

Special Features of Interest To The Times' Women Readers

Billie Burke

ON PERSONAL CLEANLINESS The first word, THE WHOLESOME APPEARANCE OF CLEANLINESS IS A GREAT FACTOR IN WOMANLY BEAUTY.

I sometimes think that if we would just do the little simple things which confront us in every-day life we would not have to worry about the great things.

It is astounding that women have as good complexions as they present to view daily on the streets of our city when they neglect them to such an extent.

Few women bathe themselves properly. Perhaps it is because that bathing is such an ordinary and universal practice. Most girls are apt to think it can be done any old way.

Many women who pride themselves on a cold bath or shower every morning would not like it if they were told that NO ONE CAN KEEP CLEAN BY COLD BATHS ALONE.

A cold bath is only to be taken for its tonic shock. It does not cleanse. Over the body there is a minute covering of natural oil, provided you have not just emerged from a hot bath.

What is the action of cold water on grease? It hardens it. Therefore, cold water on the body only closes up all the little pores and hardens the oily substance that overlies them. This is why a morning cold bath is prescribed for the prevention of cold and other pulmonary trouble.

To cleanse the body from dirt of daily toil and contact with city streets, a hot bath should be taken at night, using a pure soap, as it needs an oil to disperse the oil and dirt on the body. The skin should be rubbed hard with a brush or rough cloth, then rinsed carefully with gradually cooling water until one feels the shock of a chill. A vigorous rubbing with a bath towel will bring on the reaction necessary to a glow of health.

The face and hands needs an individual treatment. Water should not be put on either the face or hands more than once a day, preferably at night when one takes one's hot bath. If you must cleanse your hands and face oftener do it with a cold cream, otherwise you will show a network of wrinkles upon your face and hands, as continual washing keeps the natural oil away from the skin and it invariably shrivels and becomes lined and wrinkled. It is said that the hands show age much quicker than the face and it is only because they are washed more often. There is no oil left in the skin.

If you feel you must wash your hands more than once a day be sure to put on a cold cream afterwards and wipe them off carefully. After using hot water and soap on your face with a soft brush rinse well in a number of waters, each one cooler than the last, then anoint carefully with a good cold cream and pat it in for about ten minutes, then wipe off all that remains. This daily care of the complexion will keep it in the best of order.

Be sure that all your manipulations are upward. NEVER USE A DOWNWARD STROKE WHEN WASHING OR WIPING YOUR FACE.

Perfect cleanliness will often help to eradicate blackheads and acne from one's skin, and for fear of germs and infection never use the same wash cloth or towel twice without having it laundered and hung in the air. We must realize that the body is always throwing off poison through every pore, and only for a very few minutes after a bath can we call ourselves sweet and clean.

A famous old-time belle was asked for her secret of beauty and she answered: "I have three; the first is cleanliness, the second is cleanliness, and the third is cleanliness."

Just one last word—CLEANLINESS IS THE BASIS OF ALL PHYSICAL BEAUTY.



MISS BILLIE BURKE.

BILLIE BURKE'S ANSWERS TO CORRESPONDENTS

SARAH: A girl of sixteen is altogether too young to think of marrying. I wonder if you realize the duties of a married woman. Do you know how to cook and keep a house immaculate, to market and buy food to the best advantage? Can you sew and do the other numerous things of the housewife? These things you would have to do if you married the young man getting \$15 a week. Remember, my dear, that marriage is very different from falling in love. Marriage is a business. That's not very romantic, but it is true.

CYNTHIA GREY'S ANSWERS

JUST LIKE "TEDDY" AND "TAFT"

Dear Miss Grey: I am a teacher in the eighth grade and have always been considered a disciplinarian (of which I am very proud), but am dismayed at this writing.

I have had two boys in my room, and will have them again, who are unmanageable. I can get no control over them. They act just like "Teddy" and "Taft." Please help me by giving any suggestions you can.

TEACHER. A—The only remedy is, when school opens, to get the boys interested in some object common to both. Make them feel that the success, not only of their class, or room, but the whole school, depends on the pupils as much as on the teacher. Teach them that it is their school, and that discussion between pupils is a blot on its honor.

Can't you get them to work co-operatively on the play field?

ANOTHER FROM "UNCLE"

Dear Miss Grey: Will you allow me another turn at the wheel? I hate to see "Grandma" as well as "Grandpa" up in the wind and shaking over the "rib" and "equality" of woman as related to the man question. If they will allow me to take the wheel I will try to "box her off" and get headway before we all go on the rocks.

