

THE GREAT DOCTOR

Every Woman May Practice Without a Diploma

"MY skin is so dreadfully dry. Do tell me what to do for it." is a piteous plaint frequently addressed to Daphne Dean. And her invariably reply is something like this: "Some skins are naturally dry, but very many others have dryness thrust upon them by the use of hard water, alkaline soaps, astringent complexion tonics and exposure to wind and weather. Then, shocking as it may seem, very few women really wash their faces. Oh, yes, they all doubtless do go through the motion of washing according to their lights; but, judging from the results, it is often a light that fails. But think not, maiden, how so fair thou art, that your skin will look soft and radiant unless you take the very best care of it, for it won't. To bring about the desired effect the face should be scientifically cleansed at least once a week and every night. If one has the time and sufficient strength of mind and stickfastness to carry on the good work. Of course to have a specialist massage the face is the ideal way. For stretched out in a reclining chair with eyes closed, nervous relaxed, a ministering angel, indeed, is the fair beauty doctor. Still every woman can be her own doctor. Here's the prescription: Wash the face first with a soft piece of cloth, old linen preferably, dipped in a basin of tepid water in which has been dropped a half teaspoonful of 5 per cent carbolic acid solution. Rub on the cloth a little good castile soap and go gently over the entire surface of the face, under the chin and about the ears. Then with the tips of the fingers apply, with a rotary motion, some reliable complexion cream. Knead this lightly into the skin, always using an upward Swedish movement, taking particular pains to massage the parentheses marks about the nose. For the cheeks a kind of pinching, caressing

motion with the thumb and first finger is best, and about the temples describe little circles with the tips of the fingers to coax away the telltale crow's feet. The forehead is rubbed smooth with a rotary motion, always with the upward part of the stroke harder than the downward. Around the corners of the eyes only the tips of the fingers may be used. Under the throat the stroke must be firm and strong, going upward toward the ear to prevent the flesh from gathering beneath the chin

point. Now it is time to apply the hot face cloth. This is done by doubling a cloth several times that has been dipped in hot water and wrung out sufficiently to prevent the water from dripping. This compress is pressed closely to the face and another cloth placed over it to retain the heat as long as possible. The compress is allowed to remain on for about five minutes. The face is then wiped and the cream again applied as first described, then another hot compress is followed by a cold one, to the water of which ten drops of toilet benzoin have been added. After removing the cloth and wiping the face with a soft sponge, and a little alcohol is poured in the palm of the hand and rubbed under the chin several times to prevent too solid flesh from accumulating in this very undesirable location. A slight sprinkling of a good face powder to remove the shine is now necessary if the massaging has been done during the day. And, be careful to use the right shade of powder.

der, for a brunette to use powder intended for a peach and cream complexion is fatal, and vice versa. If these directions are followed the face is not only thoroughly cleaned, but if kept up regularly a decided improvement will be noticed in the appearance of the skin. A good thing to do at night is to rub cold cream into the palms of the hand and, forming a cuplike hollow, strike the cheeks vigorously about twenty times in succession. This will fill out the cheeks and make them round and firm. Some complexions are greatly improved by giving up water abstinence entirely and by being cleansed with

cream, but most women are averse to doing away with the pleasant freshness that water gives, and others find that opening the eyes repeatedly under water tones and brightens them and preserves the sight. The daily use of some kind of cream is indispensable to the dry skin, and when a cream is found which the skin readily absorbs it should be adhered to and applied daily by means of gentle massage to nourish the subcutaneous tissues. The objection often urged that any unguent is apt to encourage the growth of hair being the mouth can easily be overcome by cleansing that part of the

face with a mild soap and water. A word as to the method of employing face cream so as to obtain the best results. Three kinds of cream should be chosen—a thin, soft cream for cleansing the skin, a nutritive skin food for the massage and a non-greasy cream for application after the face is washed. Lent is a favorite season for women to get themselves into good physical condition. The comparative cessation of gayeties gives greater opportunities for only to rest up, but to take course of health and beauty treatment either at home in classes or professionally. DAPHNE DEAN.

