

Woman's World

Honor For New York Folk Dance Expert.



Photo by American Dress Association.

MISS ELIZABETH BURCHENALL.

A remarkable honor has been paid a New York woman by the committee in charge of the congress on playgrounds, recreation and physical exercise for school children, which is to be held in the city of San Francisco the last week of February. Miss Elizabeth Burchenall is the young woman in question. She has been selected as the expert par excellence in the United States on folk dancing and athletics for girls.

The New York board of education has granted Miss Burchenall leave of absence to attend the congress, where she will make an address.

The folk dancing which Miss Burchenall has so successfully introduced in the New York schools is not only the solution of the problem of physical work for girls, but the ideal of freedom and grace in movement.

It has been noted that in a school population made up of such diverse races as New York city can show these folk dances have proved an inspiration. To the Russian child the Russian dance is an expression of individuality. So with the Swedish, the Dutch and Italian dances.

DINNER FOR FEB. 22.

Delightful Washington Birthday Affair Entailing Slight Expense.

The groupings on Feb. 22 may have a few friends in for an informal dinner. And with an attractively decorated table, reading or telling a few Washington tales and singing one or two national songs their Washington birthday celebration will be remembered.

The menu should be simple, including the old colonial succotash and a sugared Washington pie for dessert.

The table decorations are half the affair. One attractive arrangement is a centerpiece of greenery and small flags from this to the edge of the table. A box of homemade candy tied with striped ribbon should be at each place, and the candle shades will give a gay note of color if made of red paper.

Each guest should wear a bow of red, white and blue ribbon or a paper cap. One of the essentials of the decorations is the place cards, and as these are rather expensive little affairs to buy the woman who is clever with her beverages makes her own. The place cards are easy to make whether one is used to color work or not.

Select appropriate designs and carry them out in washes of color, the simplest way of working.

First trace the cards on water color cards or paper, using carbon paper with the black side next the water color surface. Lay the design over the carbon paper and so over every line carefully with a stylus or very sharp hard lead pencil.

Remove the carbon paper and if necessary go over the lines with a sharp pencil so that they will be clear and sharp before putting on the color. Any ordinary water color paints may be used. Even the twenty-five cent school boxes give excellent results for this work. For those who have not done any color work before it may be well to say that best results are gained in coloring cards by using the paint sparingly and having enough water so that the paint goes on in a smooth, even wash.

Women Admitted to Army League.

Bullfrettes receive a word of encouragement from the Army League of the United States, which has decided that its membership may include "all women of good repute, both men and women."

The organization, while only recently formed, already includes in its membership such names as Theodore Roosevelt, Granville Dodge, Robert Lincoln, Curtis Guild, William C. Endicott, August Belmont, Henry A. du Pont and the adjutants general and regimental militia officers of many of the states. The league is nonpolitical.

French Hat Museum.

The French government is planning to establish a museum of head coverings at Marseilles. It will be amusing to see what styles and designs men and women have at different times sought to protect their heads from the elements.

Milady's Mirror

Complexion Ills.
Don't blame increasing years if it is becoming painful for you to pass a mirror. Many a woman attributes her impaired complexion to growing old when the speeding years have little or nothing to do with it.

What causes the loss of the perfect complexion of extreme youth? Many things are to blame, and much of it can be avoided.

It is surprising how few women understand the connection of soap and skin, when it should or should not be used. If the skin be naturally dry, avoid soap. Most of it contains alkalis which absorb the natural oils from the skin. For an oily skin daily washing of the face with soap is beneficial, as it tends to get rid of the grease.

A trying climate and hard water have far more to do with bad complexions than added years. If you live where winds are drying and roughening to the skin a soothing lotion and softening grease are essential. Not to use them means being withered before your time.

How few women over thirty can look in the glass without a pang for growing wrinkles! Yet they are not a mysterious ill that must be endured. What is a wrinkle? Nothing but a little fold in the skin caused by loose tension in the skin itself and lack of tissue beneath it.

What's to be done? Strengthen the skin by massage and tightening lotions until it regains its old elasticity and tautness and build the tissues with skin foods.

As there are special treatments for every defect it is better for any woman who can afford it to have her skin treated professionally. There are ways to conquer every defect, from redness of the nose and roughened, reddened, blotchy cuticle, to crow's feet, puffiness and sagged muscles.

Take complexion ills in time and treat them rightly.

