

# D. A. R. IS 35 YEARS OLD

SOCIETY FOUNDED IN WASHINGTON,  
OCT. 11, 1890, WITH 18 MEMBERS.

Today It Has More Than 2,000 Chapters,  
With a Membership of 15,000,  
Scattered Throughout the Globe.

From the Washington Star.

The National Society of the Daughters of the American Revolution, the largest woman's patriotic organization in the world, celebrated the other day the thirty-fifth anniversary of its organization, which took place in the city of Washington October 11, 1890.

The memorable event in the history of American womanhood took place in the old Strathmore Arms, then the home of Mrs. Mary S. Lockwood, the "Little Mother of the D. A. R.," and eighteen women present.

These first Daughters of the American Revolution were Miss Eugenia Washington, Mrs. Flora Adams Darling, Mrs. Ellen Hardin Walworth, Mrs. Mary Morris Hallowell, Miss Susan Reviere Hetzel, Mrs. Margaret Hetzel, Mrs. Mary V. E. Cabell, Mrs. Mary S. Lockwood, Mrs. Alice Morrow Clark, Miss Pauline McDowell, Mrs. Ada P. Kimberly, Mrs. Aurelia Hadley Mohl, Miss Floride Cunningham, Miss Caroline Ransom, Mrs. Emily Sherwood, Mrs. Harriett Lincoln Coolidge, Mrs. Jennie D. Garrison and Miss Mary Desha.

## RAPID GROWTH OF ORDER.

Within six months of its inception, the D. A. R. numbered four chapters and 390 members. Today it has more than two thousand chapters in the forty-eight states of the Union and the District of Columbia, Alaska, Hawaii, the Philippines, Porto Rico, Cuba and Paris, France, while on July 4, 1925, one was organized in London, England,



MRS. ANTHONY WAYNE COOK, PRESIDENT  
GENERAL OF THE D. A. R.

showing the curious twists of history, for the D. A. R. is composed of women who can prove lineal descent from some patriot of 1776 who fought the British or rendered signal service to the colonial cause in some other manner.

Of the more than one hundred and fifty thousand enrolled in the society, besides those living in the United States, there are members in Africa, Argentina, Belgium, Canada, Central America, Czecho-Slovakia, Germany, India, Italy, Japan, Mexico, Panama, Switzerland, Turkey, and the quaint spinning wheel symbol of the D. A. R. has literally found its way around the world.

It was felt that a woman of national importance and prestige should be the first president general. Weeks before the election, Mrs. Benjamin Harrison, wife of the then President of the United States, was eligible because of her descent from Revolutionary patriots, and that as a patriotic service she would accept the office. Therefore, her name headed the ticket that was elected with cordial amity that October afternoon.

The full election of officers was as follows: Mrs. Benjamin Harrison, president general; Mrs. Flora Adams Darling, vice-president in charge of organization; Mrs. William D. Cabell, Mrs. H. V. Boynton, Mrs. A. W. Greely, Mrs. F. P. Sinclair, Mrs. G. Brown Goode, Miss Mary Desha, Mrs. W. C. Winlock and Mrs. David D. Porter, vice-presidents general; Mrs. Ellen Hardin Walworth and Mrs. Mary Orr Earle, secretaries general; Miss Eugenia Washington and Mrs. Alice M. Clarke, registrars; Mrs. Marshall McDonald, treasurer general; Mrs. Mary S. Lockwood, historian general; Miss Clara Barton, surgeon general; Mrs. Teunis Hamlin, chaplain general; and executive committee, Mrs. William D. Cabell, Mrs. Marshall McDonald, Miss Eugenia Washington, Mrs. Margaret Hetzel, Miss Mary Desha, Mrs. Mary S. Lockwood and Mrs. Ellen Hardin Walworth.

## INCORPORATED IN 1891.

The society was incorporated in June, 1891, and five state regents were appointed and confirmed. They were: Mrs. N. B. Hogg of Pennsylvania, Mrs. Joshua Wilbour of Rhode Island, Miss Louise McAllister of New York, Mrs. De B. R. Keim of Connecticut and Mrs. William Wirt Henry of Virginia. Chicago had the proud honor of having the first chapter organized outside the District of Columbia.

