President and Mrs. Wilson in Box at National; Justice and Mrs. Hughes Give Dinner Party For the Secretary of State and Mrs. Lansing

Other News of Society at the Capital

President and Mrs. Wilson, accompanied by Mrs. Carl Brown, of Atlanta, Ga., and her daughter occupied a box at the National Theater last night.

The Secretary of State and Mrs. Lansing were the guests in whose honor Mr. Justice and Mrs. Hughes entertained at dinner last evening.

Senator and Mrs. Atlee Pomerene were hosts at a dinner of eighteen covers last evening, entertaining in compliment to Judge and Mrs. R. S. Ambler, of Canton, Ohio, who are visiting Judge Byron S. Ambler. The Secretary of War and Mrs. Baker were among the guests.

The Raccar Canoe Club held its third dance of the season Saturday evening in the Arcade private ballroom. The dance committee consisted of Messrs. Paul J. Bergh, chairman; Raymond Evans, Byron Gallagher, Richard Titlow, George Wright and Birnie Heidenreich.

Senator and Mrs. Willard Saulsbury gave a dinner party last evening, when their guests included Senator and Mrs. Oliver, Senator and Mrs. Thomas, Representative and Mrs. Slayden, Representative Cannon and Miss Cannon, Maj. Gen. and Mrs. Carter, Mr. and Mrs. Winthrop Daniels, Miss Anne Squire, and Dr. Swisher.

Maj. Gen. and Mrs. George Barnett were hosts at dinner last evening. Their guests included the Japanese Ambassador and Viscountess Chinda, Senator and Mrs. Weeks, the Secretary of Agriculture and Mrs. Houston, Col. and Mrs. Hart, Capt. and Mrs. Harlow, Mr. Johannessen, Miss Bones, Col. Lauchheimer, Miss Adams, Mr. and Mrs. String, of Boston, who are visiting Senator and Mrs. Weeks, and Mr. Sinclair, of Baltimore, the house guest of Gen. and Mrs. Barnett.

Mrs. Myer Cohen entertained informally at luncheon and bridge yesterday afternoon in honor of Mrs. T. Q. Donelson, who is visiting Mrs. Joseph Homiston Cranford.

Mr. Paton entertained informally at luncheon yesterday in the rose room of the Shoreham.

Mrs. Charles H. Jonas will entertain at a tea this afternoon at her residence, 1812 G street, in compliment to Miss Josephine Jonas, of this city, and Miss Canby Ray, of Maryland.

The receiving party will include Mrs. Bryan Morse, jr.; Mrs. Thomas J. Fisher, Mrs. Benton Ray, Mrs. Garnet Kondrup, Mrs. Mauchlin Nevin, of Braddock, Va., and Mrs. Alvin Sydenham.

Mr. and Mrs. H. A. Parsons, of Cleveland, have arrived in Washington and are stopping for a few days at the Shoreham.

Mrs. Royal Meeker will be at home this afternoon at the Northumberland.

Mrs. Lynden Evans, of Chicago, wife of former Representative Evans, arrived yesterday evening, to be the guest of Mrs. Edwin F. Sweet for a week. Mrs. Sweet will give a luncheon in honor of Mrs. Evans today.

Miss Esther Whiting, who has been the guest of Mr. and Mrs. George Edwards, in Bethlehem, Pa., for three weeks, will return to Washington today. Mrs. Edwards was formerly Miss Elizabeth Garland, daughter of Mr. and Mrs. J. S. Garland, of this city.

Mr. and Mrs. Adrian Larkin, of New York, are making a short stay in Washington and are stopping at the Shoreham.

Miss Caroline Ogden Jones entertained at an informal tea Sunday afternoon.

Mr. and Mrs. Jack Brushwood, formerly of Washington, but now of London, England, attended the photographers' convention here and left yesterday for New York, to sail for England.

The members of the Jolly Whee Club entertained at a St. Patrick's party at the home of Miss Marie Ryan, 1215 Euclid street. Those present were: Misses Levania and Lucille Gaskins, Annette Everett, Emma Roetchi, Helene Ryan, Myrtle Schmit, Mary Riordan, Oscie Amiss, Elizabeth Holtman and Messrs. Tom McHale, Dolan Donohoe, John Robey, Thomas McCarthy, William Martin, La San Fellipo, Clarise Gathgens and P. G. Holmes.

