

The Woman's Page

Spectacular Hats New Vogue for Winter,

Constance Talmadge has two hobbies—dancing and hats. And as, after having danced the summer evenings through, every woman's fancy turns to fall's chapeaux, a few words from such a hat fan should prove of more than passing interest.

When visited in her dressing room between the taking of scenes in her latest production, the writer found Miss Talmadge seriously considering a number of sketches which had just been submitted to her by a leading Parisian modiste.

"Aren't they gorgeous," she exclaimed. "Thank goodness, these little folly hats of the past few seasons have been relegated to the background. After having worn the picturesque styles of the 18th century in this production, I should find it hard to select tiny pill-box hats for dress wear. Had the ec-

centric designers not decided to have these large cavalier styles this winter, I believe I should have had them created for myself.

"Just look at these graceful, curving brims and soft, richly shaded ostrich feathers. A woman would have to be as ugly as a monkey before she could manage to look unattractive in one of them.

"And this large tricorn. Norma wears one exactly like it in 'Ashes of Venus' and it was so becoming that she had it copied for afternoon wear in her personal wardrobe."

Choosing Blankets

As substitutes for comforts, many housewives use blankets. These can be easily kept clean and sanitary. Select bright, bizarre patterns, or

dark refined ones—do not go half-way in a choice.

Coarse blankets are all right for bedding and keep out the wintry winds for fresh-air friends. They will be scratchy for the face, but it is a good plan to buy enough outing flannel to match or to harmonize with the blanket and to fasten a wide strip of this across the face. This strip can be removed often and washed and thus lessen the frequency of washing the blanket.

Army blankets make good covers for day beds, or couches, and can take the place of bed-spreads. Those who wear a winter spread or bed cover, or a lighter weight one for warmer weather, can select beautiful cotton blankets of every price and quality, from the blankets intended for bath-rooms. These are made in lovely colors. They wash well and are just the right size for a bed-cover. They are very inexpensive, too.

If your regular bed-blankets are worn in spots, it will prolong their usefulness if you will cut open the close end, bind it, and sew the other ends together. A large center patch of matching outing, quilted down with large stitches will make a blanket wear longer. It is wise for thought to put it on before a hole is worn in the blanket. It's the stitch in time which saves nine.

Woman Suffrage Movement

There are many remarkable surprises in store for one who studies the history of the woman suffrage movement. The greatest, perhaps, is that those countries which had civilization first were last to grant the vote to women. It was first given to the new countries or the colonies.

Although the matter was agitated for two generations in many countries, only two countries gave women the ballot before the twentieth century. Most of them gave it during the teens of the twentieth century, especially '17, '18, and '19 and few in '20, '21, and '22. No country has given it in 1923, except Italy, which has given only a promise of a very gradual beginning, first to limited classes.

The first three countries to give women the vote were The Isle of Man in 1881, New Zealand in 1893, and Australia in 1902. Canada gave the ballot to its women in 1918. The United States was tardy, waiting until 1920. England, Ireland, Scotland and Wales gave suffrage to women over thirty in 1918, as a sort of war recognition.

A condition hard to understand is that France, where women have ages long been noted for their strength, and the men sometimes considered effeminate, where women have shared almost all the experiences equally with men, being their partners in business, this distinctly women's country has not yet permitted her to hold office, nor is there any prospect of suffrage for women soon in France. French women have won the promise of suffrage from the lower house, composed of younger men, but the August senators are fearful to enfranchise the sex which has to date given almost no thought to government. "Votes for Mothers" is the slogan with which French suffragists are besieging them.

Woman suffrage is making advancement in the Orient. India has it, and Chinese and Japanese women are after it.

Revealing Details of Smart Apparel

The Chinese influence dominates fashion. Outstanding points of the gowns are: the flat back, princesses line, capelet, fringe, Chinese embroidery or Oriental color schemes, circular flare, buttons, tiers, and applique. Everything moves toward the front, the back remains flat, says the dry goods economist.