The second year was noteworthy in the inception of new work. The first continental congress was held in the Church of Our Father in Washington, February 22, 1892. Mrs. Harrison presided and was re-elected president general. A magazine to be the official organ of the society, to record its work and stimulate historical research throughout the country, was started with Mrs. E. H. Walworth as editor.

In February, 1896, the society was incorporated by the fifty-fourth congress of the United States, the charter being signed by Grover Cleveland. The society was ordered to report annually to the secretary of the Smithsonian Institution concerning its proceedings, and was given permission to deposit its collections and material for history in the Smithsonian Institution or in the National Museum.



604 So Poplar St.

Ottawa Kansas Feb 4 - 1920

Mr Arthur Capper  
Topeka Kansas

Dear Sir:-

The General Edward Hand Chapter  
of the Daughters of the American Revolution  
has instructed the secretary to ask for  
your support of the Smith Turner Bill.

Cordially Yours  
Harriet Ash Walker  
Secy.

Copy

Senator Arthur  
One sent to Capper at Washington  
One to Curtis Senator Chas A "  
One to Little Rep Edw C. "





John Brown Cabin . Osawatomie, Kans.

## SPRINGS FAMOUS AS STOP ON TRAIL IN '49 GOLD RUSH

CCC Preserving Beauty of  
Spot Near Here

### RECALL WESTWARD HO

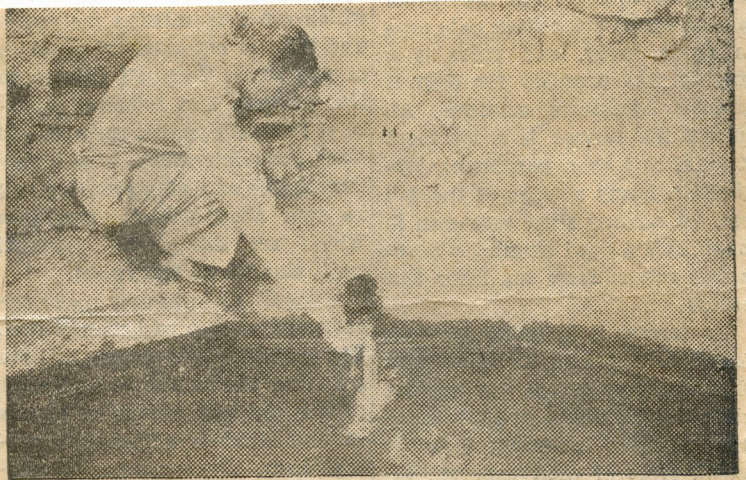
Known as "California Springs",

Water Flow Five Miles North-  
west Is Purified by Natural  
Process—Wagon Tracks, Marks  
of Covered Wagons and Stage  
Coaches.

Stirring events of the Califor-  
nia gold rush, when "Forty-  
niners" rode their prairie schoo-  
ners down a dusty trail that led  
through Franklin county, are  
recalled through efforts being  
made by workers of the veterans'  
CCC camp here to preserve the  
beauty and historical significance  
of California Springs, about five  
miles northwest of Ottawa.

It was the ever-flowing water  
of those springs, scientifically

purified by a natural process,  
that made them a key stop in  
the California trail. In those days  
of westward expansion, thirsty  
pioneers, riding covered wagons  
and stagecoaches, stopped there  
to quench their thirst and pasture  
their horses.



Where Forty-Niners Drank . . . Springs, historic spot which  
Dr. W. S. Hagen, veterans' CCC camp physician, gets a cupful of  
cool, pure water from California members of the camp have beau-  
tified.





# Mrs. J. R. Topping was Member of Emigrant Aid Society Band

The celebration of the state's birthday on January 29 recalls to especially the older settlers of Kansas the struggles which they endured in order that it might become the great commonwealth which we know today. Of these, none are more keenly interested in its development than those whose lives have spanned the period from the territorial days of Kansas, with their struggle for existence in conflict with enemies, drouth, grasshoppers and blizzards, to the present era of peace and plenty.

It was in the company of the second band sent out from Boston by the Emigrant Aid Society that Mrs. J. R. Topping, then Mary A. Colman, a child of seventeen months, came to the new territory with her parents, Mr. and Mrs. E. A. Colman, who left a comfortable home in the eastern city for one in an unsettled land, with its accompanying hardships and dangers, driven by the desire to found a state where slavery should not exist.