The beauty skin is most often lost through the stress and strain of wrong living. Late hours, overwrought nerves, rich foods, lack of exercise and fresh air exhaust a woman beyond the power of recuperation, and the complexion grows daily dulled and more sallow, eyes and skin lose their brightness, and the lines of the face sag from fatigue.

If you would keep a good complexion you must work for it as you must work to keep anything else worth having in a world where nothing can be taken for granted.

Beauty Hints For Thin Women.

Milk and eggs are the grand standard in diet for the woman that wants to gain flesh. Raw eggs are especially recommended. There are cases in which seven or eight are taken in a day with good effect. There are, however, people who are not able to swallow a raw egg in its natural condition. For such, egg-nog, with milk and a dash of nutmeg, will prove helpful.

To Cure Double Chin.

For curing a double chin one simple movement is invaluable, but the remedy should be resorted to early, as in late life the skin loses its elasticity and fails to respond quickly to the touch. Rub under the chin with your fingers, beginning at one side and drawing the fingers out at the other. This done with first one hand and then the other makes many strokes a minute possible, and the flesh under such treatment should by and by begin to grow less flabby and the double chin to be less conspicuous. Firm, steady strokes with the fingers should be given, and to quicken the cure an astringent lotion should now and then be used.

Cure For Headache.

When the first symptoms of a headache appear take one teaspoonful of clear lemon juice fifteen minutes before each meal and at bedtime and continue until symptoms are past. For biliousness plain lemon juice and water is very good. It allays fever and promotes sleep and appetite.

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SPRING OUTING COAT.

A Picturesque Model From Across the Sea.



OF GRAY-GREEN RATINE.

Features of the coat from Paris shown today are the novel cut of this type of coat, the capacious body, large armholes, comfortable sleeves and figure concealing lines.

The model is developed in gray-green ratine of spring weight.

MAKING A LIVING.

How One Woman Solved the Financial Problem For Herself.

In the "Woman's Home Companion" appears an account of a woman who, left in financial difficulties, made a good living by starting a shop in which she prepared daintily cooked foods so reasonable in price that families of two bought from her instead of cooking for themselves. She had a regular schedule of things for sale each day in the week and developed a good business. Following is an extract:

"She worked from 7 to 11 o'clock each morning, then from 2 until 5 o'clock each afternoon. Each month she cut off every one of her items that was not popular and substituted novelties. Her list of customers grew slowly but surely, and with many she had standing orders. With the day she delivered orders the boy collected the dishes left the day before, and as she made him responsible for them he was careful.

"She asked her friends to save her all their empty one-half pound baking powder tins, and in these she cooked her little sweet puddings. She bought little paper ice cream shells and served sauces, etc. to them.

"There were only a few dishes to wash, she found, as everything came back clean, and she had only to scald them. If the dishes she made were more than enough to fill her orders the surplus was put on sale in her front room. She also had an assortment of cakes and pies.

"As her fame spread she often made salads, cakes, etc. for parties and made a rate for larger quantities. She put up special luncheons for picnic parties and at various times directed the suppers given to business men's clubs.

"She has today a steady paying business and a substantial bank account, and while many have suggested that she make up her dishes in larger quantities and move to a larger place, she prefers her safe, though small, business.

"So the little capital of \$100 left her by her husband has become, in the hands of this resourceful woman with a goal practical accomplishment, the basis of a self-respecting livelihood."

Dry Cleaning Curtains.

Many housewives own curtains of Arabian lace. They realize that a great amount of their beauty is lost after washing. The lovely curtain that has discolored, and to recolor them is not always satisfactory.

These curtains can be dry cleaned in the following manner: Spread a sheet or two upon the floor and lay the curtains carefully on them. Mix two parts of boiled cornmeal with one of oil.

With a clean brush rub this mixture thoroughly through the curtains. Hang out of doors for a couple of hours and the curtains will be sweet and clean.

In this simple way they may be frequently cleaned. If the dust is not allowed to settle in them for any length of time they will wear much longer.

This bit of information should be well received by the housekeeper, for it saves a wonderful amount of time and labor.

Singing Good Exercise.

It is well known that singing, like whistling, is a fine exercise for the lungs, and some doctors advise those who fear consumption to go in for singing for this reason. At the same time they of course do not advance the claim that singing alone will save any one from or cure consumption. Acquire the habit of taking the big, deep breath which is a primary requisite of any kind of singing, good or bad, and the physical joy derived from it will never allow you to relapse into any breathing.

