News and Views of Interest to the Women Readers of The Herald

Edited by LUCILE CAMERON

Miss Wilson at White House After Giving Red Cross Benefit

Secretary of War and Mrs. Baker Returning from Week-End Visit—Mrs. Josephus Daniels at Chattanooga for U. D. C. Convention.

Miss Margaret Wilson joined the President and Mrs. Wilson at the White House yesterday afternoon, after an absence of several weeks in New York. She sang at a most successful Red Cross benefit concert at Richmond Saturday evening, given under the auspices of the Camp Fire Girls, and also assisted at a benefit tea, the proceeds of which went entirely to the Camp Fire Girls.

The President and Mrs. Wilson attended the Central Presbyterian Church yesterday morning, accompanied by Mrs. Elliott and Prof. Axson, their house guests, and later in the day went for a long automobile ride.

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The Secretary of War and Mrs. Baker and their children will return to Washington this morning from a trip to Newport News, which carried with it official business for the Secretary.

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Mrs. Josephus Daniels left Washington yesterday for Chattanooga, Tenn., to attend the United Daughters of the Confederacy convention which opens there today. She will make several visits before returning to Washington.

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Mrs. Henry F. Dimock will go to New York this week to be the guest of Mrs. Frederick F. Thompson. She has given the use of her ballroom for an auction party and tea dance under the auspices of the free wool comforts committee of the Navy League, Monday afternoon, December 3, at 3:30 o'clock. Tea will be served at 5 o'clock and each tea ticket will entitle the holder to bring one soldier as a guest. The proceeds will go toward the purchase of wool to knit articles for soldiers and sailors. Tickets may be had either from Mrs. Dimock or Mrs. Theodore Boynton, chairman, at the Burlington.

Mrs. George Vanderbilt, Mrs. Dimock, Mrs. Thomas F. Bayard, Mrs. Lawrence Townsend, Mrs. James Carroll Frazer, Mrs. Henry Cleveland Perkins, Mrs. A. E. Bates, Mrs. Seaton Schroeder, Mrs. Charles B. Howry, Miss Patten, Mrs. Randolph McKim, Miss Stronz, Miss Ernst, Mrs. Truxton Beale, Mrs. James Morrie Morgan, Mrs. Richard Weightman, Miss Sherrill, Mrs. Archibald Hopkins, Mrs. George Truesdell, Miss Hezeman, Mrs. John Lindsay Morehead, and Mrs. John O. Evans are among the patronesses for the event.

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Mrs. Newbold LeRoy Edgar has arrived in Washington from New York, for the winter.

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Mr. and Mrs. Alfred Duckerman will close their Newport home tomorrow and come to Washington for the winter. They will be accompanied to the Capital by Commander Leon L. Thompson, U. S. N.

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Mr. and Mrs. James William Lockett announce the engagement of their daughter, Pauline Acklen, to Mr. Franck Hyatt, jr., son of Dr. and Mrs. Franck Hyatt, of Washington.

The marriage will take place at noon on Monday, November 19, in the chapel of the Church of the Covenant, the Rev. Dr. Charles Wood, pastor, officiating. The ceremony and all arrangements will be quite simple, only members of the family of the bride and bridegroom being present. Commander E. S. Jackson, U. S. N., now in Philadelphia, will be best man for Mr. Hyatt, and the bride who will be given away by her father, will be otherwise unattended. They will leave Washington immediately after the ceremony for a wedding trip and will be at home in this city on their return.

Mr. Hyatt is connected with one of the oldest families of the District, and his fiancee is a golf expert of more than local reputation, and an all-round sportswoman of many accomplishments.

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Mrs. Charles Warren has returned to Washington after spending the autumn with her father, Mr. W. H. Bliss, at Santa Barbara, Cal. Mr. and Mrs. Bliss, who are of New York, and spent last winter in Washington, have leased their apartment, 1785 Massachusetts avenue to Mr. and Mrs. Valentine Everit Macy, of New York, and after completing their visit in that city will return to their winter home at Santa Barbara.

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Congratulations are being sent to Capt. A. Perry Osborn, U. S. R., and Mrs. Osborn at their home, 2606 R street, upon the birth of a son on last Saturday. Capt. Osborn is a son of Prof. and Mrs. H. Fairfield Osborn, of this city. Mrs. Osborn was Miss Anne M. Steel, of Baltimore, Md. She is a niece of Mr. Charles Steele, of New York.

