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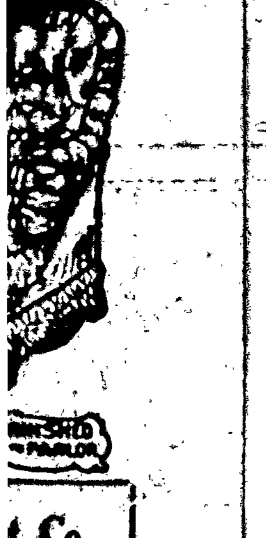

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Woman's World

One Career to a Family, Says Katharine Kaelred.

MISS KATHARINE KAELRED.

Miss Katharine Kaelred, the clever English actress who made such a hit as the vampire woman in "A Fool There Was" and has been playing leading parts in successful productions all over the country, is a woman of wonderful charm.

Miss Kaelred is a philosopher as well as a delightful actress. In a recent interview, the talk having drifted into the subject of careers for women, she said: "Yes, I do advise stage careers for women—that is, for a woman who feels that she has a message to give to her audience, one whose art is more to her than the suppers given after the play by stage door Johnnies. A stage career, to put it on a commercial basis, too, pays more than most vocations open to women."

But she advises the woman with a career not to "marry a man with one, for the marriage inevitably will be a failure unless one of the other gives up ambition and is content to play second fiddle before the world.

"If a woman," continued Miss Kaelred, "does not love a man well enough to be willing to make a success of being married to him before anything else, then she has no business in getting married at all."

Then she went on, smiling at the broad new idea that she was going to declare, which gave the somewhat ancient sentiments an entirely new meaning:

"But please don't think that I mean that every woman should give up her career to be married. I simply mean this: Suppose Miss Brown, a successful actress or artist or politician or whatever she may be, marries Mr. White, a man whose career is attracting attention. I believe they ought to talk the matter over very carefully and reach a decision as to which is the more valuable to the world, and the defeated candidate should gracefully retire. In other words, I think either Miss Brown should become Mrs. White or Mr. White should become Mr. Brown. Do you understand me?"

Interesting Prizes.

A popular prize is the breakfast cap that is new and fashionable.

These are very expensive when bought, but a deft hostess can fashion her own from bits of swiss and lace or entirely of lace.

The breakfast cap is a development of the nightcap which has been worn for several seasons, but is more elaborate.

A lovely one of fine cream all over val lace has a mob crown of the all over design with frill and lapels of lace edging to match. Across the front is a loose twist of pink or blue chiffon, while tiny pink rosebuds and ends of ribbon dangle over lapels of lace at either side of this band and fall on the face.

Other prizes can be oblong bags of satin, ten inches wide by fourteen long, in delicate tones of pink or blue. There is no frill, the bag closing with casing at top, through which is run a narrow silk cord or ribbon.

Veiling the satin on both sides is a band of heavy gold passementerie in open design three inches wide and above it gold net dotted with pink or blue. Pink and silver, blue and gold, violet and the greenish gold and yellow with bronze are good combinations.

These bags are simple to make, as they are sewed in straight seams on sides and bottom.

To Keep Beds Sweet.

All beds should be stripped before breakfast and placed where they can get plenty of air and, if possible, a little sun too.

Mattresses should be half turned and allowed to stand in a draft so that the air will play all round them.

Pillows, too, should be treated in the same way if you want to keep them from getting musty.

Mattresses should be cleaned and remade every three years if you want them to keep their springiness. It is worth while to buy good mattresses in the first place if you can possibly afford it, as these clean again and again and come up as good as new. Cheap mattresses are not worth remaking and almost invariably get lumpy after a year or two's wear.

Milady's Mirror

The patent finger tips are identical in principle with the thumbscrews of olden times. They are designed to give the proper tapering effect to the fingers and are shaped like thimbles, fitted with a screw that tightens them. Like the chin straps, these are worn for hours at a time. Beginning with no more than an ordinary close fit, the steady turning of the screws, hour by hour and day by day, keeps up a constant pinching of the finger tips until their outline is changed completely, and, although there is no actual pain, the nervous irritation caused by the constant pressure on the ends of the fingers is intense. For the gymnastic part of the treatment most of the bending motions that go with the use of the ordinary mechanical apparatus are employed, re-enforced by massages that leave both operator and subject limp as rags. Diet also plays an important part, and the woman who is so unfortunate as to have a pronounced tendency toward stoutness is condemned to live almost exclusively on lettuce and raw green foods generally. Butter, milk, cream and sweets, of course, are absolutely forbidden.

