

**Woman's World**

Mrs. Guilford Plans Suffrage Roller Chair Parade.



MRS. ELLA GUILFORD.

**Suffrage on the board walk!** Yes! It has reached even that stage. You simply can't get away from the yellow banners with their inscriptions "Votes For Women" nowadays.

Coney Island was invaded long ago. So has been the solemnity of baseball fields all over the country, and it is really not surprising after all that the "cause" has popped its irrepressible head up on the board walk of Atlantic City.

Dedicated to pleasure and fetal to thought as this same board walk is, it has responded with dignified politeness to the presence of an alien. In a hand where nothing grows but tarry, an occasional mosquito, rolling chairs and moving pictures a little touch of a serious nature is as welcome as a black velvet bow on a light summer frock.

The invader of the board walk this summer will be the suffrage roller chair parade, which is to take place in a few weeks. Mrs. Ella Guilford, an ardent New York suffragist, was the instigator of this very novel idea. No speechmaking is permitted on the board walk at Atlantic City, but the superintendent has promised permission for a "voiceless parade." Just see what women can suffer for a great cause!

Fifty chairs, with women gowned in yellow and white, carrying yellow banners, will make the historic board walk sit up and take notice. Thanks to the efforts of Mrs. Guilford.

**What to Do in Vacation.**

Play, play, play! Play all the time, whatever your social standing or your ordinary duty. Let father forget that there is an office of which he is the head or a business that he assists to manage, and let mother forget for the time all the household duties and little everyday worries and frets.

Leave them all behind, and for a fortnight, at least, be care free and happy.

Let mother go out all day and play with the children or sit on the beach, bathe or build sand castles and leave the frocks and little garments to be made and mended some other time. Do not try to do the usual amount of sewing; let the children go about happily without stockings; then there will be little or no mending to be done till after you go home again.

Play cricket, croquet, golf, paddle and play the children's games with them and be young again and you will get lots of health and happiness.

One important thing should be noticed during a seaside or country holiday. You are in different surroundings to what is usual to you; you are out in the open air much more than is usual; therefore extra rest is needed.

A wise plan is for the whole family, directly after lunch or midday dinner, to lie down and rest quietly for half an hour or an hour. Go to sleep if possible, but at any rate lie down with the blinds drawn and keep still for a time. It is good for the children and for their elders, and in the long run the holiday will do much more good to all.

**Dressing Up the Summer Tailor.**

Is your crash or linen suit too severely plain for afternoons? If you think so don't despair. There's an easy way of smartening it. All you need is a yard of linen with which to make a deep and wide chemiselet which can be slipped on over any plain lingerie blouse that is collarless. The chemiselet should be hand embroidered at each side of the row of crystal buttons fastening its scalloped edged fronts, and its neck should be finished with a wide turned over collar, also hand embroidered and scalloped edged. This collar, coming over that on the suit's jacket, will extend almost to the arm eyes and effectively garnish the upper portion of the costume.

**Restored to Health.**

Miss Jane Addams, who went to Egypt because of a breakdown, is coming back to Chicago in July and is said to be quite recovered. She will spend a few days with friends at Newport and will make a speech there.

**For the Children**

Boys, Here's a Fine Chance to Play Polo.



READY FOR THE GAME.

**Games For the Summer.**

**Duck Market.**—This game may be played outdoors or in with five or more players. Two of the players are buyer and seller. The rest are ducks. The ducks stoop down in a row with hands clasped under the knees. The buyer says to the seller, "Have you any ducks for sale?" The seller says: "Yes, plenty of them. Will you walk around and try them?" The buyer now tries different ducks by laying his clasped hands, palm downward, on the head and pressing toward. He pretends to find fault with some of the ducks, saying: "This one is too old." "This one is too fat." "This one is too tough," etc. When a duck is found that is satisfactory the buyer and seller grasp his arm, one on either side, and swing him back and forth, the duck still remaining in a stooping position, with hands clasped under the knees. If he stands this test the buyer leads him away to a place selected as the coop. The sale goes on till all the ducks are sold. Any duck that smiles or does not stand the swinging test must pay a forfeit, to be redeemed at the conclusion of the sale. In case there are many players there should be two or more buyers and sellers.

**Flyaway.**—Five or more children may play this game either in the schoolroom or playground. The children are seated with their hands in their laps. When "it" says, at the same time raising his hands, "Fly away, mosquito," or "Fly away, robin," or "Fly away," all the children raise their hands. When he says "Fly away," followed by the name of some animal that does not fly, the players are told to raise their hands, although the leader raises his. Any child making a mistake either by not raising his hands at the right time or by raising his hands at the wrong time becomes "it."

**Japanese Tag.**—When a player is tagged he must place his left hand on the spot tagged and keep it there until he has caught some other boy or girl. The game works out in this way: "The one who is 'it' endeavors to tag a runner on the knee or foot so that his efforts to tag any one else while his hand is on that part of the body will be awkward and amusing."

**How Children Are Lost.**

Teach your child its name and address as soon as it is able to talk. Hundreds of children get lost every year and cause endless anxiety to their parents simply because they cannot tell where they live. No matter how young a child is if taught its name and address and told to give it when asked, the chances of being brought home safe and sound are assured.

