

THE TIMES DAILY MAGAZINE PAGE

Lighting Of House Needs Great Care

System of Providing of Light For the Home Should Be Installed With Regard to Physical Well Being of Occupants.

By MRS. CHRISTINE FREDERICK

THESE are days of rejoicing for the gas man, the coal man and the electric light man, but the householder thinks the melancholy days have come when the lighting and heating bills appear at the end of the month. Shorter days make longer bills, and the fall problem of the householder is how to secure the most light at the least cost, and the best light for reading, and which avoids eye-strain.

The lighting of the home will some day be developed into a separate specialized branch, for so important a matter as lighting of homes cannot be left to a jobber in gas fixtures, or to the whim of the real estate agent. Nor will the future housewife choose her lighting because a certain globe has pretty beads on it, or because the aluminum finish matches the room decorations. No, lighting of a home is an art, and the effect of certain lights upon the eye and upon colors, will be the determining factor.

Soften Harsh Glare.
The householder who rents is now at the greatest disadvantage because the light fixtures are already installed and she may think she can do little and modify them. The first glaring fault of many is that the dome fixture, so frequently found over the dining room table is so placed that the light shines directly into the eye. This fault can be remedied either by lowering the dome at small expense, or by purchasing amber-colored "relative film" and shaping it into an interior shade for the dome. In this case the same film light can be softened into a mellow light, which is the most normal and nearest to sunlight. The same film can be used on any bulb.

Whenever the shades of an electric bulb are open, exposing the tip of the lamp, the inner shade surface should be polished and a frosted tip lamp used. This will avoid the glare. Similarly, a reflector may be used on any bulb or gas lamp so that the light may strike at a better angle and thus be more widely diffused. In many cases where there is but a single "drop" in the room, either gas or electric, a reflector will more widely distribute the light, or concentrate it on any one lamp spot. There are also bowls of diffusing glass which may be hung around the lamp so as to give a reflecting effect.

Indirect System.
If at all possible, the "indirect" method of lighting should be followed. That is, casting the light upward to the ceiling by means of a reflector from whence it falls and is diffused evenly throughout the room. The same bulb which would yield very inadequate, hard light if directed downward, will yield more than a hundred per cent. if reflected upward. As nearly as possible, the common electric fixture which carries the lamp at an angle of 45 degrees, should be changed and the lamp carried vertically. This can often be accomplished by merely bending the tube.

Colored glass or silk, always hinders the amount of light for light is absorbed in the color and not cast into the room. If a colored shade is used, it should be tinted with white on the inside. A plain, etched glass shade is most harmful, as it shows the source of light within. In choosing a table lamp, choose one with a high pedestal, as in this way the light will be diffused further than if the stand is short.

Seen In The Shops

By THE SHOPPER.
CLOTH hangers covered with felt are of twofold advantage. First of all, they don't leave their imprint on coats and thin dresses. Next, they keep them from slipping off the hangers. The price is 15 cents.

Tanetta petticoats at \$1.38 are a bargain that seems most worth while. They are properly brilliant, the colors are unusually varied and a dust ruffle takes much of the wear.

THE TOURISTS

The tourists, oh, the tourists, that run about the land, And babble in superlatives, hard pedal on the "GRAND." Their faces have an anxious look, though they have come for pleasure, They're so afraid they will not get enjoyment's fullest measure; They show alert and weary looks wherever they may be, They're so afraid they'll miss a thing they "really ought to see."

The tourists, oh, the tourists, who go about in flocks; They run about with baggage at the depots and the docks. They'll quite neglect a starry sky, a sunset, or a moon, To buy a picture postcard, or a moccasin, or spoon, But they'll prance about in parties and their mouths are open wide, To swallow all the stories that are furnished by the guide.

The tourists, oh, the tourists, that cram the summer trains, They have the railroad circulars and do not need their brains. Each bears the white man's burden, his camera, on a strap, And always at a given point the tourist cameras snap, And then they chortle in their glee to think of what they got, And, changing films, they miss the fairest view, as like as not.

The tourists, oh, the tourists! I was a tourist, too, I saw the things that tourists see and did the things they do; I took the side trips advertised, and saw the famous places (That is, what I could see of them 'twix other tourists' faces). Some day I'll have a wonder trip (you'll be surprised, I know), I will not go a single place where other tourists go. Miriam Teichner, in the New York Globe and Commercial Advertiser.