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The guests at the marriage of Miss Marguerite Shonts, daughter of Mr. and Mrs. Theodore P. Shonts, to Capt. Rutherfurd Bingham, U. S. R., son of Brig. Gen. Theodore A. Bingham, U. S. A., and Mrs. Bingham, in New York on Wednesday, will be in number sufficient to fill the chapel of St. Thomas' Church. There will not be a reception. Mr. Glenn Stewart, who is attached to the American diplomatic service, will be the best man. Mrs. Shonts and her daughter recently went into their new home at 15 West Fifty-fifth street.

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Announcement has been made by Mrs. William Henry Harrison, of Monroe terrace, New York, and Petersburg, Va., of the engagement of her daughter, Miss Dorothy Pleasants Harrison, to First Lieut. Charles Rivers Carroll, Forty-seventh New York Infantry, U. S. N. G., of Nyack, N. Y., and New York City, stationed at Camp Wadsworth, Spartanburg, S. C. He is a lawyer, with an office at 111 Broadway.

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A notable group of brides will be included among those whom Washington will welcome this winter. One is the Marquise de Polignac, who was Mrs. James Biddle Eustis, of New York, before her marriage a few weeks ago. The Marquis de Polignac, head of the junior branch of a distinguished French family, is attached to the French High Commission, of which Mr. Andre Tardieu is chief, and probably will be in Washington most of the winter. He has taken a house in M street, to which he will bring his bride.

Another distinguished foreigner who, with his bride, will pass the winter in Washington, is Maj. William A. Bishop, of the British Royal Flying Corps, Canada's premier aviator. Maj. Bishop recently married Miss Margaret Eaton Burden, daughter of Mr. and Mrs. E. C. Burden, of Toronto, Ontario, and soon afterward came to Washington to serve with the British War Mission. Mrs. Bishop is a niece of Sir John Eaton and a granddaughter of the late Timothy Eaton. Maj. Bishop in one day received the Distinguished Service Order, the Military Cross and the Victoria Cross, with promotion to his present rank. Although only 23 years old, he has been in 110 aerial combats, and is officially accredited with the destruction of forty-seven enemy planes and two observation balloons.

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Mrs. Margaret Monteiro Berry has closed her summer home and is in town for the winter. Her nephew, Mr. Cartwright Carmichael, who spent the summer with her at "Overton," Bradley Hills, Maryland, has returned to his home in Durham, North Carolina.

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Mr. and Mrs. Otto C. Husting have returned to their home at 1611 Irving street, after a visit in Wisconsin. Mr. Husting was secretary to and brother of the late Senator Paul O. Husting.

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The official board and the board of deaconesses of the Vermont Avenue Christian Church, gave a reception in compliment to the Rev. Earle Willley, pastor of the church, and Mrs. Willley in celebration of Dr. Willley's seventh anniversary as pastor.

Dr. and Mrs. Willley stood at the head of the receiving line and while no speeches were made, an interesting program was given to which Miss Pauline Horton gave two readings; Mr. William Braithwaite some vocal numbers; and Mr. Harry Seigel and his orchestra played popular music. Dr. Willley is the successor of the late Dr. Frederick D. Power, who had occupied the desk for more than thirty years, and came to Washington to assume the charge at the request of Dr. Power a short time before his death.

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Miss Janet Richards will give her first lecture in the new Knickerbocker playhouse this morning at 10:45 o'clock. The subject will be "The Russian Collapse and the Italian Retreat, Democracy's Peril." The Knickerbocker is on the corner of Eighteenth and Columbia road.

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A "conservation" meeting, under the auspices of the food administrator for the District of Columbia, will be held at 11 o'clock, Wednesday, November 14, 1917, at Rauscher's. The speakers will be: Mr. Clarence Wilson, presiding; Lord Eustace Percy, Monsieur De Billy, Signor Fernando Cuniberti, Mrs. Herbert Hoover, Hon. Carl Vrooman.

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Mr. and Mrs. A. Levy and Miss Blanche Levy have moved from 1831 Vernon street and are now located in their new home, 1479 Harvard street northwest.

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Mrs. Rasher is staying with her daughter, Mrs. M. A. Levy, at 1479 Harvard street northwest.

HOROSCOPE.