Mrs. J. K. Ross and Master James Ross, of Montreal, have arrived in Washington and are spending a few days at the Shoreham.

Among other recent arrivals at the Shoreham are Mr. and Mrs. J. A. Kelher, of Boston; Mrs. John J. Borland, accompanied by Miss Harriet Borland, of Chicago; Mr. and Mrs. William Clark, of New York; Mr. and Mrs. John S. Hoyt, also of New York; Mr. and Mrs. John B. Drake, of Chicago, and Mr. and Mrs. Walter S. Halliwell, of Bound Brook, N. J.

The Washington branch of the woman's section of the Navy League will not meet today, as scheduled, owing to press of work in connection with the establishment of the National Service School. The March meeting and the April meeting will be combined, and will be held on the last Tuesday in April. Mrs. Geo. Dewey is governor of the Washington branch.

Mr. and Mrs. Nelson Perin entertained last evening at dinner in the ballroom of the Shoreham. The table was decorated with white lilacs and ferns, among which were concealed small electric lights, and the edge of the table was outlined with roses. Mr. and Mrs. Perin's guests numbered twenty-four.

Mrs. Richard Crane was at home informally yesterday afternoon. Miss Ruth Hapgood and Miss Delano presided at the tea table. Mrs. Crane will receive again next Monday afternoon.

Mrs. J. B. Kendrick and Miss Rosa Maye Kendrick, wife and daughter of the governor of Wyoming, who have been to Exeter, N. H., arrived at Washington yesterday and are stopping at the Willard.

Mr. and Mrs. John G. Herndon, of Falls Church, Va., formerly of Delpaplane, Fauquier County, Va., celebrated their fiftieth wedding anniversary Sunday, March 26, with a family reunion. Six children and their families were present: Mr. and Mrs. Eugene G. Herndon, of Washington; Mrs. Frances H. Smith, of Falls Church; Mr. and Mrs. Edwin L. Herndon, of Washington; Dr. and Mrs. D. N. Riggs, of Washington; Mr. and Mrs. P. B. Davis, of Springdale, Va., and Mr. and Mrs. Mervyn L. Herndon, of Hamilton, Va. The grandchildren present were Parish Taylor Herndon, Elizabeth Herndon Smith, Kathryn A. Riggs, Louise, Arnold, and Annette Davis, Marion and Alice Logan Herndon. Among the friends and relatives calling were Mr. and Mrs. Thomas H. Herndon, Mr. and Mrs. James Rixey, Dr. and Mrs. Gott, Miss Frances Marshall, Mr. Edwin Fenwick, Miss Alice Grant Stevens, Mrs. Ballsley. There were presents of gold, flowers, and many useful gifts received by the bride of fifty years ago, who was Miss Alice Logan, of Virginia, a great beauty. Her earliest American ancestor belonged to the family of James Logan, secretary of William Penn. Mr. Herndon served in the seventh Virginia Regiment Cavalry, Confederate army, and at present is mayor of Falls Church.

Mr. and Mrs. Robert Graves, of New York, who are motoring, arrived at Washington yesterday and are at the Willard.

The Lucy Holcombe Chapter, D. A. R., was entertained by Mrs. Edmund Dickey and Mrs. Elliot Thomson on Monday evening, March 15, at the latter's home. The regent, Mrs. John T. Huddle, presided. There were many interesting reports for the various committees. The chapter voted to bear the expense of fencing one of the boundary mile stones that mark the District of Columbia. This work of preserving the original boundary stones is being done through the D. A. R. "Committee on the Preservation of Historic Spots and Records." The evening closed with a collation.

Miss Helen J. Johnson entertained at a dance, Friday evening, at her home on Connecticut avenue. Dancing continued until midnight when a buffet supper was served.

Dr. and Mrs. Halsey De Wolf, of Providence, R. I., who are returning from Hot Springs, Va., are breaking their journey here and are stopping at the Willard. Other arrivals there of yesterday include Mr. and Mrs. Frank Presbry, of New York; Mrs. Martin B. Keen, of Minneapolis, who is en route from the South; Mr. and Mrs. Dwight Cutler and Miss Cutler, of Detroit, who are returning from Florida, and Mr. and Mrs. William R. Quain, Mrs. J. R. Morton, Mr. T. Ahearn, all of Ottawa, who have been spending some time at Palm Beach.