We should bear in mind that most of the early settlers in the state belonged to the more intelligent and prosperous classes of the older communities, far different from the floaters that often compose an emigrant group. The thought that they were working for a righteous cause upheld them many times, no doubt, when otherwise they might have grown discouraged and given up to return to their former home.

The fact that there were seven children in the Colman family seemed no deterrent to the proposed undertaking.

"My father was an ardent abolitionist," says Mrs. Topping, "and my mother scarcely less enthusiastic, in support of the cause."

In the latter part of August the party left Boston, going by train to St. Louis, which was then the terminal of the railroad. Seven days were required for the trip by steamboat to Westport landing and Mrs. Topping has often been told by her mother of the care which she, then a sickly babe, received on this trip at the hands of Dr. Charles Robinson, a member of the party, who later became the first governor of the state.

"At Kansas City my father purchased a pair of horses and a prairie schooner, preparatory to setting out for Lawrence," Mrs. Topping continued, "but just before we were ready to leave, ten blanket Indians, armed with bows and arrows and with tomahawks in their belts, appeared on the scene. My father told us to have no fear, that he would get rid of them without trouble, and forthwith he began to hand out all the food in sight, a side of bacon, flour and the like. He might have depleted our supply entirely had it not been for a fellow camper who came up and in Indian language spoke to the Indians, who were of the Kaw tribe, telling them to 'vamoose.' This they did at once, continuing their journey to Washington, where they were going to see 'the Great White Father.'"

After a three days' trip the prairie schooner, the family reached the new settlement and for the time being went to the Litchfield house to live. The known as a hotel, this rude building which was located near the river, about where the Salvage store now stands, was little deserving of the name. It was sixty feet long, about eighteen or twenty feet wide, sharply pitched roof made of rough poles covered with slough grass, six to eight feet in length, lapped like shingles, so that it was rain-proof. The sides were about six feet high and were of sod. It was partitioned off into rooms, about eight by ten feet, by muslin. The only beds were mattresses stuffed with grass, placed on the earthen floor.

The home to which the family moved on Christmas day was scarcely more habitable. It was located three miles southwest of town, the farm joining what is now the Pioneer cemetery. Surface rocks had been picked up off the ground and piled one above the other without mortar to form the walls, which were about twelve by twenty four feet, eighteen inches thick and about six feet high. A tarpaulin formed the roof, the rooms being partitioned off by pieces of carpet brought from Boston. Here too, the beds were mown grass placed on the earthen floor along the north wall.

So cold was it at times during the winter that the bread was often frozen stiff and had to be chopped with a hatchet. Fortunately but one snowstorm came, but when it did, the snow drifted between the crevices in the rock and had to be raked and swept out. That day it was so cold that the children were obliged to remain in bed.

It was in this house that Mrs. Topping's brother, Willis Colman, was born the following March.

By the end of the first year, however, prosperity was beginning to smile upon the family, and all were feeling quite content, according to the account related to Mrs. Topping by her mother. They had plenty of hay, lots of sod corn and potatoes, and several bushels of wheat.

It was just about this time, however, that sympathizers of the southern cause awoke to the fact that if this condition kept up Kansas would soon be entering the Union as a free state, and this they were anxious not to see happen. Frequent forays and raids then took place and it was on such an occasion not long after, that Mr. Colman's horses were taken. For six months thereafter, the wife and children seldom saw their husband and father except in the dead of night.

"But the women were as brave as the men," Mrs. Topping continued, "working diligently to make cartridges for the rifles. My brother would mould the bullets and mother would tie on the paper and fill them with powder and lead brought out from town by folks who would take back the finished cartridges."

"For six long months we lived on sod corn, pounded up or ground in the coffee mill. We had no flour or sugar, for it was all one's life was worth to get provisions from Kansas City. By trapping rabbits, quail and prairie chickens, however, we managed to live."

After living two years on the prairie farm, the family moved to Lawrence, where they lived almost three years, then pre-moved to a new place, a few miles west of Lawrence, in the Kanwaka neighborhood.