A Now for the "hard tack" and "hot coffee." The "rib" story has nothing under heaven to do with the origin or status of the woman as created. Breakers, breakers, dead ahead. Never mind the breakers. "Steady as you go."

God finished the work of forming and creating on the sixth day and never struck a lick, personally, or afterwards, but on this sixth day. "Male and female, created he them," and set them up in the business of continuing what he had begun, in which connection man will acknowledge the woman is his superior. So if the question is about completeness, the woman is on the starboard tack and has the right of way.

UNCLE KORTASSER.

ENTERTAINMENT FOR NEWLY-WEDS

Dear Miss Grey: Do you know of any nice table game two can play? My husband and I do not get to bed until late, and we would like to find some game that is made for two, besides dominoes.

HAPPY NEWLY-WEDS. A—"I'm a Millionaire," "Down and Out," "Chanticleer," "Checker," and "Chess" are all games at which two can play.

THE POSITION AND THE "JOB"

Webster tells us that a "job" is a "piece of work"; also he defines a "position" as an "office," "post," "employment."

Many men and women do pieces of work, but did it ever occur to you who are holding "jobs" to develop them into positions? If you don't, the "job" will make a "jobber" of you. Each man or woman can make a position of his or her "job" work, for as surely as the sun rises and sets, the individual man or woman can make his or her work a position, or a "job."

Others there are who hold responsible positions—and what position is not responsible?—who allow them to degenerate into "jobs." And just as surely as a position becomes a "job" it grinds. On the other hand, a job developed into a position, "a post," an "office," lifts the one who holds it above the grind.

The boy, or girl, man or woman, who takes a "job" for less than the work is worth; but instead of giving slack attention, and drawing the wage by the skin of the teeth, falls to with a good will and does the work as well as if it were a well-defined position with liberal compensation will be the one who will rise to the position for which the well-executed "job" work fits.

A YOUNG GIRL'S LOVE

Dear Miss Grey: I know you will think me silly, but I can't help it. I am not yet 16 but love a boy with all my heart. I know he loves me, because of his actions towards me. He is not silly and "spoony," though. Do you think it possible for girl of my age to love a good, clean, honest boy? BLUE EYES.

A—My dear, I do not think you silly; and more, if you and this boy think a great deal of each other, and are not "spoony," you are two very sensible young people, and yours may be a love that will last through life—and that sort is the best of all.

The love at sixteen is not usually lasting because that is the idealistic stage of development, and a young person is apt to build an imaginary "ideal" or "ideal" and embue the ideal with all the qualities he or she wishes the idol to possess. With the realization that we are all human beings, and therefore faulty, comes a great shock, and the boy or girl thinks love is false.

Love is never false. It is we who are at fault in being selfishly in love with our own ideals.

As long as you both act sensibly there is no reason why you should not be close friends, and when you are several years older, if both prove worthy your friendship may develop into a marriage that will bless the world.

YOUR BUSINESS IS YOUR OWN

Dear Miss Grey: I am now 21 years of age. When 17 I was married to a man a few years my senior. After 3 years of happiness my husband left me without a cause, never stating he was going. After being gone two weeks, he came and stole my little girl, who was 2 years of age. I notified the police and got a lawyer to look into the case. After considerable time it was brought into court and my child was given to me. Now, Miss Grey, I have never had support of any kind from this man.

I came to this city to take a position, and I am earning an honest living and boarding with private people. I have taken my maiden name where I am employed. Am I doing right? If I take my married name everyone asks questions and it makes things unpleasant for me. Please give me advice as to what is correct for a girl in my position.

ANKIOUS. A—Honesty is always the best policy. With the baby in evidence, I cannot see how it is less embarrassing to use your maiden name. At the same time it will cause comment to change it now. People can always ask questions; but if you simply ignore them they will soon stop, and very likely come around to apologize.

BABY'S BOTTLE

Dear Miss Grey: Will you please tell me how much lime should be used to a quart of water, which is for drinking purposes? Also how much should be put in a half pint bottle of milk for a one-year-old baby? A MOTHER.

A—I might give you directions for making lime water; but the safest way is to buy it prepared at the drug store. It is very cheap and directions are given. About one teaspoon to the baby's bottle is the right proportion. Do not put lime directly in the milk or drinking water—use the lime water.