Monday, November 12, 1917.

According to astrologers the planetary sway during this day is unimportant. Uranus rules most powerfully for good, but there are many counter vibrations from the stars.

The rule today is likely to cause unrest and foreboding. Under this sway suicides are more numerous than at other times.

Erratic and impetuous speech and actions are encouraged by this rule of the heavens. Self-control should be exercised.

There is a sign most encouraging to inventions and a new man is to gain supreme fame. He will be known by a curious nickname, the seers predict.

Uranus is supposed to give promise of supernatural or occult power which will be utilized by a growing band of students.

Today is not favorable to military operations, but while it does not aid soldiers, it is not menacing in its sway.

Mercury ruling the tenth and afflicted by the Moon is read as presaging scandals that affect persons in high place.

Lawyers are to come into new prosperity through an increase of opportunity for them and legal cases of international interest will engage attention in the new year.

Again an accident to the King of England and trouble in the British cabinet.

An American millionaire will render heroic service to the nation during the war, which will prove that many capitalists are capable of large sacrifices and splendid devotion to humanity.

Violent storms are likely to affect the Middle West and the South next week, causing great loss of property.

Fires in Eastern cities will be of serious import, as they will have their origin in enemy plots.

Darkness and uncertainty appear to be indicated in the outlook for the next few weeks.

Persons whose birthdate it is should avoid litigation and new enterprises during the coming year.

Children born on this day may meet with many obstacles in their careers, but they will have the ability to overcome them.

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A MOTHER'S GUIDANCE

The mother who advises her daughter to use "Mother's Friend" can rest assured that the crisis will be one of much less pain and danger.

"Mother's Friend" is a safe, external application for the abdominal muscles and breasts. It certainly has a wonderful influence in relieving pain, discomfort and nausea, and is a most grateful encouragement to the young woman awaiting the happiness of coming motherhood. The action of "Mother's Friend" makes the muscles free, pliant and responsive to expansion. Thus tension and strain upon the muscles and ligaments is avoided when baby arrives.

Nervousness and twitching spells and that constant strain known to so many women is avoided. "Mother's Friend" is the prescription of a famous physician and may be had at the drug store. It will surely prove of the greatest value, not only to the mother, but to the health and future of the child.

Write to the Bradfield Regulator Co., Dept. C, 200 Lamar Building, Atlanta, Ga., for their book, "Motherhood and the Baby." It is free and is a book which every woman should have. Every expectant mother should aid nature for by so doing pain at the crisis is avoided.

—Adv.

SCHOOL GIRLS MAKE KITS FOR SAILORS

Seattle public school girls making kit bags for naval volunteers. Domestic science work in Seattle and Pacific northwestern schools has been adjusted to war time needs. Hundreds of the canvas bags have already been turned out by the youthful needlewomen.

HOUSEWORK FOR EXERCISE.

By DOROTHY DIX.
The World's Highest Paid Woman Writer.

It is announced that the students of one of our famous women's colleges have closed the gymnasium and are combining profit and physical culture by doing the housework.

Fine. It has always been an amazing and an amusing paradox that women divided their time and their money between hiring somebody to do their housework for them and somebody else to give them expensive courses of exercise. Nothing more conclusively proves that women have no funny bone than to meet a fat and puffy lady who tells you in one breath that she is taking a hundred dollar course in reduction exercises and in the next breath bemoans that she has to pay $40 a month and board to a maid to make her beds and sweep her floors.

It doesn't even occur to such women that they have the autid o for both evils right in their own hands. For every house is as complete a gymnasium in itself, so far as offering a field for every variety of exercise is concerned, as the most scientific body-builder could rig up, and every woman, by being her own chambermaid, could not only solve the vexed servant question, but that other heart-breaking problem with which almost every middle-aged woman wrestles in vain—how to lose fat and keep a lithe and willowy figure. And it would mean health to her, and money in her pocket to boot.

Perhaps one of the unforseen blessings of the present conflict in Europe is that it is going to lessen the conflict in the American kitchen and, doing their own housework, which women are inaugurating as a war measure, they will keep up, after the war for the peace of mind, the strength and good looks they have got out of it.