The house which he built there in 1858, the first house south of the Kanwaka school house, is still standing, being occupied by the Mark Pearson family. As one of the larger and more important homes of the community, it soon became a gathering place for the young folks for miles around when parties were to be given or when it came time for meetings of the Philomathean Literary Society, which was organized soon after the neighborhood was settled. Mrs. Topping recalls that the young people would come long distances, traveling in a bob sled or wagon box filled with hay in the winter, to dance on the oak floors, two rooms being thrown together for this purpose. Debating and the giving of plays in the homes of the members were principal undertakings of the literary society.

Mrs. Topping's two older brothers attended school at the home of Nathan Cree, this being the first school in the community. This private school was located in the house now occupied by Dr. E. G. L. Harbour and family, the first one east of the Kanwaka store on the south side of the road.

But soon a school house was erected, tho it was indeed a crude affair if measured by the standards of today. It was a frame building, about sixteen feet square, containing backless benches and no desks. Water had to be carried from the Colman farm and naturally the pupils deemed it a great privilege to be allowed to go after it, two of them going at a time. During the war this building was replaced with a stone structure.

Mrs. S. B. Prentiss, who now resides at 905 Tennessee street, was Mrs. Topping's first teacher.

One might suppose that the hardships of the time might have impressed themselves on the children, but such it seems was not the case, at least with one particular child. Instead, she remembers such gala events as feeding the animals that belonged to the circuses, which traveled overland, since there were as yet no railroads. Judge Wakefield, who had served in the Mexican war, kept a tavern in the large stone house in which he lived and this was a stopping place for the stages traveling between Lawrence and Topeka. When a circus arrived Mrs. Wakefield would never fail to run over to the Coleman home to tell the children of its coming.

Already a temperance society had been organized and held regular meetings at the school house, but that this had not caused a general cessation of the liquor traffic is evidenced by the fact that liquors in the tavern were stored in a niche built in the wall.



Even as early as 1862 and '63 Mrs. Topping remembers, mail was brought to the community daily, a private house serving as a post office. Mrs. Tisdale drove the mail stage.

Soon the war came on and Mr. Colman and two of his sons enlisted in the northern army, the eldest being killed in battle. Of this period two particular incidents stand out preemiently in Mrs. Topping's memory. One was the sight of the burning houses which marked the trail taken by the Quantrill raiders as they left Lawrence on that morning of August 21, 1863, the fires being plainly visible to the Colman children, who had climbed to the roof of their home. The other was the making of a community flag by the women of Kanwaka to mark the success or failure of the northern armies. The women banded together to sew on the flag, which was beautiful when finished. The men spliced together poles, which they had brought from the nearest woods on the Kaw river bank, and set up the flag near the school house. At every Union victory it was raised and at every defeat of the northern army it was lowered.

Seven more children were born to Mr. and Mrs. Colman after coming to Kansas, and of the family of fourteen, only Mrs. Topping and two brothers, Willis Colman of Lawrence, and Cosma T. Colman of Long Beach, Cal., now 84 years of age, are still living.

Others who resided in the Kanwaka neighborhood during the '60's and who are yet living are Mrs. Jennie Adams and Oliver P. Barber of Lawrence, and a cousin of Mr. Barber, who also lives in Long Beach.

After her marriage Mrs. Topping continued to be a resident of the community, living on the same farm for fifty six years. A year ago last August she and Mr. Topping purchased a home in Lawrence and left the farm in the hands of one of their sons. A family reunion at which the four sons were present was held recently on the occasion of Mr. Topping's eightieth birthday.

Mrs. Topping is still vigorous and well, interested in all that goes on about her, taking an active part in club and community affairs, doing her own work and finding time

## BY TWO YOUNG ARTISTS

### A SONATA RECITAL HERE TOMORROW NIGHT.

#### An Opportunity to Hear Louise Walker and William Harms Together.

The program of the sonata recital in which William Harms, pianist, and Miss Louise Walker, violinist, will appear in First Baptist church tomorrow night, beginning at 8:20, will be as follows:

Sonata in G Major.....Brahms  
Concerto in D Minor.....Vieuxtemps  
First two movements with  
Cadenza.....Chaminade-Kreisler  
Serenade Espanole.

