Woman's World

Famous American Poetess Discusses Foreign Women.

MRS. ELLA WHEELER WILCOX.

Mrs. Ella Wheeler Wilcox, who recently returned from a trip through parts of India and Europe, expresses some interesting views of foreign women.

"The English girl as I have met and studied her," said Mrs. Wilcox, "is a delightful being. To me her great charm lies in her modesty and freshness and the wonderful childlike quality of her outlook upon life, a quality distinctly lacking in the typical American girl. I think it is accounted for by the greater intimacy of family life in England.

"In their earliest years American girls are more with their parents and see less more away from home so soon as in England, but later there seems to be far more friendship between the parents and children in England than in America. The American girl asserts her independence very early and becomes more aggressive in consequence. She is, I admit, better posted than the English girl and is more entertaining, but unless she has had wise guidance she often develops some very unpleasant qualities."

Mrs. Wilcox is a student of oriental philosophies, literature and history, and her observations on India, which she [illegible] on her return are valuable. She [illegible] Madras, Mr. [illegible], which she considers to be doing the most wonderful work of its kind in India.

"Brahmans, Buddhists, Parsees and followers of all religions and sects in India, though at variance with each other and opposed to many of the Christian missions, unite in praising the work of Annie Besant. She is, in her great school [illegible] and in other schools founded by her, devoted to the educational life of India in accordance with the ancient ideals and leading to its [illegible] moral elevation of character. I met a brilliant native woman writer who had written an impassioned plea for education in Indian, addressed to Europeans, like and who has already started a school for that purpose. She is opposed to the [illegible] which aims at making Indian [illegible] more imitation Europeans.

"The women of India are beginning to rebel at the fate which condemns them to marriage at ten and to motherhood [illegible] at twelve."

PHOTOGRAPHING CHILDREN.

It Is an Art That Takes Both Skill and Patience.

"If you great [illegible] with 'Well, my little man, and how are you today?' or something growing up and [illegible] that he shuts up at once and [illegible] shows into his shell. You would never [illegible] such a beginning. It makes him [illegible] with you and [illegible] condition. When you want to get a good photograph try to be a child with the children; try to get into their minds and think as they think, to get down to their level absolutely.

"In fact," said a successful photographer of children, "I get down on their level literally, for within a few minutes [illegible] I can often [illegible] or hear the shutter.

"[illegible] it is a long time before I can actually take the photograph, for I never photograph young children. I play with them, romping with them all the time until I catch them in graceful and characteristic attitudes; then I manage the bulb rubber ball that carry [illegible] in my pocket, and [illegible] control [illegible] of the [illegible] by others and the [illegible] by others and the [illegible] I [illegible] enough [illegible] to pause in [illegible] anxious mamas [illegible] at trains, the [illegible] the signal to [illegible] it to puff on its way again."

Cleaning a White Coat.

To dry clean a white coat lay the coat on a table and cover it with a mixture of powdered borax and French chalk. Leave it for half an hour or so, then take a clean cloth and rub it well all over. Let it lie twenty-four hours, then shake and brush it well, when it will probably look quite fresh.

The Outdoor Girl

Playing Tennis.

Tennis, says the Woman's Home Companion, is a game which requires a great deal of bodily activity and produces a quick heart action and a quick heart action necessitates deep breathing. Clothes which prevent deep breathing prevent both proper playing and keen enjoyment of the game. In other words, tight clothes should not be worn. Corsets which are so long as to impede free leg action are not fit for tennis, for a girl cannot run well without having free leg swing from the hips. Bloomers, a soft, unstarched duck or flannel waist and skirt, woolen stockings (to prevent foot soreness) and tennis shoes which fit snugly without being tight form the proper costume.

The other two handicaps, inferior muscular development and slow nervous reaction, can be avoided, if not overcome. Inferior muscular development is inherent. But one of the beauties of tennis as a game is that it can be played without great strength. The player who depends upon speed and strength of shot alone is almost sure of defeat at the hands of the careful "place shot" player—she who, without either strength for smashes or great speed of ball, puts the returns where they just can't be reached.