Many a rich woman envies her maid, the hipless figure, her small waist, her firm, exquisitely modeled arms, her flat back and full, round throat, and it is strange that she has not realized that she, too, could attain these attractions in the same school of physical development. Maybe if women can be brought to look upon housework not as drudgery, but in the light of a beauty parlor, they will not consider themselves such domestic martyrs if they have to substitute for the hired girl.

Perhaps the day is not far distant when the beauty column in the daily prints, instead of recommending to the feminine seeker of pulchritude expensive unguents and massage and banting and floor rolling and so on, will run somewhat after this fashion:

To Develop the Arms—The best way to develop the muscles of the arm and to render the contour smooth and beautiful is by sweeping. The rhythmical sweep of the broom as it is applied over the floor not only promotes the growth of the biceps, but hardens the flesh in the most symmetrical manner so that there are no bulging muscles in special places to spoil the contour. The movement used in sweeping also gives to the arm a peculiar grace and flexibility. Indeed, as the exercise of sweeping, with its bending and swaying, brings every nerve and muscle into play it induces a certain harmony of movement in the whole body. This makes the broom far superior to the dumbbell and trapeze that were formerly used in developing the arm muscles.

To Acquire a Beautiful Back and Chest—The best way to remove all superfluous adipose tissue, which is so disfiguring across the base of the neck in the back, and to develop a plump, smooth chest is, by making beds. The upward and outward reach of the muscles used in turning over the mattress and spreading out the covers and beating up the pillows act almost as if by magic, especially if this exercise is kept up every day at a certain hour and is performed before an open window. The deep breathing required in taking this exercise also develops the throat and gives it that graceful, swanlike flexibility that is so much admired.

To Reduce the Hips—Nothing is so efficacious for reducing the size of the hips as to scrub daily the bathroom floor and rub up the tub. To do this properly, get down on your knees with a good brush and scrub so vigorously that it induces a free perspiration, which is extremely beneficial to the complexion. This bending exercise, if persisted in long enough, is warranted to take from four to six inches off of any woman's hips. The continual flexing of the knees will also remove that stiffness incident to middle age and impart lightness and grace of movement.

The exercise technically known as keeping the bathroom clean is far more efficacious than the obsolete rolling process, once in vogue, for reducing the hips. The effect is also splendid on the bathroom.

Another efficacious way of reducing is by waxing the floor. This exercise, if taken once a week in connection with daily scrubbing the bath tub, is guaranteed to give a woman a figure that will fill her friends with envy and cause them to wonder what brand of anti fat dope she is taking.

To Acquire a Slender and Willowy Figure—To acquire a figure that is slender without being bony, that has something about it of the lithe grace of a tiger, steel springs under velvet, nothing can compare with laundry work. The bending over the tub removes every particle of fat from the waistline. The rubbing of the clothes on the washboard that brings into play every muscle of back and forearm, the lifting of the arms above the head as the clothes are pinned on the line, seem to combine every ideal play of muscle in the human body and raises it to its highest perfection.

This form of exercise cannot be too highly recommended to women who are approaching middle age and whose dressmakers are beginning to let out their belt measure and ask them if they aren't getting a little stout. As this exercise is best carried on while bending over tubs of hot soapy water, it is exceedingly beneficial to the complexion and the hair.

To Whiten and Soften the Hands—Nothing is better to soften and whiten the hands than to wash dishes. The warm greasy water in which the hands are submerged from fifteen to twenty minutes at a time bleaches the skin and makes the hands soft and squeezable. This remedy should be applied three times a day immediately after meals.

To Acquire Color in the Face—Cooking is the best known remedy for acquiring roses in one's cheeks. To get a soft becoming color in the face, prepare a good dinner on the gas range. Nearly all men loathe rouge, but none ever fails to admire the becoming flush on a womans' cheeks that she obtains by cooking.

N. B.—In taking these exercises in the home women should bear in mind the fact that if they expect to obtain the best results from them they should put enthusiasm and good cheer into their work. If they will do this, they will find that housework will make them beautiful and happy and healthy. It is the ideal exercise for women. Try it.

CONFESSIONS of a WIFE

WHO IS TO BLAME?

"That woman is all right," said Dick in commenting on the "woman outside's" determination to forget. "There is no whimpering regret in her. I like her."