Points for Mothers

Contagious Diseases.
To the mothers who must nurse their children through contagious disease there are some suggestions worth remembering. The very fact that trained nurses receive higher salaries when in charge of contagious patients emphasizes the point that there is risk and also requires a special kind of care.

In any disease of this kind isolation is necessary. Not only must the patient be considered, but the members of the family must be protected. Only the doctor and the nurse should be allowed in the sick room.

The room should preferably be at the top of the house, where others need not pass, and where the danger to adjoining rooms will be small. It should be well ventilated. Sunlight and fresh air are nature's important aids that should never be overlooked. Hang in the doorway of the sickroom a sheet moistened with a good disinfectant solution. Chloride of lime is cheap and excellent.

All secretions should be burned. Patients should expectorate in small pieces of cloth or paper, which should be burned. Never, under any circumstances, should handkerchiefs be used and washed with the family's laundry. The risk to the laundress and the other members of the house is unnecessary. The water, sponge, etc., in which the patient is bathed should be disinfected before throwing down the main drain-pipes. Germs have a habit of lurking in drains and sewers. Water will not wash them away nor drown them.

Chloride of lime or a 5 per cent solution of carbolic acid will answer all purposes. Bed linen, night clothes, etc., should be placed in this and then thoroughly boiled and dried out in the sun and fresh air.

The nurse, whether trained or the home nurse, should keep up her own fighting strength. The proper care of herself is necessary. Sufficient rest, fresh air and nourishing food should be supplied. If possible a regular exercise in the open air in a complete change of clothes should be taken.

Since the isolation is one of the most trying of experiences to children amusement should be varied. Cheap toys, books and games should be supplied. They must be burned when the little one has recovered, but they will greatly contribute to the passing of the time and will give a cheerful mental condition, necessary to the recovery.

After the patient has recovered there should be thorough disinfection of the room and all things in it. A sulphur candle, a formaldehyde lamp or any of the mechanical sprayers of solutions for the purpose should be used. The room must be thoroughly aired, the doors opened, with wrapping paper and the disinfectants allowed to do the work for a week at least. In the large cities a request filed at the bureau of health will bring free disinfection by experts. It is compulsory, but it can be given after any sickness.

When Child Begins to Talk.

When a child is beginning to talk he will be sure to notice what is said by those around him and will retain in his memory a good deal more than he is often given credit for. For this reason things should be given their right names, and correct words should be used in conversation when he is present.

Party For Wee Folks.

For children a fairy party is very attractive. The room should be cleared of ordinary furniture and transformed into a fairy palace. Some painted cardboard, tree branches, tinsel, flowers and twinkling lights skillfully arranged will effect a most realistic transformation.

The invitations should be sent out in the names of the fairies, and the little guests should come as fairies of every clime and, if liked, characters of well known fairy tales.

In similar way it is possible to give a witch party in a magic cave or a Dutch party in a Dutch interior, while forethought will suggest other ideas equally attractive and easy to carry through successfully.

When presents are given at a children's party the following novel idea will be found an attractive method of distribution: Cut a cake into slices and on the outside of each slice fasten a present, with the name of the intended recipient on a little tag stuck in the top of each piece. Place the slices in position, again and tie the cake round with a broad ribbon to keep it in shape.

THE LYRE TAIL HAT.

A Charming Creation of Rainproof Malines.



Designed by Ora Cne.

AN UNUSUAL COLOR SCHEME IN THIS MODEL.

A new rainproof malines is the material from which this charming hat is fashioned. It is developed in tones of gray malines that shade from a pale to a dark color. The light malines is used for the crown, the dark coming near the face to meet the brim of golden brown velvet.

The ornament adorning the hat is a unique affair made from pheasant feathers. It is known in the millinery world as the "sunburst ornament."

These light malines hats are a delight for early spring wear, and it is the English malines that is used, a fabric much more substantial and a trifle more expensive than the French variety.

Yards and yards of the filmy stuff may be draped on a frame without appreciably increasing its weight.

MISS WILSON'S \$650 GOWN.

She Will Wear Norfolk Neirrose Silk at Her Father's Inauguration.

When President Elect Woodrow Wilson is inaugurated in March his daughter, Miss Eleanor Wilson, will wear a dress made from silk manufactured in Norfolk, Va.