Blue Serge with White Trimming

Other materials may come and go, other shades head the list for a time, but blue serge—dark blue—never loses its prestige for general street wear, no matter what the time of year. Here is shown a particularly chic trotteur frock, made of navy blue serge with white girdle, buttons and collar. The clever way in which the yoke has been fashioned on both skirt and waist is worth noting.

HOUSEWIVES DAILY ECONOMY CALENDAR

By FRANCES MARSHALL.

Best for Your Brush.

There are some of us who buy cheap and often. There are some of us who buy expensive and seldom. And all of us are justified in our method of economy.

In brushes, however, it is economy to pay for good quality. An expensive brush, well cared for, will outwear many cheap ones. And more than paying for itself, it will give much greater satisfaction than the many cheap ones would have given. So buy good brushes, for hands, face, hair and clothes, and then take care of them.

The best way to wash a brush is to dip it into a solution of a tablespoonful of ammonia (the household sort) and three quarts of water. When the brush is clean, rinse it thoroughly in several changes of warm water, or running warm water, and then dip it into cold water. Dry by hanging it up by the handle.

The cold water hardens the bristles and hanging it up by the handle keeps them straight. If it is a clothes brush, without a long handle, stand the brush on the bristles, so the water will not run to the roots of the bristles, there to rot them. If it is a velvet brush, omit the rinsing in cold water, for a velvet brush should be soft.

If you wish to have the bristles unusually hard, dissolve a teaspoonful of salt in a quart of water for the rinsing water.

It hurts a brush to wash it too often; washing softens the bristles and wears the brush out. So try to keep the brush as clean as possible. Always shake it out, if it is a hair brush; pat it briskly against a towel to remove dust. Rub the bristles with the towel or with some other clean cloth, to remove oil and keep the brush in a case or a drawer when it is not in use to protect it from the dust in the air.

There are some bristle brushes which cannot be washed. Follow the directions that come with these brushes, for washing destroys them. It is a very good plan to air any brush in the sunshine occasionally.

(Copyright, 1916.)

TOMORROW'S MENU.

"The plentious pinkle shall preserve the dish."—Gay.

BREAKFAST.
Oranges.
Panned dried white fish.
Fried potatoes.
Rolls and coffee.

LUNCHEON OR SUPPER.
Peanut sandwiches.
Pineapple salad.
Tea. Crullers.

DINNER.
Turkey soup.
Veal loaf.
Cream potatoes.
Olives. Turnips.
Date salad.
Cabinet pudding.

Panned dried white fish—Many persons eat this fish in the dried state without any preparation whatsoever, but it is much improved with a little heating. Dip the fish in hot water, drawing it out immediately. Open it down the back, spread it on a cooking dish, put a little butter on top and heat in the oven until the butter melts. Any piece left over will do for sandwiches or the dried-fish hors d'oeuvre. Dried whitefish is also ready for eating after the submerging in hot water, this freshening it a little and loosening the thick skin.

Peanut sandwiches — Shell and remove the skins from one-half cupful of peanuts. Chop them fine, moisten with a little cream and mix with one creamed cheese. Season with salt and spread on thin slices of bread.

$960.55 Fees for Red Cross.

The Treasury Department, yesterday, turned over to the American Red Cross $960.55 in new membership fees. Of this amount $272 was contributed by the bureau of printing and engraving, $147.75 by the office of the auditor for the Post Office Department, and $540.80 from other activities of the Treasury Department. The forwarding of the money to Miss Mabel Boardman completes the canvass for new members begun several weeks ago.

Could You Use $500?

The offer of $1,100 to those who can solve the best the Diamond puzzle presented by The Washington Herald is attracting widespread attention, and already a great many people have begun to delve into the mysteries of the problem. The puzzle is one that can be solved by patience and accuracy in keeping track of the diamonds. There is no "joker" concealed anywhere in the chart. It is purely a game of diamonds with sufficient stakes to make it worth anybodys while to take a hand in.

Practical Prescription For Sour Acid Stomachs

Nine-tenths of all cases of stomach trouble nowadays are caused by too much acid. In the beginning the stomach itself is not diseased but if this acid condition is allowed to continue, the acid is very likely to eat into the stomach walls and produce stomach ulcers which may render a radical surgical operation necessary even to prolong life. Therefore, an "acid stomach" is really a dangerous condition and should be treated seriously. The excess acid or stomach hyperacidity must be neutralized by bisurated magnesia taken in teaspoonful doses in a fourth of a glass of water after each meal. Larger quantities may be used if necessary as it is absoutely harmless. Be sure to ask your druggist for the bisurated magnesia as no other form of magnesia is as effective as the bisurated.—Adv.

