

# DAILY MAGAZINE PAGE FOR EVERYBODY

## COPYING FASHIONS FROM NATURE



CATHERINE CALVERT

### Catherine Calvert Describes Her "Seasonable Gowns"

By MADGE MARVEL

FINDING an evening gown in a patch of moonshine, choosing a blouse from the crests of a hill, harmonizing a street suit from the freshly opened garden, and trimming it with new lace, has the fantastic sound of a foolish fairy tale.

"Catherine Calvert, who does it, says it is the most satisfactory and becoming scheme of costume a woman can have. She planned her entire spring and summer wardrobe that way, going over the ground literally, with a modiste, to see that the goods matched and that the combining shades were all right.

"Long, long ago," explained Miss Calvert, in quiet tone one would use when spinning a yarn about fairy and pixies, "I made up my mind that if one would be dressed with individuality and be able to express personal taste in her attire, she must work somewhat independently of the style makers.

"It all came to me at sunset—the way out, I mean—when I was delighted to find a wonderful reception gown spread out in the western sky, in the twilight afterglow.

"It was at the close of a bright April day, when there had been rain one minute and sunshine the next, that the twilight brought clear weather, and there followed a marvellous sunset. There was a clear, blue sky with a band of palest yellow along the horizon, and a deeper blue of the sky in tint. The chiffon drapery repeated the pale yellow.

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## Advice to Girls

By Annie Laurie

Dear Annie Laurie: I am pretty old of 15 years, and am blessed with very beautiful feet and ankles. When at home after supper, I take off my shoes and stockings and spend the evening barefooted, as I enjoy this very much. There are times when some one will come in for a few minutes or a guest will come to spend the evening. I always remain in the room, as I feel as much at ease as if I had on the finest pumps with silk hose. I have had many to admire and congratulate me on having such nice feet.

Many girls are ashamed of their feet and ensure me and my "fad." My idea is that the foot has just as good a right to appear in public as the hand, as it is formed very much the same and in most cases is more delicate. If they were intended all ways to appear in shoes they surely wouldn't have been created with as much care as to shape and appearance. Is it proper for me to appear at a public bathing beach in short skirts and barefooted?

Miss F. B. F. ARE you real, Miss P. B. F., or are you just a joke? Can it be possible that you really mean any of the queer things you say in your queer letter?

There's nothing disgraceful about a pretty foot and ankle—but who wants to be reminded of them every minute? If you want to go barefooted in the house or on the street, go barefooted—and enjoy yourself. But don't expect others to enjoy you.

People do not like "queer" folks; and any one who receives company in a pair of bare feet—no matter how pretty

Annie Laurie

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper and will reply to them in these columns. They should be addressed to her, care this office.

## Flat Backs to Replace Slouch Pose

By Maggie Teyte

The Noted Prima Donna.

STAND in the corner and hold up your head," is the advice the principal of a girls' boarding school used to give her pupils when she found them slouching in grace and elegance of carriage.

She had a certain exercise which carried out the idea and which the girls in her charge were required to practise three times a day. It is so simple that any one with a flat waist against which to set her back may try it. I can promise with a clear conscience that if she persisted in it will give such superbly flat backs and such grace that it will make the debutante slouch and the lackadaisical pose of the moment seem mere absurdities.

Stand against a door in such a position that the back of the head, the shoulders, the elbows, the back, the heels and the palms of the hands will all touch it. And it must not be just an occasional pose, but a real pressure, so firm there can be no doubt as to one's erectness of bearing.

### Secret of Grace

Easy? Not a bit of it. If you can hold the position a full minute after a month of daily practice, you are doing well. Doing so in more than one day—not only succeeding in the exercise, but gaining strength and poise and much control of the body, and all the graces in the world won't make that statement any more true.

Not long ago, a noted physician was talking about the modern woman. He said: "Unless she learns how to hold her head and keep the pose of her body, I fear for her mental future. It is a great pity that at a time when women are so capable and so brave, they should throw their entire beings out of harmony by adopting such outlandish poses as one sees on the street in the ballroom, on the stage."

Go to the nearest art gallery and look at the "Golden Rule" by the artist. It is a picture of a young girl, a lovely woman coming down a staircase. There you will find the ideal pose in each position. It is a beautiful picture, especially at this crucial moment in the pose of womanhood. It is deserving of a place in every boudoir.

### A Whitening Lotion

I have had several requests for some whitening lotion for the skin which is beginning to show the effects of the spring sun.

Let me give you one that was given me by an English woman who at 60 had the complexion of a young girl.

Take one quart of sweet milk stand till it is thick. Then boil and strain through a cloth and add a sliced cucumber and let boil till the cucumber is soft. Strain again and let stand for an hour and pour of the fluid without disturbing the sediment. Mix with one quart of alcohol and 15 drops of benzoin and apply every night and when you come in from outdoor exercise in the sun.

