

Woman's World

Hetty Green Gives Money to Aid Columbus Memorial.



HETTY GREEN.

It is startling news to hear that Mrs. Hetty Green, famous as one of the richest and most penurious of women, has recently opened her purse strings and given \$500,000 to aid in establishing in New York city a free university of art.

Her purpose, it is said, is to enable the Countess Leary to carry out her plans for a great memorial to Christopher Columbus. The memorial is to take the form of a free university of art, where youths may learn to love the beautiful and will be taught without cost all the higher handicrafts. The memorial will be named the American University of Christopher Columbus.

Already the university is in existence in a small way, the Countess Leary having established a small school in the Italian quarter in New York city, and sixty little Italian Americans are being taught there.

Courtesy Leary, Mrs. Green and Mrs. Matthew Astor Wilks, who was Miss Sylvia Green, are close friends. Mrs. Green highly admires the work the countess has done among the poor Italians and immigrants of all classes. It was the countess who introduced Mrs. Green into New York society and brought about the meeting that led to Miss Green's marriage.

Whose Fault Is It?

"We know all about a balanced ration for calves—their commercial—but about a balanced ration for men, women and children little or nothing," says a writer in a current magazine.

And what is the result of our ignorance in this respect? The result is rather more serious than one might suppose.

It is so serious that this same writer claims that 75 per cent of the women in America are both neurasthenic and anaemic.

And "of course," says this writer, "the present day neurasthenia is due to overstrain, but the present day anaemia is directly traceable to the fact that as a people we are not well fed."

This rather startling statement is one that the American housewife would do well to ponder over.

The question is, "Whose fault is it?" Is it because the man of the house can't earn the money to buy enough food to properly feed his family?

It is probable that this is not the reason.

There are about as many cases of anaemia among women and children in comfortable circumstances as among the poor.

High as the cost of living is, the underfed condition of anaemic women cannot be blamed entirely to that.

It may be blamed in part to haste (some women hardly take time to eat) and to laziness (some women would rather eat crackers and cheese than go to the trouble of preparing the proper kind of meals).

There may be other reasons, too, but the pertinent fact is that an anaemic, underfed woman is an inefficient woman, a woman whose usefulness is limited and, if that will not move her, a woman whose charm is lessened.

And, while the doctors tell us that a large percentage of American women are underfed, it is the women who plan and get the meals.

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Milady's Mirror

With the advent of spring vegetables comes hope for women who wish to reduce their flesh. Incidentally the new diet should affect the complexion favorably, clearing skin that has grown thick and muddy through the winter.

When the object is to lose flesh a woman must be willing to abstain from foods containing more than the smallest amount of sugar; she must eat nothing which contains starch or meats with fat.

Under the first class are desserts, pastries, candies and fruits cooked with sugar. Oranges and grapefruit may be eaten freely, even substituting the juice for food at noon, and a light luncheon may consist of the juice of two oranges or of one grapefruit without sugar. Starchy food means potatoes, rice, bread (not toast), macaroni, anything containing flour or starch. The only fishes to be avoided are mackerel, blue, sword and salmon as well as eels, which contain a large percentage of oil. Gravies and thick soups must not be eaten.

These dishes should be replaced with fresh green vegetables. Beet tops, which are in the market now, are easily assimilated and contain chemical properties which act beneficially upon the blood and system. Spinach has been in the market all winter, but it comes under the head of green vegetables and might be eaten every day with benefit to the dietician. Lettuce, with a hot vinegar dressing poured over it, is an excellent vegetable for the blood, while any of the green salads, lettuce, endive, romaine and chicory, might be eaten three times a day with French dressing. Cucumbers and tomatoes are decreasing in price now, and new beets are succulent and digestible.

The Tearing Wrinkle.