Skirts are eight to ten inches from the ground for the street, but of varying lengths for evening.

Sleeves are usually long and tight for street wear often with a flaring cuff. For afternoon, they may be large and full, or disappear completely.

Necklines are round, square or boat shaped. Newest of all is the Chinese one-inch collar line. Fringe is used in tiers, deep flounces or edging tunics—sometimes straight, sometimes knotted.

New for sports is the plaid frock, sometimes combined with a plain material. Hairline plaid broadcloth appears for tailored dresses.

Godets change the silhouette of coats and wraps. The tube-like coat remains smart. Shirring, capes and cuffs placed below the elbow appear frequently on coats.

Lamb as Food

Research workers tell us that lamb and mutton is a valuable food, nutritious and economical, and should be used more abundantly. In early days sheep were grown for wool only and few people took pains to prepare the flesh well for meat. It therefore got a black eye and was considered tough, rank, and even unwholesome. The sheep for food are different breeds from the wool producers and require better care, but their flesh is considered a great delicacy by those who are fond of it. It would help the market and help vary the family diet if housewives would get out their recipe books and study up mutton recipes and serve at least one meal of it a week.

Sometimes children do not like mutton, but the taste is one to be acquired. It is a very popular dish in England.

Mutton fat, left over, may be combined with lard or bacon or ham grease and used for frying or shortening. To remove the characteristic flavor, combine with equal amount of other fat and add about half the weight of both of milk. Heat in a double boiler. The fat will rise to the top and when cool can be removed. The milk will have robbed it of its flavor.

Mint, pickle, lemon juice, tomatoes, horse radish, parsley or tart jelly is sometimes added to the gravy to improve the flavor. These are appropriately served with mutton to add tang and to counteract the distinctive flavor.

Roast Lamb
To roast a leg of lamb, remove the pink skin-like layer, sear the surface, then add a little hot water

and bake 15 minutes for each pound. Cover the meat to keep the steam in. The meat should not be in the water, but should be on a rack in the roaster.

Chops
Sear chops on both sides by turning them back and forth in a dry, hot frying pan, then reduce the heat, cover the fry with and cook 10 or 15 minutes longer.

Lamb Stew
Cut the meat into small pieces. Sear, then half cover with boiling water and simmer until tender. Finely cut vegetables can be cooked with lamb stew.

Woman-itorials

San Francisco is to have a million dollar woman's city club, sponsored by the local branch of the National League for Woman Service.

Discovery Day
Discovery day, October 12, the day on which Columbus sighted land on this side of the water, was celebrated in several national capitals in the United States and Canada, emphasizing the friendliness between all the American countries, North, South and Central.

As the years pass we are coming into continually better relations with the United States and Canada have had 100 years of peace. Mutual courtesy and arbitration are working for amicable relations all around.

Exchanging Students
Several countries of Central America have made arrangements to each receive a number of college students from each of the other countries. The students to have this advantage will be chosen by their own country. The object of this interchange of students is to strengthen the bonds of fraternity and the spiritual ties which bind these countries, and to foster a better knowledge and understanding of one another. It's a worthy motive and a practical and far-sighted method.

The Rights of Children
A pledge for men and women of all nations:

1. That the child shall have full opportunity to develop normally, both materially and spiritually.
2. That the child who is hungry shall be fed; the child who is sick cared for; the backward child brought forward; the wayward child led back; the orphan and the destitute taken in and succored.
3. That in time of distress, the child shall be first to receive aid.
4. That the child shall be equipped to earn his living and protected from all exploitation.
5. That the child shall be taught that his finest qualities should be placed at the service of his brothers.—From "The World's Children."

Household Hints

To the woman who dislikes to shell peas this discovery is a boon. Wash the pods well and throw them into boiling water to cook. The pods will break open and the peas cooked in the water will fall from the pods to the bottom of the pan. When the vegetables are done, skim the pods off, drain the peas and finish the dish as usual. Those cooked in the water will be delicious taste—and can be had by no other method of preparation.