"Nervous reaction time" means the time which elapses between the will to do anything and the doing of it. Players who are slow in the nervous reaction time will start to run to get to the ball they see coming over the net a fraction of a second later than those who have a quick nervous reaction time. The slow thinkers will swing their racket at the ball too late, often missing it after it has gone by.

But nervous reaction time as applied to tennis can be trained, just as the muscles can be trained. And there is no finer, quicker method of training than playing tennis with a brick or stone wall.

If you can get the use of the side of a house with smooth ground near it drawn like three feet from the ground on the wall, representing the net, and proceed to "play the wall." Strive to make the ball hit the wall above the line. It will, of course, rebound to the ground. Hit it again [illegible] remarkably hard on the return is swift. Hit it at various angles, so you have to run after the return. It is astonishing the improvement which a few nights of such practice will make in your game, because of the [illegible] nervous reaction" speed.

Correct Carriage.

When you walk the whole body should be thrown into a state of mild tension, nothing [illegible] erect vigorous, responsive method. It should be so perfectly balanced that every part does its work without strain. The abdominal muscles should hold in the stomach—quite possible even with the portly if they will but make the effort. The shoulder, hip and ankle joints should be upon a line, the chest held high and head erect, but not tipped back.

The correct position of the head may be tested by holding a book upon the crown. In this position the body requires its greatest ease, and every muscle performs a maximum of labor with a minimum of waste and consequent expenditure of force.

Etiquette of Sports.

In regard to the etiquette of sports, nearly every outdoor recreation is practiced under the guidance of fashion rules that the fair minded sportswoman should scorn to neglect. But these rules must be supplemented by certain minor affairs of behavior that are not laid down in the fixed regulations. Courtesy and consideration for others are the underlying principles in every form of etiquette, and nowhere is it more necessary than in outdoor sports.

What woman cares to ride or drive with a man who is not the [illegible] for [illegible] woman [illegible]

Green Tea Sachets.

What a [illegible] sachet [illegible] of all [illegible] and [illegible] [illegible] have more than [illegible] your head for the table [illegible] layers on your [illegible] [illegible] It [illegible] should be wrapped [illegible] [illegible] to cool [illegible] the face is [illegible] comfortable dry on the face. [illegible] wash of [illegible] warm water.

Outing Hints.

Select comfortable shoes for mountain climbing and a serviceable but lightweight skirt.

Use gloves for gardening and motoring, even if they do feel hot, for gloves [illegible] hands also [illegible] [illegible]

Keep the elbows from growing callous with unguents from [illegible]

Select a comfortable, lightweight shoe but that will shield the feet from [illegible] that can be rolled up in the trunk without damage and [illegible] be ironed by [illegible] or [illegible].

WHEN PLAYING TENNIS.

The Costume Should Be Neat and Attractive as Well as Comfortable.

LINEN TENNIS GOWN.

Tennis is increasing in popularity. Probably one reason for this is that the girl who plays golf can seldom dress the part attractively or retain her trimness long upon the links if she plays a tolerably good game. Tennis togs are distinctly fetching. The smart tennis gown may be made of one of the coarse linens that come in a dozen natural shades. It may be of piqué or percale, of chambray, of lawn or even of pongee. It is cut low in the neck and finished with a round or a sailor collar of white or some contrasting material. The sleeves come to the elbow. The gown may be a one piece affair, but ordinarily it has a separate blouse and skirt. The blouse is generally cut on peasant lines. There is a patent arrangement by which a core is set under the arm that gives plenty of play to that member. The skirt is cut moderately short for convenience.

The gown illustrated here was of pale blue linen trimmed with white. The bodice was fastened at the left with large buttons which were continued on the panel on the front of the skirt. A sailor collar, closing in a point in front, and turned back cuffs finished the blouse. A white chip hat trimmed with plumes, a rather more elaborate chapeau than most tennis girls choose to work with, completed the costume. It would be equally suitable for walking, boating, croquet and golf. In fact, it is a good all round outdoor dress.

RIBBON BANDEAUX.

These Form an Important Part of the Evening Toilet.

Seldom has there been a season when ornaments for the hair have been so pretty and so odd. The picture shows a charming effect in gilt ribbon drawn over a satin band and fastened at the side to form a loop rosette. It was designed by Ora Coe.