To Keep White Hair White.

People who have white hair have their troubles, like the rest of us. A special wash must be used to keep it of the silvery whiteness desired, and any tonic applied to strengthen the roots and prevent falling out will almost invariably yellow or discolor it.

Some who have tried it say the most satisfactory tonic application for gray hair is white vaseline. It is not to be applied to the hair, but to the scalp. The hair must be parted at close intervals and the vaseline rubbed into the scalp with the finger tips. Pains must be taken to keep the grease from the hair as much as possible.

The hairbrush should be kept perfectly clean, being frequently washed in water in which a little ammonia has been put and well rinsed.

Do not use the ordinary laundry bluing to bleach the hair. Buy a little indigo at a drug store and dissolve it. A few drops in a basin of water, enough to make it a pale blue, will make it whiten the hair as bluing whitens clothes. Beware of using too much blue, as that gives the hair a dingy, dirty color.

Laundry bluing is not made of indigo. It is a dilution of prussian blue, a preparation of iron.

Buttermilk Fad.

There is a fad for buttermilk just now.

It is taken internally and also used on the skin.

Many women advocate it as a beautifier, and, since it is harmless, there could be no objection to trying it.

The milk is applied to the face and neck with a soft sponge and allowed to dry on.

It is washed off after about ten minutes with hot water, finishing with cold.

The skin will probably feel drawn and prickly while the milk is drying, but this does not mean any bad effects.

There is grease in buttermilk as well as acid, so that one might reasonably expect some result from its use.

The Daily Bath.

Some women say that they have not the vitality to withstand a daily bath. That is usually the case when the bath is considered a bother and too much strength is expended in the scrubbing and rubbing. The most beneficial bath is the quick one that is over within three minutes. Such a bath is a tonic. It is not necessary to get into the tub. Merely go over the body speedily, bathing away the dust and secretions of the skin, rinsing quickly and rubbing briskly until the skin fairly tingles. If one is nerve tired a hot bath just before going to bed will act as a soothing, restful comforter.

Digging For the Complexion.

Probably if the right doctors and a few quacks were persistently to recommend stone breaking as a sure and certain way of improving the complexion and the physique there would, says a contemporary, be a rush of fair volunteers for this employment. They are now telling us that if we want to be thoroughly healthy and absolutely beautiful we must dig daily, and already the craze is spreading. A picturesque costume for the exercise has even been suggested. Digging parties are proposed, and before we know where we are we shall have digging instructors on the scene.

It Prevents Double Chin.

Massage constantly given for five minutes daily will, as a rule, prevent the formation of a double chin, or when the increased fold exists massage will remove it. For removal the work is severe; for prevention it must be strong enough to create stimulation or increased circulation of the blood in that region of the face to be reduced. Rubbing may be done from the point of the chin up to the ears along the jawbone and below it. [illegible]

THE NEW PARASOLS.

Larger Than Usual This Year and Sticks Long.

ONE OF THE NEW PARASOLS.

Parasols this year are exceptionally pretty. They are somewhat larger and more spreading than usual, for the average hat of today could receive but small protection from a sunshade of ordinary proportions.

The sticks to the season's parasols are quite long, and the handles are extremely smart. A large, flat knob in the shape of a rose or gardenia makes an easy handle to carry and is very attractive in coloring when carried out in china or wood. The new finely carved wooden handles are really works of art this year. Ribbon flowers, which are now used in every detail of dress from hat to slippers, make an extremely dainty finish to the top of a parasol stick.

One smart parasol of silk in a plain color is adorned with an enormous ribbon bow, the loops and ends spreading far over several of the panels. In soft satin or liberty this ribbon will not interfere with the closing up of the parasol, and when opened it looks quite charming.

The parasol seen in the illustration is a coaching model of dark green silk with applique designs of a lighter shade.

Kill Million Flies With One Swat.

