DOINGS OF WOMEN

SECRET OF MARRIED HAPPINESS

HAPPINESS in married life is to be gained, just as enduring happiness in any other phase of existence on earth is to be found—by the use of the old-fashioned virtues of unselfishness, consideration for others, politeness and kindness, all based on love and capped by common sensse.

Like the old recipe for cooking the hare which begins, "First catch your hare," a happy marriage for a woman begins with "First select a man." Not an ideal-made seraph—not an ossified brain, not a mere animal, but a man capable of loving and appreciating a woman's love.

Of course, he will be more or less selfish. That is the way parents rear their sons to be. It is your task to bear with this selfishness at first until you can tactfully teach him how beautiful is thoughtfulness for others, and in a very sweet but very dignified way show him that you expect the same treatment you give, says Ella Wheeler Wilcox.

In the meantime you must recollect that a husband can always, at every approach, be the Prince Charming to anchor the enchanted princess with wis first kiss if he is skilled enough in love's arts and refined enough to wish to keep the interesting role.

And in all love's ways man is much given to following woman's lead.

If you have no independent income of your own, have an understanding in your honeymoon with regard to money matters. Ask for an allowance to be set apart for your use, in order that no humiliating and indelicate discussions need ever occur between you on this subject. Then study to be economical and thrifty—and wise in your use of your allowance.

Love, sense and patience. These are the three important elements necessary to happiness in marriage.

Says $300 Is Enough.

Mrs. Roosevelt, discussing the momentous question of the toilet with a friend, remarked that any woman who displayed common sense could be well dressed on $300. The mistress of the White House further explained that hitherto she had never spent that a year, but she supposed that a greater outlay would now be necessary. Mrs. Roosevelt said that her plan has been to buy three gowns a year, and to get the best of material and to employ the

MRS. THEODORE ROOSEVELT.

best artists. These gowns are a street dress of cloth, usually of tailor-made effect, an evening gown and a gown which could be used on all occasions in the house. Every season this thrifty housewife had her attire remodeled, and by this program she had always a complete wardrobe of up-to-date costumes.

Mrs. Roosevelt believes in purchasing the very best of everything. Her children wear sailor hats, but she pays $5 apiece for them, and they last for years. The first lady of the land laughingly explained that the sailor which Archibald is now wearing adorned the head of Kermit for three summers.

How Not to Wear Shirtwaists.

But speaking of backs and shirtwaists, have you noticed how miserably many women wear theirs at the rear? "Married backs," one clever girl calls these frumpy, blousy, carelessly adjusted clothes, and though it may be cruel to connect wedded bliss with untidiness, it is nevertheless a fact that the wedding ring often accompanies them. And wherefor? Are there no little sons to dress for, no small daughters to be instructed in the importance of details? It almost looks as if what the world says of us is true—a husband once captured, nothing else counts. Fie on ye, careless matrons! Dress is a power not to be despised, and if you only knew how hubby looks at other well-dressed backs you would perk up a bit.

One Cause of Poor Teeth.

At the annual meeting of the British Dental Association, says the London Chronicle, Thomas G. Reed read a paper on "Some Chemical Changes in the Mouth During Mastication of Bread Composed of Roller Flour," and contended that the increase in dental cases during the last forty years was due to roller milling having largely replaced stone milling, and argued that modern bread itself directly caused the destruction of tooth tissue, as there was a greater amount of acid generated in the mouth during the mastication of bread composed of roller flour than when composed of stone milled. It appeared that wherever the roller mill was in operation carious teeth were found, instead of the sound ones of the days of the stone mill.

It was found on testing for acid that the roller flour bread bolus was much more acid than the other. Hugh Candy, chemist to the London hospital, having tested both kinds of bread, reported that he found in the case of the bread composed of stone-milled flour that the acidity remained stationary, whereas in the case of bread composed of roller flour mastication appeared to promote an increase of 43 per cent in the acidity. Dentistry, says Mr. Reed, was a liberal profession, and besides correcting the ravages of dental caries, it was their duty to endeavor to prevent dental caries occurring.

What Do You Talk About?