Miss Walker

Nocturne, Op. 27, No. 1.....Chopin  
Ballade.....Chopin

Concert Arabesque.....  
On the Beautiful Blue Danube.....  
Strauss-Schulz-Eveler  
Mr. Harms

Sonata A Major.....Cesar Franck

Miss Walker has appeared in Philadelphia on the faculty programs of the Rittenhouse School of Music, with such artists as Euphemia and Giannini Gregory, and at the Curtis Institute of Music, on ensemble programs with noted artist pupils of Josef Hofmann, Carl Flesch and Felix Salmon. She has played at Holy Trinity church at Rittenhouse Square and a number of times at Calvary Baptist church at Norristown, Pa., besides appearing as soloist on programs at Norristown and at Doylestown, Pa. She has also filled a number of engagements as violin soloist at some of the most exclusive society weddings in Philadelphia and Radnor, Pa. Critics speak highly of her artistry.

Mr. Harms has to his credit \$3,000 in scholarships, all of which were acquired through competition. He played at 17 before the great Russian pianist, Brailowsky and was highly praised for his natural feeling and technique. Press musical critics have lauded his playing. He had an audition before Josef Hoffman and was accepted immediately as a scholarship student under Moris Rosenthal, with whom he has studied the past two years. He has also been coached by Richard Hageman. Last winter he gave numerous concerts throughout Connecticut and Pennsylvania. At Washington, D. C. he played with Wilbur Evans, Atwater Kent winner, and critics lauded him highly. He accompanied Mme. Sembrich in her studio at Curtis Institute.

These two young artists have many admirers in Ottawa who are delighted at an opportunity to hear them tomorrow evening before they return to resume their studies in Curtis Institute.

## Society

The annual observation of George Washington's birthday by General Edward Hand Chapter, D. A. R. was an enjoyable meeting yesterday afternoon at the colonial home of Mrs. H. B. Brombacher. During the business session, \$50 was given to the O. U. drive and \$10 to the American International College at Mass. The following delegates were chosen to attend the State D. A. R. Conference in Leavenworth March 28-30: Mrs. E. P. Pendleton, regent; Mrs. M. H. Forester, Mrs. B. D. Bennett, Mrs. C. A. Washburn, Mrs. Brombacher and Mrs. S. H. Ober. Their alternates are: Mrs. John H. Young, Mrs. O. E. Parks, Mrs. W. C. Hayhurst, Mrs. H. L. Kennedy and Mrs. G. B. Merritt. Mrs. Gardner P. Walker was elected to represent the local chapter at the National Congress in Washington the week of April 17. The alternates are: Miss Catherine Campbell, Mrs. Washburn, Mrs. E. M. Sheldon, Mrs. Hayhurst, Mrs. F. H. Stannard, Mrs. C. W. Goodin, Mrs. E. A. Hanes, Mrs. C. A. Luce, Mrs. S. R. Hubbard and Mrs. A. C. Carpenter. An interesting program was arranged by Mrs. Forester. A vocal duet was given by Misses Elizabeth Stucker and Marjorie Conrad, accompanied by Miss Juanita White and Miss White gave patriotic readings. In a patriotic guessing games, Miss Grace Meeker won the prize, a pretty colonial bouquet. The rooms were attractively draped with flags and the table was decorated with a rare, old chine candelabrum and silver candlesticks with red candles. Refreshments, carrying out the Washington suggestions, were served by Mrs. Ober, Mrs. F. O. Hetrick, Mrs. C. B. Shinn, Mrs. J. B. Topping and Mrs. W. H. Seoville. Twenty-four members were present. The next meeting will be a spring party, March 26, at the home of Mrs. H. H. Hewitt.

Mrs. O. T. Marshall. Beside the honor guest, the following relatives were present: Miss Ida Bell, Mrs. F. W. Lynes, Mrs. C. E. Turner, Mrs. Bert Bell and Mrs. G. R. Keezel.



# - Constitution Day Address -

A meeting to celebrate Constitution Day was held at the Ottawa High School Auditorium at 8:15 O'clock Wed. Eve Sept 17<sup>th</sup>

The General Edward Hand Chapter of the Daughters of the American Revolution arranged the program, and the Chapter Regent Mrs E. P. Pendleton presided, with Miss Catherine Campbell State Regent of D. A. R. assisting.

Opening music was furnished by the First Methodist Episcopal Sunday School Orchestra - conducted by Mr. Howard Hayes.