"So did I, Dick. And she made good her threat. Here is what she says:

"'Presently, man-of-mine-no-longer,' she says to him, 'I am going to walk through this crowded dining-room to that door, where I shall leave you with a smile, the same smile with which I bade you good-by many times, expecting to see you in a few hours again. But there will be this difference, inconvenientest, I hope that as I leave you at that door today, I will never look upon your face again or at least that I will never clasp your hand until I can do it with the same impersonal contact that I give to the most casual acquaintance.'

"'You cannot do it. Even you cannot call upon your will power, strong as it is, to that extent!

"'I shall try.'

"Mrs. Margie, I put my coffee cup softly down without a tremor, and rose. The man who was mine no longer followed me to the door. I turned with a smile and clasped his hand: 'Good-by, Inconvenientest,' I said.

"For the first time in all our acquaintance my smile was not answered by the most beauiful smile I have ever seen on human face. He grew pale, looked at me curiously, almost with the questioning glance of a child who does not know if it is being teased or not, and then seeing that it was grim reality, he murmured 'Good-by and God bless you and keep you ever safe,' and left me.

"I have not seen him since, Mrs. Margie."

"Well, it is a great story," said Dick as he rose to call the porter to make up our beds. "But just the same, Margie, I do not believe that any of those people are average types."

"Why not?" I asked.

"In the first place, they are all too analytical. The 'woman outside' might discuss the matter in the way she does. I think, under the same circumstances, you might do that, Margie, but I don't believe the man would ever set himself down in black and white for any one, even if he expected the person written to would never be able to pick him out of the crowd. Men, my dear, are not so ready to chronicle and label their mistakes."

"But, Dick, don't you see that this man does not think he has made any mistake? He has simply been the sport of Fate, or at least he thinks he has been given blindly a little happiness and then had it jerked away from him for no reason whatever.

"There is a little more to read," I said to Dick after the porter had left. "In her letter the 'woman outside' says:

"I have not written you this, Mrs. Margie, because I am looking either for your criticism or your sympathy. I think I have written it most of all because I wanted to clear up certain points in my own mind. Of course, the thing was all wrong from the first. I should never have become interested in the man, but you must remember that great interest is not born in a day, and I was not aware that I loved him until it was too late.

"Who is to blame for the deplorable affair?

"I confess I think the blame lies equally on the man, his wife and myself. Dear Mrs. Margie, if you should ever write another Paula story will you please bring in the fact that a wife owes more to her husband than merely impeccable virtue; that a husband owes more to his wife than merely her keep, extravagant as it may be; that society owes more to the 'woman outside' than the command that she shall not come between husband and wife no matter how much their bonds chafe?"

(To be Continued.)

SEEN ON SUNDAY

By LUCILE CAMERON.

After all, one sees the best and most authentic styles on Sunday. Everyone seems then to try to strike that note of conservative smartness which is the hallmark of really good dressing. A charming woman, who is one of the leading feminine members of the congregation of St. Thomas's, was noted wearing a wonderful suit of steel gray velvet with touches of steel bead applique and the very new panel back. Kolinsky furs and a small hat of shiny gray plumage completed a superlative costume.

A successful bud of last season, who has lately succumbed to the fashion of getting engaged to young army officers, wore a fastidiously tailored suit of brick-toned velours decorated with narrow bands of gray squirrel. Her piquantly shaped hat of gray moire antique was edged with a little halo of uncurled gray ostrich.

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A sweet-faced matron who was noted coming out of St. John's wore an extremely good looking suit of taupe twilled Burella, accompanied by a truly wonderful set of sables, the stole tail fringed, and with a floating panel in the back, while the muff was of the bolster variety. Her simply shaped hat of beige panne was banded with the sable.

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Youthfully smart was the topcoat of hunter's green velours worn by a slim damsel gifted with creamy white skin and dark mischievous eyes. The belt was arranged in novel fashion, ending in a sash at one side, while a lining of flowered peau-de-cygne added materially to the attractiveness of the garment. A little round hat of dove gray velvet was embroidered in green and blue wools.

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A prominent Washington woman who is taking an active interest in the big production, "Hero Land," which promises to think even sophisticated New York, was seen coming out of the Church of the Covenant. Her graceful tailleur of English covert was cut with pointed fronts and a draped back. A collarette of black astrakhan was buttoned over one shoulder and accompanied by a canteen muff of the same fur. Completing the ensemble was a small hat of black velvet into high points.