MOVING PICTURES AND THE WORKING GIRL.

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WHEN I look upon my audiences from the screen and whisper, "How-de-do, my friends?" I wonder if the people really know that while the picture is being taken we are always thinking of them, and are ever so much more keenly interested in all of those strange faces than they are in the ghosts of us who walk before them on the screen.

Sometimes we actresses talk about the worlds of people to whom we pay our silent homage, and what varied types we play to, from the alien to the little, chubby-faced American boy, who knows and loves his movie stars and would rather spend his pennies on Charlie Chaplin than the most alluring toy shop window.

The question was asked us at the studio by a non-believer in pictures: "What good have pictures done for the world, and how have they educated the people, as is their hue and cry?"

Of course, we have mental reams of defense, which we can reel off to such condemners of our art, but I did not answer—I merely turned to several of the stenographers who had recently come to the studio, and who, up to that time, had had no knowledge of pictures outside of the pleasurable viewpoint of the audience.

It is what these girls told us that verified the statements made by hundreds of other working girls, who have been only too glad to express themselves upon the subject. Pictures mean to them not only rest and amusement hours, but hours of actual association with girls of other races and the knowledge of social conditions existing in other countries.

There are few of us who are not always eager to absorb knowledge, and those girls who have been unfortunately denied the higher branches of education make valiant efforts not to allow their burdensome labors to limit them or hold them down to a prescribed mental chalk line.

Summing this up mathematically, we find that to the first question we ask the girls: "What do pictures mean to you?" the prompt reply is always "Amusement." Before there were movies to go to, evenings not spent in visiting or partying were long and tiresome, and but few of the girls could afford to go to the theaters except to the cheap stock companies or burlesque performances. In order to give zest to life "one must play part of the time," they would add, naively.

"Entertainment and education," another girl as decidedly answered, "but chiefly education. How happy we feel when we leave the theater carrying with us new knowledge either of plant or animal life, gigantic industries in other cities, or introductions to foreign countries."

"Do you know, Miss Pickford," excitedly said one of the girls, "that until I went to moving picture I thought costumed Indians had become traditions and did not know that real feathered tribes were still living in the United States, preserving to a certain degree the customs of their grandfathers. You can imagine how fascinated I was when I saw the pictures of the Yaqui snake dancers and the war dances of the Nez Perces Indians. And how excited we were to see pictures actually taken in the land of the midnight sun. The night the picture was showing at the theater near our homes, we took the little boys and girls of the neighborhood that they might learn about the ways of the Esquimaux."

"I was so glad to see pictures of the great Western ranches," one girl told me, "for I have never been out of the city in my life, and for years have read romances of the mountains, the desert, and the Jesuit missions of California."

"Last night we were fascinated by a series of marvelous pictures which showed the birth of an orchid from the bud until it reached its full bloom, and of plants that thrive upon little insects, whose tender, delicate leaves were like spider webs. Once the victim lit upon a leaf, it recoiled and drew the insect into the heart of the flower, where it was smothered and absorbed." The eyes of the girl who told me this danced with pleasure.

"Mother will never forget the picture which magnified the horrors of the house fly," interposed another. "The scene showed us how it lays its eggs upon a piece of exposed meat and the eggs become repulsive and disease-breeding maggots. Ever since that lesson our slogan has been that of millions of other—'swat the fly!' Mother says the movies have proved the dangers of him, and they are cautious now that he keeps away from the baby's milk bottle."

I will be so interested to know what YOU think of the moving picture—what it means to YOU.

Answers to Correspondents.

J. U.—I am not sure I have your initials right, as your signature was not plain. You will find the names of the moving-picture firms having headquarters in New York City in the trade journals.

K.—Some skins develop hair with certain lotions, while others do not. You can tell the effect by watching closely.

L. R.—A plot worked out in a complete story is better for film use.

Z. B., Louie H., B. H., Tome de R., Flora H.—Your inquiries—the ones that come oftenest to me—as to the best way to become moving picture actors (or actresses) are best answered all at once by saying that the best way, and the only way, is to go to the studios and leave your name with the director, together with a photograph of yourself, so that he will the better remember you.