When thin glass tumblers stick together pour cold water in the upper one to contract it and plunge the lower one in warm water to expand it, and they can be separated without harm.

Frequently I wanted a dining-room chair a little higher than the usual height, so we took four door-bumpers and screwed one into the bottom of each chair leg and I had my wish. It is much easier to pour tea and serve in a chair like this than from one of the usual height.

It is worth while to know that large dark vases or jardiniere which leak can be made to hold water nicely if painted with one or two coats of thick paint or shellac.

When you open a new bottle of glass, or ink, or smear a little vaseline oil around the cork. This prevents its sticking to the bottle and being broken off when one attempts to remove it again.

A woman who spends a great deal of time at the seashore showed a unique needlebook it was made of oiled paper that comes inside of cracker boxes. She says that she has found that keeping needles in this way is a sure preventive of their rusting.

Tested Cooking Recipes

Epigrammas of Lamb
Trim and fry 4 lamb chops. Dip each in fine crumbs and broil. Have ready a breast of lamb, cooked until tender in well seasoned broth. Remove the bones and cut into neat serving pieces. Dip each piece into cold Bechamel sauce, then in fine bread crumbs and fry until brown. Drain carefully. Arrange the chops and cutlets alternately, overlapping, in a circle, fill the center with green peas, string beans and asparagus tips and pour around a good sauce made of butter, flour and well seasoned brown stock.

Figuro Sauce
Finely chop 2 slices of onion, 2 slices of carrot, thin slice of ham, 1/2 stalk of celery, 1 sprig of parsley and a pinch of bay leaf, and cook in 3 tablespoons butter until brown. Add 2 tablespoons frothy. Then add 1 cup of thick tomato puree. When thick strain and set aside to become cold. When ready to serve fold it into 1/4 cup of thick mayonnaise dressing.

Apple Fritters
Wash, core and slice 2 medium sized apples. Mix and sift 1-1/2 cups flour, 1/2 teaspoon salt and 2 teaspoons baking powder. Add 1 well-beaten egg and 2-3 cup milk. Beat well. Add apples. Drop by spoonfuls into hot deep fat and cook until delicately browned. Drain on unglazed paper and sprinkle with powdered sugar. Serve hot on a folded napkin.

Her Neighbor's Advice Helped Mrs. Frick



"YOU can be just as healthy, strong and happy as I am," said one woman to her neighbor after listening to the description of her ailments. "If you will take Lydia E. Pinkham's Vegetable Compound. My condition was very similar to yours, I suffered from those awful bearing down pains, weakness, backache, nervousness and headaches until I could hardly drag around. Today I am strong, well and happy because I followed the advice of a friend who had been greatly benefited by this old-fashioned root and herb medicine."

Nearly fifty years ago Lydia E. Pinkham of Lynn, Mass., prepared from medicinal roots and herbs Lydia E. Pinkham's Vegetable Compound. Its fame has spread from shore to shore. You will now find in every community or neighborhood some woman who has been restored to health by its use, or has some friend who has. Therefore ask your neighbor.

Thousands of unsolicited testimonials such as the following are on file at the Pinkham Laboratory at Lynn, Mass., and prove the merit of this medicine. Therefore no woman should continue to suffer from such ailments.

Mrs. Frick Tells of Her Experience
PERRYBURG, OHIO—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my sides all the time. I can't remember just how long I suffered but it was for some time. One day I was talking with a neighbor and I told her how I was feeling and she said she had been just like I was with pains and nervous troubles and she took the Vegetable Compound and it helped her. So then I went and got some and I certainly recommend it for it is good. Whenever I see a woman who is sick I try to get her to take Lydia E. Pinkham's Vegetable Compound."—Mrs. ADA FRICK, R. No. 3, Perryburg, Ohio.

Such letters should induce others to try

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Smart Notes in New Knitted Garments

Appique work often is seen as a trimming on knitted garments. A novel idea noted in a recent collection was broadcloth cut into flowers and used in this manner upon a smart knitted costume.

