

Woman's World

Mrs. James Speyer to Help Fight Cancer.



Mrs. JAMES SPEYER

A number of prominent women are active in the campaign that is being organized to make a national fight against that dread disease, cancer. Experts claim that, while tuberculosis is decreasing, cancer is increasing.

At a recent meeting in New York prominent men and women discussed ways and means of carrying on the work.

It is hoped to establish headquarters and carry on the work through an organization as in the case of the National Association for the Study and Prevention of Tuberculosis.

The campaign of education by the new organization will include the publication of articles in newspapers and magazines, distribution of pamphlets and seeking of co-operation by women's clubs, special instruction in nurses' training schools and lectures before mothers' clubs and groups of nurses and physicians.

Among the prominent women who have taken up this work is Mrs. James Speyer, wife of the New York banker. She has long been noted for her splendid humanitarianism and for her intelligent and enthusiastic work in behalf of those reforms in which she is interested.

Mrs. Speyer is said to have a wonderful head for figures. At least, so one might judge from the fact that she always has accurate statistics at her finger's end about any one of the important organizations in which she is interested and that she is treasurer of St. Mary's Free Hospital for Children, of the Girls' Athletic League, of the Women's Auxiliary of the Saturday and Sunday Hospital association and has been treasurer for twenty-nine years of the Irene club, an organization of working girls, established in New York by Miss Grace Dodge, which has become the mother club of innumerable working girls' friendly associations, settlement classes and claims to be part sponsor of the Manhattan Trade school.

Mrs. Speyer's personality bespeaks intense activity. She is of slight, wiry build, has quick sharp eyes and a very mobile face, with which she entertains her conversation.

Among others actively interested in the recent anti-cancer campaign are Mrs. Russell Sage, Mrs. Frederick W. Vanderbilt, Mrs. E. J. Winthrop Gray, Mrs. Robert W. De Forest, Mrs. F. P. Thompson, Miss Laura Post, Mrs. Robert G. Mead, Mrs. E. R. Hewitt, president of the Women's Municipal League; Mrs. Robert C. Black, Mrs. George C. Stark and Mrs. V. Everett Macy.

Philosophy of Life. Determine once for all that you are never going to pity yourself. You are to take things as they come. You will not whine because you have no chance, but will make the best of whatever happens. You will adjust yourself to events and not complain because you cannot have things as you would like them.

Decide that you will be uniformly cheerful. You will put away all sulking, gloom and morbidness as being poison. You will steadily cultivate brightness and cheer as a habit, says Dr. Frank Crane in Woman's World. You can do this. What happens to you has nothing to do with the case. It all depends upon you.

Resolve to cultivate courage. Say to yourself that you will not be afraid, whatever comes along. The coward never did amount to anything. It is by being afraid that people become low, vile weaklings. All goodness is a form of moral courage.

Resolve also to be honest with your self and with the world, that you will never seek to have any merit you do not possess nor take any money you have not earned nor desire praise when you do not deserve it.

To Bleach Faded Frocks. The colored frock or blouse that has become faded with frequent launderings and from wear in the sun may be bleached to a clear white by boiling in cream of tartar water. The correct quantity to be used to make the garment a pure white is a teaspoonful of the powder to a quart of water.

Points for Mothers

Dressing the Baby.

Mothers seem to be divided in their opinion of how to dress the baby, but their ideas are generally so extreme that they can easily be divided into two classes, the sensible, who believe in simplicity, and the foolish, who try to see how fancifully they can dress their little tot.

The elegance of baby's clothes should always be interpreted in fitness and not by fancifulness. If its little slippers are to be the most beautiful they should be of the finest hand woven linoleum cloth and made so daintily that the eye can scarcely perceive the stitches in their narrow seams. That is real beauty and luxury for the baby.