L. M. B.—I am sorry, but I am not the person you saw in the motorcycle car. I am glad you enjoy the pictures, and want to thank you for your encouraging words.

J. H.—The best way to secure employment as a camera man is the same as that of securing employment as an actress. See replies to Z. B., Louie H., B. H., etc.

J. N.—Scenarios are written as synopses, and must omit as much description (except of characters) and conversation as possible, confining themselves closely to motion—action. They should be typewritten on one side of the paper. The best way to dispose of them is to send them in to the various companies or to reliable agents.

Robert S.—Shyness is not unusual at your age. Have you tried going to dancing school as a possible cure? Meeting girls in this way—a way which gives you something to keep busy with so you will have no time to think of being shy—might help you. It is too bad that you haven't sisters or cousins—there is no better cure.

G. B. K.—You ask if I am a "suffragette." That depends on what you mean by "suffragette." I am not militant, but I believe women should have the franchise. I am glad you enjoy the articles.

Mary Pickford.

NEW YORK DAY BY DAY

By O. O. McIntyre

Special Correspondent of The Washington Herald.

New York, March 27.—The private life of a press agent is usually colorless and dull. Some of them are about as interesting as an afternoon at a Futurist art exhibit. Many of them dwell in darkness—a soul shut off from happiness and removed from the myriad and enlivening influences of the people and places they "press agent."

Their business is to create or re-create news about others. Many of them never see their clients and others write about the theaters and the debutantes, the tango-worms, the vers librists, Ritz-loungers and dowagers with tiaras without ever seeing Broadway. In fact one celebrated press agent lives down on Long Island and while he writes about things Broadwayesque he has only been there twice at night.

Then there is one press agent in town who is interesting, not because he happens to have been a war correspondent during the Boxer troubles in China, but because he has one of the finest collections of books in town. He is Walter Kingsley, the Keith publicity purveyor.

A prominent publisher said the other day that Kingsley outbids millionaires, because Kinglsey knows and the millionaires do not. There is a press agent for a literary lion who does all his work for his client in America from London—or at least did before the war.

After meeting courtesy repeatedly for a year or so from a theater, a New York dramatic critic inquired who the man in the box office was. He was greatly surprised to learn that the attache was the son of E. P. Roe, the famous novelist. At another theater not far away the son of former President Zelaya, of Nicaragua, is the pianist.

August Kuttnauer, the cigar importer, is back from Cuba with reports that Havana is destined to become the winter mecca for tourists. Never in history has there been such a season for tourists and most of them come from the United States.

His usual home is at the Hotel Ingleterra, but it being crowded he stopped at the Hotel Luz, which has an amusing list of instructions in English in every room which it labels "Regulations for Passengers."

Here are a few of the excerpts verbatim:

The owner of this stablishment, supplicates to the guest, to notify they departure with a day of anticipation.

All passengers that are two days out of their room and leaves any bagages will have not right to reclamation, if they have not made a call to the owner before leaving the room, and the owner will have the right to ocupy the room or rooms. Which they had before.

Gaby Deslys and her dancing partner, Harry Pilcer, a former East Side boy, have quarreled, so the Rialto hears. Nora Bayes, who is known for her peace-making proclivities, gave an all-night party recently with the hope of bringing the two together, but it was a dismal failure.

Both have the artistic temperament, they say. Gaby has been peeved since Elsie Pilcer, Harry's sister, flung herself into vaudeville arayed in copies of Gaby's favorite gowns.

The other day the show Gaby is in came to a sudden halt, although it was being packed daily. They are thrown together in the production, but outside of the theater Gaby continues to pout.

Joe Weber and Lew Fields are back from California, where they have been acting before the fil-lums. There are many rumors about them going to appear together again in a musical play. Another one of those farewell affairs for which they are justly famed. Both are not so keen for picture work as they were when they left Broadway.

Two Fair Women Turn the Tables and the Hunters Are Now Themselves Hunted

Female Social Pirates Wreak Justified Vengeance on Male Wolves Who Had Heretofore Shorn the Lambs.

The social pirates are in our midst. They arrived in Washington on Sunday. Mona Hartley and Mary Bennett are the names that appear on their visiting cards.

Their's is a strange game. It is really a reversal of the usual order of things. All the way down through the ages a certain class of men have made women their game. Mona and Mary turn the tables.

"Only the wicked shall suffer," is their edict, and their campaign is waged solely against unscrupulous men.

