

Fashions Woman's Page Helpful Hints

PICTURE INFLUENCE SILENCE CONQUEST

Washington's Photograph Proves of Great Help To Handicapped Girl

NEW YORK (AP)—How a picture of George Washington started a deaf and mentally undeveloped girl of 12 on a successful struggle against her handicaps is told in the girl's newly published story.

Helen Heckman, at 29 a dancer and musician, in "My Life Transformed," attributes to the patience of her stepmother, who hit upon the picture as an inspirational means, the success that resulted from it.

When the stepmother undertook to develop Helen's mind and faculties of speech, the girl, in her own words, failed to manifest "the slightest desire to learn anything new of my own accord or to know the reason for anything Mother might be doing."

After all manner of ways were tried unsuccessfully to call to life the element of interest, Miss Heckman writes, the stepmother placed a picture of Washington on a table where the girl would be sure to pass many times. After several days Helen noticed that, to her "mother's" delight, "The incident is described thus:

"She saw me look at the picture of Washington, then at the picture of Napoleon, and watched me again seek the kindly face of Washington and concentrate my attention upon it. Rushing to where I stood she wrote in her tablet, 'Washington—Napoleon: 'I like Washington,' nodding pleasantly at his picture as she underlined the sentence. Then, imitating the frowning expression with which I had viewed the other, she finished with 'I do not like Napoleon.'"

"This episode marked the awakening of a voluntary interest; and with it began my study of simple American history and geography for Mother showed me a picture of Mount Vernon and explained by writing and my notions that this had been George Washington's home long, long ago."

VITAMINS NEEDED IN EVERYDAY LIFE

Specialists Give To Excellent Recipes Which May Be of Interest

Life cannot go on without vitamins. They have always existed about them. Fortunately for the human race, they are widely distributed but some foods are richer in certain vitamins than others. They are more stable generally in raw foods which should be included in the daily diet.

There is no substitute for whole milk as a source of vitamins. The leafy vegetables also contain valuable vitamins as well as mineral. They are an aid to proper elimination. Raw fruits, fruit juices and vegetables are needed because of the anti-scorbutic vitamin. They must be supplemented with cooked fruits and vegetables. With these needs taken care of, less meat and cereal products will be used and a better balanced diet will result.

Specialists advise serving fruit every day, three times a day if possible. They have prepared a circular for free distribution on the subject, "Desserts That Are Different," which contains many recipes for fruit dishes which are both different and delicious. This circular will be sent free on request. Here are two recipes that have been taken from this circular. Try them.

- Fruit Meringue: 4 egg whites, 1 cup sugar, Canned peaches. Beat the egg whites stiff. Add sugar. Make nest-like mounds on glazed paper. Bake in slow oven. Transfer to individual glasses. Place fruit in center. Top with whipped cream and nuts. Fruit Snowballs: 1 T. gelatin, 1 cup cold water, 1 cup hot water, 1 lemon juice, 1 cup pulp, 1 egg white. Soak the gelatin in cold water. Add the hot water and lemon juice. When mixture begins to set, beat until light and fold in the freshly beaten whites and chill. Serve with grated cocoanut.

French Beret Fixed As Millinery Style

By Hazel Beavis (Associated Press Fashion Editor) PARIS—(AP)—Beret hats, introduced as an experiment, now are a fixture in advance spring modes.

From the simple basque cap worn by tennis players and hikers the milliners have evolved a sport hat which keeps the beret lines but is not actually a beret. Soft

Chest of Drawers Takes Place of Buffet in Modern Dining Room



By Hilda Hunt A sideboard may be a very handy accessory to the dining room. It fits the room, and affords an attractive wall furnishing. To say the least it is an expensive accessory.

Often people spend a great deal of money for a sideboard for the dining room, and then wonder what they are going to do with a chest of drawers for which they have no other place but the dining

room? Why not, then, make use of the chest of drawers in place of the sideboard? It will probably afford even more storage space, and its top may be just as attractively decorated. It will at least show some individuality in furnishing, and save a lot of money if you happen to have such a chest on hand.