Star Spangled Banner <sup>sung</sup> by the audience, led by Miss Jessie Carter Supervisor of Music in the Public Schools -

Invocation by Dr W. A. Powell of the Federated Church.

Miss Carter, who has a charming voice gave several vocal solos.

Mrs Pendleton introduced the speaker Dr. Raymond A. Schweglar of the extension department of Kansas University at



Lawrence in a short and well chosen speech.

Dr Schwegler is well known over the state for his eloquence and for his radical stand against Germany and the German system; ~~and~~ he has proven himself a true exponent of Americanism of the highest type.

His topic was "The American Government, Its Ideals and Practices."

Dr Schwegler spoke for about thirty minutes, outlining first the adoption of the constitution and the amendments found to be necessary during the first year of its existence.

He tackled the modern problems with his usual vim, touching upon the labor problem, deploing the conditions which make for ridicule of established institutions & revolutionary talk among labor leaders & agitators. ~~He spoke~~



2.

He spoke of the nation's  
being upon the brink of a new  
social order.

His talk did not touch directly  
upon the merits of the league  
of nations but he pointed out  
that at the time the  
constitution was adopted  
the objections to it were in  
many instances identical  
with those now offered against  
the league.

Dr Schweigley is a profound  
thinker and has many  
advanced ideas on social &  
political problems.

Hanna L. Walker

Sec'y Gen Ed Hand  
Chapter

D.A.R.



Mrs Clara Francis

Kate P Thomas

Topeka Capital.



under Contrecoeur had descended on Camp Trent and after planting eighteen cannon against it had forced the Virginians to retire.

#### Washington Was Undaunted.

Such a serious blow would have daunted any but an extraordinary man. Even Washington despaired, but when his major suggested that it would be prudent for them to retire, he answered angrily that he had been sent to protect Virginians and he knew no other place to do it than on the frontier. It was pointed out to him that he had but a handful of men while the French now numbered nearly a thousand.

He refused to retire, but sent an express back to the governors of Virginia, Maryland and Pennsylvania asking for more artillery and re-enforcements. He had received some few additional troops before this making his total force in the neighborhood of two hundred.

A message from an Indian chief, the famous Half King, arrived about this time which brought some cheer to Washington. In it Half King announced his steadfast friendship for the English and offered to march his warriors and join Washington's command. Washington promptly accepted the aid of the Indian.

#### A Moment of Anger.

Despite the difficulty of keeping his force of ill-trained, ill-armed and ill-provisioned troops in hand Washington continued his march. He had a moment of furious anger at Wills' Creek, when he found that Trent's force had been defeated without firing a shot. He felt that the action of the French was an insult to all Englishmen and that he should avenge it.

He caused his troops to be paraded and set out to attack the fort. Nearly a month passed before he took up his position on the Great Meadows. In the meantime his scouts had been reporting small bodies of French in all directions. ~~Washington decided that they were spying upon him and planned to catch some of them unawares.~~

With increasing caution the Virginia troops reached a hollow among the hills from where a spiral of smoke could be seen in the distance. The French evidently had just passed over the path the Virginians were using. Cut limbs of trees and a ripped boot were added testimony.

Major Satterthwaite, who was with Washington, thought the hostile signs looked bad.

"It seems to me," he said, "that the fort may fail to be recovered this time. We are too few to have a chance in open fight."

"There is always a chance—where 'tis English against French," the youthful Washington replied, "besides I have made up my mind to add another in my favor. I will surprise them if I can. We have good scouts among our Indians."

#### The French Surprised.

The Virginians slipped cautiously through the woods and soon discovered the French camp. A song was coming from the unsuspecting Frenchman, a song that turned into a cry when the hills began to resound with the crackling of shots. An officer rolled over on his face in the ashes of the fire. It was Jumonville, the French commander. His death disheartened his troopers and they began throwing down their arms and surrendering.

Washington walked over the scene of his first fight, with a sorrowful look on his face. It was the first time he had given an order to kill fellow human beings and he felt keenly over it. He stood staring down at Jumonville's body when Lieutenant Van Bramm grasped his arm.

"We must search this," he said, stir-

named his post Fort Necessity. He was aware of the extreme necessity of having some sort of protection for his troops. He had few provisions and little ammunition, but he had a brave heart and courage.