A woman who teaches discovered that in the course of her work she had acquired a healthy crop of frowning wrinkles just above the nose. The effect was unpleasant, as the unaccountable frowns seemed directed upon her pupils as well as adding apparently years to her age. She discovered that she could use white paper paring tape for the purpose of holding the wrinkles out. A whole roll of this tape costs but 10 cents and from one roll an unlimited number of patches can be made. Those who find it impossible to cure these persistent frowning wrinkles by taking thought will find the patches put on before retiring extremely helpful. A little water removes the patch in an instant.

Dangers of the Turban Coiffure.

Women who wear heavy switches to make the turban coiffure will, unless they are particular to let their scalps breathe and rest every night, lose their natural locks.

The hair never thrives when the head is kept constantly warm, as the false pieces make it for the follicles or roots are affected precisely as are flowers by too high temperature. The latter wither and fall, and so does hair when overheated. While no sensible person would decide a popular fashion in hairdressing one can sound a note of warning to prevent injury from it.

All hairpins should be removed when going to bed, to give the scalp a thorough brushing.

This brushing is not merely to draw the brush over the outside of the scalp a few times. It means a process of at least five minutes' duration, and if one will sit for the work more time is likely to be expended with proportionate benefit.

How Most Women Rest.

"The manner in which women rest," according to Elma Stewart, "like the way in which they feed when there is no man about to cater for, is merely a self-deception. A man can rest. Most women can't. He sensibly lies in an easy chair with his legs up on another; his head thrown back, probably a pipe or similar delight in his mouth, and thus, with mind and body in complete repose, he profoundly contemplates the ceiling. But a woman sits down with her workbasket, her household accounts, with a book of some kind—anyway with something to do—and announces mysteriously that she is 'going to rest awhile.'"

A Novel Drier.

The woman who goes in for beauty fads has now adopted the slapping method of drying.

After the bath instead of drying with a Turkish towel she slaps herself dry with light, even strokes of the palm of her hand and fingers.

This is supposed to have a beneficial effect on circulation and is especially recommended to those who are subject to a dead feeling of the limbs.

Don't Do It.

Whenever you start to bite off a piece of thread remember that it scrapes the enamel of the teeth, which exposes the nerve and causes suffering, which results in a siege at the dentist's and means a big bill to pay. All this is a heavy penalty self imposed for a moment's thoughtlessness.

GRADUATION GOWN.

How About This Model For the Great Occasion?



COSTUME OF WHITE NET OVER BLUE SILK SLIP.

It will soon be time for the sweet girl graduate to be planning her gown to be worn on the great occasion when she will bid farewell to school days, particularly if the gown is to be made at home. There are a number of attractive lingerie models in the shops, but unless a good price is expended a better looking frock will result from buying the materials and having the gown made up at home.

The supply of delightful materials for the graduation gown is unusually large this season, and the only trouble confronting the shopper is an embarrassment of riches. Up to a few years ago every girl thought she should have her abespokin' attire in a white frock, with a color perhaps to be seen in sash ribbon or girdle. Now the idea is to get away from the white scheme and to blossom out in all the soft evening shades of the season.

White dotted swisses with tiny floral sprigs in natural colorings are inexpensive materials for the graduation gown, and made up in an old world fashion they are charming.

Net over a colored slip is also a favorite model, and the gown illustrated is of fine white net over pale blue silk. The waist is confined by a deep applique girdle of lace. On the skirt a wide ribbon is passed under the net, sash fashion a trifle below the knees.

Parasol Smartness.

Parasols this spring are certainly things of beauty and will prove a joy later on in the season when old Sol gets in some of his fine work. The newest cult is the curved sunshade with ribs curving out in Chinese effect. The parasol seen in the illustration is of cream color with a Dresden border. There are a number of stunning models in Persian silk which are chic and pretty, besides having the advantage of looking well with almost every costume.



THE NEW CURVED PARASOL.

The Uplifted Brim.

As a departure from the hat that seems to have aimed at an eclipse of the hair and face there comes the shape with the upturned brim. To the keen observer this is a natural change, for fashion has a capricious way with her, veering around to the extreme in her delightful way.

There is the hat turned up at the back, showing the hair and lifting over the brow in a protecting manner. Rather trying is this style, requiring features that can be overshadowed by the front brim.