How to Achieve Beauty

Beauty of Form and Symmetry Yesterday I gave you a definition of beauty, and outlined for you the five principle kinds. They were, as you may recall: Proportional, or beauty of form and symmetry; graceful, connoting flowing movement; wild or luxurious, suggesting the unusual, exotic type of woman; pretty or handsome, firm, soft skin, pleasing color of eyes, complexion, hair; and beauty that conforms to fashion or the ruling style—the chic, smart woman, perfectly groomed in every detail.

I am going to take up each of these kinds of beauty in turn, and shall attempt to show you their relative value and the relationship between them. Today we are discussing the proportional type or beauty of form and symmetry. It has purposely been considered first, because it is of basic importance. You who have seen a sculpture know the aesthetic thrill that may be had from form alone. For sculpture does not depend upon any of the other kinds of beauty. The Venus de Milo, for instance, is discolored, corroded by age and exposure, yet the lines are so perfect and so inspiring that people go from all over the world to see her.

However, that natural perfection of line is so rare in women, that they must supplement it with every other kind of beauty. Hardly any woman possesses a perfect figure, and if she is so blessed, she must use sternal vigilance and self-denial to keep it so through her mature years. Fortunately, a great deal can be done to correct the imperfections of form which age, bad habit of posture, overeating, etc., have caused in us.

We can do a great deal to correct simple rule of always remembering to lift and expand from the waist up, and contract below the waist. It is a wonderful aid in making us hold ourselves erect, bringing out the most attractive curves and minimizing the least attractive ones.

If you are too fat, you can diet, provided you do so wisely: If too thin, get plenty of sleep, avoid nervousness and eat the foods that will build you up. You can even reduce or build up specific parts of your body that are out of line with a harmonious whole. For instance, there are reducing soaps and jellies to be combined with the vigorous patting for dispensing the excess fat. There are tightening balms to firm the tissue of face and throat and restore attractive lines in that most important of beauty points, the contour. Parts that are too thin, you can build up by general developing diet and by local application of rich, nourishing creams and oils. Hot olive oil, for instance, is wonderful for filling out thin arms or a scrawny neck.

Symmetry is a most important attribute of form. We are accustomed to seeing things of equal

felts are used for most of the hats and they are trimmed with blue-tinted bands of self-color. Navy blue is the smart color for them. They are most frequently worn with double breasted suits of dark blue flannel.

Many Lace Dresses Prediction for Spring

PARIS, Feb. 4.—(AP)—Indications increase daily that many frocks of lace for afternoon wear will be included in the dressmakers' spring collections. Beige lace is forecast as a first favorite with black next and dark blue third. Beige lace underwear is shown by several designers of importance.

She was blaming all her troubles on this time.

proportions on both sides. Perhaps that is why we have two eyes. A building, for instance, would not be beautiful if it were lop-sided. We do not like to see a person with one shoulder higher than the other. It always disturbs us to see a picture crooked on a wall. We have two ears, two arms, two legs—all of virtually equal size. If they were out of proportion we would look queer. It always gives me something of a shock to see a girl with her hair done in a knot over one ear. It is striking because it breaks the symmetry, but it is not truly artistic. I want to scream when I see a girl with more rouge on one cheek than on the other. Symmetry, in other words, is balance, and we must observe it in our attempts to be beautiful.

Since perfect beauty of form and symmetry is practically never realized in a woman, it cannot be considered by itself. It must be thought of as one very important aspect, but we must give much attention to the supplementary kinds of beauty.