Love Apple red is receiving quite a little attention, and this shade shows up to excellent advantage in the new knitted things. Browns and tans still are far ahead of all other colors, but among the less staple shades are green, blue, black and white, gray, navy blue and combinations of navy with fude or bamboo.

Plaid effects are very good style. An entire sweater or coat frequently is made in a plaid pattern, but it is really more effective when used as a trimming. Both suits and dresses show this type of decoration.

Many of the new neck lines of sweaters have a finish made by three narrow bands of stripes of contrasting color. Three different colors usually are employed, and the V neck is seen more often than the round.

Brushed scarfs are said to be selling very well, especially when made to match a sweater or hat. This tendency toward matched sets, hat and bag, etc., is very marked just now.

CUT STEEL FOR EARS

To successfully emulate the smart French woman, one must have at least one pair of cut steel earrings, preferably looped. With these one may wear a wristlet of cut steel and large, square, topaz colored stones. Round one's neck a French sash of cut steel should hang, cunningly "jointed" so that each part swings separately from the others. On a favorite opera pump a buckle of cut steel, studded with oblong, opalescent



Comfort Tired Aching Feet With Cuticura

When your feet are tired, hot and burning, bathe them with warm water and Cuticura Soap and follow by a gentle application of Cuticura Ointment. Cuticura Talcum dusted on the feet is cooling and soothing.

stones, should be worn. So much for cut steel.

Crystal is the rage, and the new-shaped earrings have large pear-shaped drops hanging on a chain ornamented with "tendrils" of crystal and jet. A large pendant

comes to match. The square chains are a new way of putting the crystal necklace.

Hemstitching is a job or cotton. 174 East 9th.



I Spent \$100,000 To Find These Ways to Youth and Beauty

By Edna Wallace Hopper

My mother was rich and ambitious. She went with me to search the world for the greatest beauty helps in existence. They cost us fortune and many years of time. But they made me a famous beauty. I became the rage. And now, at the age of 62, they keep me a beauty still.

I have seen those same helps bring to many plain girls multiplied attractions. To some they brought careers of beauty. I have seen them bring to countless women decades of added youth. So now I have placed these matchless helps at every woman's call. And I am doing my best to urge women to employ them.

You Need But Four
I found 32 great beauty helps. But French experts combined them in four preparations. So these results came very easy to me. One is a super-clay. Not like the crude and muddy clays you read about today. This clay is white, refined and dainty. It has been perfected by 20 years of scientific study. I call it my White Youth Clay. Before I found it, I never knew one-tenth what clay could do.

Clay is a beauty essential. It purges the skin of all that clogs or mars it. It creates a rosy glow. It firms the skin, combats all lines and wrinkles, reduces enlarged pores. It has brought to millions new complexion. But my White Youth Clay vastly exceeds the old types. The cost is 50 cents and \$1.

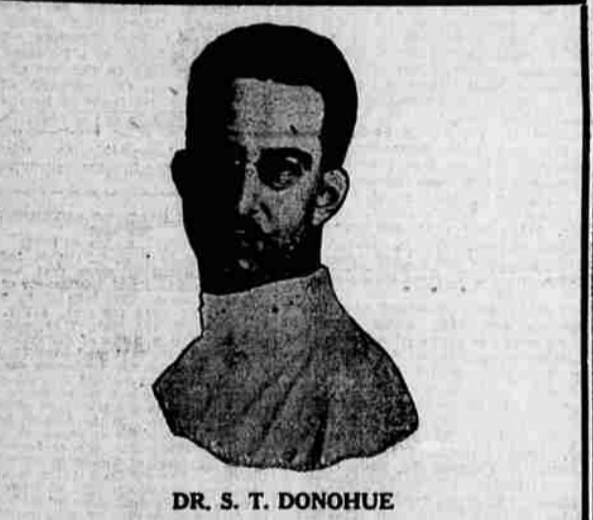
My Youth Cream
My Youth Cream combines both lemon and strawberry. Also all the best French experts know to foster the fine texture of the skin. I use it after the clay. Also as



The New Edison
The Phonograph with a Soul

The only phonograph that dares to bring the artist in direct comparison. No needles to change. We do not SELL terms, but WE DO SELL MUSIC. We have an easy-payment plan if it is desired.