The baby's first slippers are the prettiest in the plain bishop style—finished with very narrow valenciennes lace edging around the heel and sleeves and brief stitching at the top of its hem. For "best" wear you may want a slightly more fanciful dress, with tiny hand embroidered yoke in the front, narrow tucks running to the neck in the back, and dainty embroidered bows strung here and there above the hem. Of course hemming always makes a desirable finish at the seams and is not ornate.

The infant's petticoats should be just as the plain as its slippers. And in winter its "heavy" petticoats should be of the finest French flannel, so that they will not wash together and become weighty and bulky. The flannel petticoats should be finished with brief stitched hems. All petticoats should be made with little waist or wide waistbands.

Juvenile Nerves. With highly-strung children there is often a "tendency to pick up nervous tricks from their elders." Those from whom a child learns to stammer, while from another it adopts various nervous movements of the muscles of the face or limbs. Such a child needs to be well fed and kept as much as possible in the open air, to lead a quiet life without excitement and without overexertion of the brain. Above all, it must be kept as much as possible away from those people from whom it seems to be taking the tricks of nervousness.

Reserved Boys. Mothers, don't be too ready to think that your boy shows a want of trust in you if he occasionally keeps a secret or omits to tell you every little thing that he has done. Many boys are very reserved. They cannot bear to speak of what they feel deeply. Make your son understand that mother will always be glad to hear what he chooses to tell her, but that she does not want to force his confidence. Then he will speak much more freely to you than he would do if he felt that you were always after him.

Screwing Up the Eyes. Disastrous to beauty of a child's expression is the habit of screwing up the eyes. The trick points very plainly to defective vision and calls aloud for a visit to an oculist. The visit must not be delayed, for ugly wrinkles round the eyes is the least evil of this defect. A shortsighted child is severely handicapped when it begins its school life, and neglected myopia leads to serious eye trouble in later life. Properly prescribed spectacles are all that is required to end this particular trouble.

Mouth Breathing. Mouth breathing, which is one of the signs which point to the presence of adenoids, can only be cured by going to the root of the matter and having the adenoids removed by operation. With very young children it is a wise precaution to do as the Indian squaws do, and that is to press the lips of the young child together when he first falls asleep.

Sunbonnets For Babies. Protect the baby's eyes if the sun is very strong. Little sunbonnets of pink or pale blue chambray are both pretty and very sensible for young children. It is far easier to prevent weak eyes than to cure the weakness once it is contracted, and while the sunshine does not always injure the eyes, you must remember that even a grown person cannot stand or work in the hot sunshine without feeling bad effects from the exposure.

Solid Foods. The importance of never allowing a "taste" of ordinary food while the baby is small can hardly be overestimated. Not so much as "a crust or bite" should be allowed before he is nine or ten months old, and even that is better postponed until after the first year is completed.

Increase in Height. Although perfectly healthy children differ greatly and no fixed rule is possible, the average child increases in height an inch a month between the second and fourth months. After this, up to a year, a half inch a month.

Nourishing Diets. Small children who are much in the open and who take vigorous exercise, should have cheese dishes and a little meat, mutton or broth for supper.

FABRIC HATS.

A Mode on Smart and Picturesque Lines.



CREPE DE CHINE HAT

The soft crowned, floppy brimmed hat of flowered fabric pictured is of buff crepe-de-chine, printed with terra cotta figures. The ribbon trimmings, match the color scheme. The brim droops over the eyes and shades them, while the bow in the rear droops over the neck.

Closely fitting turbans are particularly becoming to young girls, though not unsuitable for more mature faces of a certain type. They are always so trim and distinctly appropriate for tailored suits that their popularity is easily accounted for. These new models are of such fine straw that they may be bent into practically any shape desired and cannot fail to be exceedingly becoming.

BON VOYAGE GIFTS.

Special Steamer Cake Boxes Are Acceptable Offerings.

