

WOMAN'S HERALD

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

WATCH YOUR STEP.

When our grandmothers or our mothers learned how to dance they learned for a life time, or at least so long as they were youthful enough to be inclined to trip the light fantastic toe. To be sure there were little changes. One season perhaps the hands were held at one angle and in three or four years perhaps another angle came into vogue.

"Only about half the women who wear short skirts—the extreme short skirts of the present mode—do so correctly," commented a Parisienne, famous for her clothes sense. "You see, in Paris we seldom wear the abbreviated skirt with low shoes, slippers or pumps. We wear high shoes, very high in fact, and then, if we wish, we can wear our skirts so they show a suggestion of the stocking."

HOROSCOPE.

"The stars incline, but do not compel." Thursday, September 15, 1915. Astrology reads this as an unusually fortunate day. Uranus and Mercury rule strongly for good during the hours of greatest activity. It should be a lucky date for entering into new partnerships, signing contracts and balancing accounts.

Autumn Fashions as Shown Now at the Paris Openings

For the tea dance the Parisienne is wearing a velvet frock with a picturesque cape of fur. Ermine and seal have been combined in this pelerine of quaint lines. The snug fitting toque Evelyn Varon has decorated with a fantasy of aigrettes.



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

THE "SISSY" BOY.

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.

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.

This mantle might have been copied directly from the mantles of will wear it deep

TODAY'S FASHION NOTE.



The princess overdress is one of the most fashionable forms of the one-piece frock and it appears to excellent advantage in this model of dull green whipcord trimmed with green moire silk. A collar of lace or net finishes the neck at the back and the dress is pretty worn with a guimpe of the same material.

FAMOUS WOMAN HER BIRTHDAY AND YOURS

September 15—Adelaide Whitney, Sophia Dorothea.

Sophia Dorothea, who was born September 15, 1687, was the daughter of King George I of England, and through her marriage, the Queen of Prussia. Adelaide Dutton Train Whitney, the author of "Faith Garter's Girlhood," and other one-time favorites, was born in Boston, September 15, 1824. At 19 she was married to Seth Whitney, of Milton, Mass., and began her writing after her marriage.

Deep Breathing Aids Beauty.

Have you ever tried deep breathing? Wonderful benefits come as a direct result of giving the lungs plenty of fresh, pure air. Deeply your muscles gradually strengthen, your eyes glow like twin stars, your chest becomes full and rounded, and your pale cheeks are stained a vivid red.

DAILY SHORT STORY

THE RED CHIMNEY.

By KEITH KENYON.

In the full flush of summertime foliage you could not see it from Burton's camp, but when the September winds began to send the leaves dancing it stood out plainly, one red chimney far up the valley of Little Creek.

PLACING THE MIRROR.

Place a mirror over the fireplace to reflect the room.

Place one between the windows at the end of a long narrow room to catch the light there. Place one where it will reflect a charming glimpse of the garden through a window opposite to it.

HOUSE-WIVES DAILY ECONOMY CALENDAR

APPLE ECONOMIES.

Now that apples are again plentiful, the economical housewife can do much to vary the daily menu by making liberal use of them. For one thing, there is an apple filling for cake. It should be spread between the layers of a plain cake. To make it, beat the white of an egg stiff, but not dry, and then gradually add a tart apple, grating it as you add it, with a little sugar.

STRENGTH OF SERENITY.

By ORISON SWETT MARDEN.

Some one has said that an undirected mind is like lightning; it does a lot of harm and no good. When you allow yourself to be "worked up" over trifles your mind is without a guide. It has escaped your control, and you are in danger of doing foolish things.