Don't talk about your troubles, above all, any ill-health or sickness. Nothing is so tiresome to hear as to hear long tales of illness and sufferings, unless it be to bear those afflictions. You deepen, strengthen and prolong the effects of sickness by dwelling upon it in thought and speech. You can hasten your recovery by enjoying your return to health and showing your delight in it, and that is the only way you should allow yourself to remind others of the ills you have endured. Never speak of strictly family affairs, and especially be careful not to allow yourself, under any provocation, to criticize any member of your own family in conversation with even your dearest friend, writes Ada C. Sweet in the Woman's Home Companion. And avoid too much talk of every kind about your own nearest of kin. You are naturally deeply interested in your brother's college experiences or your sister's coming-out-party, but it is all rather colorless to people outside of your own house. There is nothing more becoming to a girl than a womanly reserve about her personal and family affairs. Beware of going into details in conversation upon such subjects. They are tiresome to any thinking person who has to listen.

Colors to Choose.

Black satin intensifies the effect of round shoulders.

Brown eyes and a brown dress go well together.

The tan shades are not often suitable for slim figures.

Blue-eyed girls should wear blue as often as possible.

A small toque is exquisitely unbecoming above a large, round face.

The color of the eyes should determine the choice of the dress and millinery.

A blonde may wear pure white with advantage, but the brunette nearly always looks better in cream-colored fabrics.

Dull black is the best choice for a fair-haired woman, while a brunette must order something brilliantly black if she really wishes to look her best.

Tucks and stripes running downward become the Juno type of woman, but the thin, angular beauty should have the stripes and tucks running round her dress, and she will be surprised to find how much her appearance will be improved.

To Develop the Neck.

The first movement consists in allowing the head to drop gently upon the breast, as far forward as it will without straining. Now raise the head and throw it as far back as possible. Then forward again, etc., until the movement has been performed twenty times. Next the head is turned as far to the side as possible, the body remaining motionless, the head bent toward the shoulder as low as it will reach without an actual strain of the muscles and tendons. This movement should be practiced also twenty times, the neck first turned to the right and then to the left, ten times on each side. The same movement with the chin raised as high as possible, repeated in the same fashion, first toward the right, then the left.

A New Sofa Cushion.

One of the prettiest of the new designs shown in sofa cushions is round, instead of the familiar square shape. The design is wild clematis on a sage green art duck, the flowers being in the pink ribbon work. But the pretty feature is the finish on the edge. This is a full puffing of a pale pink silk, the puffs caught down at regular intervals till they look like lovely full-blown roses. Around the edge of the cushion proper is an applique of leaves that extend here and there over the silk puffing. It is a dainty bit of needlework and a departure from the sofa cushions seen on all sides.

To Clean Light Rugs.

Rugs with white or very light grounds may be cleaned by sprinkling with cornstarch mixed with one-sixth its bulk of prepared chalk. Let the starch remain several hours and brush it out with a fine whiskbroom, then hang it in the sun and beat well before putting down. This method is recommended for fine silk rugs, as it injures neither tint nor texture, and makes a beautiful, clean surface.

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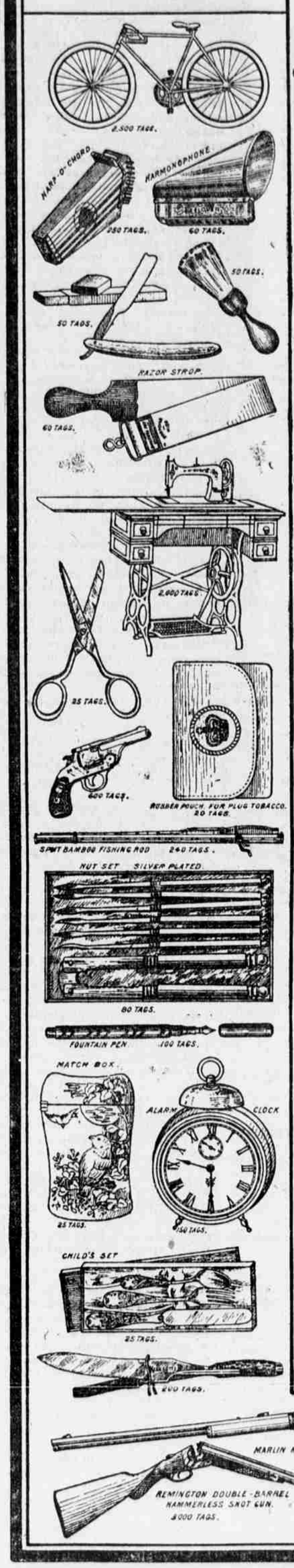