Some new shapes are turned up at the side, and it must be confessed that this line is generally becoming. The question for you to decide is which side is the better—and your profile are the points to claim your attention.

The end is not yet. A brim may be turned straight up at the front with Napoleonic severity. Not every woman can wear this shape, but to the fortunate one there is a great joy in store. With a military suit this is the best model for an all conquering costume.

USE FOR CHEESE BOX.

Homemade Workbasket. Any Handy Woman Can Easily Make.



THE WORKBASKET COMPLETE.

If you have an empty cheese box in good condition don't throw it away—that is, if you are in need of a workbasket. As a rule, furniture made of packing boxes and the like sound and look much better on paper than they do in reality. But the standing workbasket made from a cheese box is an glorious exception. The box is first stained in mission finish, either green or brown, and then lined with a pretty chintz or cretonne. The supports are pieces of rather wide thin board stained like the body of the basket. Done up in white enamel paint the basket would be very effective.

PRIMER POLITICS.

Nutshell Information For the Busy Woman.

In connection with the political situation in England a woman asks, "Who is John Redmond?"

The fact that he is the leader of the Irish Nationalist party in the British parliament does not tell it all.

A newspaper correspondent recently called him the emperor of England, Ireland and Scotland, because he holds what is known as the balance of power.

While the votes he controls as leader are only eighty-two as against 275 votes controlled by the Liberals and 273 controlled by the Unionists, it is evident that neither Liberals nor Unionists can obtain a majority without the help of this man.

That is why after 170 years of struggle the Irish think that Redmond is in sight for Ireland. "We vote for the budget you propose," says John Redmond, "unless you give us a parliament of our own," and that is why he is called an emperor of Great Britain because the English parliament can do nothing without his consent.

For the Housewife.

To test pure milk dip a clean knitting needle in the fluid, then withdraw it, and if the milk clings and drops slowly from the needle it is unadulterated. If it runs off it denotes the presence of water.

Should the knob come off the lid of a pan or kettle a screw should be slipped through the hole, with the head to the inside of the lid, and a cork screwed on to the protruding end. This will make a knob that will not get hot and that can be easily removed when dirty. Teapots will never become old and rusty smelling, as they often do when put away damp (especially silver-plated metal ones), if after drying as well as may be a lump of sugar is placed in the bottom and the lid closed. The sugar absorbs the moisture, and a teapot treated thus will be quite sweet and clean even if it has not been used for months.

A Parisian Hand Bag.

One of the latest Parisian novelties consists of a hand bag which is fastened to a narrow gold bracelet. The advantage of this contrivance lies in the



fact that white-shopping-the-owner is not required to carry the bag, thus insuring freedom of the hands for the holding of packages. An additional advantage and by no means the least important one is that the bag cannot be lost, as happens so often when a purchaser in a shop places her hand bag on the counter while examining goods or adjusting the parcels. The straps by means of which the bag is fastened to the bracelet are of sufficient length to permit the opening of the bag without inconvenience.



Points For Mothers

Under the guise of a recital of the life story of an ideally reared baby, with incidental comment on the mistakes in the training of three other youngsters, and the advances made after the application of the simplest Froebelian principles, Carrie S. Newman gives a very good idea of the way in which lack of educational "frills" in a neighborhood may be overcome and any child be started properly in life through the exercise of judgment and care and the adaptation of simple rules to fit the limitations of a plain house. "The Kindergarten in the Home" she calls her book, and perhaps that in itself is enough to explain its general trend. Her ideas, however, goes further back than the generally accepted view of what the term "kindergarten" embraces. It includes the training of the parents for the task of bringing up the young life interested to them and follows the awakening of consciousness and interest in the baby almost from the first day. An is all Froebelian methods, great stress is laid upon the uses and effects of the "first gift" the ball. With the introduction of the coin, a boy of six or six and a younger sister and another baby, the beginnings of natural history instruction, the development of the love of color and of mechanical skill, healthful and muscle building exercises and other allied subjects are treated at some length, and the broadening of the character under each effort is described.