There are many sorts of ribbon bandeaux and little flower wreaths. To

GILT RIBBON BANDEAU.

wear with the ball dress some walks for example, [illegible] a chaplet of tiny pink beds of mignonette would be effective. If marquisette gowns are worn and these show a [illegible] wreath of ivy leaves would be beautiful, while soft colored ribbons or tinsel bands would go with any white scheme.

When buying the ribbon remember that the soft crushable weaves are all more becoming to the head than the stiff satin or grosgrain ones. A ribbon that can be folded too, is far more becoming than a narrow one put on plain, for the plaiting and twists follow the undulations of the hair.

Tinseled bands showing glimpses of pale blue or wild rose pink under the gold thread and with ivy hairpin locks for fastening them on are sold in the shops. Wreaths of [illegible] leaves, wheat and field grasses and also the wide lustrous ribbons are to be had.

BATHING CLOAK.

A Graceful Wrap That Is Useful on Chilly Days.

BEACH CLOAK.

The French bather in her abbreviated bloomer bathing dress comes down to the edge of the water covered by a long, graceful wrap, which she throws off an attendant when she enters into the water. When she emerges after her bath the big wrap is ready to drape her up again.

These bathing wraps seem rather an affectation on American beaches, where it is quite the custom to walk and sit about, clad in a bathing dress, but at the fashionable resorts the bathing wrap is much the thing, and of course it matches in color and material the pretty bathing dress worn under it.

If one pleases the wrap may be also used as a rug during the sunning on the sand. Spread out before one sits down, it keeps the wet suit free from sand and prevents the gaunt, heavy condition that is so unpleasant.

The bathing wrap pictured is of soft rubberized blue silk. It is lined with scarlet taffeta and makes a pretty bit of color on the beach.

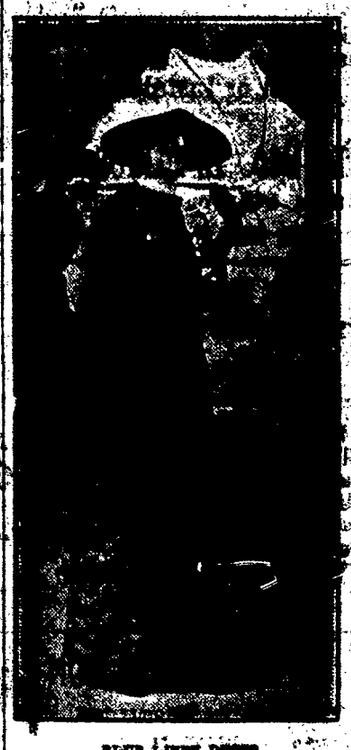
The [illegible] the picture of this bathing [illegible] a boy of the [illegible] [illegible] and [illegible] and [illegible] ends of the silk.

TAILORED GOWNS.

They Are Smartly Made Up in Linen or Piqué.

A smart gown of dark blue linen is pictured here. Its touch of special smartness is in the front panel finished with large round buttons. The blouse is cut low and is finished with a little round collar of the linen, just inside of which is set a line of white. A [illegible] frill is brought down the front of the blouse. A patch pocket adorns the skirt on the waist.

No small accessory of dress is so important as the belt and yet few give



BLUE LINEN DRESS.

it consideration. At present the semi-princess and other one piece dresses do away with the necessity for belts, but, after all, its use on the skirt and shirt waist, when well tailored and trimly designed, may be very attractive. The washable belt should be neat and always fresh, and to make any tailored

Cookery Points

Preserving Hints.

A veteran housekeeper suggests to facilitate the work on days when fruit preserving is to be done to have all ingredients and utensils ready in advance. If the fruit must be peeled do this early in the morning or even on the afternoon before, dropping each piece in cold water as soon as the skin is removed.

If berries must be hulled, hull them the day before. As to the tedious business of "topping and tailing" gooseberries, engage the children in the family to do this a day ahead of time, paying them a few pennies for the task.

See to it that glasses and jars are scalded and rinsed out in cold water and ready to be filled. Be sure that the jar lids fit tightly and that the rubbers are new and unbroken. A defective rubber will cause the fermentation of an entire jar of perfect fruit. A pair of kitchen scales is an important article at preserving time.