RESTING THE FACE

TAKING OUT PARENTHESIS LINES

A DAINY FILET EFFECT.

MANIPULATING THE CHIN

Easter Luncheon Table Decorations

A DECORATION for an Easter luncheon table that is both new and smart is to fill a low silver bowl with pansies of all colors. If the stems are not especially long a piece of wire netting can be placed over the top of the bowl and the pansies stuck in it. The effect is enhanced if the bowl is set on a large, round mirror surrounded with a border of small ferns. At each place have a small set of glass vases, which may later be given as souvenirs. These look well if the pots are set in small paper cases made of stiff cardboard covered with silver paper. Should there be a guest of honor her plant may be larger than the others or the case may be a small silver jardiniere. The candle shades should carry out the predominating tones of the pansies. Silver candlesticks should be used if possible, but effective shades can be made of white paper garlanded with artificial pansies.

LOOK PRETTY AT BREAKFAST.

The woman who looks pretty at the breakfast table is always well groomed at thirty-eight and makes the family beauty look dowdy and dilapidated beside her. She is full of life and spirit when the rest of the family feel good for nothing and look it too. How does she manage it? Why do some women go through life however pretty they may be, without that air of freshness and vigor between 8 and 10 a. m.? It is a matter, first of all, of health, secondly of method, and, thirdly, of disposition. The pretty girl may outshine us all when arrayed in the glory of a party gown, but the really beautiful woman has her best face at the breakfast table. No morning headaches, no restless nights and no morning tempo! Perfect digestion, a good night's sleep and healthy circulation are the first essentials to good looks and charm at the breakfast table. Nine hours' sleep is the best of all comes from the breakfast table point of view. The pitiless sunshine shows every little line, every shadow. Toilet lotions and face powders are only so-called at 8 in the morning. But a good night's sleep smooths the lines and brings out the very best of the face the next day. The prettiest girl of twenty would look backward and old after three nights without sleep, if she managed to survive the ordeal. No despite all this, the woman who looks pretty at the breakfast table is the woman who is her very best in the morning. She has long ached. She is called upon to look her best at the breakfast table. She takes a tepid bath and a cold sponge after. She probably has fifteen minutes' Swedish rest or breathing exercise. She has time, too, to put her clothes on smartly and to fasten the buttons which were so likely to be hanging by a thread. Better still, she dresses her hair as carefully as if she were going to a ball. And she has brushed it fifteen minutes the night before. So she is just as neat as a new pin, and her coiffure has the glow of the hairdresser's art. She then enters the dining room with the assurance that she is carefully dressed and well turned out. But, above all, the woman who looks best at the breakfast table is the woman who is the most successful in the world. She knows her husband's and brother's short temper is due to the fact that he has only a minute if he is to catch a train or trolley. So she sets herself to look ever-ready, wise, and her mere presence restores the family temper like a sunny day in winter. She is the center from which all the brightness radiates to every member of the breakfast table.

ESSENTIAL TO MATRIMONY. The inhabitants of the Green Islands, in the China sea, are largely engaged in diving for sponges. No girl there marries until she has shown skill in bringing sponges from the depths. In some of the islands the father of a marriageable daughter bestows her up on the most successful diver—who can stay longest under water and brings up the biggest load of sponges.

Women of the Cabinet

They Set the Pace For Official Washington Society.