## Three Minute Journeys

Mongolia, the Land of Magic

By TEMPLE MANNING.



WHEN the traveller finally climbs the Tannu-ola mountains and gazes for the first time upon the bleak, wind-swept steppes of Mongolia, he is impressed first with the utter loneliness of the landscape. There is no vegetation to be seen; his glasses show no signs of human life. Only the obelisk monument marking the well at the pass, about which are scattered various offerings of slain sheep, made by natives to the different gods, indicate that there is human life somewhere in the wastes which stretch 200 miles from this point.

Then, while this impression is fresh in his mind, there appears a galloping band of herdsmen from behind some promontory of rock. They examine the traveller's passports from Peking, and then present their faces from the nearest Khan, or chief, and take charge of the expedition. The traveller cannot imagine how word of his coming has preceded him, and he puts himself in the hands of his new guides wonderingly.

This is his first taste of the magic of Mongolia.

During my trip across the plateau of this strange land each day saw some new touch of mystery. One Khan would pass us on to the next, and his men

## Secrets of Health and Happiness

### What Flies Mean to the Home; Insect Carriers of a Plague of Ills

By Dr. LEONARD KEENE HIRSHBERG

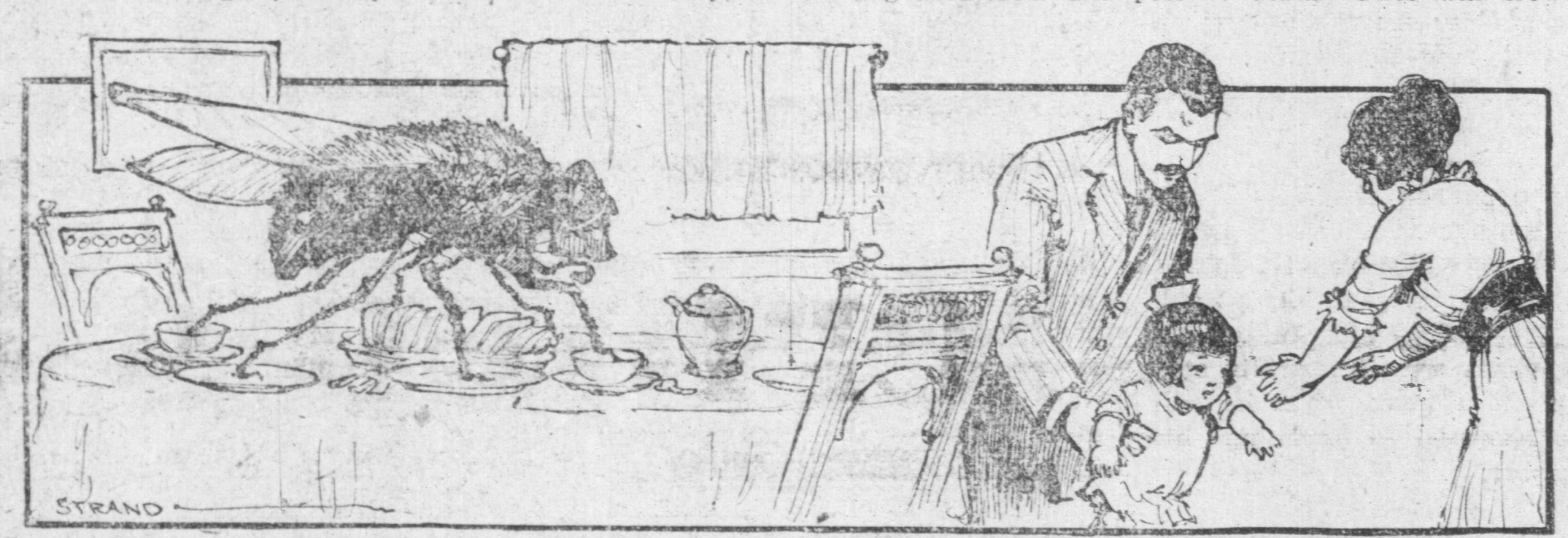
A. B. M. A., M. D. (Johns Hopkins).

THERE are still some medical men who ridicule the "germ theory of disease." Few there were at first who examined seriously into the evident facts of the indictment of microscopic germs. Most doctors at first and laymen felt convinced that there was nothing in the world beyond their immediate sense perceptions. All of this, however, is now past. The majority, once disdainful of scoffing, have been steadily overpowered by the accumulated truths; they have succumbed to the dramatic antitoxins, the tragic inoculations of malignant germs into animals, and finally to the surgical feats of asepsis and anti-sepsis, and know more about microbes than did the doctors of 25 years ago.

