

Of Interest to Women

The Best of a Nation's Welfare
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The woman whose figure was not made for princess gowns is more puzzled in these days over the designing of her outlines than over the planning of her frocks. Her style of figure had its day during the reign of the "straight front." For the first time in history the fashion world effected a compromise with the wide waist line. The small, waip-like waist actually disappeared and the stout woman no longer apologizes for her size. No one knows exactly what she did with her too solid flesh to conceal it, but she certainly accomplished feats with her figure. But there is no compromise with the Empire school of fashion, and so, the gown not being adapted to the figure, the figure must adapt itself to the gown. This is possible, although it must not be supposed that a woman can become as thin as a thread in as short a time as she wishes, nor yet without an expenditure of force and persistence that would win out easily if devoted to some less resistant cause.

None of the methods of reducing is pleasant. It is not pleasant to diet, nor to walk miles and miles every day, nor yet to steam in the Turkish bath. But the woman who is determined to grow thin stops at nothing. She will even eat scraped raw potato without a murmur. This is one of the newest methods of reducing, and as the potato belongs to the deadly nightshade family the dose of three tablespoonfuls daily before meals may produce unlooked for results.

A popular scheme for the reduction of anatomical lines to suit the Director's design is revealed daily in New York by the women who walk at a breakfast past around the reservoir in Central Park. The days are getting a little too warm now, but all last winter and spring the reservoir path served as a training track for many fleshy women who live in the vicinity. They would don sweaters, tie thick veils over their hats and tramp ten times around the reservoir without much fear of being noticed or recognized. One woman more persistent than the others still keeps it up, and she has her racket all to herself. The fact that she always wears a carol for coat, even on the warmest day, testifies to her determination.

Diet is a nuisance. The woman who decides to add no flesh to her liberal supply must eat no starchy foods, no that deprives her of potatoes and bread. She must eat no sugar, so that denies her dessert of all kinds, preserves candy and almost everything she really cares for. Crusts of bread, toast dried to a cinder and broiled ham constitute the usual reducing diet. There must be no gravies, no butter or salad oil, no milk or cream and by the time all flesh producing foods are eliminated, life is deprived of one of its pleasant features.

Many women eat only two meals a day and some deny themselves breakfast in the fight against flesh.

There is always the specific of worry which is recognized as unfailing in the matter of reducing weight. "Worry all the time" said one jolly looking woman who weighed nearly two hundred pounds "because I can't wear a Director's gown but the more I worry the more I weigh. I believe I should hold my own even if I lived on air. Like an orchid."

MRS. GROVER CLEVELAND.



The Widow of Ex-President Cleveland in Her Widow's Weeds.

Art of Bed Making.

If all but the lower sheet of a bed is not tucked under, except at the foot and is then folded neatly over onto the top of the bed, the edges of the covering are spared the usually unavoidable soiling resulting from contact with the springs. When the bed is opened in the evening the lower sheet will not pull out, but will remain tight as when first tucked in.

Ironing Board for Sleeves.

The small sleeve boards that screw onto the large ironing boards, are a great comfort in ironing or pressing the sleeves of shirtwaists or fancy blouses. They are also useful in pressing corset bands.

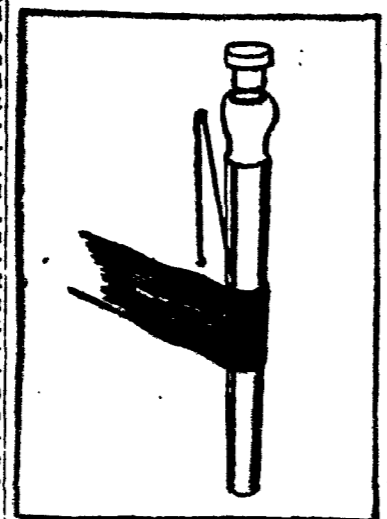
Notes and Comment

Of Interest to Women Readers

KEEPS HAIR CURLLED.

Hook Holds Hair in Shape Until It is Placed Fast.

In these days of puffs and curls and other marvellous components of the modern coiffure the man who can find a way to make curls better of easier is on the high road to fame and fortune.



For Natural Hair, Too.

A device for this purpose is that shown in the illustration, and is the invention of an Illinois man. It consists of a single curling iron, which has grooves along its length large enough to receive one side of a double wire hook, of much the same shape as a safety pin.

The hair is curled around the cylinder and over one end of the hook, and when the curl or puff is made the hook is hinged at the free end, which is constructed to permit fastening, and the puff is held together until it can be pinned in place on the head.

The device can also be used in curling natural hair, and the hook will hold the curl in shape until that shape is well set. The chief advantage in rolling false curls is experienced in their coming unrolled before adjusted.

THE USEFUL OMELET.