WHILE mere men are interested in the president's advisers, they are not half as keen in their curiosity as is the better half of creation concerning the women of the cabinet set. With the wife of the president these cabinet women set the pace for official Washington society. Nor are their duties social alone. Much of the politics of this land of the free is controlled through Washington drawing rooms. The wives of some of the most successful public men are better politicians than their husbands. Pink teas, banquets and receptions are not all ornamental. Affairs of state are shaped there just as they are in the chief nations of Europe. The part that women have played in the politics of France and England has long been notorious. Of the new cabinet all are married men with the exception of Postmaster General Hitchcock, who is a bachelor, and Secretary of Agriculture Wilson, who is a widower. Mrs. Philander C. Knox, wife of the secretary of state, the ranking lady of the cabinet, is a Washington hostess of much experience, having been chaperone of the attorney general's home in the Roosevelt administration. No one is more conversant with cabinet customs than Mrs. Knox, and she will meet the representatives from the crowned heads of Europe and foreign republics with equal tact and grace. At Valley Forge, the Knox estate in Pennsylvania, she is much interested in her model dairy farm, and she is also devoted to horses. Mrs. Franklin MacVeagh, wife of the secretary of the treasury, who will stand next to Mrs. Knox at the White House, is already acquainted with Washington's smart set, having made frequent visits to her brother-in-law, Wayne MacVeagh, and his family at their home in Massachusetts avenue. Coming to Washington for Mrs. Wickersham, wife of the attorney general, is almost like returning home, for it was at the capital that she spent most of her girlhood with her father, Cornelius Wendell of Albany, who occupied one of the spacious old-fashioned mansions on F street. Mrs. Dickinson, wife of the secretary of war, is a southern woman of much grace and tact and possesses to a marked degree the hospitality which makes the women of her section of the country famous. She is a much traveled woman and has been over almost the entire world.

Mrs. George von L. Meyer, wife of the retiring postmaster general, who has been selected to serve as secretary of the navy, like Mrs. Knox, is already an experienced cabinet hostess. She is a horsewoman of recognized skill and a marvelously good golf player. Mrs. Charles Nagel, wife of the secretary of commerce and labor, is a newcomer in Washington society. She is a graceful and gracious hostess and will be heartily welcomed to the cabinet circle. Mrs. Richard Ballinger, as the wife of the secretary of the interior, has lived in Washington for some time, her husband having been connected with the land office. Her new duties will bring her more in touch with the official element of society, for which she is amply fitted. Unless Miss Flora Wilson gives up her operative career the home of the secretary of agriculture will be without a chaperone. There is no particular charm about the office of the postmaster general under Mr. Taft's administration. It is filled by a bachelor, Mr. Frank Hitchcock, the first to enter the cabinet for a long time. **SERVING GRAPE FRUIT ON ICE.** For serving grape fruit as a luncheon course there are tall glasses which are shaped exactly like mammoth champagne glasses and provide a respectable for cracked ice so that the fruit may reach the table deliciously chilled. In the center of the glass sits a shallow cup, also of glass, and exactly the right size to hold half a grape fruit. Between this cup and the rim of the large glass shaved ice is packed. There is also a plate for the tall glass to stand in, and this attractive grape fruit outfit may be had both in clear and cut glass and in the sparkling, iridescent variety. **AN EXCLUSIVE ODOR.** Scented toilet waters often injure the hair, but every girl delights in an exclusive odor for her locks. The best plan is to rub a favorite sachet powder into the rats and center of the hair puffs, and this gives just the right scent. **CREWEL EMBROIDERY.** Crewel embroidery is being used in Paris by the artists of dress for giving distinguished trimming touches to handsome costumes.

EARLY SPRING MILLINERY

Many Models Freakish, but More Conventional Hats Will Come Later.

NEW YORK, March 13.—I have just come back from an inspection of spring hats, and as I wended my way homeward in a taxicab a mental register of my thoughts would read something like the following: "Women may some day (heaven save the mark) dominate politics with the ballot, but at the present moment they don't even dominate their own personal affairs in the matter of clothes. Why, said a suffragette to me the other day, 'men not only dictate to us what we shall eat, being all male bakers, butchers and caterers, but they dictate everything we shall wear.' Yes," I agreed, "men dictate to us what we shall wear, from puffs and hats to dresses and shoes. Then the horrid creatures laugh at us for adopting their fashions, and some of them certainly are silly enough to call forth amusement. But then, men, say the weaker sex, have no sense of humor." It needs, though, no specially developed sense of humor to appreciate the absurdities of the spring millinery that Parisian artists have provided for our delectation. This assortment is more ridiculous than anything women have been called upon to wear for years in the way of headgear folly. Some of the new models rival in absurdity the "Merry Widow" of last season. The new pieces of sensationalism, however, does not score as did the "widow" in circumference, but in altitude. It arises perpendicularly from the face to quite an awe inspiring height. Yes, indeed, the caricatures are going to have fine sport with the huge turbans and the "chopping bowl" hat, which, when carried out in shirred silk, suggests a bird's nest, when of coarsey plaited and interlaced straw a workbasket and in another lighter guise a lamp shade. In reality this "chopping bowl" model is a big, overshadowing, curved top