If you have not the chest, and still do not care to go to the expense of a sideboard, or have not the room for one, why not a side table, as in the time of Chippendale? Your linen and your table ware will go into a cupboard, you know. It's out of date, anyway, to display these things any more. They are kept under cover in the best of regulated families, and not displayed on top of the sideboard. Don't think I am speaking against the sideboard. It has its place, and gives the room an air of distinction when the chairs are drawn up around the table as they should be. But when you already have the chest of drawers you don't know what to do with, or feel a sideboard is a bit beyond the family budget it becomes unnecessary.

The illustration shows a dining room in very good taste, with a chest sideboard. Moreover, in this case, the chest covers an ugly place in the wall where once dwelt a mantel. It was an old chest of drawers of wood not too valuable to paint without vandalism. It was painted to match the furni-

New Dance Craze Sweeps Smart New York Society



Gotham debutantes practicing for flash light dance. From left: Virginia Luke, Frances Auchincloss, Susan Moore, Mabel Wilson and Mrs. D. W. Armstrong.

Flashlight Functions at Ritz-Carlton and Sherry's Establish Fun as Outstanding Novelty of Winter Season.

NEW YORK CITY.—A new craze, imported, like so many of its fads and fancies, from London, is beginning to sweep society's younger set. Flashlight dancing, with ball-room lights extinguished and each couple piloting themselves about by the aid of gleaming hand flashlights, is the latest wrinkle in the lives of the truly elect.

The "first formal flashlight dance" in America was introduced auspiciously a few nights ago at the December Ball at the Ritz-Carlton Hotel in this city. With a glittering list of patronesses and the season's most prominent debutantes in attendance, this annual fixture of exclusiveness New York society proved to be an unusually brilliant spectacle.

Another important society event at which this novel mode of entertainment was featured has just taken place. Announced as a "Flashlight Christmas Dance," the ball of the Midwinter Dancing Club was held at Sherry's on Christmas Eve. Guests were supplied with flashlights "through the courtesy of the committee."

The idea of flashlight dancing has royal sanction, having started in London, when Princess Mary, daughter of England's ruler, attended a dance in her honor, at which flashlights were used.



Mrs. Eugene W. Ong. She introduced flashlight dancing to New York society.

es on a black night. Debutantes and matrons whirled in weirdly lit groupings. Shafts of light filtered up to the boxes where elderly dowagers gasped at this new departure. To the youthful and lovely Mrs. Eugene Ong belongs the credit for injecting this new note into American dancing. Chairman of the Ball's cabaret committee, Mrs. Ong first called attention to the possibilities that lay in a London hostess' clever idea for entertaining Princess Mary.

As a result of the December Ball's successful espousal of flashlight dancing, and the Midwinter Dancing Club's equally successful flashlight dance at Sherry's, it is not improbable that before the winter is out, many other such dances will have been held in the nation's society centers.

SHAWL VOGUE PLAN OF WORKING GIRLS

Majority of Spanish Shawls At One Time Property of Spaniards

MADRID, Spain.—(AP)—A majority of the Spanish shawls bought by wealthy travelers to wear at the opera or at other society functions were at one time the property of Spanish working girls.

Most of them have spent years in the pawnshop, afterward falling into the hands of dealers when their former owners were unable to pay the interest on the loans or died before saving sufficient money to redeem them.

The "Spanish" shawl is not at all Spanish. It came originally from China to the Philippines, and thence was carried to Spain by the first Spaniards who occupied public offices in the colony.

Spanish women love colorful objects and they used their new shawls on all possible occasions such as weddings, bullfights and religious processions, saints' days and family festivals. The shawl eventually became so popular that the wealthier class who first used it abandoned it to the populace. Working class girls saved up their money in order to acquire a shawl before the day of their wedding.

With the arrival of the short skirt, shawls have gone out of fashion in Spain, together with the classic high comb, but many are retained in wardrobes for use at national festivals.