They have sworn to avenge the wrongs of their sex by completely turning the tables and retaliating in their own way by preying upon the human leeches and society parasites, which neither the judgment of law nor public opinion seems adequate to reach. You will not always approve their methods, but you will certainly be satisfied with the results in the campaign these two girls have planned and put into execution.

The adventures of Mona and Mary are related in a series of fifteen complete stories entitled "The Social Pirates," each with its individual climax and conclusion. George Bronson Howard is responsible for the plot of each one, while Hugh C. Weir did the work of novelization. The result is the most intensely interesting week-to-week reading ever offered by a Sunday newspaper to its readers.

The first of these fifteen stories appeared complete in the four-color magazine section of last Sunday's Washington Herald. This complete story installment was entitled "The Little Monte Carlo." Next Sunday's complete story is called "The Corsican Sisters."

PRACTICAL HEALTH TALKS By Lillian Whitney, M.D.

Dr. Whitney's popular articles on health and beauty subjects in several leading magazines have been attracting marked attention for a number of years. No other writer on similar topics is better equipped for the work, for Dr. Whitney has established an enviable reputation as a specialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department as promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed care of this paper.

DO YOU FEEL YOUNG?

Americans lead more strenuous lives than any other peoples. It is true that we achieve more, roughly speaking, but at a tremendous cost. We age more rapidly and die younger. Is it worth while? We work incessantly and never play. We take our pleasures on the wing and they are usually of an unwholesome nature, such as eating and drinking for recreation, and gathering by the hundreds in close, illy-ventilated theaters or concert halls, where we breathe each others emanations, and in that way further poison the blood and choke up the system with germ-laden organic matter.

We do not know the meaning of recreation in its truest, broadest sense. A man past his first youth thinks he makes a ridiculous spectacle of himself if he goes out in his back yard and kicks a football around or tosses a baseball about. Organized clubs (except those connected with schools and colleges) for out-of-door sports are practically unknown. We meet at each other's houses for a game of cards, but we would not dream of a cross-country tramp, of a game of hockey, of skiing, of winter golf, of skating. Fancy a group of sedate middle aged folk forgetting their eminent respectability, forgetting their age, their cares and responsibilities, forgetting everything but the wholesome delight engendered by the bracing exercise on an icy toboggan.

No, we do everything to invite premature old age, and in doing so miss the joy of life. Since, besides this, a youthful appearance has a distinct commercial value, it behooves all of us in this competitive age to cultivate youth. The society of young people is invigorating. Prof. Osler advised his students to walk through life with "the boys."

Mothers should never outgrow their daughters, except in wisdom and experience. This association with young, fresh minds enables one to maintain that youthful enthusiasm which manifests itself in an assurance, a confidence and a just pride in self. Without this, one is frequently apt to become despondent, and a hopeless, depressed attitude is the surest means of tracing premature lines upon the face and aging it perceptibly.

If we give way to depressing circumstances, we simply invite old age, for the symptoms of genuine old age are those of depression. All the vital functions are sluggishly performed, the circulation is feeble, the extremities are pale and cold, the gait has lost its elasticity and there is a general air of lassitude. Victims of this condition are unable to see the beauty and joy of life and become burdensome to themselves and others. We must maintain an optimistic viewpoint and a correct attitude, otherwise we cannot bring out the best that is in us, and this is the first essential to the preservation of what natural charms we possess.

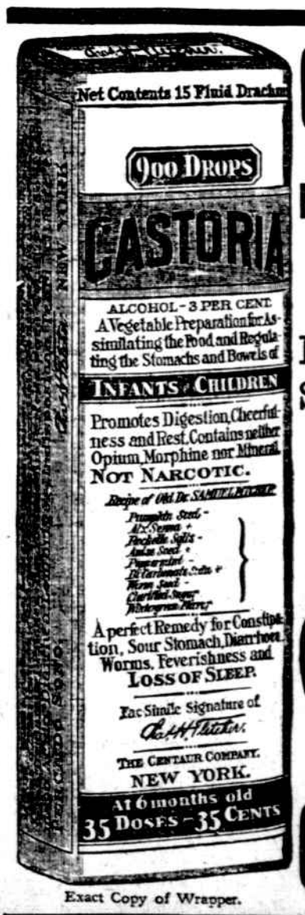
Answers to Queries.