Daintiest and Most Quickly Prepared of Egg Dishes.

The omelet, that daintiest and most quickly prepared of dishes, in which eggs go farthest when they are dear and which offer an astonishing variety when they are cheap, solves most satisfactorily, in my mind, the question of "left-overs," since even the nearest fragments of meat, vegetables or fruit may serve as the "mold" for a delicious omelet. The last, unrepresentable scraps of the boiled ham, a slice or two of fried ham, cold beef, mutton or fowl may be minced, seasoned and stirred directly into the egg, or it may be heated with cream and a little thickening and spread upon the omelet just before it is folded. Fish may be used in either way.

A couple of saucages heated and sliced into the center of an omelet give it quite a different character. Try the vegetable omelet. A spoonful or so of peas or asparagus tips "left over" from the daintiest filling, while tomato omelet with a dash of curry is most appetizing. So is the cheese omelet in which are used, grated, the hard bits of cheese unsuitable for the table otherwise. The children will like the sweet omelet, which has added to the eggs a little sugar and cinnamon and is spread with that last spoonful of jam, jelly or preserves which is so often left to turn sour in the jar, because too small a portion for a dish in itself. All this is merely suggestive—try for yourself and see how wide the field is for experiment.

TRIFLES WORTH KNOWING.

If fresh fish is to be kept over night it should be salted and laid on an earthen dish, not placed on a board or shelf.

When the supply of preserves has run low a good jelly can be made in winter from oranges and apples mixed. The proportions are a pint of orange juice and a pint of apple juice and a pound of sugar.

If a lamp wick does not move easily in the holder, draw out one or two threads from one side.

Left-over cereals need not be wasted. They are excellent fried like mush, and eaten with syrup or honey.

Rids Flower Pots of Worms.

The best way to rid your flower pots of worms is to thoroughly saturate the soil with lime water. Stop the hole in the bottom of the pot with a cork, pour the water on freely and let it remain long enough to do its work. Many complain that lime-water does not do any good; but it will if used rightly and in sufficient quantities.

Peeling Onions Without Tears.

The work of skinning onions, which usually ends in tears, can be made a pleasure by pouring boiling water over blouses. They are also useful in pressing corset bands.

Of Interest to Women

Remarkable Change of Infant of Today—New Babyhood Language May Be Responsible—Grandmother's Tale of Daily Care Administered to the "Raggy" Imp of 50 Years Ago.

It may be owing to natural progression or to mothers' meetings, or even to the new babyhood language that the modern mother has introduced into the nursery, but for some reason or another infants have changed most remarkably.

Fifty years ago a baby in the house made a great deal more fuss and trouble than it does at the present day. Judging from an unprejudiced grandmother's description of her progeny of long ago, one is forced to the conclusion that they must have been squalling red-faced little creatures, whose deportment was most ungraceful and undignified. Evidently they were not possessed with an atom of self-respect and usually succeeded in spoiling the whole household.

Just ask grandma how her babies used to act. You will be a peasantist before she has had finished her story. She will relate tales that will narrow your soul. Your exhausted ear will yearn all about the long night of wroth, when the youngster had to be shaken by the heels, hooded on its head, hung out of the window, slapped on the back, ground about the corners, powdered all over and compelled to swallow spoonfuls of silet malted over a smoky lamp.

If they didn't have croup they had colic, which required trotting and bouncing and floor walking, rocking the cradle, not to mention pins of catnip tea. In those days catnip tea was omnipresent. There was always a cup of it brewing on the back of the stove in every properly conducted household. When a dose was administered the attendance of the entire family was required. In many cases the farmhands had to be called in to assist.

It took one person to hold the squirming infant, another to grasp its feet and still another to keep its chin up by fastening a strap across its many loose bending scisseliciously above somebody held the spoon, while another adjusted one or more extra bibs. When all was ready a cold-blooded relative grasped the slippery little nose and in a twinkling the spoon and its contents were spilled over the bib and trickling down baby's neck.

If nothing else was the matter, then its foot didn't agree with it, or it was cutting teeth or had broken out in a rash. It was in a chronic state of yawning tacks and pooping. It was always hungry and never sleepy, except in the daytime, when there was company that peculiarly wanted to see its eyes. All that day it would slumber so sweetly and afterward make the night hideous with its screams for light or somebody to amuse it.

All the jokes about walking the floor were not jokes at all. Newspaper "picture" were not caricatures; they were drawn from history and all that is left to remind us of the old-fashioned baby.

The twentieth century infant would no longer imitate the conduct of its ancestors to juvenile in the first place, more than half the ill that baby was heir to in the long ago have been forgotten or have been eliminated, consequently there is less crying and not nearly so much attention demanded.