The open season for flies is now on, and physicians and bacteriologists are sending out passionate pleas to housewives all over the civilized globe to slay and slay and slay. The sport in this case is not so much the thing. Truth to tell, the deliberate killing of flies is what the small boy once described as "dinky work." But the scientists explain, with all the convincing force of geometrical progression, that every lone and solitary specimen of the common housefly that is allowed to run wild now will, barring accidents, be responsible for more than a million and a half of his tribe before the end of June. Probably only hard-headed men will be willing to take these figures literally, but there remains the grand and solemn fact that if you wait until August to kill a fly you will have the blood of only one miserable insect on your hands, but if you slay one in April or May, thus preventing it from breeding, you get a regular Kwang Tumbo of a bag, which only the most absurd modesty need forbid you from reckoning potentially in hundreds of thousands.

Health experts lay directly on the flies the responsibility for the spread of diphtheria, consumption and enteric fevers. How many young children have died as a result of drinking fly infected milk is something no one can estimate with any approach to accuracy. A recent experiment has shown that a bowl of milk exposed to flies for twenty-four hours contained 700,000 bacteria per cubic centimeter as against less than a tenth of that number where the milk was reasonably protected. Examined under a microscope, one fly of only ordinary physique has been found to contain on his body 1,222,700 different bacteria, and after serving as a bath for two or three other flies water that previously was absolutely pure was found to contain no fewer than 5,000,000 germs. So the cry goes forth, "To arms, ye housewives, and eke, ye little boys and girls!" One fly flattened on the wall is better than a thousand in the butter.

Creases In Fur Coats.

It is time to put furs away for the season, and it is well to put them away in as good condition as possible.

When a fur coat becomes creased, either from laying some article upon it or from crushing, the best method of removing such marks is to thoroughly dampen the fur. When possible the drying should be done out of doors, as the air will aid in the process.

In no case should furs be placed near a fire to dry, because each little hair is furnished with a tiny mite of oil, and this is apt to dry when the fur is placed in direct contact with heat. For this reason alone furs should be placed in cold storage during the summer.

Women to Run Hospital.

What is said to be the first hospital in the country to be managed and run solely by women was recently opened at Hempstead, N. Y., by Mrs. O. H. P. Belmont, who has founded the institution as a memorial to Mr. Belmont. The cost of erecting the buildings and starting the work has been defrayed by money raised by Mrs. Belmont. She was herself the largest contributor. The hospital is the first of a chain of similar institutions planned by Mrs. Belmont.

JUVENILE DRESS.

Some Up to Date Children's Styles.

RUSSIAN BLOUSE SUIT.

As every mother knows, it is a much more difficult matter to make a modish, simple child's dress than it is to make an elaborate costume. While the clothes of young girls are always simple, they must be strictly up to date. The fashionable Russian influence is noticeable in children's garments this season. These models usually consist of one piece frocks, but in the smart gown illustrated the Russian blouse of linen is gracefully hung over a plaited skirt. The blouse is elaborately embroidered, and there is a guimpe of sheer lawn, cut low and rounded at the neck, finished with a plaited frill. The ribbon sash goes through slits at the waist line of the blouse. A quaint bonnet made of small pink flowers and a pink silk parasol trimmed with a border of Dresden ribbon complete this fetching costume.

When Company Comes.

A new hint in serving grapefruit is to flavor it with maple sirup. The pulp is loosened from the skin, as usual, with a sharp knife, after which the center is filled up with the sirup, which must be the pure sugar melted down. This adds a new and very delicious flavor. Currant jelly, too, has been discovered as an excellent substitute for the rum which was for a long time the only flavoring used with this fruit.

The secret of the delicious ham sandwiches served at an afternoon tea last week was in the cooking of the ham and the abundance of mayonnaise used in mixing the meat. The ham had been broiled until it was brown and then ground very fine and mixed plentifully with mayonnaise. The meat may be cooked in the oven, a thin slice being allowed to bake until it is well browned, or the meat may be fried. There is a more definite flavor about ham cooked in any of these ways than there is if it is boiled.

Shredded chicken dressed lightly with mayonnaise and served in little French rolls is popular at afternoon teas.