PRESIDENTIAL ELECTION AND NATIONAL HYMN

Dear Miss Grey: Will women have the right to vote for president this fall? Which is the national hymn, "The Star Spangled Banner" or "My Country 'Tis of Thee"?

THANKFUL. A—In states where equal suffrage prevails, women may vote for president. "The Star Spangled Banner" is the national hymn, and "My Country 'Tis of Thee" is one of our national hymns.

THE WESTERN CLIMATE

Dear Miss Grey: I have just received a letter from a friend in Oklahoma. She wants to come out here, but has heard the climate is very bad for lungs and heart trouble.

As for me, I have been here two years this month, and my chest is developed three inches. C. M. L. A—All one needs in any climate to keep the lungs in proper condition is fresh air. The coast air is particularly good, on account of its salty properties.

ASSUMED NAMES AND MARRIAGE

Dear Miss Grey: Please tell me if a person is married under an assumed name, is, or would that marriage be legal? B. A. D.

A—A marriage is considered legal until it is proved otherwise by court. Whether or not a marriage under assumed names is legal depends entirely on whether the names were assumed to defraud or injure another. Assumed names always cast suspicion on the persons using them.

THE BEGINNING

Do not postpone the opening of a savings account simply because of the smallness of your first deposit. All things, you know, must have their beginning. The big things of today were little things of yesterday—Remember, we receive deposits as low as a dollar.

4 1/2 BANKERS TRUST CO. BANK 4 1/2 CAPITAL \$300,000.00 BANKERS TRUST BUILDING, TACOMA, WASH.

Easily Laundered Gingham Frock



Where there are a number of little folks in the family, the laundress appreciates especially the one-piece dresses which button from shoulder hem and may be spread out flat on the ironing board. The sensible little frock illustrated is of red and white checked gingham and the simple trimming of white sateen is very effective. The belt is of scarlet plain leather with a gilt buckle. This frock is cut very simply, fastening at one side in the Russian fashion. There are no pleats, the shallow pleats being simply pressed in with an iron, after the French fashion.

Society



On account of the death of Mrs. Bert Hillard, the White Clover chapter, O. E. S., will postpone their entertainment until July 31.

Mrs. Martha Wagner, who has been visiting in Seattle during the Potlatch, is home again.

Mrs. Nicolay Hasselo, after an extended visit to the East, including participation in an alumni reunion in Kansas City, returned home yesterday.

Miss Lillian Clulow, of Vancouver, B. C., is visiting with her sister, Mrs. Dix Rowland, of North Proctor street. Miss Clulow will be married to A. C. Thompson on July 31.

Changing the date from Friday to Saturday Mrs. W. B. Coffey will entertain the Ilemma club at her home on Harbor Heights Saturday afternoon.

The Woman's Missionary society of the First Congregational church will be entertained by Mrs. W. C. Wheeler tomorrow afternoon at her country home at Sylvan.

Mrs. W. D. Cunningham, of the Hotel Bonneville, returned from Mt. Tacoma yesterday afternoon.

Don't cook this weather—cold roast meats of all kinds, salads, home cooked beans, etc. A thousand goodies to choose from in Tacoma's leading delicatessen—Duenwald's, 313 1/2 near C.

Mrs. J. E. Masterson, 440 St. Helens avenue, will entertain the New Idea Embroidery club at her home Thursday afternoon.

Smith Floral Co. 1116 So. C.

Mrs. M. F. Earley, of Muskogee, Okla., is visiting her son Myran S. Wright, 608 South G street. Mrs. Earley is corresponding secretary of the Oklahoma Federated clubs.

PEACHES



PEACH MOUSSE—To each cup of peach pulp (fresh or canned) allow a heaping teaspoon of gelatine (two cups of pulp making a generous quantity). Dissolve gelatine in one-third cup of cold water. Then place it over the steam to dissolve, and strain into the peach pulp. After sweetening well, add a teaspoonful of lemon juice and a little raspberry or strawberry syrup. Coat the lining of a mold with a tablespoon of melted gelatine, then pour in the mousse, pack well. Cover it with ice and freeze six hours.

CREAMED PEACHES—Lay large, ripe free-stone peaches on the ice for several hours, peel, cut them in half and remove the stones. Whip half a pint of cream light, with two tablespoonfuls of powdered sugar. Fill the hollows left by the stones heaping with whipped cream. Keep in the ice box until time to serve.