Be very sure that your friend who is setting forth shortly for Europe or the Mediterranean is an excellent sailor before you scatter your substance. In one child learns to stammer, while from another it adopts various nervous movements of the muscles of the face or limbs. Such a child needs to be well fed and kept as much as possible in the open air, to lead a quiet life without excitement and without overexertion of the brain. Above all, it must be kept as much as possible away from those people from whom it seems to be taking the tricks of nervousness.

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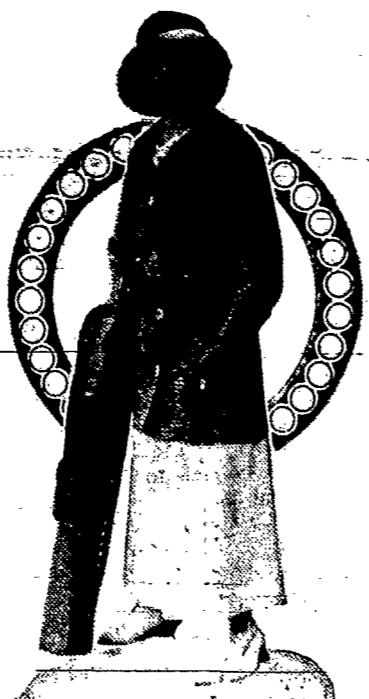
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have much more style, and they are in styles that will be more becoming to the majority of women. These new coats are generally of a fine worsted, serge or whipcord in a bright shade of green or red, a rich shade of tan, chambray or leather, or in a striped or checked black and white. A long hip-length Norfolk style, with collar and cuffs of white kidskin, broadcloth or epaule, is the most popular.

A smart mackinaw in checked black and white is illustrated here.



NEW MACKINAW

WASH DRESS.

It Has a Gracefully Cut Tunic Drapery.



NEW SPONGE GOWN.

Tunics are used in a great many wash dresses, in both heavy and light weight materials. They are becoming to most people and give an opportunity for originality in design and trimming. With the tunic it is possible also to have a frock which seems to be rather elaborate, yet can be done up by the average laundress.

The dress seen in the cut is of tan sponge combined with plain linen. The only trimmings used are large white pearl buttons. The closeness of the costume is attained in the very unusual way in which the two materials are combined.

A PAYING BUSINESS.

Authresses Who Does Not Neglect Home Duties For Literary Work.

"I am an aviator," said Mrs. Rinehart author of popular plays and novels, in a recent interview. "that folks imagine Mary Roberts Rinehart is an old maid with a lean, wrinkled face, spectacles a dress that doesn't fit and perhaps a parrot, or that she is mangled in her garb and yawns for a vote, or that she talks of art and the wonders of Bohemia. I know they do, and it hurts me. I'm a regular person, with a home and a husband and three children, with all the desire of my sex to wear the best gown I can have and wear them as well as the next woman. I don't yearn for a vote. I don't talk about art, because I'm busy with my household and my writing. As for Bohemia, I have no part or parcel of it."

"We have a Pomaranian and an Alre dale terrier and a Persian cat. We have a lot of chickens—Orpingtons, Plymouth Rocks and Wyandottes, all white—and a few turkeys."

"I have a very pleasant library in our home at Sewickley. It is equipped with all the books, pictures and desk that any author's heart could desire—but I can't write in it. The only work I can do in our house is running the house. In a Pittsburgh office building I have a small office, with a plain table and chair in it. There I do my writing. I consider five hours work a good day, and then I go back to Sewickley and take up my household duties and pleasures again."

"So you see literature is more of a business than a passion with me. I like to write, but it doesn't take up all my thoughts. There is a demand for what I turn out, and I produce it as carefully and conscientiously as any manufacturer would produce collars or candy."

"It has had its rewards like any other business. There were lean years and fat years. The leanest of the lean years brought \$1,200, and in the fattest of the fat I earned \$50,000. I once made \$5,000 in three weeks."

The Velvet Waistband.

