHWEST: C. Hambling, 312 Penn. Ave. A. H. Pitt, 4th and G Sts. N. F. Turner, 3428 14th St. Columbia Tea and Coffee Co., 1265 N. Capitol St. NORTHEAST: H. C. Roberson, 9th and S. Car. av. Brinkley Bros., 1101 3d St. Brinkley Bros., 923 4th St. Brinkley Bros., 105 N St. LUTHER F. HALL, 12th and H Sts. M. J. Whelan, 1117 H St. R. E. Roberson, 5th and A Sts. J. Kraus & Son, 910 12th St. J. E. Diggle, 643 H St.

FREE DELIVERY TO EVERY SECTION OF THE CITY.

Chairman Walsh Criticized. President Wilson has been sent a formal protest by Brainerd H. Warner, a local attorney, against Frank P. Walsh, of the Federal Industrial Relations Commission. This protest is made on the ground that Mr. Walsh in his examination of witnesses representing large corporations is showing gross unfairness against reputable business concerns, according to Mr. Warner.

Will Not Lock Jurors Up. The trial of James Taylor, colored, accused of cutting his wife's throat on July 12 at their home near Twenty-fifth and P streets, was begun yesterday. Justice Siddons announced that the jurors will not be locked up during the taking of testimony and a jury was procured in less than two hours, only fifteen taxpayers being called. The case is the first capital offense over which Justice Siddons has presided.

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