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When painted furniture is to be used in the dining room, it is wise to first secure your drapery material and send a sample of it with the order for the painting of the furniture. Even though you want your furniture in a color contrast to that of the draperies, it is wise to do this that the painter may get a color that harmonizes rather than clashes. Special attention should be paid to the few objects employed for color spots, such as bowls and candlesticks. These should be attractive, and in good taste, though not necessarily expensive. Where the furniture is painted robin's egg blue, yellow and a touch of red are good for color spots. Blue and a touch of red goes well with gray furniture. Care must be exercised not to get too much glare of color in the room where painted furniture is used.

Gay Note Uppermost in Clothes and Jewelry



By Mme. Lisbeth Spring with its parties and dances, will soon be here, and behooves the younger set to look over its wardrobe. What with many invitations the debutantes and co-eds are anxiously planning their costumes.

The attractive dance frock above is of flesh net over a pink crepe slip, girdled at the waist with a metal silver sash, trimmed with a silver flower and trailer. The evening wrap of sequins trimmed with an ermine collar and designs of white and sequin embroidery is worn over an evening gown of white and black sequins.

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Keeping Healthy

Try This for Your Cold The next time you have a cold, analyze your diet and see if you haven't for some time been on the diet that is too high in acid-ash foods—breads, cereals, pastries, flesh foods, eggs.

Dr. Volney Cheney, medical director of a large industrial concern, made an intensive study of the colds of the employees of the concern. He found that in every case there was a change in the chemical condition of the blood. There was a lessening of the alkali reserve, so that there was a mild acidosis. A milk acidosis can be brought about by a diet that is too high in the acid-ash foods.

The doctor began to treat his patients with a cold, in the beginning by giving them doses of sodium bicarbonate (ordinary baking soda) which is an alkali. In every case the cold was aborted. He didn't state the dosage; probably it differed with each person. The doses of bicarbonate of soda given in the Materia Medica is 5 to 25 grains. That is about 1-12 to 1/4 dram (a dram is approximately on level teaspoonful). The bicarbonate of soda is given in seltzer, vichy or water, two or three times a day.

If you have a cold, you might try this. However, you should also immediately go on a diet which has no acid-ash foods; that would mean that you would have to eliminate the foods that I have mentioned, and confine your diet to vegetables, milk, cheese, nuts and fruits (with the exception of prunes, plums and cranberries which have a slight acid-ash). You should always have a diet that is higher in these alkali-ash foods, anyway, because this mild acidosis seems to lower the resistance

to all sorts of trouble. We have an article on Colds, Catarrh, etc., which you may have by sending a fully self-addressed, stamped envelope and two cents with your request.

After Care in Diabetes Mrs. V. has been treated for diabetes for one year, and all her tests show that the sugar has cleared up in the blood and urine. She wants to know if she will have to keep up her diet for the rest of her life, since the tests are now all negative. She ends up with this very significant statement: "I used to weigh 213 pounds, but naturally I've gone down now very much."

One who has been a diabetic, Mrs. V., will certainly always have to be very careful with the diet. As you have been under treatment for a year, your doctor has no doubt taught you to examine your own urine for sugar, and you will have to keep that up periodically, to be sure that you continue free. If a case of diabetes is very mild, there is the possibility of an absolute cure, but even then one would have to be careful with the diet, for the same indiscretions that brought the condition on before might do the same again.

You are another example, aren't you Mrs. V., of the perniciousness of overweight as the forerunner of diabetes? We have a list of books on diabetes, written by specialists for the layman. Enclose a self-addressed, stamped envelope and two cents with your request. Those who are in need of instructions on how to reduce may have our pamphlet on the subject by sending ten cents in coin with a fully self-addressed, stamped envelope.

CARE OF TINWARE INTERESTS MANY

Brand-New Tinware Said To Rust More Easily Than Used Articles

You have noticed, haven't you, that brand-new tinware (milk cans, dippers, buckets, etc., as well as new separator tinware) rusts more easily than old used tinware?

The reason is simple. Metal surfaces do not have a perfectly impervious glaze like glassware or crockery. They are more or less porous. With use these pores soon become filled up with a sort of a film of grease, which then serves as a protective coating for the metal.