Black or colored velvet ribbon of excessive width forms sashes for new lingerie frocks.

One of these new models is made of white batiste, all over hand embroidered with a rather large and cold floral pattern, and inset between the garlands with small squares of creamy lace. About the waist at its normal line is a giraffe of flame colored velvet ribbon, which at the back is tied in a butterfly bow.

The loops of the bow are drawn upward and caught against the shoulder blades, while the long ends fall over the demitrain of the skirt.

New Cotton Fabrics.

The semi-military Balkan styles lend themselves well to development in the new cotton stuffs. Belted jackets of ratine or eponge are mounted over skirts of cotton crepe or harmonica crepe with a thickened thread in the weave which gives the effect of pin tucks or broken stripes. Buttons are the first requisite of the Balkan costume, and the buttons must be gay enough to make themselves heard, so to speak, on the costume or their effect will be lost. With such frocks are worn hats of a smart semi-tailored character and buttoned boots of white buckskin.

Milady's Mirror

For Summer's Tan.

If your skin becomes sunburned you have no time to lose. You may laugh at the idea of special treatment because you have often been burned and brown without, as you believe, any really harmful results. Such results may not be fully apparent at once, but in a short time small faint lines appear, and the skin assumes a sort of dry and cracked appearance. These lines, although faint at first, if not properly treated become deeper and soon develop into premature wrinkles.

As a soothing application and cure for sunburn buttermilk is most effective. Apply it freely with a soft cloth and rub it well into the face, neck and chest. The hands and arms should receive applications also if they have been burned. Then the parts must be thoroughly saturated with the milk and allowed to dry.

Now put a teaspoonful of borax into a basin of tepid water and carefully and gently wash off the buttermilk. Pat the skin with an old bit of soft linen and then with the finger tips massage or work into the skin very softly some of the lumpy pieces of the milk and allow it to dry thoroughly into the skin. Buttermilk not only bleaches and cleanses the skin, but it nourishes and feeds the dry and shriveled parts. After sunburn buttermilk should be applied as soon as possible and allowed to remain on the skin. Soap and water must not be applied while the skin stings or smart.

To obtain a soft elastic skin the buttermilk treatment must be repeated daily. A disagreeable feature of the milk as a cosmetic is its odor. For this reason it is sometimes best to apply it at night and to use reliable skin food and powder during the day. However, if you are alone and you do not mind the odor then bathe in it all you wish. Because of its efficiency as a bleach and as a food both for the body and skin and because of its commendable cheapness, which is a point well worth considering, it occupies an important position in relation to health and beauty.

Fresh Air Always.

Seize upon every chance to keep out in the open air. If you can do no more stick your head out of the window as many times a day as you can. Walk instead of ride whenever you can whether you feel like it or not. Train yourself to it. Keep out of the car as much as possible; the air in them is not of the purest. On all occasions walk, exercise, play, do anything in the open if it is only to sit in the sun and take a sun bath. Get this one point fixed in your mind—that the greatest tonic given us is the fresh air, whether it be cold or warm, rainy or sunny, clear or murky. It is always healthful and the finest element that we can take into our systems.

Cause of Dandruff.

There are four main causes for the prevalence of dandruff—ill health, worry, pressure of close hats and the use of quantities of false hair. Ill health especially nervous disorders, are instantly communicated to the scalp. When one feels full of life and energy the hair responds readily to the hurried or careless touch. When ill, hair is stubborn, stringy and generally unruly. Worry is really an affection of the nerves, so that those who indulge in this form of mental folly always pay the price in dull, oily looking tresses and irritating dandruff.

Improving the Locks.

We owe it to our friends as well as ourselves to look our best at all times and the girl who can improve her appearance without harming herself should do so. Nothing gives us quite the self confidence as to feel we look well.

Accessories are usually warm-hearted, sensible and cheerful. That is because they make the best of themselves in face and form. An old saying is true, "The face is often a reflex of the mind," and in a measure it is no less true that the mind is a reflex of the face.

