

NEWS OF SPECIAL INTEREST TO THE WOMEN READERS OF THE STAR

Billie Burke Says: SAYS DON'T WEAR A MOUTHFUL OF GOLD!

By Billie Burke.

THE FIRST WORD: Good health and good looks are dependent upon good teeth.

I hope no girl is neglecting her teeth these days of splendid dentistry, as they are not only a very necessary requisite to beauty, but I have never known anyone with poor teeth who had good health.

People who have kept their teeth clean from childhood have little use for a dentist. It is perfectly astonishing to see that mothers will neglect their children's teeth and expect them to show a mouthful of pearls when they grow older.

My dentist tells me that mothers should carefully wash their children's teeth at least once a day with a saturated solution of boracic acid and at night wash out their mouths with a little milk of magnesia and water.

Early form the habit of brushing your teeth is the best thing before slipping into bed at night, and if your stomach is the least inclined to be acid chew a small piece of magnesia, allowing the saliva to go into every part of your mouth.

The boracic acid wash is also good for you to use, and occasionally use peroxide of hydrogen and water in equal parts as a cleanser. This is good if for any reason your gums have become inflamed.

There are a number of fine lotions and tooth powders on the market, but if you wish to make your own, use 20 parts of French chalk to one of castile soap and a pinch of bicarbonate of soda.

Be careful how you brush your teeth. Use the brush up and down as well as across, and see that your tooth brush is kept in a closed case when not in use. It is a tooth brush, you know, not a germ collector.

Of greater use and necessity than even a good, clean tooth brush is a special dental silk, which should be used every night when you give your teeth their final brushing.

Remember, I can give only general rules of good grooming. You must decide which will suit your case.

Just one last word—ONLY ONE RULE CAN APPLY TO ALL—AND THAT IS THE RULE OF PERFECT CLEANLINESS.

TO GET POSITION Dear Miss Grey: We have been here only four months, and, being strangers, it seems hard for my husband to get work, although he is a splendid engineer, with a Seattle license and first-class papers from another large city.

ABOUT DOCTORS' BILLS Dear Miss Grey: Can you help me? If a man, married or single, owes a doctor's bill and makes a nominal payment each month, can his wages be garnished for said debt?

FOR THE BACHELOR Dear Miss Grey: I wish to say a few words to the young bachelor. If you want to wear women's clothes, we will be glad to trade at any time, and if you wish we will get a petition so that you may wear them without arrest.

MARRIVING WITH THE EYES OPEN Dear Miss Grey: I have a friend with whom I have corresponded for several years. We live in the East and I am spending a few months with friends along the Coast.

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Letters to Cynthia Grey

SHALL GIRL PAY PLEASURE EXPENSE?

ANOTHER SIDE OF THE QUESTION.

Dear Miss Grey: Since this discussion is up about a girl on a salary paying her own way, let us thrust it out. In last night's paper "A Bachelor Girl" said when her man friend was out of work she paid her own way, but when not, he paid for both.

FATHER WAS SHOCKED BECAUSE SHE CONSIDERED THE YOUNG MAN'S POCKETBOOK.

Dear Miss Grey: In last night's paper was a letter signed "S. A. G." in which he advocates lessening the cost to young men on meager salaries of entertaining young ladies whom they invite out for an evening.

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OUTDOOR COSTUME FOR OLDER GIRLS



This outdoor or beach costume can also be worn for the morning playtime. The skirt is of dark blue mohair, the blouse and bloomers are in one and they are lined with white cambric, as the mohair is harsh upon the young flesh.

This little frock is not to be confounded with a bathing dress, as for a child of this age the best bathing dress is of one piece without a skirt, so that she may learn to swim without impediment.

Paint praise is akin to abuse—they are twins. He who would close another man's mouth must first tie his own—and keep it tied.

The proof of the pudding is in the eating—and sometimes after eating. Behind every mountain is a vale—and the best view of the vale is from the mountain top.

DESSERTS MADE OF WATERMELON Break the ripe pulp of the melon into fine bits with a silver fork and place it in a freezer without dasher. Let stand two hours packed in salt and ice and serve in sherbet glasses or the half shell of the melon, chilled and garnished at base with vines.

Half Frozen Melon. Scrape all the red pulp of the melon, carefully saving the juice. Allow to one gallon of liquid a pound of sugar and freeze. This may be varied by adding lemon flavoring and lemon juice. When half frozen add a whipped whites of eggs, one for each quart of the mixture, and finish the freezing.