affair and, as I said, looks like an inverted bowl with a submerged human face inside it. Every possible material seems to be used for the making of this remarkable creation, from the most flimsy lace and gauze to utilitarian pongee and linen. Even when carried out in straw the effect is wonderful, for in many instances the millinery artist contrives to manipulate the straw into surprising knots and twists, and where the braid itself cannot be depended upon to bring about the desired lumpy appearance great balls and buttons of straw are distributed over the hat to help out the effect of eccentricity. But milliners are agreed unanimously that the shape is becoming and chic. This particular hat when seen in perfection shades the face right down to the eyes. It is not unduly large, and it is quite round in its natural state, with its curved brim of straw or plaited lace or ribbon supporting a full crown. But there are others. It is an undoubted fact that these exaggerated "chopping bowl" hats are not every woman's wear. At a smart Fifth avenue establishment, I saw two hats of the kind just described. One of these might possibly have been called a "chalice," but the description would not be correct, for it was just an inverted bowl. The brim was of closely plaited cream lace and the full crown of black spotted tulle over a gold tulle. The second hat was still more bowl-like, with a huge crown of coarse straw and a border of roses all round the brim. The only other trimming was a wide band of black velvet ribbon, which was carefully twisted about the crown and then knotted at the back, the ends falling over the back of the dress. Now, if you don't like the "chopping bowl" and are young and pretty enough, there is for you a bonnet shape—cabriolet. It is called—in which

you can lose your identity so completely that your nearest relative would not recognize you in it unless he got a full view of your face. These confections are like the old fashioned bonnets of long ago and frame the face in the same cool scuttle style, and not only is the face obscured, but the model droops so low at the back of the head that the hair and neck are concealed. The new bonnet has fascinating strings of tulle or ribbon that are brought from the back and tied in a full bow under the chin. A delightful cabriolet shape shown me at another shop was of a soft, pliable fancy straw in a light tan shade. The straw braid was neatly plaited about the face, and under the brim was a frill of lace. The principal trimming was of plaited lace that made the fluffy crown, around which were bouquets of tiny roses and forget-me-nots placed in a prim little row. The ties on this bonnet were of green velvet ribbon. Such a creation would be prettiest itself on the right girl, but it is a style that is not to be rashly chosen. I inquired of a famous artistic milliner whether the large hat was out of the running. "The big hat" that was thrown out of the back door recently by the fashionables now returns by the front door," was her phrasing of the situation. To substantiate her claim madame produced a charming large black crimoline hat trimmed with big silver edgeways and a large bow in gray velvet; also a rose colored crimoline chapeau wreathed with black ferns. So it looks as if the fight in millinery the coming spring and summer will still be between the large and small hat. CATHERINE TALBOT.

A HOME THRUST. Years ago Mark Train, who has recently celebrated his seventy-second birthday, used to be fond of telling his story. At the dinner table one day there were guests for whom Mark was doing his best in the way of entertaining. A lady turned to the daughter of the housewife, then a little girl, and said, "Your father is a very funny man." "Yes," retorted the child, "when we have company." **NEW POTATO MASHER.** A new potato masher has a long handle with a wooden cone at end that is crunched by a strong tin rail the full depth of the cone, the rail heavily rimmed at top and bottom. Price, 55 cents.

GOODBYE TO FLUFFY TRESSES. The fluffy haired girls have their innings, and the craze is now for shiny