"Just Plain Carrere, Not Anna Held's Shadow," Is Wish of Daughter of Star

Living Up to the Reputation of a Famous Mother Is Found by New Made Star to Be a Difficult Task Even If One Does Dance and Sing Better—For Mamma, You See, Was Anna Held, and Had Personality—Why Even the Ladies Loved Her, But of Course They Had to Be Careful of Their Husbands!

By FLORENCE E. YODER.

"Yes, I have my mother's eyes, and I can sing and dance better than she could, but whether or not I have that personality, which was her great asset remains to be seen. It is hard to live up to the reputation of my mother. I would rather be the daughter of a cook or a coachman, or any unknown person, than plain Carrere with no reference to the fact that she is the daughter of Anna Held."

Liane Carrere, eighteen, French, a thoroughly funny little person with a new face in which she is leaning lady thus bemoans her lot, and, strange to say, can convince one, she is sincere in wishing that she were billed just plain Carrere with no reference to the fact that she is the daughter of Anna Held. She had enough sense to be sick of it. "When I act on the stage I am natural, but when I am off the stage I am always acting," she said. That sums her up perfectly. A heavy odor of perfume greeted me in the corridor outside of her door, and when she opened to me herself, it almost overwhelmed me. In her stocking feet, she looked even more tiny than she is, and when she hopped up in a chair, tucked her feet under her and began to chatter away about her first night performance which was imminent, she seemed more like an excited debutante than a leading lady, on the verge of a premiere.

"Oh, it is hard to be someone, and yet not someone," she began immediately. Expression after expression flitted across her face, and the languorous eyes, first rolled by the thick lids and then flashed out full, pretended not to be appraising the effect. "My mother did not want me to go on the stage, but when I got to New York and saw how hard those little chorus girls worked and how happy they seemed to be I just said to myself 'Oh I must get in this too,' and I did so."

"I'm just a little nervous today. Not over my songs, oh, dear me, no; but over my lines. I have a good vocabulary, but I'm not so sure about my chit-chat, cuddling her knees under her chin and then throwing back her head and laughing. She had permitted me to see her just as she was, and as her hair had just been shampooed and she was drying it, she punctuated her remarks in a most amusing and undignified manner by leaning far over and then looking up suddenly so that she would shake off the drops.

There was no doubt about the fact

that she was posing, and that her remarks had a stereotyped nature which showed that she had repeated them not once but many many times. The true Carrere was playing hide and seek with me. "But I have worked hard," she continued, "just drudgery," she said with a smile, and a glimmer of amusement there was sincerely. "I look regular Swedish exercises to get my head-ache—you know, remember the old adage—'adache'—but I have it."

"Sometimes I wonder when it will all end, this working and working and working, it all comes so easy. And not so much because of the other. I have just plain Carrere with years in which to make good, perhaps by that time I will not be playing in musical comedy. "But it remains to be seen what I can do. I have my mother's eyes I know. But when people say that I have but given the poor imitation of my mother when I have just been myself it hurts. I have never even seen my mother act but once, and then perhaps I am myself just a little."

"After all my mamma could not sing or dance, but she had the wonderful personality. Why even the ladies loved my mamma, and of course she shrugged her shoulders and shook her head, sending a shower of water drops into the sunlight, they had to be careful of their husbands, but they loved her."

"She was even more sincere than she had been before, and to cover her confusion at the success of her remark she opened her clipping book. "You see my picture are not all good," her face was held up barely two inches from mine. "It is so sad, I have a potato nose."

This was indeed sincere, but when it only brought a laugh she pouted, and read a clipping which I had supplied. "H-m-m-m, my grandfather was a glove-maker. I did not know that. Think how much I might have saved in shoe-making. I know it. But it is a very pretty little piece, very sweet and pretty."

She closed it back with the remark that I was a cruel girl not to let her have it, and then reluctantly stood up as I went toward the door. With her back against it, she told me how she intended to make something of herself, through her own efforts, of course, I am young, but experience will come. Ah, see!" she pointed her finger at me, "you are anxious. Ah, well, I suppose you must." She opened the door and then stood framed in it to bid me good-by. She came close to me, and looked up into my face. "I would rather be the daughter of a coachman or a cook, then perhaps someone else would be blank and cold as a tomb."