Morris Music House
912 Willamette



Adding Years to Your Life

Good teeth are essential to the best of health. Good health requires proper mastication (chewing) of the food. Keep your mouth and teeth in condition to chew your food as intended and you will be abundantly repaid in good health.

Watch and care for your teeth and avoid such ills as: Rheumatism, stomach trouble, eye trouble, ear trouble, kidney and liver trouble, neuritis, heart trouble, boils, etc. These are not uncommon, but every-day occurrences, due to neglect of the mouth and teeth.

Many dentists consider it unethical to acquaint the public of the need of BETTER DENTISTRY. Yet, pyorrhea, infections of the mouth and teeth, are playing havoc with the health of millions and millions of our people who are ignorant of the fact that such conditions can only bring on other ills.

I intelligently advertise my practice, and it is highly ethical, because knowing the harm from diseased teeth, I, too, believe and agree with the best authorities that a well informed public, educated, by publicity, to the dangers of an infected mouth, can prevent more ills and the consequent results than all the science known to the medical world.

Dr. Mayo has said: "The allotted years of man are three score and ten; a few live longer, but a vast number live a much shorter period. Largely through the efforts of preventive medicine during the last three decades, about twelve years have been added to the average life. A large number of preventable conditions causing serious illness and even death were caused by conditions due to the mouth."

There is no charge or obligation on your part for a thorough examination of your mouth and teeth. It is my pleasure to show you the value of good teeth, food mastication and good health and to show you how bad teeth affect your health, appearance, success and life. My "One Price" policy insures confidence and courteous treatment.

When You Think of Teeth, Think of the
PEERLESS DENTISTS
Phone 441J 7th and Willamette Sts.

Business Talks to Young Girls



How to Rebuff the Unpleasant Features of Your Business Start

VII.

There is no doubt about it. There are many features at the beginning of a girl's business career that are very unpleasant, features that will annoy her, creatures that will make her wonder if it isn't better to marry Tommy even though she doesn't love him instead of keep on being chums with her ambition.

One of the most unpleasant things, I think, is discovering the lack of business courtesy. I am no supporter of the theory that women ought to be treated like other men, but I do realize that the more genteel a girl's upbringing, the more hard it is for her to adjust herself to the fact that her employer isn't going to treat her like a sister in the room; isn't necessarily going to bid her good morning or good-evening; is going to swear in her presence if he feels the necessity; or perhaps remove his coat in the hot weather; is going, in short, to treat her like another man, and not like a delicate creature who must be sheltered from the storms of life.

The point, exactly, is that you yourself on the same basis as he—and therefore, you might as well get reconciled as quickly as possible to receiving these rebuffs.

Another thing is the jealousy of your companions in your work. There are other girls just as ambitious as you; there are girls who are "getting by"; there are girls who will laugh at every earnest effort you make. One and all of them you must be friendly toward. None all don't quarrel with them. Mark out for yourself in your own mind the path you want to follow. Be sure that you are not misled by the girl who comes late and yet seems to get ahead as well as you. She won't in the long run. Don't be fooled by the one who tells you you're an idiot to work so hard for such a cranky boss. Don't listen to office gossip. Model yourself on just one person and one person only—the woman in the job ahead of you, in the job that you want to have.

Perhaps this will sound very cold-blooded to you; but in ob-

MOTHERS AND THEIR CHILDREN

The Friendly Policeman
One Mother Says:
I never frighten my child by telling him a policeman will get him if he does this or that. I teach him that a policeman is to guard all good people and take care of children. If ever he wants information or is lost, the first person he will call on for help is the friendly blue-coated officer.
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