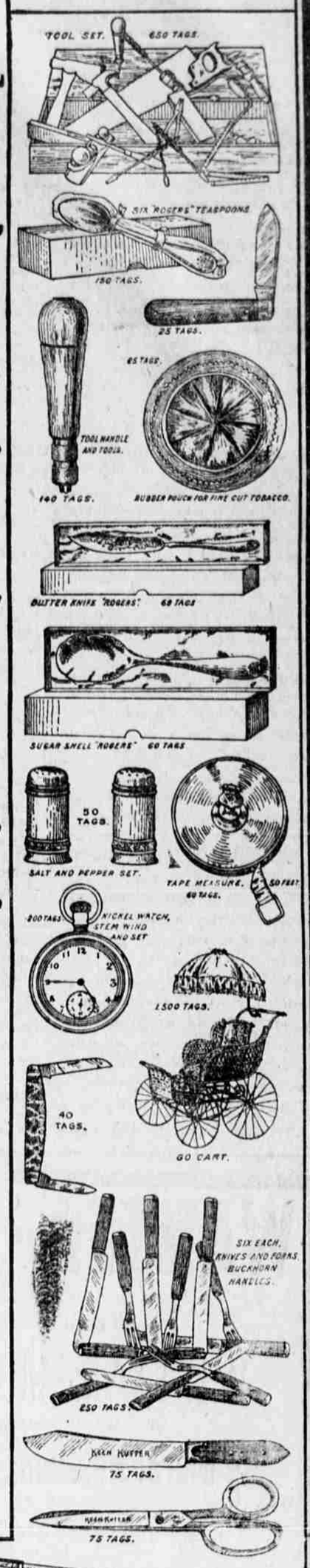

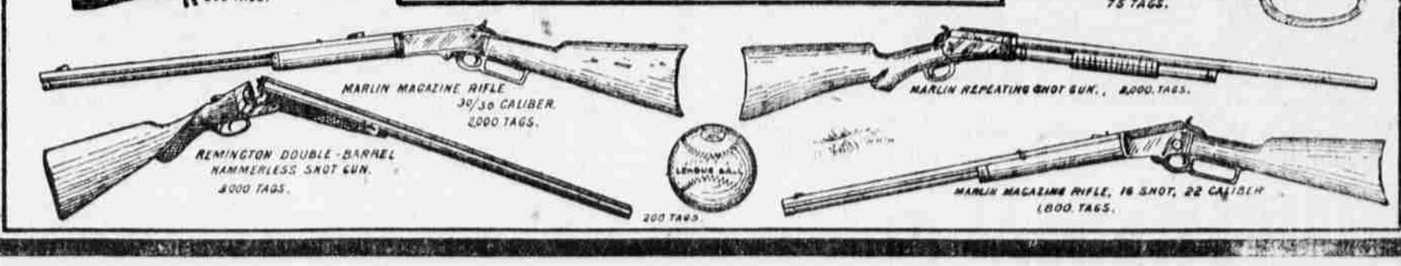

Awesome.

Philadelphia Press: "Oh, my!" exclaimed the cook, "tis consumption the master has, no less."

"How do ye know?" inquired the chambermaid.

"Faith, Oi jist heard the docther tellin' the misses that his lungs is normal, an' that's somethin' turrible Oi know."

Mrs. Winslow's SOOTHING SYRUP for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c bottle.

AGENTS—YOU CAN MAKE $300 A MONTH selling Sugar Plantation Stock. Address C. Clarence Hale, 247 5th Avenue, Chicago.

Too Much Headway.

Atlanta Constitution: "Well, major, I notice that you're runing for office again."

"No sir; it's the same old run. I got started years ago, and to save my life I can't stop myself."

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 931 Arch St., Philadelphia Pa.

You probably spell it "violincellist." The dictionary has it "violoncellist."

For Little Folk.

Lights of Child-Land, by Maud Ballington Booth is a collection of stories written especially for little folks—the very little folks, and in preparing them the author gives evidence of familiarity with the hearts of children. The stories are for the rainy afternoon, for the fireside and for bedtime. They narrate in a style that will win the little ones the events in the lives of some of their fellows, and the stories are natural; the experiences of the 'book children' being just such as might befall any of those to whom they are read, and the virtues of love and the sympathy for the unfortunate in most of them are shown to be of paramount importance. (Light of Child-Land, by Maud Ballington Booth. G. P. Putman's Sons, publishers, New York. Price, $135, net.)

A New York girl's fine cooking won a husband for her, but there is nothing in the dispatch to show that she got a man worth cooking for.

Julia Marlowe is to make a four weeks' tour of the South, beginning February 17. For twenty-eight performances she will receive $32,000, the largest guarantee ever paid since the tour of Booth and Barrett through the south.

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