

way back again to that high water mark. Why should it be absurd for us to make little records to remind ourselves of our high water marks of happiness and achievement and to reassure us when the tide is ebbing that it will surely flow again?

# THE WOMAN'S WORLD



## The Smart Set

THERE was an ingenious young man on the train from Chicago west. It was the train on which a former San Francisco girl, Bee Hooper, tennis heroine of San Rafael 10 years ago, journeyed across the continent for a visit to California relatives. She is Mrs. Blanchard of New York now, which is not relevant, but identifying.

Also on the train was a San Francisco man she knew. They both liked the ingenious young man. He had refreshing comments to make on passing events—or would it be events that passed? They were traveling 60 miles an hour most of the time. However, the young man was a delightful traveling companion.

The three talked of many things in long days speeding west. Among them politics. Mrs. Blanchard had positive ideas. Taft she admired, but "Teddy" she adored. It was his personality, she told the ingenious young man. He must be perfectly right politically with that compelling individual charm, or something of the sort. She doesn't quite remember what she did say, except in the course of a rhapsody to ask, "Don't you adore him, too?" The ingenious young man unexpectedly blushed. The direct appeal to his youthful political views, no doubt. "Yes," he answered, unhappily; "yes, I guess he's all right."

At Reno some one recognized him. Like a wireless it flashed through the train that Archie Roosevelt was on board. The ingenious young man was suddenly revealed as a retiring scion of the house of Roosevelt. They accused him, and he couldn't deny that he was the son of his father. It would have been impossible, anyway, in the face of the resemblance.

Naturally, Mrs. Blanchard felt that she'd been unpardonably personal and familiar, and she might have been reduced to apologies if the ingenious young man hadn't been so natural and unaffected about it, and quite distressed at discovery. He really hated it so much more than she did. It all happened in September, when Archie Roosevelt came west to visit the Teddy Juniors in San Francisco.

## Tour of Far North Made By Mrs. Fred W. Bradley



Mrs. Fred W. Bradley and her baby. Mrs. Bradley has just returned from Alaska, where she visited the Treadwell mines and also mining property in Idaho, in which her husband is interested.

MRS. FRED W. BRADLEY has returned to her home in Broadway for the winter. Mrs. Bradley accompanied her husband on an extended tour of Alaska and the cities of the northwest during the summer. They passed most of the time at the Treadwell mine in Alaska, but visited other mining interests in Idaho. Mr. and Mrs. Bradley were accompanied by their two eldest sons, Worthen and James. The third son is Sewall, and the youngest boy in the portrait, with his mother, is Jack. Mrs. Bradley will entertain informally this season at her attractive home.

## Morning Grouch By Ruth Cameron



RUTH CAMERON

"ALWAYS see the darkest side of things when I first wake up. I shall feel very differently about this matter as soon as I have bathed and had my breakfast."

At the foot of the bed in the home of one of my friends hangs a little passe-partout card on which the above words are written in her own handwriting.

When I naturally inquired what was the significance of this peculiar wall decoration, she laughed heartily. Then she sobered down and explained.

"When I wake up in the morning," she said, "I am apt to feel very much depressed. If there is any little trouble on my mind it looks like a mountain to me. For the first few minutes after I wake up I hate myself and every one else and wish I were dead, or, better still, had never been born. But in an hour or two after I've bathed and had my breakfast I begin to feel quite differently. I see things then in quite another light. I'm sure anything that's troubling me is going to come out all right, and I'm happy just to be alive."

"Finally, one morning after breakfast, when I had just decided that I was glad I had been born after all, and that I would probably be able to make that speech before the mothers' club and that if I didn't the world wouldn't come to an end anyway, she brought me a pen and paper and made me write down the statement you see. Then she passe-partouted it and hung it at the foot of the bed where I'd have to see it as soon as I opened my eyes. Of course, I often laugh at it, but it does really help me not to get so absurdly blue and depressed."

A very eccentric idea?

Yes, I suppose so. But is it necessarily such an absurd one?

How many times you face some obstacle, saying, "I never can overcome that." Of course you do overcome it, but when the next obstacle looms up you feel just the same way and say just the same thing, with the same conviction. How many times when the convalescent has a setback he says, "I'm sure I shall never get over this. I'm not getting the least bit better." And then he has two or three good nights' sleep, things go well with him and he is all optimism to think he can rally so quickly. But when the next setback comes, ten to one he is as down in the dumps and discouraged as ever.

How many times the road ahead looks so dark to you that you do not believe it will ever be bright again. And then by and by things straighten out, as they always do, the sun comes out from behind the clouds, a shaft of sunlight falls athwart your path and then another and another, until all the gray shadows have vanished. And yet the next time the road looks black you are just as certain as ever that the sun never could come out from behind those persistent clouds and that your road will be gloomy to the journey's end.

Now, why should it be so absurd to preserve the record of your optimistic and successful moments as a sort of landmark to cheer you the next time you travel the road of discouragement? The waves ebb on the sand a record of its high water mark achievement, and no matter how low the tide ebbs we never doubt that it will find its way back again to that high water mark.

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