

Woman's News — The Social World

Edited by
Miss Waddell and Miss Bricken.

Relief Work Illustrated.

Mrs. Thomas Settle, publicity chairman of the Belgian Relief committee of the state has called attention to the following from The New York Times:

In a large room on the twentieth floor of the Empire building, 71 Broadway, there hangs a huge map of the world, which shows at a glance the working of the marine department of the Commission for Relief in Belgium.

The system employed is very simple. Tiny flags, each bearing the name of a ship, are attached to long pins, which are stuck into the map to show the exact location of every ship at any given time. Ships going toward Europe from American ports have their flags flying in the opposite direction, and of course are turned the other way to indicate the return voyage. Ships in American ports are indicated by flags on pins that have blue heads, while ships in port have pins with red heads.

That the commission has been able to deliver more than seventy cargoes of food into Rotterdam without any mishap whatever appears to be proof that the flag of the Commission for Relief in Belgium is ample protection for the commission's ships.

St. Mary's Graduates.

Miss Edith Chesborough Holmes of Asheville was among those taking certificates in the domestic science department of St. Mary's school in Raleigh. The largest class that has yet received certificates and diplomas was graduated at St. Mary's this week. Miss Eliza Dickinson Davis of Wilmington took the highest honor with 95.8. She was awarded the Niles medal given for the highest average. Bishop Joseph Blount Chesire of Raleigh presented the diplomas and Bishop Thomas C. Darst of Wilmington was present. Miss Annie Sutton Cameron of Hillsboro, who has relatives in Asheville, was among those receiving certificates in the art department.

Friends of Governor Craig and Mrs. Craig will be interested in the social tribute paid their small son, Locke, Jr., in the following from the Raleigh Times:

"The last meeting of the season of the Fortnightly Book club was held on Tuesday afternoon with Mrs. Russell C. Langdon on South Boylan avenue. Mrs. Langdon was a charming hostess and served at the conclusion of the meeting a course of delicious refreshments. Mrs. Langdon's house guest, Miss Wharton of Washington, D. C., was among the guests present, while Master Locke Craig, Jr., was a guest of honor for a few minutes, paying a short call with his nurse and receiving very graciously the admiration of the ladies."

Mrs. Charles M. Harris of Baltimore is in the city, a guest at the Battery Park hotel.

Mrs. W. W. Moore and child of New Orleans have arrived and are spending some time at the Battery Park hotel.

Many small dinner parties featured last evening at the Grove Park Inn. No function was given by the management but numbers of guests from the city and groups of out of town guests spending some time here made up dinner parties at the Inn making the evening very merry and enjoyable at this popular hostelry.

A party of guests from South Carolina at the Grove Park Inn include Mr. and Mrs. J. R. Smith, Mrs. Smith and Claude B. Smith, all of Greenville.

Mr. and Mrs. Albert Silvershonce of Barnwell are guests at Grove Park Inn.

A social event of much interest is the recital to be given by Miss Dorothy Atkinson, Soprano, assisted by Miss Dorothy Musser, violinist on Saturday evening. The recital is under the patronage of Mrs. W. A. Newell she having issued invitations to the affair. The recital will take place at the Battery Park hotel at 8 o'clock on Saturday evening.

Mr. and Mrs. Baxter S. Moore of Winston-Salem are in the city, guests at the Battery Park hotel.

Thomas B. Price of Knoxville is in the city, a guest at the Battery Park hotel.

Miss Amy Colyer has returned to the city from Washington and New York where she has been spending some time in company with Miss Rose



SOME SPLENDID DIETS FOR REDUCING.

I promised you these diets some time ago, when I preached against thyroids. Here they are. Both were evolved by eminent physicians, and are effectual.

Here is one: The first week eat nothing but meat. Eat meat in any and every form you want. You may eat a little dry toast with it.

The second week, confine yourself to green food, such as salads, green vegetables, etc.

The third week, drink milk and eat dry bread.

