

The Woman's Page

Society

(Continued from Society Page, Part 1)

Gordon Chamberlain, son of Mr. and Mrs. W. M. Chamberlain, of Yorkshire road, returned Tuesday to Staunton Military Academy, Staunton, Va., after spending his holidays here.

Mrs. F. B. Etter, of Fairfax road, is on a two week trip to the East where she will visit New York and Philadelphia.

Mrs. Frederick W. Boynton, of Dorchester road, is entertaining 16 guests at a luncheon tomorrow preceding the matinee performance of the Detroit Symphony Orchestra.

Rodger Brown, son of Mrs. J. W. Braffett, Buckingham road, returned Sunday to Hanover, N. H., where he is a student at Dartmouth College.

Mrs. Robert E. Clayton, of Oakland avenue, entertained her sewing club at a luncheon last Thursday.

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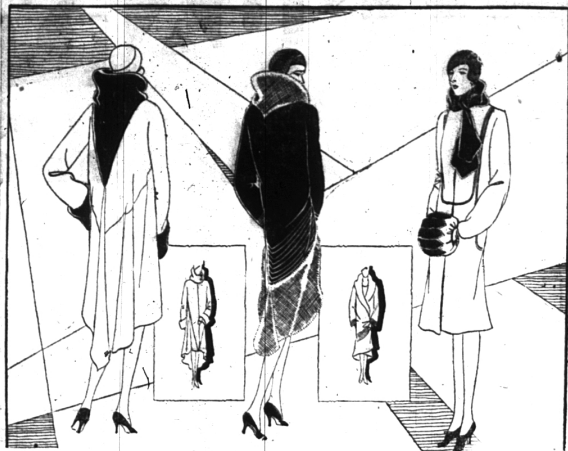
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TRIMS BRING USES FOR OLD FELTS



By LUCY CLAIRE Fashion Expert for Central Press and The Eccentric. Coats are following the frocks the greater femininity movement. Never was there greater individuality, and a consequent larger choice of models than in the new collections. They vary from the gamut from plain untrimmed models to the most elaborate and intricate of styles. Of course the more elaborate and intricate models are in the afternoon and evening classes, but even many of the newer sports coats show signs of following suit to a limited extent.

There are ideas aplenty in these new models for the use of old furs—that old fur coat that must now be cut up for trim. One of the most important features is the abundance of fur trimmings. The fur is used in interestingly intricate ways both back and front. In fact, since coats have taken to back decorations it is hard to guess from the front view what you are going to find at the back.

Take, for instance, the first **FOR 9 YEARS GAS RUINED HER SLEEP**

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coat in the sketch. The coat is of beige velvet trimmed with beaver. A pointed gilet at the back gives it the fashionable dipping movement. The collar is made in one with the deep pointed yoke. Deep cuffs of the fur trim the sleeves. One can readily see how an old fur coat of cape would cup up very nicely for this trim. Another idea for use of Old Felt fur coat, if there is still enough good pelts left in it, is shown in velvet. This also is of the second model. This also is of the fur, shaped and longer in the back, is used, with an interesting shawl collar pointed in a shallow yoke effect in the back. The plain cuffs are trimmed with stitching. The coat laps over to a side drap at the front closing. A stimpler use of the fur is shown in the third model, where it forms the scarf collar and trims the muff. The coat is of slate blue perennia. The disposition of the pipings at the front suggests a plastron, like a man's shirt front. Very new are the tied fur collar and the muff. Kid pumps were worn in the showing of these models, fresh from Paris. The kid pump is quite the popular footwear for formal afternoon wear, and black kid is the most popular leather with the darker winter shades. Beige is still worn with beige, brown with brown, and navy blue with the blue shades.

By MRS. LILLIAN CAMPBELL. Exclusive Central Press Dispatch WASHINGTON, D. C. — The capital city will play hostesses to two different groups of women in two important gatherings in the very near future. The annual mid-winter meeting of the board of directors of the General Federation of Women's Clubs will be held at headquarters here January 9-11, with Mrs. John F. Sippel, new head, presiding. The board consists of the officers, state directors, department chairmen and trustees from 48 states and the District of Columbia. The other conference is the fourth national conference on the Cause and Cure of War. Mrs. Carrie Chapman Catt will officiate over this conference, which will convene January 10-18. The international relationship program which Mrs. Sippel submitted to her executive committee, and for which she received unanimous and enthusiastic approval, will be one of the most important subjects under discussion at the first gathering. As Mrs. Sippel has been traveling continuously the last few months, feeling the pulse of the organization, so to speak, she feels assured of wholehearted support by the board in this contribution to be made by the General Federation of Women's Clubs. One of the interesting features of the discussion of this part of the program will be the reading of letters from women of 45 lands who are interested in and have given encouragement to the project. At the Conference on the Cause and Cure of War Mrs. Catt and her associates will urge ratification of the Kellogg peace pact by the Senate. In organizing public sentiment throughout the United States for the pact, Mrs. Catt says she has done and says Mrs. Catt, "we have adopted the slogan: 'Build friends, not warships, for national defense'."

WOMEN TO HOLD IMPORTANT MEETS IN CAPITAL CITY

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Mrs. Carrie Chapman Catt, above; below, Mrs. John Sippel.

exercise provided you have mastered the proper technique of holding and using a broom. Any exercise that compels you to remain for any time in a cramped, unnatural position, is bound to be harmful. Raise your too-low work tables by inserting square blocks of wood under the legs. Stand upright when you wield a broom. Use free arm and supple waist movements all that you can, and should your sinks and basins be too low, plan to invest the first spare dollars you have in having them raised. Morris Hopkins of Cleburne, Tex., walked more than 20 miles in his sleep before awakening.

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How to Achieve Beauty



by HELENA RUBINSTEIN

THE WASHERWOMAN I have called the exercises which I am going to describe "graphic exercises." I am using the term because I think that it best describes this series, which I hope will bring mental pictures to your mind. I think it is very much easier to exercise when your interest and imagination are aroused through being able to visualize, not only what you are accomplishing, but the methods employed in that accomplishment.

Before I go into my first description, let me suggest to you one of the most successful ways of creating self interest in the routine of daily exercise. Try to organize a group, either a family group, several women of your own age, women perhaps in a club.

TAKE POSITION AS ILLUSTRATED.



EXHALE ON THE DOWNWARD BEND.



INHALE ON THE UPWARD MOVEMENT.

of which you are a member, or some other similar organization, and plan a regular hour when you are to meet and go through certain prescribed exercises.

It is very much more interesting to do things in company than alone. Not only that, but it does away with the possibility of boredom, and the lack of interest that results from doing the same thing every day without even the inspiration of company. The first of my graphic exercises is the "washerwoman," and, as the name implies, it is to develop the muscles which would be called into play were you actually bending over a washtub and scrubbing away at your clothes. I believe that the accompanying illustrations are sufficiently plain without my going further into the details of the exercise. Household labor are good—fine, in fact, but only when they are done with a wholesome respect for natural positions. For instance, sweeping is a wonderful

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