For a dinner fruit cocktail fill punch glasses half full of diced pineapple and oranges and top the mixture with mint ice. Lemon or orange ice may be used instead of the mint.

Gruyere cheese and nuts seasoned with salt and paprika make tasty sandwiches for little meals.

Indigestion Remedies.

A woman who is a sufferer from indigestion has found much relief by lying on the left side for twenty minutes after the discomfort begins.

Another sufferer swears by the salt cure. At the least dyspeptic pang she puts a good sized pinch of salt on her tongue, letting it dissolve slowly.

Relief is often had by exercising the abdominal muscles slowly and regularly after each meal. This can be done as one reads or works, though it is better when done standing.

There are several preparations of soda mint that should be carried by sufferers from acute indigestion. Do not get into the tablet habit. Reserve these for emergencies.

In an acute attack try the effect of a mustard leaf over the stomach. Porous plasters often give relief, and some of the medicated clays have cured pains in a short time. The clay should be applied hot and can be kept on until it crumbles off.

Care of a Refrigerator.

An up to date refrigerator is built on scientific principles. It is not simply a box holding a cake of ice around which food may be set indiscriminately. In a properly built refrigerator the ice occasions a circulation of cold air. Then cold air from the ice compartment enters at the bottom of the food compartment, rises to the top and passes back into the ice chamber. From this it is evident that the coldest place in the provision chamber is at the bottom and also that articles of pronounced odor, as melons, fish, etc., should be stored on the upper rather than on the lower shelves of the food compartment. With this arrangement they will [illegible]

Points For Mothers

If the nursery window is not protected by outside bars hammer a large screw or nail into the lower sash, so that the window cannot be raised more than six inches.

If the top sash is drawn down this is quite enough for ventilation, and no matter how ingenious or venturesome the little ones may be they cannot wriggle through the small lower opening.

Provide each little one in the nursery with its own towel, sponge, hair and tooth brush and teach the children that it is not right to use each other's things.

Hairbrushes should be kept perfectly clean and frequently washed in soda water.

Sponges, too, should be treated in the same way, and when they are greasy and slimy they should be cleansed by placing them in boiling water in which soda—two ounces to each quart of water—has been dissolved and left for twenty-four hours to soak. Afterward rinse in vinegar and water.

Keep This in Mind.

That your daughter will doubtless not love you if your conversation is a perpetual, "Mary, stop slouching!" "Mary, don't hunch your shoulders!" "Mary, how many times must I tell you about standing on one hip?" But you have the satisfaction of knowing that she will probably love you less in after years if such injunctions were omitted.

Boys and girls doubtless think mother a "crank" or "fussy" when she insists upon tri-daily cleaning of teeth, daily baths and regular gymnastic exercises.

Dancing school is a [illegible] for boys especially. [illegible]

For the mother who gives [illegible]

Carbolic [illegible]

Many persons have a [illegible] that carbolic acid is a good [illegible]

[illegible]

This solution may be used [illegible] white clothes that have been [illegible] around contagious diseases. [illegible] clothes should boil about an hour when all germs will be destroyed.

Carbolic compounds made boiling hot will destroy germs in woodwork and painted walls if they are constantly washed down with it.

There are good carbolic soaps on the market that are excellent for disinfecting purposes. They can be safely used on the skin without [illegible] [illegible] to infection, as often [illegible] women who do charity work or who teach school, it is well to [illegible] one into.

A Good [illegible]

When one is subject to [illegible] the tendency [illegible] learning [illegible] practice daily, whether [illegible] not come.

If [illegible] would be [illegible]

An [illegible] vinegar, one [illegible] pepper and three [illegible]

Mix well together and when settled strain and bottle. This has been used full strength, but is better diluted with from one-half to two-thirds of water. It is too strong [illegible] is admirable when a sore throat [illegible] one.

A Cure For [illegible]

The "nervy" girl will [illegible] hour's sewing [illegible] mother. [illegible]

One of the [illegible] wrote in praise of [illegible] of needlework.

A [illegible]

Children who [illegible] the [illegible] of fresh air, [illegible] as possible. Plenty of [illegible] ing food should be given [illegible] cod liver oil or [illegible] ful in putting things right.

Caution For [illegible]

Mothers should [illegible]

[illegible]

[illegible]