It is important, therefore, that the tinmed parts of a cream separator be given extra care the first month or two. That is, they should be thoroughly dried either with a dry cloth or by being hung in a warm, dry place, or both. This matter is one of special importance nowadays, since a very large proportion of cream separator sales are replacements, and where a farmer gets a new separator in trade for his old one, in most cases he will follow with the new machine the same washing program he had been following with his old one, with the result that the new tinware rusts where the

BEIGES AND GRAYS HARMONIZE, FROCKS

New Note In Shoes Attracting Considerable Attention On Row

NEW YORK.—(AP)—A shoe to match every frock will be the watchword of the fashionably garbed women of the coming spring and summer.

The ensemble note, found so popular during the winter, will be carried through to the months of lighter and more varied colors. Since various shades of beige and gray are to be the popular spring colors, the old stand-bys in light tan and light gray shoes will be in good order. A blue frock calls for a blue-gray pair of shoes, a red dress for a reddish shade of tan and a yellow one for a very light beige tinted generously with a canary dye.

The style of the footwear will change but little from that of the winter, except that the simple pump will resume its old place of importance over the many-moded strap slipper.

Dressy forms of the low-heeled, round-toed oxford will be in good order with the sport and business outfit, but only when there is unity in color between the shoe and the coat or dress.

Evening slippers have assumed lavish colors and materials. There will be exact harmony between the evening slipper and the frock of pastel shade that is worn for the formal summer function. It will no longer be correct, say the stylists, merely to have a pair of gold or silver slippers and hope that they will serve the purpose of setting off frocks of any color.

HOMES FOR ORPHANS AIM OF CONFERENCE

Gigantic Task Undertaken By Child Welfare Committee of America

NEW YORK (AP)—Finding homes that will take care of the 200,000 dependent children in the United States out of public orphanages is the task undertaken by the Child Welfare Committee of America.

Solving the problem of society's obligation to these children is the aim of the committee's national conference which convenes in New York, February 20-22.

"During the past two decades," the committee announces, "stupendous strides have been taken throughout the United States in the movement to substitute home care and attention and home surroundings to the child who, by reason of the death, disability, incapacity or turpitude of either one or both parents, might otherwise become a public charge, doomed to dwell, during that period of its life when undernourishment, watchfulness and individual care for its well-being are most needed, in public institutions."

There are more than 200,000 dependent and neglected children under the care of 1,400 public institutions and agencies in the United States, the committee reports. Most of these institutions are the old orphan asylums, some of them established in the early part of the nineteenth century and some even earlier than that. It adds, and "probably not more than ten percent of the children in them are real orphans."

Its chief job, the Child Welfare Committee of America declares, apart from getting mothers' pension laws adopted, is to restore some of these 200,000 children who are normal to their parents and make it possible for their kin to look after them in their own homes.

The conference will be attended by persons from all quarters of the United States, from Canada and from the Philippines. Among those who will speak are Governor Alfred E. Smith, New York; Governor Theodore Christianson, Minnesota; Governor John E. Weeks, Vermont; President Nicholas Murray Butler, Columbia university; and Miss Sophie Irene Loeb, president of the committee.

Double Decker Hats Mimic Spanish Mode

PARIS.—(AP)—The latest fashion from Spain is a close-fitting jersey cap worn under a felt hat with a wide brim. It is designed by Agnes, one of Paris' most daring milliners, and reproduces in a modified way the hearse which Spanish dancers tie around their heads and top with the traditional square hat worn at a rakish angle. Heavy gold circlets in the ears, or beaded to the edge of the jersey cap are the usual accompaniment of Agnes' new hat.

One way to help the farmer dispose of his surplus would be to induce Paris to issue a decree that plump women are once more the fashion.

Just when a fellow gets to the point where he hasn't a single thing to bother him, the football rules committee holds another meeting.