In the modern baby the limp of the reverse has been to a great extent conquered. If it lies awake at night it is really in pain and not rampaging because its mother is worn out or the poor father unusually sleepy.

An investigation of the subject reveals that in these times babies generally sleep soundly at night, eat regularly, take one or more naps during the day and are usually well-behaved, normal children.

They do not insist upon being rocked to sleep, nor annoy their withers hearing distance by howling hour after hour just because they cannot have the electric fan for a toy or the auto horn to cut their teeth upon.

The transformation does not seem so remarkable when one gets down to the philosophy of the matter. How can two human beings act alike, when one is talked to like this, "Mother, little lam, tum det oo milk!" and the other is addressed, "Dorothy, come get your milk!"

Little Load Lifters.

When the rubber water bottle leaks, fill it with hot water ready for use and place a patch of surgeon's plaster over the hole and hold it in place until the heat causes adhesion.

If kept in a cup and covered with cold water, yolks of eggs will keep fresh several days.

When finely chopped nuts are needed for cake, salads or sandwiches, run the nuts through the mincing machine. Wring channels out of the soapy water without rinsing; when it dries it is soft and serviceable, instead of stiff.

Table oilcloth is the best material to cover schoolbooks with, as it is water-proof and can be kept clean. The pretty colored patterns are very attractive to the children's eyes.

When running your carlines on the road, first run the handle of a teaspoon through so as to separate them when they have been stretched, then put a thimble on the end of the rod and it will run through without any trouble whatever.

Notes and Comment

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SHALL WEDDED WOMEN WORK?

Eminent Authorities Discuss the Question of "The Woman's Invention."

"Shall women work after marriage? That is so large a question that it will be merely suggested and then laid on the table for future discussion," says William Hard.

Only three incidental remarks will be here made about it. First: It is a question that may settle itself without much help. Many students think so, among them the President of Bryn Mawr College, who said not long ago that "anything seems to indicate that women will not only make their way into all sorts of few trades and professions, but that they will be compelled by economic causes to stay in them after marriage."

Second: Work after marriage, aside from its economic aspect, has seemed to many persons who have given it much thought to have possibly an intellectual and moral value. In his authoritative book on "Sex and Society," Professor W. E. Thomas seems to adopt this view. "The remedy," he says, "for the irregularity, pillage, ill health, and unscrupulousness of modern woman seems to lie in the general and cultural education she receives, along educational lines; not in a special and occupational instruction and practice for women, married and unmarried. This should be preferably gained, though not necessarily nor incessantly."

Third: Virtually every mother who can afford it has a nurse-maid who relieves her of the children, and the children of her; for part of each day or night. This is thought proper. Also, it is thought proper for a family to live at a fashionable hotel and have its meals sent up to it from the cafe. In this way the family avoids having a food-factory in its suite of living-rooms. Now if at some time in the remote future, when society is somewhat better adapted to social needs, there should be co-operative nurseries and co-operative kitchens which would leave women free for four hours a day to do work which, as Professor Thomas dramatically says, should be grateful but not otherwise nor incessant, would society then be any more blundered at its foundation than it is at its top?

FAMOUS AMERICAN SONGS



EMMA EAMES.
Madame Emma Eames is now in Europe and will not sing in this country this year.

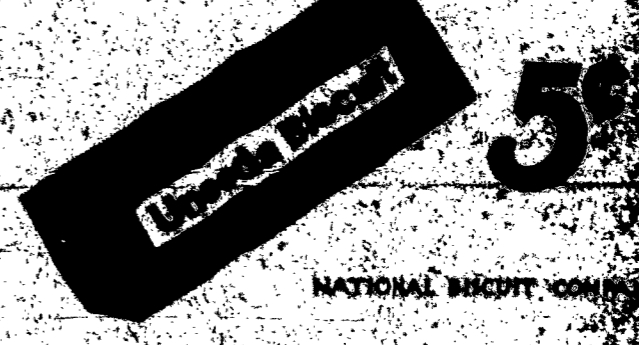
French Women Busy Workers.
There are 7,000,000 women in France who earn their own living. In Paris women now work as cutters of precious stones, and they have proved so skillful that they may win supremacy from Amsterdam as the center of the stone-cutting industry. The women cutters receive \$1.50 a day, against the 50 cents paid the Paris seamstress. Women are found in almost every line of work in France. For example, a woman is in charge of the railroad station in Frousey, a Paris suburb, while her husband works under her as a porter. The only barber shop in Frousey is run by "Mlle. Jeanne," who works only on Tuesdays and Fridays. Mme. Lesours holds the joint position of telegraph messenger and postman. She averages twenty miles a day, seven days a week, and has not missed a day in fifteen years. A woman possesses the big drum in the Frousey brass band, and a woman holds the street cleaning contract.

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