The fourth week, eat all sorts of vegetables.

The fifth week, eat cereals, breads and coffee.

You can, of course, understand the system. One becomes so sick and tired of the diet for the week that one unconsciously cuts one's rations down to the proper amount. It is not a hard diet to follow—not at all. Instead, it is fun. There is enough change from week to week to keep one from despairing utterly. You may vary this menu a little, or have your physician vary it for you. I have quoted for only five weeks, but the treatment should continue as long as you need it. You can determine for yourself what food to eat during the sixth, seventh and eighth weeks.

The second diet must be followed with the assistance of your family physician. It is a diet the value of which consists in designating by ounces exactly how much or how little of a certain element you may eat. The ounces add up to one hundred. Meat, I believe, would be about eight ounces.



If you are fat it is because you have been over-eating. The purpose of this diet is to cut your food down scientifically. Ask your doctor about it.

Byrne of Asheville. Miss Colyer has returned on account of the illness of her father, Charles T. Colyer. Later she will join Miss Byrne in New York. Miss Byrne and Miss Colyer have been visiting relatives of the former in Washington who are prominently connected in many circles. Miss Byrne has gone on to New York.

Mrs. Sue Haigh Way and her daughter, Miss Alice Haigh Way, will leave on Saturday for Washington to attend the Huske-Reininger wedding. The bride-elect, Miss Annie Wright Huske, is the niece of Mrs. Way.

Benjamin N. Duke, the tobacco magnate of this state, has leased for the summer the estate owned by Mrs. Lella Dugmore at Great Neck, Long Island. The estate is on the north shore of the island and comprises a large mansion and about 30 acres. The rentals are said to call for a total of \$17,000 for six months. Mr. Duke and his family it is said, will entertain extensively during the summer.

The following are the graduates of the Greensboro college for Women: The candidates for the A. B. degree are Misses Alice Aycock, Laura Clement, Sibyl Howard Cox, Hilda Crawford, Hazel Coble Denny, Anna Neal Fuller, Jennie Lee Hunter, Jeannette Monroe Pearce, Ina Elizabeth Pegram, Edith Elizabeth Petree, Hettie Belle Roehelle, Lucy Belle Totten, Helen Louise Weaver, Vada Elaine Wynne. The graduates from the school of music, piano, are: Misses Helene Ethel Barbour, Martha Lindsay Clement, Hilda Crawford, Lillian Pritchett, Alma Ormond Richardson, Myrtle Sherman. Miss Elizabeth Sullivan Crews is a graduate in art. Misses Kathryn White and Edelweiss King are the graduates in domestic science and domestic art.

Humane Week.
This week is being celebrated throughout the country as "Humane Week," and public attention is generally called to the work of the Society for the Prevention of Cruelty to Animals. The Asheville branch of this fine organization has gone steadily forward in their noble enterprise from a small beginning and are doing excellent work in this just cause.

Another Construction by Justice Clark.
The Asheville branch of the Equal Suffrage League have received notice of an announcement in the Woman's Journal of May 22nd made by Chief Justice Walter Clark of the North Carolina Supreme court. Judge Clark states that under the constitution of the United States a woman, equally with a man, is eligible to any office from that of President or Judge of the Supreme court down.

Cullowhee Summer School.
Much interest in educational circles is manifested in the summer school of six weeks to be conducted at Cullowhee in Jackson county. Students in this vicinity are planning to attend this summer school which opens some time next month.

Graduating Class, Clara Barton Hospital.
Miss Anna W. Miller has sent the following invitation to relatives in this city:

The Clara Barton Hospital invites you to be present at the Graduation of the Class of Nineteen Hundred and Fifteen Friday evening, June the fourth at eight o'clock Goldberg-Bowley Hall, Reception and Dancing.

Dr. Louise Ingersoll who has been practicing medicine in Massachusetts as head of one of the hospitals of Worcester is spending some time in Asheville.