Dainty Gift For the Baby.

A useful little wrap that will make a nice present for a young mother is a lingerie wrap for the new baby.

Get a Red Riding Hood pattern with elastic and can be made in white or pink, which has much of the quality of ornamental but simple well.

Make the wrap with a ruffle of material, finished with a narrow white ribbon, and if you wish a very elaborate effect, use two rows of ruffles to make it. The wrap should be made of a soft material, such as silk or satin, and should be finished with a ruffle of material, finished with a narrow white ribbon, and if you wish a very elaborate effect, use two rows of ruffles to make it.

Make a separate thing of wash with the outside, but the ruffles may be omitted. For colder weather there may be an inner lining of flannel or chamois. Being detachable, the washing of this dainty wrap is much simplified; also it is easier to get the desired degree of warmth.

For Young Girls.

A very difficult problem to a mother is the dressing of the between age girl. The average girl of sixteen is not infrequently a most attractive person, but requires most careful dressing. She has all the graces and charms of budding womanhood, with some of the gaudiness of childhood.

With abundant ticks and bright pink cheeks, quiet dressing is a necessity. None of the fastness of very young girlhood is possible; the make-overdressed. If trimmings are used they must be of the simplest design, and if possible self-colored.

For the girl still at school, there is nothing nicer than a navy blue coat and skirt, worn with various blouses and a simple hat. But there are times when other attire is necessary, and then it is realized how hard it is to dress the adolescent girl. She must be simply garbed, yet, of course, desires her clothes to be pretty. Therefore special consideration should be given to her wardrobe-colorings, materials and style being well thought out.

Children's Appetites.

To promote children's appetites there is no better plan than to give them plenty of outdoor exercise—and to make them regular in their habits—and diet only upon plain, nourishing food, and they will seldom if ever complain of a lack of appetite. If children are fed upon rich or highly seasoned foods or are allowed to eat between meals it is hopeless to expect them to have an appetite for their proper meals. Sickness is the most expensive nuisance in the world, and the best way to make children happy and good is to keep them well. Don't allow them to study too much, and especially keep them from reading sensational stories.

To Extract a Splinter.

When a splinter has been driven deep into a child's hand it can be extracted painlessly by steam. Nearly fill a wide mouthed bottle with hot water, place the injured part over the mouth of the bottle and press tightly. The suction will draw the splinter down, and in a minute or two the steam will extract the splinter, and the child will be none the wiser.

For the Child

Two Young Boys For the Army of Spain



SONS OF MISS ALICE OF SPAIN.

These two little boys arrived in camp of war in the north of Spain, they are soldiers in the regular and their picture shows them in their military uniforms. The boys, in the first photograph, are those of Spain, and little boys of the Asturias. He is called the First Regiment of Infantry, who joined the army in the days of all time.

The boy in the third photograph wears the crossed decoration of the Order of the Golden Fleece and again on the breast of his blouse.

He was born May 14, 1917, therefore is not yet three years. Prince Jaime will be two years next June. He wears the uniform of the military branch of the army. Prince Jaime is the younger of the two boys, the guest of Spain, is a young King Edward of England. His Princess Elizabeth was in the picture.

Then with a slight smile, the boy in the fourth photograph, who is the youngest of the two boys, is the guest of Spain, is a young King Edward of England. His Princess Elizabeth was in the picture.

The boy in the fifth photograph wears the crossed decoration of the Order of the Golden Fleece and again on the breast of his blouse.

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The boy in the sixth photograph wears the crossed decoration of the Order of the Golden Fleece and again on the breast of his blouse.

He was born May 14, 1917, therefore is not yet three years. Prince Jaime will be two years next June. He wears the uniform of the military branch of the army. Prince Jaime is the younger of the two boys, the guest of Spain, is a young King Edward of England. His Princess Elizabeth was in the picture.

The boy in the seventh photograph wears the crossed decoration of the Order of the Golden Fleece and again on the breast of his blouse.

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