

Cynthia Grey and EVERY WOMAN'S Page

Motherhood Not Wise for All, Says the Mother of the "Mother" of the Mothers Congress



Four generations in the Mothers' Congress—On the right, above, Mrs. Theodore Birney, "mother" of the congress; on the left, her mother, Mrs. Harriet McClellan; below, Mrs. Harold Walker, daughter of Mrs. Birney; in the circle, little Lillian E. Walker.

There might never have been a congress of mothers but for Mrs. Harriet A. Tatem McClellan, of Atlanta, Ga. This great-grandmother, who was one of the interested delegates to the convention just held in St. Louis, was the mother of Mrs. Theodore Birney, the founder of the organization.

Mrs. Birney, from the time she first gathered mothers together in council, always insisted that it was the inspiration of her mother that caused her to attempt the work that has gone bravely on since her death.

At the recent meeting of the Mothers' Congress Mrs. McClellan talked on motherhood. She does not believe that all women are fit for motherhood, neither does she believe that all women should marry. She thinks that in later years marriage will be regarded as a more sacred institution than it is today, and that the women who feel that their calling is not toward motherhood will be considered wise instead of being stigmatized as "old maids."

"Marriage is becoming rarer even now," declares Mrs. McClellan, "and the time will come when it will be considered a sacred institution. It used to be a stigma upon a woman to remain unmarried, but that condition is now a thing of the past. The day will come when marriage will be regarded as a calling for which few are chosen, and the women who are truly fitted for motherhood will then bear the children."

CYNTHIA GREY'S CORRESPONDENCE

Ho! Unjust.

Dear Miss Grey: As this is the first time I have put any question for you to answer, I wish you would answer this. At Easter time I was down to see a friend of mine who lives out of town, and when there I met a boy friend of his. After I came home this fellow I met said that he could have gotten me away from my boy friend, and when my friend heard it, he got quite angry, and told me I had told him a lie. What would you do in a case like this? I think very much of the fellow I am going with, and would not like to lose his friendship. Thanking you in advance, I am,

BLUE EYES.

A—Better lose his friendship. Blue Eyes, than bother about a fellow who is unjust enough to believe somebody else's word before your own. It is you who has reason to feel aggrieved. Make it clear to your friend that he has misjudged you, and that you deserve an explanation of his attitude.

Beauty Queries.

Dear Miss Grey: 1. What will make my lips red? 2. What will make the hair grow? 3. What will help a dry skin? 4. What will make the hair light and fluffy? A. C. D.

A—1. Good health. 2. Egg shampoo once a month, daily brushing, frequent airing out of doors, in the sun, if possible, daily massage, and the use of a good tonic. 3. Try different soaps until you find one that agrees with your skin. Then wash your face with warm water and the soap, rinsing first in hot water, then in cold every night before retiring. In the morning wash only in clear, cold water. Never use soap before going out. Don't use powder. 4. Brush with warm cornmeal every week.

She Blushes.

Dear Miss Grey: What can I do to overcome blushing? My friends make my life miserable, and embarrass me very much.

READER.

A—Don't you care. In all probability, the very ones who "make life miserable" for you would give a lot to be able to blush as you do. Blushing is generally looked upon as an

indication of modesty, and who is ashamed of that quality. Just forget about it and yourself when you are with others. That's the best way to overcome self-consciousness.

To Clear the Skin.

Dear Miss Grey: Will you please tell me what will take the pimples and blotches off my face and make it white without injuring it. Yours truly,

MORENE.

A—If these eruptions are very persistent, they are undoubtedly caused by impure blood. You should go to a physician and get him to prescribe a tonic for you. Deny yourself candy, cake, fried foods and greasy meats. Take all the out-of-door exercise possible, and sleep with the window open. Drink water freely, and make a habit of the daily bath. These are all material helps in clearing the complexion. A lotion made of four ounces of rosewater, one dram tincture of camphor, and one dram precipitate of sulphur is excellently applied outwardly. Touch the spots several times a day with a little of it.

Polly's Perplexities.

Dear Miss Grey: Could you tell me what is the latest for long summer coats, and if black and white check is going to be worn? 2. Is net fashionable to wear over black silk, and, if not, what other materials are worn? 3. Is it right and proper for girls to take their gentlemen friends to call on their cousins if they are engaged, and if they are not?

POLLY.

A—1. Linen and pongee silks will be very fashionable for long coats. Shepherd's plaid is always a favorite, and proves serviceable. 2. Net over silk would make a pretty evening dress. If you wish the gown for wear in the daytime, foulard or finely striped summer silk would seem more suitable. 3. Your question is somewhat ambiguous. It would certainly be quite proper for your friend to accompany you when making a call, whether you are engaged or not.