A silk dress was offered to Miss Wilson in November when her father was elected president, and she was asked to designate the shade she desired. She chose the outside petal of an American Beauty rose, and the dress is now being made in New York. It will cost \$650 and will be delivered in February.

The dress will be placed on exhibition in a department store in Norfolk before it is sent to Miss Wilson.

The company has decided to name the shade of silk "Eleanor" in honor of Miss Wilson.

Miss Wilson is said to have accepted the dress from the Virginia concern because she wanted to pay a compliment to her father's native state.

Oriental Note in Afternoon Gowns.

Taupe tulle and brilliant red charmeuse is the bizarre combination of colors and materials in this after-



FIRST OF TAUPE MOIRE AND RED CHARMERUSE.

noon gown. The frock shows the oriental tendency of the spring fashions, and the swathed giraffe is very chic.

Young Girl Hunter.

Miss Helen B. Elcock is one of the youngest hunters in the country. She lives in Quincy, Mass., and recently she wanted a set of furs, and her father suggested that the best way to get them was to capture the animals. Her foxskins are so remarkable that hunters from all over the state have viewed them, and now she does not want them made into a coat, but prefers to exhibit them as trophies of the chase.

A Slight Oversight.

Mrs. Shopley—Oh, Henry, I bought the loveliest set of books today on the installment plan. All I have to pay is a dollar and a half a month.

Shopley—For how many months? Mrs. Shopley—Merely! I forgot to ask.—Boston Transcript.

For the Children

Cute Little Hostess of Washington Birthday Party.



The pretty little maid whose picture appears today is to be hostess at a Washington birthday party on Feb. 22, as this date is also the time when she first opened her bright blue eyes to the world.

Her hair, as you will see, is piled high on her head after the fashion of colonial times, when Dame Martha Washington and the ladies of those days spent hours arranging their tresses into numberless curls and puffs.

Her dress is made from old time aprigged muslin, a white background sprinkled with sprays of flowers, being the design used. The full skirt and high baby waist are charmingly quaint.

Washington's Birthday Game. "Historic events" is fun to play at a Washington birthday party. Prepare cards in advance. On one draw a cup and saucer marked "Tea" and over it a few carpet tacks. "Tax on Tea" is the historic event. On another card paste the picture of the head of Washington cut in quarters. "Washington's headquarters" is represented by this. Another is a picture of a cow and two pens—battle of "Cowpens." "Boston tea party" is made by drawing a wagon marked "2241 pounds" and some children eating ice cream. For "stamp act" paste a stamp on the card and a picture of an act of some play cut out of a magazine.

You can add as many historic events as you please to these. The more the better for the game. After your guests are seated give each a paper and a pencil and one of the prepared cards, which must be numbered. He must write the number on his paper and next to it the historic event represented. The cards are passed in turn to each player, who does the same. The one guessing the most events gets some appropriate prize.

Washington's Etiquette. Every action in company ought to be some sign of respect to those present. In the presence of others sing not to yourself with a humming noise nor drum with your fingers or feet. Speak not when others speak, sit not when others stand and walk not when others stop.

Turn not your back to others, especially in speaking. Be no flatterer; neither trifle with any one that does not delight in such familiarities. Read no letters, books or papers in company except when necessary; these ask to be excused. Come not near the books or writing of any one so as to read them unasked. Let your countenance be pleasant, but in serious matters somewhat grave.

Two Good Games. An excellent game for a Washington birthday party is guessing the number of cherries on an imitation tree. The cherries are made of candy and are tied on.

Children love to guess or hunt anything, so a game which will create fun is "hunting the hatched." A small hatched is hidden somewhere in the room, and the lucky finder wins a box hatched filled with candy cherries.

Greatness of Washington. Washington did the two greatest things which in politics man can have the privilege of attempting. He maintained by peace that independence of his country which he had acquired by war. He founded a free government and by the name of the principles of order and by re-establishing their sway.—Gutzot.

Washington's Fame. It matters very little what immediate spot may have been the birthplace of such a man as Washington. No people can claim, no country can appropriate him. The boon of providence to the human race, his fame is eternal and his dwelling place creation.—Charles Phillips.

Conundrums. When does a man impose on himself? When does he tax his memory? With what song would you advertise a cure for deafness? "Come Back to Erin" (sings).

Riddle. A feeling all persons desire, Although 'tis by every one, By two letters fairly expressed, My twice two invariably supply (N 7).