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A blithe demoiselle, whose hazel eyes try in vain to be demure, was attired in a street frock of marine blue duvetyn, very slender in line and tapering down close to the feet. A wide patent leather belt and a panel back of embroidery, done in black chain stitch, were notable touches. A tiny toque and straight little collar of gray astrakhan completed a vision that probably caused some of her girl acquaintances to break the commandment concerning envy.

WARTIME MENUS.

"Have you a little food pledge card in your home?" If not, Mme. Housewife should hasten to acquire one, for it is a badge of honor and as patriotic as the flag. The husband who has bought a liberty bond and the children who hear of the save food campaign at school will understand when mother initiates meatless and wheatless days at the family table and applaud her patriotism.

This week's menus provide for one wheatless and two meatless days, and it is hoped that the operation of the food licenses which went into effect November 1 will enable the shopper for the household to save a bit of money as well as food.

In many cities the daily papers publish lists of prices that should prevail in retail food shops. The shopper who is asked to pay more should promptly report the overcharge to the Food Administration at Washington.

SUNDAY.

Breakfast—Sliced oranges, cooked cereal, French toast, coffee.

Dinner—Roast duck with sage dressing, sweet potatoes glace, spinach, grapefruit and pineapple salad, wafers, coffee, mints.

Supper—Brown bread sandwiches, Dutch cheese balls with nuts, frosted cup cakes, hot chocolate.

MONDAY.

Breakfast—Oatmeal with cream, muffins, stewed apples, coffee.

Luncheon—Noodle soup, head lettuce salad, graham gems, tapioca pudding.

Dinner—Mutton pie with potato crust, buttered beets, cabbage salad, peach custard, coffee.

TUESDAY (Meatless)

Breakfast—Scrambled eggs, toast, coffee.

Luncheon—Cream of celery soup, stewed pears, gingerbread, tea.

Dinner—Macaroni with cheese, mashed turnips, baked potatoes, carrots, apple pie.

WEDNESDAY.

Breakfast—Farina with top milk, poached egg, toast, coffee.

Luncheon—Cream toast with grated cheese, baked apples, peanut cookies, tea.

Dinner—Roast beef, creamed potatoes, hot biscuit, apple and nut salad, prune pudding, coffee.

THURSDAY (Wheatless).

Breakfast—Apple sauce, cooked cereal, eggs fried with bacon, corn muffins.

Luncheon—Sardine salad, brown bread sandwiches, blanc mange with chocolate sauce, oatmeal cookies.

Dinner—Roast mutton with mint sauce, peas and carrots, baked potato, lettuce salad, rye bread, corn pudding.

FRIDAY.

Breakfast—Stewed prunes, cereal, poached eggs on toast, coffee.

Luncheon—Tomato and corn chowder, rolls, maple syrup, tea.

Dinner—Vegetable soup, beef pie with potato crust, buttered parsnips, fruit salad with cup cakes.

SATURDAY (Meatless)

Breakfast—Grapes, cooked cereal, muffins, honey, coffee.

Luncheon—Curried eggs with rice, brown bread, pineapple salad.

Dinner—Broiled mackerel with parsley and butter, escalloped potatoes, string beans, beet salad with cheese, apple pie.

PAINT TUBE ECONOMY.

The housekeeper will find a few tubes of oil paint and some squares of a good grade of water color money savers. With the water colors she can touch up breaks and scratches on tinted or papered walls. The oil colors, dissolved in gasoline, give an excellent dye for removing faded or unsightly fabrics.

A beautiful velvet rug was ruined for one woman by staring white figures, so she dissolved sepia in the gasolene and went over all these white figures with it, rubbing it in with a stiff brush. The result was a soft, deep ivory tint that enriched the entire rug.

MRS. BURNHAM, JAMAICA, N. Y.

Suffering Cured by Medicine Recommended by Sister-in-Law.

Jamaica, N. Y., "I suffered greatly with my head and with backache, was weak, dizzy, nervous, with hot flashes and felt very miserable, as I was irregular for two years. One day when I was feeling unusually bad my sister-in-law came in and said, I wish you would try Lydia E. Pinkham's Compound. So I began taking it and I am now in good health and am cured. I took the Compound three times a day after meals, and on retiring at night. I always keep a bottle in the house."—Mrs. L. N. Burnham, 295 South St., Jamaica, N. Y.