KINDNESS

"Kindness is catching, and if you go around with a thoroughly developed case, your neighbor will be sure to get it."

Kind words are the brightest flowers of earth's existence; they make a very paradise of the humblest home that the world can show.

If you are going to do a good thing, do it now; if you are going to do a mean thing, wait till tomorrow.

GOOD MEMORY A BLESSING

[By Frances L. Garside.]

[Copyright 1912.]

The blessing of good memory is never over-estimated. The one having it travels a path to knowledge very easy. It is a shortcut and has no obstruction, and he has reached his destination long before the man with the poor memory has started.

A good memory is so essential that the cultivation of the brain along these lines is made an important part of school education.

To teach children to remember, the foundation of many so-called games. "You must learn to remember," the child hears at home and at school, and he will find himself badly handicapped if he doesn't remember to remember when he begins his business career.

Does Not Perfect Him.

All of which instruction is vital, but of no account in perfecting his character if he remembers all things and forgets two or three.

And important among the two or three is this: That the other fellow has his troubles.

He remembered to give an order to the other fellow promptly on time. The other fellow forgot to fill it. The other fellow has his troubles, he didn't forget because he wanted to forget. He didn't forget thinking it was best to forget.

He forgot because he was busy, bothered, annoyed, overworked. He forgot because he had his troubles, and they prevented him from doing his best.

A woman calls up her grocer. When the goods are delivered there is a package short. She remembers that she ordered it, but forgets when it is not delivered that the grocer also has his troubles. She adds to them by telling him in no uncertain tones what she thinks of him.

Lose by Forgetting.

You remember; the other fellow forgets. Result, your work is lost and you are annoyed. Justly so, since every accomplishment means so much time, and he has caused your time to be lost.

But you lose more time, more effort, more energy, more power by also forgetting. You forget that a little patience, a little forbearance, a little encouragement will help him to remember.

You have your troubles, but it is more important that you remember that the other man also has his troubles than that you memorize your own. The great benefit of helping the other fellow lies in this result: That the man who does it is helping himself. In no other way can he help himself more.

This is not a new doctrine. It is the foundation of a very old and new creed. A man need not give out of his purse to practice it. He gives out of his patience and forbearance, a form of giving that increases his store.

The best memory is one that gives pleased attention to what the other man has remembered to do, instead of displeased heed to what he has forgotten.

The best memory is never built on a storehouse of the other fellow's mistakes.

Remember Other Fellow.

Marathon tests of memory, though won, are not of the highest good. The man who knows Genesis by heart, and can recite "Enoch Arden" without a bobbie, and forgets to be charitable, hasn't as useful a brain as the man who can't say "Now I Lay Me" without prompting, but who never lays his head on the pillow at night with the memory of an unkind word of that day sticking in it.

The other fellow has his troubles, and it is up to you to remember to help him forget them. You also have yours. He will do his best to make them less if you give him half a chance.

RELIANCE AND SELF-CONTROL BASIS FOR IDEAL CANADA

Professor Hutton, of Toronto, Lectures Before the Women's Canadian Club.

"Whatever makes for the continuance of Canada within the British Empire is desirable," declared Prof. Hutton, of Toronto University, in a strong and instructive lecture on "Canadian National Character," delivered before the Women's Canadian Club on Saturday afternoon in the Normal School.

The requisites for an ideal state, such as we would desire Canada to be, are moral virtues of reliance and self-control; consideration for the past, and, lastly, an intellectual virtue. Plato's idea of an ideal state, family or individual, was that it be founded upon, first, a virtue of self-reliance and aggressiveness—a military virtue, and secondly, upon a principle of patience and unselfishness. In our Dominion there is a curious blending of types and nationalities. We have the British type, including the Anglo-Saxon, the Huguenot, and the Celt. In this type is displayed the virtues of organization and mastery. Our French ancestry has given us the

properties of art, science, and courage—the virtue of intellect, and from those Americans who joined us rather than fight against the mother country, we have an element of fidelity and loyalty, of consideration for the past. If any man in this world can steer a straight course between despotism and humanitarianism, it is the Canadian. He is a natural believer in equality, and a natural disbeliever in dreams. A man of practical methods and good common sense, a natural realist," said Prof. Hutton, in speaking of men who fill important posts in India, Africa, and other British colonies. "The vast empire is a refuge from localism, Americanism, and the spirit of conquest. We may all think that we don't have to elect our kings," continued the speaker, in describing the methods of a presidential election in the United States.

"If Canada remains within the empire, an ever-growing patriotism will be developed, and an imperial loyalty that will become more potent and distinctive as the years go by. The empire may be likened unto the kingdom of heaven," said Prof. Hutton, in a standing vote of thanks was passed unanimously to Prof. Hutton for his enlightening address. Mrs. John Stevely occupied the chair.

