

Woman's World

A Woman Who Teaches the Poor How to Cook.



MISS WINIFRED GIBBS

One of the most useful persons in the great city of New York is Miss Winifred Gibbs, expert dietitian. Miss Gibbs shows women of the working class how they may expend their money incomes to the best advantage in the purchase of food. Miss Gibbs on request supplies a family with suggestions as to what food is most suited for their needs and how it should be cooked in order to retain its nourishment. Many a poor housewife struggling with the problem of how to reconcile her income with the hard facts of the high cost of living has reason to bless Miss Gibbs. Many a workingman owes his better health and increased efficiency to the well cooked and sustaining food which through her instructions his wife is enabled to provide out of his slender income. Children in the public schools are enabled to do better work because their mothers each morning can thus provide them with a good breakfast. This adding to the well being and comfort of many people and indirectly ensuring the work of the city is no mean achievement for one little woman.

Miss Gibbs does her work under the auspices of the New York Society for the Improvement of the Condition of the Poor. Every day she goes among the homes of the tenements, where she is known only as the visiting cook. Those who know how eagerly most women "seize" recipes will not be surprised to learn that almost invariably her appearance in the tenements is hailed with pleasure. For several years she has been doing her work, and gradually the report of it, spreading to other communities, is leading to the establishment of similar dietary work for the poor.

LOVELY LINGERIE JACKETS.

Silk and Lace Are Used For the Most Fetching Models.

Very pretty are the season's short, dressing jackets and negligees. The soft Dresden silks with lace and ribbons make a combination that is very charming, as shown in the picture. This lace is valenciae, and the silk is in pastel shades of pink and blue. A ribbon band about the bust gives the upper part of the jacket a yoke effect. Narrow plaits on the sleeves and on the bodice add to its ornament. The sleeves are of the flowing type, profusely garnished with lace.

Among the most admirable rest gowns are some kimono variously



NEGLIGEE JACKET

fashioned of Japanese crepe, shaded satin and a curious sort of gauze. What could be more charming than a kimono of delicate wistaria mauve gauze, hand embroidered with trails of wistaria blossom? The shaded crepe negligees are lovely. There is one shading from lemon yellow at the shoulders to a burnt amber at the padded hem, the gradations being so skillfully blended they seem to form one with the rich all over embroidered, while another ascends from a deep damask to a soft blush-pink and is worked with a hanging design of wistaria in blue and great open roses.

QUEEN MARY'S DOUBLE.

The Lovely Crown Princess of Roumania, Who Likes Americans.



CROWN PRINCESS OF ROUMANIA.

The crown princess of Roumania, granddaughter of Queen Victoria, who is to represent her husband's country at the coronation of her cousin, King George of England, bears a striking resemblance to Queen Mary, although the crown princess is by far the better looking of the two. The crown princess was the Princess Marie of Saxe-Coburg, daughter of the late Prince Alfred of Saxe-Coburg and of the Grand Duchess Marie of Russia, an aunt to the czar. Although the Saxe-Coburg princesses were considered royal beauties, yet none of them made especially good matches. Princess Marie, the eldest, marrying the insignificant Ferdinand, heir to the Roumanian throne, shortly after all Europe had been entertained with the story of his love affair with Miss Helen Vaccarone, one of the waiting maids of his aunt, Queen Elizabeth of Roumania. Although Princess Marie's married life with the prince has not been a particularly happy one, she commands the admiration and devotion of the Roumanians. In every possible way she has tried to ameliorate their condition, lending her name and influence to every worthy charity in the Roumanian capital and endeavoring to popularize the national embroidery, lace and jewelry. Princess Marie, unlike Queen Mary, likes Americans and encourages them to visit the Roumanian capital.

THE MASCAT.

A Toy to Take the Place of the Teddy Bear.

The popularity of the Teddy bear was so great that inventors of toys have striven to duplicate its success. The Minkat, which is rather a grown-up's toy than a child's plaything, is a measure-captured the public. Now comes a novelty known as the mascot, which bids fair to fall heir to the popularity of the Teddy bear.



THE LUCKY MASCAT

The mascot is a comical black cat or kitten, marked with a white horseshoe on its breast and with a four leaf clover on its paw. It is warranted to be an unflinching luck bringer, and its funny little face never fails to make a hit. The mascot is supplied with plump little legs so hinged to the body that the cat may be made to assume any position desired. The distinctive feature of the toy, however, is the tail, which can be hooked to the mascot's body to form a handle by which the toy may be carried over the arm. This feature of the toy is for the benefit of mothers or nursemaids who take baby out for an airing. A doll or other toy is likely to be dropped, but the mascot hung over the arm can be carried as easily as a small basket. The mascot is already on the market, and a series of these "carrying toys," as they are called, are being designed and will soon be introduced by their originator, a well known woman author, who has a family of her own that has inspired her with some original ideas in regard to toys and children's amusements.

The smaller mascots, or mascotettes, make much appreciated favors for dinners or luncheons, the little figure with a place card pinned to its paw being much provoking. Candy boxes and similar novelties are being made in the form of the lucky mascot.



Points For Mothers

About Weak Backs.
How many times a day do some of us hear the command "Sit straight!" addressed to a child? It is generally varied, often in tones made peevish by the necessity of constant reiteration, with the command "Sit up!" "Hold yourself up!" and so forth. The child obeys, pulls himself together and sits up, but five minutes later he has forgotten, has slid down again in his chair and is "on the slouch" once more.

It is in nearly all cases because his muscles are weak. He doubles himself up because the weak muscles refuse to support the back without constant effort.