Too Thin: I would recommend to you the following general directions for increasing your weight: Sleep at least eight hours out of the twenty-four; if possible, make it ten. Drink a glass of hot (not boiled) milk half an hour before retiring. Take one raw egg a day, before breakfast, or between meals, beaten up in a little sherry wine or in lemon juice and sugar. Take a warm bath at night, one hour after eating. Follow by fifteen minutes of deep breathing exercises. Take fifteen minutes of deep breathing exercises in the morning just after rising. Walk at least three miles a day. Eat regularly and be sure that your diet is simple and nourishing. Milk is good for you, all green vegetables, clear soups, and fruit. A tablespoonful of olive-oil three times a day is an excellent assistant to digestion and oils the inner machinery. Cultivate a placid temper and a peaceful mind.

Clever: A too florid complexion is often the sign of an overstimulating diet. It would be advisable to cut out for a while all stimulants, tea, coffee, and alcoholic beverages and to abjure all greasy foods, fried meats, for instance, and pastry, as well as spices. Eat fruits and plenty of green vegetables.

Celebrate Golden Wedding.

Mr. and Mrs. John G. Herndon, the former mayor of Falls Church, Va., celebrated their fiftieth wedding anniversary Sunday at their Falls Church home. Children and grandchildren present were: Mr. and Mrs. Eugene G. Herndon of Washington, D. C.; Mrs. Frances H. Smith of Falls Church; Mr. and Mrs. Edwin L. Herndon of Washington; Dr. and Mrs. D. H. Riggs of Washington; Mr. and Mrs. P. B. Davis of Springvale, Va., and Mr. and Mrs. Mervyn L. Herndon of Hamilton, Va. Eight grandchildren were present, Parish Taylor Herndon, Elizabeth Herndon Smith, Katryn A. Riggs, Louise, Arnold, C. Annette, Davis, Marion and Alice Logan Herndon.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of Chas. H. Fletcher in Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

For Spring Housecleaning

Before starting the spring housecleaning visit our spacious Housefurnishing department and become acquainted with the many devices that will make this task a "quick and easy" one.

CLEANERS AND POLISHES

Dulin & Martin Silver Polish..25c
Solarine Liquid Metal Polish..20c
Mauer's Paste for Insects....25c
Ching Fow Furniture Polish..40c
Silicon Silver Polish; box....10c
Wellington Knife Polish; can..25c
Burnishine Metal Polish, can..20c
Butchers' Floor Wax, lb can..45c
Old English Floor Wax, lb. can....40c
Liquid Veneer for Fine Furniture....25c
Wizard Dustless Carpet Cleaner....10c
Donkey Floor Oil and Polish, can....25c up

BRUSHES, BROOMS, ETC.

Rattan Carpet Beaters....30c
Furniture Brushes....20c up
Scrubbing Brushes....10c up
Wool Wall Sweeps....75c
Stair Whisk Brooms....25c
Stove Polishing Brushes....25c
Step Ladders....$1.75 up
Weighted Waxing Brushes....$2.50 up
Gilray Curtain Stretchers....$2.25
"Nodost" Broom Covers....25c
Dish Cloths....7c
Wool Dusting Cloths....15c
"National" Carpet Sweepers..$2.75
Wizard Polish Mops....$1.25

Dulin & Martin Co
1215 F St. and 1214-18 G st.

AMUSEMENTS.

NATIONAL—TONIGHT, 8:15. Mats. Wed. & Sat.
KLAW & ERLANGER and GEORGE TYLER Present the Wonderful Play That Exhilarates and Enthuses Everybody,
POLLYANNA
The Buoyant Comedy by Catherine Chisholm Cushing, based upon Eleanor H. Porter's World-famous Glad Books.
NEXT WEEK—SEATS THURSDAY
Greatest Musical Show Ever Produced.
ZIEGFELD FOLLIES

Prices—Nights and Sat. Mat., 50c, $1.00, $1.50, $2.00. Wednesday Mat., 50c, $1.00, $1.50, $2.00. Saturday Night, 75c, $1.50, $2.00, $2.50. No Telephone Orders.

ELMENDORF THURS. AT 4:30 SICILY SOUTHERN ITALY

BELASCO—Tonight at 8:20. 50c to $2.00.
MATINEE TOMORROW, 25c TO $1.00.
A Score of Musical Gems You Won't Forget.
"The Only Girl"
BEST MUSICAL COMEDY YET.
By Henry Blossom and Victor Herbert.
Next Week. Seats Now.
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