BEDTIME BEAUTY CULTURE

"Ten minutes of beauty culture at night is worth half an hour in the morning," said the Woman of Thirty, as she took the hairpins out of her hair, combed it, and then shook it, strand by strand.

"That's a funny stunt," said the Average Girl. "What are you shaking your hair for?"

"To ventilate the roots," said the Woman. "The hair being closely coiled against the head through the day needs an airing before one braids."

QUAINT LITTLE HATS.



The Dutch bonnet is covered with dowered lawn over pink silk and faced with black velvet. Around the crown are faced circles of lace with ribbon rosettes and leaves in each oval.

The middle sketch shows a full bonnet of all-over corduroy. Most of the billows is drawn to one side and held in place, while a row of ribbon, large enough to balance this fullness is placed on the other side.

The dress trimmed with a plain yellow ribbon, and a row of ribbon, large enough to balance this fullness is placed on the other side.

It loosely at night. Twice a week also I rub a little tonic into my hair, but it is not wise to do so every night. Come, try it. 'Give your head a shake, shake, shake,' as we to say when we were children and played the shaker dance—and see how good your scalp feels.

"To talk about it," continued the Woman, "sounds as if my bedtime toilet was an elaborate affair, but it really takes up very little time. Perhaps fifteen minutes if I dawdle, and only ten if I hustle, but no matter how late it is or how tired I am, these are certain things I always do religiously before I jump into bed, for it is regularity that counts in beauty culture more than anything else."

"Well," said the Average Girl, "it sounds easy so far. What else do you do?"

"Next I wash my face, neck and hands with warm water, using a mild soap, but being careful to rinse it off well, splashing the water well up onto my face five or six times or more until the soapy feeling has quite disappeared. After the face is dried I rub a little cold cream very gently under and at the edges of the eyes. This is the place where wrinkles first begin to show in a woman's face. I leave this cream on all night, the idea being to nourish the skin and prevent hollows."

"What in the world are you going to do with half a lemon?" said the Girl. "It looks like mixed drinks."

"That's the way I keep my neck so white, that, if I do say it who should not, it's the envy of all my friends. You see the collar of that black lace waist I wore today stained it a little, so first I put on a wet bit of cold cream to prevent irritation of the skin, then I rub the lemon all over the neck to take off the stain. If I went to bed without treating it the same would be so ground into my skin by morning that my neck would never come white."

"The care of the teeth at night is also of the greatest importance to the woman who wants to be good-looking. When the pattern is bust measure, you need only mark 32, 34, or whatever it may be. When in waist measure, 24, 26, or whatever it may be. If a girl, give waist and length measure. When in skirt or child's pattern, write only the figure representing the age. It is not necessary in skirt 'patterns' or 'patterns' to give waist and length measure. When in skirt or child's pattern, write only the figure representing the age. It is not necessary in skirt 'patterns' or 'patterns' to give waist and length measure. When in skirt or child's pattern, write only the figure representing the age. It is not necessary in skirt 'patterns' or 'patterns' to give waist and length measure."



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Striped galatea in brown and white, with bands of white, was used for this design. The front closing is a good feature, and the gored skirt will not fail to please. The dress may be finished with a back closing if preferred. The pattern is cut in four sizes—4, 6, 8 and 10 years. It requires 3 1/2 yards of 21-inch material for the ten-year size.

A pattern of this illustration will be mailed to any address on receipt of 10 cents in silver or stamps.

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OF WHAT USE ARE WE.

We sometimes wonder of what use we are, and why we are put on earth. One day is added to another, and we seem to be no further advanced on the pathway of our lives. As Mark Twain would have put it, we do not appear to be gaining on the scenery. Yet there is room in the world, and need in the world for each one of us, and therefore we must keep on going to the end. Emerson has a poem in which the squirrel talks to the mountain and says: "If I cannot carry forests on my back neither can you crack a nut." You can do something nobody else can do; namely, live your life. You have your chance if you will only take it, and I have mine. If we can do nothing else we can at least be one's friend, and there is nothing that the world more keenly wants and more sadly needs.

THE BLACK GOWN.

The popular black toilet is likely to be with us more or less all through the summer, but relieved with white, ecru, straw color and biscuit, which, although tints of some similarity, are each distinct notes of color. Black and white lace will be worn in combination, and already models of beauty have appeared.

Gowns of black nixon and silk embroidery in black, slightly veiled or worked with tinsel thread, are among the smart gowns for the summer, and these are exquisite in all black, the touch of color being obtained by piping the embroideries with bright turquoise, amaro mauve or orchid pink.

Fry's Nut Milk Chocolate
Everybody Likes It. Try It Yourself