Personality? Does she have it? One fault and achievement, is no certain wasn't any charm out in the corridor where she was not. Except that, of course, which I carried with me as a memory of her, and, after all, charm is personality.



Mlle. LIANE CARRERA.

kinds of good luck and success and happiness," she cried. I returned the compliment, and the door closed slowly, leaving me alone in a hotel corridor that seemed as blank and cold as a tomb.

What They Say About Us

Pertinent Interests of Women As Viewed
By Editorial Writers of the Newspapers.

What Are Teachers' Unions For?
Chicago and New York are both much exercised at this time by the prospect of unionized labor in their public schools. In the former city a crisis has come with the refusal of the authorities to allow a teachers' union. In New York the question still hangs fire. With those who hold that all collective activity is criminal when it is conducted by the laboring classes, there can be no argument. But those who will still question the motive and the manner of the teachers' union. Is it to be for the benefit of the pupils and the schools, or for the benefit of the teachers? Is it to be professional or personal? Will the teachers insist on closed schools?

The graver question is this: Do the teachers propose to base membership in their organization on recognized ability and aptitude in their profession, or are they prepared to insist upon equal treatment in salary, and so on, regardless of merit? Before these questions are satisfactorily answered, no judgment can be passed on the plan. If they are satisfactorily answered the necessity for a teachers' union will be as slight as the danger which may come from it—Evening Ledger, Philadelphia.

A Civilization of Their Own.
Mrs. Belmont, speaking before the Congressional Union for Women Suffrage meeting in San Francisco said that for twenty centuries women have been taught to believe their work was to patch up the evils germinated by man's so-called civilization. "It is time for us women to have a civilization of our own."

If women can improve upon our patchwork civilization they are welcome to the task. Certain things that have happened during the last year have made modern men rather humble about the achievements of our civilization. But let us not forget that neither civilization nor the codes of honor and morals which many people, in company with Mrs. Belmont, would like to see made more true to the realities of life, were manufactured

on election day. These things are the slow onset of thousands of subtle influences, powers of suggestion and example, economic pressure, struggles for survival, compromise, and inherited psychic traits.

The present civilization, with all its faults and achievements, is more a man's civilization than it is a woman's civilization. If woman in the past has surrendered certain spheres of political and industrial activity to man, her very surrender was part of her contribution to the present civilization. The failures of our civilization are not the fault of one sex, they are the failings of humanity, just as the progress of civilization is the progress of humanity.

By the very principles of the feminist argument, if women could establish a civilization of their own it would be as incomplete and one-sided as the present. Instead of resenting the feminist cause as a controversy between men as a class and women as a class, it would be much better for women to admit their share in the responsibility for our present failures in civilization and advocate a final, more completely human civilization in which all might work together for the ultimate triumph of neither sex over the other, but of humanity as a whole. Any prescription of the feminist argument that isolates woman into a group with special rights and special wrongs and claims to special superiority, loses for that cause its strongest appeal—that of universal humanity.—New York Globe and Commercial Advertiser.

HELPFUL HINTS.

- To clean copper utensils quickly mix three tablespoonfuls of flour and one of salt to a paste with vinegar, rub over the article with a soft cloth and then rinse in hot water and polish with a dry soft cloth.
- Rub egg spoons with a little salt before putting them into dishwasher, and it will remove the sulphur stain.
- When garden radishes grow too big for table use fresh, pare and boil them until tender and serve in cream sauce.
- When making petticoats, instead of making the old-fashioned placket hole just stitch a two-inch double piece of the goods right around the opening, and the placket will never tear down the back. Or bind the two edges and put in a gusset.
- When giving medicinal oil to a delicate person wrap out a cloth from the water and tie around the throat. This will enable him to retain the oil, and when he is at ease remove the tied cloth.

Combing Won't Rid Hair of Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. Do this tonight, and by morning most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have. You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky, and soft, and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.—Adv.

Store Up Your Strength So That When Test Comes You Can Easily Meet It

By DR. LEONARD KEENE HIRSHBERG.

THERE is hope for future health and happiness if you store up against the days to come reserve materials of strength, symmetry, skill, and adaptability to changes as they appear. The old sand in the falling glass of Time is thus forestalled, if not turned backward. That muscular development, neglected in youth, can be acquired in middle and advanced age as stored-up vitality to ward off calamities is shown by history as well as every-day experience. Socrates learned to play on musical instruments in his old age; Cato at eighty learned Greek; Plutarch when over eighty studied Latin; Franklin learned to speak French toward the close of his life.