Page-Loring Engagement.
Miss Katherine Page, of this state, daughter of the Ambassador to Great

honor of her sister, Miss Dorcas Cowgill. Music and refreshments were greatly enjoyed by the following: Miss Stella Mace, Miss Dena Mace, Miss Lottie Saunders, Mrs. Hattie Lauce, Miss Vonnie Lance, Miss Annie Hayes, Miss Georgia Young, Miss Hazel Dillon, Miss Katie Lee, Miss Mary Suz Gilliam, Miss Blanche Davenport; James Hall, C. Lake, Carl Nelson, George Webb, Edwin Stradley, Cloyd Pennell, George Mangum, Will Cooper and Corbett Alexander.

Senior Class Play.
The Senior class play to be given at the Normal and Collegiate institute on Saturday afternoon will begin at 5 o'clock instead of at 4 as announced in the invitations. The play will be presented on the campus in front of the Pease house beyond the Home school.

Congressman Langley and Mrs. Langley and ex-Congressman Gudger and Mrs. Gudger have telegraphed relatives in Asheville that they were leaving San Francisco yesterday for this city.

Mrs. Connally will observe an "at home" this afternoon at her beautiful country home, "Fernhurst," on the Victoria road. Mrs. Connally is one of Asheville's most popular hostesses and her "at homes" this spring have been particularly attractive and enjoyable.

Yesterday Mrs. Nicholas Beadles entertained with a bridge-luncheon, in honor of Miss Madge Webb of Shelby. Mrs. Beadles' home on Church street was ornate in roses and ferns. The first prize was won by Miss Bernard, and was an attractive bridge score pencil, while Miss Webb was presented with a powder puff as guest prize. The ladies present included: Mrs. Silas G. Bernard, Mrs. Lee Ellis, Mrs. George Williamson, Mrs. Albert Hall, Mrs. Gilliland Silkeleather, Mrs. Charlton Millard, Miss Webb and Miss May Bernard.

Mrs. J. W. Huston entertained yesterday with a birthday party for her little daughter, Miss Josephine Huston. The cutting of the birthday cake was much enjoyed by the little folks. Dolls and ships were the favors, and a color scheme of yellow and white prevailed throughout the decorations.

Mr. Arthur Murray has returned from New York prepared to teach the newest dances at the Battery Park hotel.

Mr. L. P. Oechsle, B. S., is prepared to teach privately in all branches of mathematics. Elementary, Advanced, any examinations. 28 American National Bank Bldg. Advt.-1f

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Britain and Mrs. Walter H. Page, will be married to Charles Loring, of Boston, Mass., in London during the late summer. The couple will reside in Boston occupying the house of the late general and Mrs. Charles G. Loring.

Mrs. Charles Malcolm Platt left yesterday for her summer home, "Busbee Hall," at Busbee.

The many friends of Miss Charlotte A. Walker will hear with pleasure that she is reported as better after a long and severe illness.

Dr. Charles C. Weaver, president of Emory and Henry college, is the guest of Mr. and Mrs. Zeb F. Curtis at their home on Chestnut street.

Mrs. Emory Merrimon has returned from a brief visit out of town.

Friends will hear with regret that C. T. Colyer is confined to his home on Sunset Mountain with illness. Mr. Colyer has a large circle of friends in Asheville and vicinity.

Dr. Lewis W. Elias has gone north.

Mr. and Mrs. Nelson Perry, the latter formerly Dr. Louise A. Merrimon of Asheville, leave Honolulu shortly for this city where they are expected some time in June.

Charles A. Nouron returns shortly from Chapel Hill where he has finished with distinction the medical course in the University of North Carolina.

Charles H. Honess and daughter, Miss Janet Honess, returned from a visit to Pittsburgh, Philadelphia and Washington where they have been visiting relatives for the past ten days.

An enjoyable party of the week was the surprise party given Wednesday evening by Miss Jessie Cowgill in

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Dr. James Sawyer
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