The French commander sent a summons for Washington to surrender. It was refused. In the meantime Washington's Indian allies had deserted him and most of them had joined the French in hopes that they could share in the plunder of the English camp.

Captain de Villiers tried again to get an unconditional surrender from Washington and failed. Then a few shots were fired at the fort which Washington returned in a vigorous fashion. The French opened negotiations again and this time the Virginians capitulated, but with all honor. They quitted the fort with drums beating and colors flying and all their arms and ammunition in their wagons. The French got nothing but the weak fort which never did them any good. An Indian



...ors, or the old-fashioned leghorn wreathed with flowers and ribbons. Sports hats are seen in supple hemp or tucked and corded silk. If one is really serious, there are practical affairs in Panama and soft felt. White kid hats are new, if rather heavy. The all-white or all-black hat is always a good choice.

#### NOW FOR THE WEDDING GOWN.

The wardrobe for morning, afternoon and evening being settled, there remains the crux of the whole affair—the wedding gown. Stately tradition is somewhat relaxed here also. Satin “that stands alone” and a 3-yard train, the whole ensemble is dignified and matronly as possible, were once the rule. The young wife never knew what to do with such regal magnificence afterward. She could not wear it very well as it was and sentiment forbade her cutting it up into something less formal. We have changed all that, too. White satin with a court train is still permissible, even desirable, if the wedding is to be a small one in a great city church. For

Cured by Proper, Not ant,  
Exercise and Fresh Air.

Many a mother is quite shocked to find, when vacation days roll round, that she hardly knows her own school-girl daughter. For nine months, five mornings each week have represented more or less excitement to get that daughter off to school on time. From school there has been another rush to music lessons, a dancing class or a girls' club.

Saturdays have stood for shopping excursions and matinees or calls. Sunday, the one day of rest, has found the mother glad to relax and forget domestic and maternal duties.

As a result, when vacation does begin the mother is surprised to find that this girl with whom she now comes face to face every day in the week is an entirely different young person from the daughter she has been rushing to school, private classes, concerts, etc.

First, she will note defects in her daughter's bearing, her work, her general posture when seated. There may be a tendency to stooping, to round shoulders, to standing with one hip thrust out or with one shoulder higher than the other.

#### EXERCISES BEST CURE.

For any of these tricks, the best cure consists of a few simple exercises and walking under careful oversight. For a graceful carriage there is nothing better than raising and lowering the weight slowly and regularly on the toes. Stand with heels together, toes turned out, shoulders back, chest high, abdomen depressed, head up and chin in, hands on the hips, finger tips forward.

Very slowly raise the body, first on the ball of the foot, then on the toes, and hold the position a few seconds; then as slowly drop back the weight on the entire foot. Repeat this exercise twenty times, inhaling slowly and deeply through the nose, with the lips closed. Look straight ahead, not at the floor. This exercise is especially good to secure balance.

The familiar but never-failing trunk twister is useful not only as an exercise to secure balance, but it acts upon the liver, which is very apt to be sluggish after nine months' confinement in a schoolroom.

#### RE A CORKSCREW.

Stand erect, as described above, but with the arms out at the side, on the level with the shoulders, palms down. Stand firm with the weight of the body on the ball of the foot, not on the heel. Now turn the head and the hips to the right, but swing the arms and shoulders to the left.

This movement, as it sounds, is something like turning the body into a human corkscrew. Reverse the position, that is, turn the head and hips to the left, and the arms and shoulders to the right. Repeat the exercise slowly and firmly, not jerkily, at least ten times. Breathe deeply, always inhaling through the nose with the lips closed. Never allow the feet to move from their original position.

This exercise will do more to stimulate the action of the digestive organs than all the nostrums ever put up by druggists.

If the girl is round-shouldered, try this exercise: Stand as described for the first exercise, the weight of the body on the ball of the foot, the hands palms downward and finger tips touching on the chest. Have the elbows on a level with the shoulders. Now, with the eyes fixed on a certain point in the ceiling bend the body forward very slowly



Oh and Branderberg  
- 1914 -



- I John Alden and Priscilla
- II A Colonial Wedding
- III Hanging of the Crane
- IV Betty Ross
- V Star Spangled Banner