To acquire physical symmetry and to maintain it against the ravages of the future, shoulder-blade exercises, graceful dancing, equitation, kneeling, truss bending, chest expansion, and respiratory gymnastics should be carried out a dozen times in sequence. The shoulder and girdle muscles will also, by these exercises, be equipped with new and abundant vitality.

A Fine Aid.
To achieve a desirable mastery of the abdominal muscles the old-time public school command to children, "Put your hands behind your back," is the first position. The fingers should be in touch, the palms turned backward and in contact with the small of the back. Then stiffen the arms, roll the palms around and downward, without unclamping the hands. The shoulders and arms are turned simultaneously, the neck is also bent backward. The thorax is thrown forward at the same time that the abdominal walls are drawn in. This exercise may be repeated with intervals of rest for ten minutes.

Backaches are consequent to so many causes, not the least of which is a slow, gradual, and posture, strain of bending, sweeping or lifting, that there is a small wonder that some quacks exaggerate the association of backaches with the kidneys and vital organs, even though a backache is usually the very last thing which actually results from such internal ailments. Before gymnastics of the back or any other exercises are begun you must always place the feet together and hold your body firmly upright. Stretch out both arms horizontally from the shoulders, one pointing forward and the other straight backward. Stiff and inflexible the arms are thus held, when with a windmill-like rotation the arms are switched, the one into the position of the other.

Other Valuable Exercises.
This spin of the arms is only effective for the back muscles if the feet are strongly implanted on the ground. The fan of the arms causes the hips to pivot and sway, which in turn bestirs the

muscles of the small of the back. The spinal column in this way is the center of the tension, which should be rhythmic. Five or six such circular motions each minute, and then with a few minutes' rest, between, send the rich, red blood into each cranny and crevice of the otherwise badly nourished ligaments, lung linings, and tendons of the back and chest. Other valuable wick-chasing exercises available to every one, and essential to the efficiency of muscular health and nourishing blood, are: swinging the legs outward in a complete sweep and circle, rising up and going downward upon the toes in a "squat," kneeling rapidly, first on one knee, then on the other, with pillows tied to the knees to support the knees cap; the toe pose and balance by which you stand erect on the tip-toes, with arms and hands extended at the sides and above the head, then walking with the hands held aloft at the sides of the head; lying prone on the floor, raising the head and shoulders, alternately, rope-pulling, dry-land swimming on a piano stool, and many others to be found in such volumes as "Physical Training for Women," or the "Encyclopedia of Physical Culture."

Answers to Health Questions

R. L.—Will you kindly advise me how I can make myself taller. I am twenty-six years of age and only four feet eleven inches tall. Your height depends upon that of your ancestors; if they were short, which no doubt they must have been, you will also remain small. But do not let such trifles worry you. Never trouble yourself until trouble troubles you. Washington—The flesh under my nails is itchy and possibly two or three years, begins to recede from the nails. The process is very gradual and the almost entirely disengaged from the flesh underneath. What will you advise me doing? This is an inevitable fungoid growth, related to ringworm. The nails must be treated vigorously with ammoniated mercury ointment. In this way I have cured the condition, when everything else has failed.

PERSONAL ADVICE.

Readers desiring advice should remember: 1. To address inquiries to Dr. L. K. Hirschberg, care of The Washington Times. 2. To enclose a stamped and addressed envelope if a personal reply is desired.

Check Up Your Health Account

REAL health requires that the body eliminate its waste products regularly. Any delay in this process means that poisons accumulate and are absorbed into the blood. If constipation is getting even a little grip on you—if you are having to resort more frequently to habit-forming laxative drugs—you are in need of Nujol. Nujol is odorless and tasteless, absolutely neutral, and is not digested or absorbed into the system. It acts merely as a mechanical lubricant. Nujol is not a drug. Its use will not give quick, temporary relief. But Nujol is a genuine remedy in that it relieves constipation in the most natural way by lubricating the lining of the intestines, softening the intestinal contents, and thus promoting healthy and normal bowel activity. Write for "The Rational Treatment of Constipation," an informative treatise on constipation. If you cannot get Nujol from your druggist, we will send you a pint bottle prepaid to any point in the United States on receipt of 75c—money order or stamps.

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