Use agate or porcelain lined kettles for preserving and jelly making. Have a spoon with such a long handle that the steam from the contents of the kettle will not scald your wrist and hand as you stir them. A wooden or agate spoon is better than one of metal, upon which the acid of the fruit may cause a chemical action which will affect the taste or color of the fruit if touched.

Fruit Pudding.

Every one likes fruit pudding. It is made as follows: Into the upper pan of your double boiler put a pint of sweet milk, and when it comes to a boil stir in two tablespoonfuls of cornstarch which has been dissolved in a little water. Let boil five minutes. Add one egg, well beaten, with half a cupful of sugar and a pinch of salt. Let boil two minutes, stirring constantly. Flavor with vanilla and stir in cupful of raspberries, blueberries and sweetened. Remove from fire and beat well for a minute. Pour into mold. Children love this with milk and cream. Other fruits, such as blackberries, canned peaches (chopped fine) or mixed stewed apples may be used.

Green Pear Conserve.

Pear conserve is thus prepared: Have ready a quarter peck of green pears, three lemons, two oranges, four pounds of granulated sugar, two ounces of green ginger root and a gill of water. Cut the pears into quarters, paring them, removing the cores and [illegible] the [illegible] [illegible] the [illegible] the [illegible] the [illegible] and [illegible] and [illegible] and a pound of [illegible] cut up the oranges; grate the rind and squeeze the juice from two lemons; [illegible] and [illegible] in [illegible] [illegible] pots [illegible] [illegible]

Peach and Orange Marmalade.

For [illegible] and orange marmalade peel [illegible] halves in water [illegible] [illegible] into [illegible] [illegible] Cover twenty peach pits and [illegible] the kernels. Chop the remainder and add them to the peaches and the juice and pulp of four large oranges and add to four pounds of sugar. Boil slowly about until thick and clear. Put into glasses and when cold pour paraffin over the marmalade.

Fruit Gems.

For fruit gems form circles of boiled rice on little fruit plates, pile up strawberries in the center for each and pour over each a tablespoful of pineapple juice well sweetened. All the ingredients should be ice cold.

For the Children

Little Miss Trent and Her Baby Camel.

The smiling little girl in the picture is Miss Frances Trent of Keene, N. H. The camel, as is readily seen, is younger than its mistress—in fact, it is little more than a baby. Frances's father is John Frank Trent, imperial potentate of the Ancient Arabic Order of the Nobles of the Mystic Shrine, and that explains why Frances has a camel. The Shriners, following the customs of Arabs, from which the order is supposed to have originated, make the camel their badge of honor when crossing the hot sands of the desert. So Mr. Trent when he journeys must needs have a camel to bear him company. Sometimes Frances goes along, too, and on occasion she rides a camel in a street parade, attired in the Arabic costume and fez which all true Arabs must wear.

The Canary Bird.

Both the father and the mother canary birds work for [illegible] the nest and feeding the young. The [illegible] stage of [illegible] is passed in [illegible] and in [illegible] [illegible] The [illegible] are [illegible] and the little male is usually [illegible] canaries have five or six [illegible] [illegible] fourth [illegible] five [illegible] [illegible] They [illegible] the Cape Verde Islands [illegible] which [illegible] [illegible] They are [illegible] with bold, clear voices.

Spanish Children.

Small children in Madrid must go to school at 8 o'clock in the morning and remain until 12, go again at 3 [illegible] [illegible] the rest of the year and [illegible] shorter. Many of the children [illegible] as if they had just got out of bed and come to school without even washing their faces. Bathing [illegible] only once a year. The church [illegible] insists upon bathing all [illegible] on St. John the Baptist's day.

Conundrums.

When is a lover like a tailor? When he presses his suit.

What [illegible] never turns to the [illegible]? A [illegible].

Why do girls [illegible] and twilights? Because they are [illegible] of [illegible].

When is a theatrical manager like an [illegible]? When he [illegible] a [illegible].

About Chairs.

Chairs [illegible] and [illegible] [illegible] and then they [illegible] [illegible] Sometimes [illegible] [illegible] the [illegible] [illegible] to [illegible] [illegible] [illegible]

Cold [illegible].

[illegible]

[illegible]

[illegible]