PEACHES SURELY ARE PEACHES!

By Cynthia Grey A peach has the most exquisite complexion in the world. Upon this fact is probably based the fashion of twentieth century beauty connoisseurs who sometimes liken a beautiful woman to a beautiful peach. And from this has come the rather inelegant but entirely appropriate slang expression:

"She is a PEACH."

Few fruits can equal the luscious fragrance of the peach.

In almost every country it is noted for its flavor and dauntless texture.

The peach belongs to the apricot, plum and cherry family.

The question of its exact origin is a moot question. Darwin said it was an evolutionized form of the wild almond.

The flavor of the almond is easily tasted in the kernel of the peach.

The peach is not only a thing of beauty. It has many uses. It is well to remember in eating the raw fruit that it should be fully ripe to be entirely wholesome.

In its perfect stage of ripeness the peach has been given to typhoid patients when all other fruits were forbidden. It has often been found beneficial in serious cases of intestinal disorder.

Fresh or stewed, the fruit is laxative.

The seeds and flowers of peaches are used in the manufacture of a liqueur called Pisco. The bruised pits give to almost any alcoholic liquor the flavor of Noyau.

The flowers of the tree, steeped, are thought to exert, to a moderate extent, a sedative influence over the nervous system.

The blossoms, although acting as a poison to the skin of some children, are used considerably in Europe in the treatment of infantile diseases.

The leaves, like the kernel, when rubbed or steeped in hot water, give out a strong almond flavor.

Oil is distilled from both leaf

BUSINESS MEN OF TACOMA. ATTENTION! You will be interested in the "Business Building" talks running in the lower right hand corner of the first page.

Tacoma Eastern MILL WOOD

Never been in salt water. Special prices on Renton and Roslyn coal for winter supply.

GRIFFIN TRANSFERCO. Main 569

DOUBLE DAILY SERVICE VIA THE "MILWAUKEE" BETWEEN Tacoma and Grays Harbor. Trains leave Tacoma at 8:40 A. M. and 5:40 P. M. For particulars regarding fares and train service, call on or address CITY TICKET OFFICE 1001 Pacific Avenue, or Joint Passenger Station, 25th and A St.

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Cynthia's Answers to Many Questions

January 6, 1792, fell on Friday.

President Grover Cleveland was the last democratic president elected.

At the United States Military academy tuition is free.

The colors of William and Mary's college are white and orange.

There are said to be 3,424 spoken languages or dialects in the world.

The vocabulary of the New Standard Dictionary of the English language aggregates approximately 800,000.

William K. Vanderbilt gave \$150,000 to Vanderbilt university in Tennessee in 1911. P. A. H. Widener gave \$100,000 to the Y. M. C. A. of Philadelphia.

The United Ancient Order of Druids was organized in England in 1781, in America in 1839. The Court of Honor was organized in 1895.

A Hero in a Lighthouse

For years J. S. Donahue, So. Haven, Mich., a civil war captain, as a lighthouse keeper averted awful wrecks, but a queer fact is, he might have been a wreck, himself, if Electric Bitters had not prevented. "They cured me of kidney trouble and chills," he writes, "after I had taken other so called cures for years, without benefit and they also improved my sight. Now, at seventy, I am feeling fine. "For dyspepsia, indigestion, all stomach, liver and kidney troubles, they're without equal. Try them. Only 50 cts. at Ryner Malstrom Drug Co., 928 Pacific av.

Jolly Sand Apron of Blue Linen



Many mothers tuck into the bag that carries the picnic luncheon for a day at the beach, a linen apron which may be slipped on in place of the pretty white frock, the latter being thus kept fresh and clean for the homeward trip.

Dark blue linen is an excellent material for such an apron which may be made like the model pictured, with a trimming of the embroidered banding which comes in various widths and color combination.

A belt and reticule of the linen add an attractive touch and will certainly make the kiddy happy.

Olympia Boat

The New Steamer NISQUALLY Leaves Municipal Dock Daily at 9 a. m. and 4 p. m. The 3:00 p. m. Trip Connects for Shelton. Returning Leaves Olympia 12:15 p. m. and 4:00 p. m. MAGNOLIA—Leaves Olympia for Tacoma and Seattle 7:30 a. m. Phone Main 5568.

The Bank of California

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