For the Outdoor Girl.

A hot bath and a vigorous rubdown after a day outdoors is a necessity both for cleanliness and to prevent fatigue. The feet and the face and hair naturally suffer most, and where much walk is done one should be careful not only to bathe the feet in lukewarm water and soda at night, but also to keep the soles powdered and take heed that the stockings are well fitting and with out creases. Even though the shoe be well fitting much misery is caused by too long, too short or too heavy stockings.

For Headaches.

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.

Hangnails.

If the cuticle about your nails seems tough and there is a tendency to hangnails rub in a little vasoline or cold cream every night before retiring. Soon you will see a marked improvement in the condition of the nails.

For the Children

Two Little Sons of the Crown Prince of Sweden.



Photo by American Press Association.

The two little sailors shown in the photograph are the sons of Gustaf Adolf, duke of Skania, the crown prince of Sweden. Princess Margaret, their mother, is a daughter of the Duke of Connaught, brother of the late King, Edward VII. of England. The oldest boy standing to the left is named Gustaf Adolf after his father. He is seven years old, and his title is Duke of Westerbotten. The other boy is named Sigvard. He will be six next July, and his title is Duke of Upland. They are charming little fellows in appearance, as they probably are in fact. Sweden comprises the eastern half of the Scandinavian peninsula, an all good geography scholars know. It has a population of 5,621,000 and is separated from Norway by the Kolen mountains.

The Five Senses.

Any number can take part in this game, which requires a little preparation beforehand. Pencil and paper must be given each player, and the various articles for testing the senses should be in readiness before the game begins. A card and wafers, such as are used in progressive euchre, may be given each guest to keep the record of his successes and errors. As prizes first and booty are given for the best and worst answers.

The players are blindfolded, and a tray is passed to each in turn, with a dozen or more different things to be tasted—sweet, sour, bitter, bread, cake, fruits, etc. Only a very small portion of each is given. The tray is then taken away, the eyes unblindfolded, and each player must write down the names of all the articles he has tasted that he can remember.

A tray is brought to the blindfolded players, with spices, medicines, flowers and perfumes, which are offered them to smell, after which, as before, they must write down the names of all the things they think they have smelled.

Again the players are blindfolded, while others of the company make various noises all at once—singing, crying, laughing, pounding, ringing bells, tearing paper, playing on musical instruments, etc.

A tray is brought to the blindfolded players with various articles to be felt by each in turn. These may be wool, cotton, cloth, marble, hair, flour, ice-china, glass or anything thought of. Then, as usual, they must write down the names of all things they can remember.

A tray is placed before the players, now unblindfolded, and they are to look at the group of objects displayed upon it while twenty is slowly counted; then the tray is removed, and the players must write a list of all the things they have seen, so far as they remember.

This game is a good drill in observation and memory, as well as an amusing entertainment.

Straightening Walking Sticks.

Walking sticks as they grow are often crooked and have to be straightened. A heap of sand is provided on the top of a hot stove, into which the sticks are plunged until they become pliable. The workman takes the crooked stick while it is still hot and inserts it in a notch cut in a stout board, placed at an angle inclined from him, where he bends and straightens it. When it has become perfectly straight it is thrown down to cool, after which it becomes rigid and permanent in its lines.

Ireland's Wild Dogs.

Wild dog-like dogs are still found in the remote parts of Ireland. They have soft, round ears, rather pleasant broad faces, and can easily be tamed if they are caught young. They do not hunt in packs, like wolves, but usually live and hunt apart with their mates. In bodily conformation they are much like the Eskimo dog, but of lighter build.

Sun-dry Reflections.

The sun in summer has a way of rising in the day. Although there need not be such haste, for mother's sun has time to waste. In winter mother's sun awakes when morning light begins to break, but really it is most surprising. Now into the other sun is rising.