Women who recover their health naturally tell others what helped them. Some write and allow their names and photographs to be published with testimonials. Many more tell their friends.

Write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for anything you need to know about your ailments.—Adv.

SAILING DAY FOR GIFTS

NOVEMBER

☆☆☆☆ 1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 ☆

For Our Boys 'Over There'

To reach them by Christmas Day send your Gifts by November 15th

Waterman's Ideal Fountain Pen

This is a gift that they all need; one that will last for years. Convenient to buy and easy to send. The standard in every country. Many types and sizes.

$2.50, $4.00, $5.00 up. Illustrated folder on request.

At the Best Stores

L. E. Waterman Company, 191 Broadway, New York

NEW FLOOR LAMPS.

The advancing winter season, with its long evenings indoors, makes the living room lights an important factor in home. Some lovely new lamps are designed purposely for the reader and are called chair lamps. They have mahogany stands and reflectors and are just the correct height for one seated.

Another innovation that proves that men have no monopoly on conveniences is an electrically lighted sewing stand. The stand, about the height of a smoking stand, is of mahogany, and is equipped with all the things needed in sewing, and above is a softly shaded electric light bulb to throw light on the work one is doing.

Another new lamp sure to prove popular is a tilt top sofa table reading lamp. Madam can recline on her luxurious chaise lounge, tilt the adjustable shade to suit, and thoroughly enjoy the latest fiction.

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A thousand Liberty Bond salesmen of Chicago have asked for the expulsion from Congress of Senator LaFollette. The California Federation of Labor has adopted a resolution calling La Follette "a loyal and true American."

She Used to Be Gray

The well-known society leader's hair was gray, just like yours. But Mrs. B——— heard of Q-ban Hair Color Restorer—how thousands had proved that Q-ban would bring a natural, soft, even, dark shade to gray or faded hair and make it soft, fluffy and beautiful. Q-ban is all ready to use—a liquid, guaranteed harmless, 75c a large bottle—money back if not satisfied. Sold by James O'Donnell, People's Drug Stores, Liggett's Riker & Hegeman and all good drug stores. Try Q-ban Hair Tonic; Liquid Shampoo; Soap.

Try Q-ban TRADE MARK

Hair Color Restorer

Can You Plan a THANKSGIVING DINNER?

$7.50—$5.00—$2.50

Given to Washington women who send in the best Thanksgiving menus to The Washington Herald Menu Editor before Saturday, November 17, 1917.

Here's a chance for Washington Housewives to show their culinary skill. Plan a dinner for the great American feast day—Thanksgiving Day—and send your menu to the Menu Editor of The Washington Herald.

The best menu, in the opinion of the Menu Editor, will be awarded $7.50. The second best will be awarded $5 and the third $2.50.

RULES—Plan your dinner for five people; write on one side of the paper only; typewritten if possible, though not necessary, and address letters to the Menu Editor, Washington Herald.

The three winning menus, with the names of the women who submitted them, will be published in The Herald November 23, 24 and 25—one each day.

AMUSEMENTS.

Belasco $1 0:30, 50c to $2.00 Mat. Wed. 25c to $1.50
Oliver Morosco Presents the Biggest Laughing Success in Years
"UPSTAIRS AND DOWN"
After a Year's Run in New York
NEXT WEEK—SEATS NOW
WILLIAM HODGE in
"A CURE FOR CURABLES"

NATIONAL Mats. Wed. Sat. Tonight, 8:20
JANE COWL
"In Lilac Time" By Jane Cowl and Jane Murfin.
Evgs. 50c to $2. Matinees, 50c to $1.50.
Next Week—Seats Thursday
A NATIONAL INSTITUTION
ZIEGFELD FOLLIES

FIRST CONCERT TUESDAY
PHILADELPHIA ORCHESTRA
LEOPOLD STOKOWSKI, Conductor.
Soloist:
OSSIP GABRILOWITSCH
Tickets—$2.50, $2.00, $1.50, $1.00.
Office of T. Arthur Smith, 1306 G St.

National Theater, Tuesday, Nov. 20, 4:30. Prices—$2.00, $1.50, $1.00. Boxes, $20.00. On sale at Mrs. Greene's Ticket office in Droop's, 12th and G.
FRITZ Kreisler
The World's Greatest Violinist

B. F. KEITH'S TWICE EVERY DAY
TWO STARS AT THE TOP
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