Melon Drink. Crush pulp of watermelon until all the juice is out of it. Add lemon juice and water to taste. Set on ice and drink any time. Said to be an excellent blood purifier.

TALKS BY THE STAR DOCTOR TEACH CHILDREN TO EAT SLOWLY "Masticate, denticate, chump, chew and swallow" is a popular way of saying "Eat slowly!"

COLORS A BLOND CAN WEAR BEST ARE GREENS AND BLUES Blond women often lose in beauty because they wear the wrong colors.

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TRAVEL ON THE "MILWAUKEE" BETWEEN Seattle and Grays Harbor

Trains leave Seattle 7:30 A. M. and 4:30 P. M. For particulars regarding fares and train service, call on or address CITY TICKET OFFICE

Second and Cherry, or Jackson on St. Union Station Ticket Office.

CHILDREN NEED LOVE RATHER THAN RUFFLES

The stores are just filled with attractive garments for little folks—day babies and all the way up.

For the mother who must forego head made dresses for her wee one or else forego the delicious hours of companionship—hold your breath for the "ready to wear," and grow for the hours of your association.

TO COLOR WHITE LACE. If you wish to color your white lace to a creamy tint, go to a drug store and buy a piece of yellow oxide of iron.

SERVE BAKED DATES. Baked dates are very palatable, especially when served with hot milk, says Good Housekeeping.



ODD PICKLES

This is really a new recipe. Peel glasspeas and remove the eyes, blanch the crown in the left hand, take a silver fork in the right hand and tear the fruit in small pieces from the core.

Spiced Beets. To 7 pounds of boiled, peeled and sliced beets take 4 pounds of brown sugar, 1 pint of vinegar, 12 cloves, and a large stick of cinnamon.

Chili Sauce. Wipe and peel 12 medium-sized ripe tomatoes and cut in slices. Put in a preserving kettle and add 1 cup of vinegar and 1 cup of sugar.

HOW TO ACQUIRE HEALTH AND BEAUTY. "SICKLY," "ALL-GONE" FEELING—A splendid tonic and strength-giver can be made at home for a small sum by putting 1 ounce of...

HOME-MADE EYE-TONIC—In 1 pint cold, clear water dissolve 1/2 ounce of glycerine and 1 ounce of alcohol.

HOME-MADE SKIN CLEANSER—Put into 1/2 pint water 2 teaspoonfuls of glycerine and 1 ounce of alcohol.

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WATERMELON RIND PICKLES

Cut off the green part of the rind. Slice the white part into strips from 1 1/2 to 2 inches long and 1 inch wide, and cover with boiling water in which a little alum has been dissolved.

Cantaloup Pickles. Cut 10 cantaloupes into quarters, pare and remove the soft inside; place over night in a jar, cover with vinegar and the next morning drain off the vinegar and to each pint of it add 1/2 pound of sugar.

DILL PICKLES. Select cucumbers smooth and of medium size, wash thoroughly in cold water and pack in a crock or crock, placing first a layer of dill and vine leaves, then a layer of cucumbers with a few bay leaves interspersed.

CHOPPED PICKLES. For this use a dozen green, sour apples, 3 green peppers, 6 green tomatoes, 5 small onions, a cupful of raisins, 2 pints of vinegar, 2 tablespoonfuls each of mustard seed and salt, 1 of powdered sugar and cupful of brown sugar.

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PEAR PICKLES

To 7 pounds of peeled and cored fruit allow 3 1/2 pounds of sugar, 1 quart of vinegar, 2 ounces whole cloves, and 2 ounces stick cinnamon. Peel, halve and core the fruit; slice 2 or 3 cloves into each half. Boil the sugar, vinegar and cinnamon for 5 minutes, then drop in the pears. Cook until tender, take out and pack in jars. Boil the syrup until reduced nearly half and pour over the pears. Cover with hot.

PICKLED ONIONS. Peel small, white onions, cover with brine, allowing 1 1/2 cupfuls of salt to 2 quarts of boiling water, cover and let stand two days. Drain and cover with more brine, let stand two days and again drain. Make more brine, heat to boiling point, add onions, again bring to boiling point and let boil five minutes. Put into bottles, interspersing with bits of mace, white pepper-corns, cloves, bits of bay leaf and slices of red pepper. Fill bottles to overflowing with vinegar, scalded with sugar, allowing 1 cupful of sugar to 1 gallon of vinegar. Cork while still hot.

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