For this state of things scolding and nagging are worse than useless. You must remedy the defect in quite another way—namely, by strengthening the relaxed muscles, which will then have no difficulty in doing their work and keeping the figure erect.

One of the very first things necessary for strengthening muscles is to give them a proper amount of exercise of the right kind.

Remember that exercise improves the nutrition not only of the muscles themselves, but of the lungs, heart, intestines and other organs of the body. It is therefore a tonic in the best sense.

Don't Nag.

There are certain essential habits in which the child should be trained, such as ownership in his individual comb, brush, towel and washcloth and toothbrush. A respect for his own and others' property rights may well be inculcated since he will be forced to consider the latter as his life. Neatness and orderliness are part of the home discipline, or should be, but when it comes to the over-zeal that develops into fussiness it is a mother's business to call a halt.

A child is the most democratic of creatures. Clothes don't count until the material insistence makes them a quest at the seashore or in the moonlight, and she will do well to note that she has spoiled more good times for a child than anything else ever will. Her own gowns are built. Laces and ribbons and frills have their places, but it is not on this season's outing garment that she should put on lines of severe simplicity, although it may be embroidered and trimmed with flat applications of lace.

Indeed, it is said that mohairs are likely to take the place of linens for serviceable summer wear, mohair showing less quickly than linen the signs of wear and tear. Mohair does not wrinkle, dust may be easily brushed off it, and it needs less often to be sent to the laundress than the linen costume. Moreover, mohairs are so much prettier than they have been that they cannot fail to please. Some of the new mohairs look not unlike satin and are almost as supple and easy to drape.

To Make a Mustard Plaster.
A trained nurse gives the following directions for making a mustard plaster that will not blister. If the mustard is a little stronger than the ordinary kind use one part of mustard to four of flour. If exceedingly mild use half and half. There is often quite a difference in mustard. If of ordinary strength, use about three parts flour to one of mustard. Moisten it with the white of an egg and spread it between two pieces of thin cotton cloth.

Durable Hangers.
Loops for hanging garments are always wearing out and breaking, particularly with children's cloaks and coats. To make a durable loop cut a strip of kid from an old glove, roll into a piece of coarse string, and sew the edges of kid neatly together. This loop fastened securely to a garment will stand any amount of pulling without wearing or breaking.

The Middy Nap.
It should always be remembered that a midday sleep is excellent for small children and may be kept up with advantage until the child is five and of course longer if the mother likes. It is a good plan to let a baby have its sleep out of doors, lying down in the perambulator, except, of course, during the very cold months.

Plain Fare.
Children should never be allowed to eat seasoned dishes or rich cakes or anything of that kind. The plainest their food is the better. It is always a good plan to give a child a glass of hot milk, a biscuit or something equally digestible before going to bed.

For a Headache.
If a child gets a bad headache from being out too much in the sun, lay him in a cool, dark place and raise the head on a pillow. Apply ice to the head if possible; if not, bathe it with cold water. Loosen the clothes; give no stimulants.

The Shy Child.
Encouragement will do much to help a shy child to overcome the nervousness felt when brought into contact with others in study or at play. Never discourage shy children; never scold them before others.

Insect Bites.
To alleviate the pain caused by the stings of insects apply a drop or two of whorl-worm-oil or of a strong solution of washing soda to the affected part.

SIMPLE L'IES.

Summer Outing Gowns Will Be Handsome, but Plainly Cut.

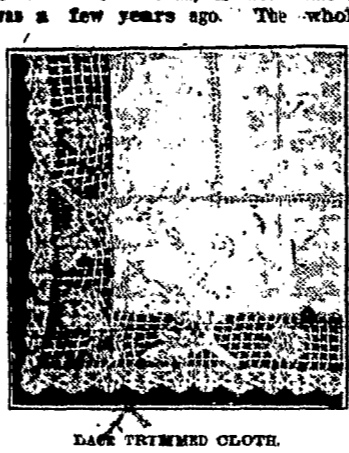


GOWN OF LIME AND LACE

Linens and cluny lace are the fabrics exploited in this charming afternoon gown. The thrifty girl is already preparing her wardrobe for summer conquests at the seashore or in the moonlight, and she will do well to note that she has spoiled more good times for a child than anything else ever will. Her own gowns are built. Laces and ribbons and frills have their places, but it is not on this season's outing garment that she should put on lines of severe simplicity, although it may be embroidered and trimmed with flat applications of lace.

FOR THE TABLE.
Handsome Lace Trimmed Tablecloth With Appliqued Motifs.

Lace trimming appears on the smart new tablecloths to an extent to be expected in a season when lace is used everywhere that it is possible to use it. One particularly handsome cloth was adorned with a deep border of lace, made by applying lace motifs to the surface of heavy net. The lace motifs were also appliqued on the linen.



LACE TRIMMED CLOTH

Fashion is broke in table service as well as in other things. The formal dinner table of today is not what it was a few years ago. The whole scheme of decoration for the modern dinner table makes for simplicity. Any suggestion of ostentation is bad form. The table is not strewn with trailing smilax and loose flowers, nor is the bare mahogany seen, as of old, except for luncheon or breakfast.

There is a reversal of taste in favor of good linen, plain glass, good flowers and a general practical simplicity of service in every detail. Glass bowls with a few well selected flowers are even supplanting the silver ones, but the latter are often of such real beauty and lend to the table such distinction that it will be difficult to supplant them entirely.

Invalid Food.
When any meat extract is to be given to an invalid try making it with milk instead of water. It is most nourishing made in this way and very appetizing.

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