How these malicious micro-organisms founded upon the human body and felled their victims was also thought to be a closed story, when the verdict of guilty was wrought in against water, milk, bad air, soil and direct contagion. Suddenly, however, the higher court of new knowledge forced a reconsideration of the case. There was forced upon the pathological jury such new evidence that the whole matter had to be judged anew. For Dr. Theobald Smith, the eminent Harvard savant, who had investigated Texas cattle fever, discovered the terribly destructive epidemic was spread, not by filthy soil, bad air, contaminated food, or polluted water, but by a tiny insect known as the cattle tick. The story of his painstaking blood of these ticks, how he finally and forever convicted them of harboring the malarial-like parasites of Texas fever is thrilling, but even history, sufficient here to say that it opened up at once, to scientists and physicians, an entirely new vista for investigation. It impelled them to recast their near-new notions and at once energetically to test every suspect in the insect world.

Undoubtedly in not a few human as well as animal ailments the disease principle passes at once from person to person. Measles, diphtheria, scarletina, smallpox, loathsome diseases, ringworm, the itch and similar troubles are notable instances of this type. Quarantine and isolation usually serve to stamp such diseases out.

But Dr. Theobald Smith's finding, with that of the disease-producing malarial parasite, the mosquito, as the source of elephantiasis as well as bird anemia; the stegomyia mosquito as the



Every Fly in the Home is a Harbinger of Evil.

source of yellow fever, and the tsetse fly as the reservoir for nagana and the death-dealing sleeping illness.

All of these ailments are caused by microscopic parasites of the animal type. How then are the ailments that are caused by the vegetable parasites—the bacteria—carried from the sick to the well? How are the bacilli of typhoid, diphtheria, the plague, cholera and other diseases carried from the sick to the healthy? The offender at once to fall under suspicion is the housefly. Can the familiar housefly be found guilty?

While the hoary-headed, frosty winter seems at first sight to have rid the earth of houseflies, a microscopic study of all the last, biting flies of midsummer, you will be amazed, if you are so industrious as to investigate, to find that the supposed winter hibernation of domestic flies has lived up to its name, and the lethargy of your clicker-clogged furnace, will soon lay from 120 to 200 eggs on any stable or moist manure in the house.

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## ANSWERS TO HEALTH QUESTIONS

Warm water is a better solvent than cold. With the water you should use a good tooth paste to produce friction.

The application of a solution of boric acid will help to heal the skin which has been broken and affected by pimples.

Mrs. J. W. Markdale, Ont.—Your pains are due to internal trouble. It sounds as if, at your age, you needed an operation, particularly if you wish to buy a farm as you say.

W. M. A., Pittsburgh—Constipation can be cured by oatmeal, bran bread, oranges, figs, prunes, apples, dates, psyllium, castor oil, water and vigorous rubbing.

W. H. H.—Loose and flabby skin under the eyes can be tightened up by vibration, electricity, massage and fresh air.

## Useful Hints for the Housewife

By Ann Marie Lloyd

SOVELLING a man's wages out of the kitchen with a tablespoon is an old simile which has lots of truth.

The modern woman who has domestic science as a hobby should be as efficient as a good business woman.

Kitchen book-keeping is as necessary as some accounting system in any other business.

Haphazard housekeeping is passing, it is fast becoming a distinct business. It is quite negligent in the housewife to confess ignorance of food prices as it is for the man who makes his living in the business world to acknowledge ignorance of the market prices.

After several weeks of experiment under various conditions, the efficient housekeeper will know what it costs each week to run her table. She will keep within this sum. If there is company and extra entertaining she will strive to minimize expenditures for two or three weeks until the mean average becomes the same.

With some study of food values it is simple to plan meals that will have the requisite amount of nourishment, the delight of palatableness and a minimum of expense. "Watch the market" is excellent advice for all housekeepers to follow. It is no less admirable to be accused of being careless in expenditure than it is to be called stingy.

Many housekeepers whose husbands are on moderate salaries will let the

## Try These Tongue Twisters

PERTINENEO PERKINS, patient in plucking pretty primroses, perceived Percival Patmore, pretended preoccupied, penning pensive poetry. Presently, prominently primed, Percival promptly pronounced Penelope, perfunctory pessimistic, playfully pre-occupied, Percival passionately protesting, produced precious presents, pronounced perfunctory, perpetually preoccupied. Pursue proud, pompous puma, proving pliant, Penelope placidly plura.

WARY Willie wouldn't wed Winsome, wistful Winifred. Winnie whispered, "Why, when will he?" Willie waited willy nilly.

Wimple, wailing, wistful, wile. Wondered whether 'twas worth while. Whither while was Willie whiled. While willful woosers went, while Wayward widow, wealthy, wild. Whither while was Willie whiled. While willful woosers went, while Wayward widow, wealthy, wild. Whither while was Willie whiled. While willful woosers went, while Wayward widow, wealthy, wild.