A guard in a city park beloved of children as a playground says that it is surprising the number that go astray.

"I have come across many cases," he said when questioned, "where boys and girls did not know their surnames. Some answered to 'Baby' and nothing else."

A teacher suggests that the small children in schools should be taught their name and address in class and then examined every week to see that they had not forgotten it.

"If this scheme were adopted it would save parents a lot of worry and anxiety," she said.

But any mother can do away with the fear that her little one will be lost by teaching the child his name and address. Another precaution worth taking if you are afraid the little one will forget easily is to write the name and address in indelible ink on his clothes. This need not be put on the little gown itself, but may be written on an extra piece of linen and pinned beneath the hem of the skirt or some other inconspicuous place. In this way a lost child is easily located and returned to his distracted parents.

**For the Baby's Bath.**

There's no sweeter sight in the world than a dear, tiny baby splashing about in its bath, and the giving of that bath gives joy to any mother. It is a task that she cannot always accomplish conveniently, however, for the ordinary wash basin is too small, and "muck splashing maketh the rug wet." The bathtub is as much too big, and it's a back breaking business to bend down over it. Now there has been invented the dearest little tub for a baby that ever was. It's of rubber and is fastened to a metal frame, which, joy of joys, can be hooked right to the sides of the big tub, and there it stays like a little hammock within the larger tub. It is at a convenient height, and the splashing drop where they can do no damage. The tub is easily emptied, for it is only necessary to pull one of the side rolls out of its rubber casing and the little tub immediately empties its contents into the big bathtub. The whole thing comes apart and can be folded up and put away until it is needed again. Isn't this a convenient thing?

**Guessing Noises.**

Did you ever try to guess whose nose belonged to who? It is very funny, and this is the way to do it. Hang a cloth in front of a doorway and place one-half of the boys and girls in each room, only one of which is lighted. Cut a V shaped hole in the cloth and let those in the dark room place their noses through it, one by one while those in the light room guess whose nose it is. When a right guess is made the owner of the nose must join the guessers, but should the guess be wrong the one making it must join the players. The game ends when all are in one room.

**Clever Conundrums.**

How is it that summer passes so quietly? Because there is so often an evening mist.

What is that which is invisible, yet never out of sight? The letter S.

Why is an umbrella like dried fish? Because it isn't often seen after lent.

Why is a fly taller than most men? Because he stands over six feet.

**Points for Mothers**

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**A FADDISH WRAP.**

What Milady Will Wear to Afternoon Bridges.



OF BLUE AND WHITE MATELASSÉ.

The season has brought forth a plethora of faddish wraps, and perhaps the height of faddishness is to be found in this bridge cut. The triangular arrangement of seams at the back emphasizes the tapering line toward the foot.

The material used is blue and white matalassé, and the wrap is worn over a frock of navy blue crepe-de-chine.

**Why Silver Tarnishes.**

Did you ever notice that the silver you stow carefully away in neat white cotton flannel bags, presumably, to keep it from tarnishing, is blacker and more stained with tarnish when you go to get it but of the bag than the silver that has been in use all the time? And did you ever notice, if the silver is kept in a long case that is wound about itself, that the silver best protected, nearest the middle, is most badly tarnished?

A jeweler says that the reason for this is that white cotton flannel is bleached with a mixture containing sulphur, which spots and tarnishes silver very quickly. So, when your extra dozen silver forks are carefully packed away in their white cotton flannel case, of course those in the middle, farthest from the air, become the most badly tarnished.

It is for this reason that silversmiths always use blue cotton flannel bags and cases for their silver, not as many persons think, because blue is more beautiful than white. No sulphur is used in the preparation of blue cotton flannel, and so none lingers in its folds, after it is made up into bags and cases, for silver.

**Reasonable Sashes.**

Some sashes are tied around the waist, others drop over the hips with the knot low at one side of the back. The futurist favored sashes ties in this way. The striped one ties at the left side of the back. These are only a few varieties of the summer waist adornment.



**Resting.**

An excellent way of resting, if you have fifteen spare minutes, is to lie flat on your back on a couch or bed. Relax all your muscles, stretch your arms straight out and draw in several deep, sighing breaths; then release them slowly. You will be surprised how much fresher you feel when you rise from this brief rest.

**Milady's Mirror**

Disguising Facial Defects.

Many a girl whose beauty is marred by a slight facial defect gives herself up to despair or to the firm conviction that nothing will help or relieve her affliction. She generally proceeds to render herself less attractive by worrying or fretting and marred her expression.

If the cheek bones are too high, do not strain the hair back from the face and accentuate this defect. Wear a broad coiffure with the hair fluffed out near the ears. The hat should always give the effect of a background and frame combined, and the softly waved hair will detract attention from the high cheek bones. Cheek bones that are set high in the face give an unpleasant impression. They make a woman look less gentle and less feminine and youthful.

There is no reason why the eyes should not be the feature to attract attention, and even if they are not large or deep the eyebrows and eyelashes can be made to enhance their charm. One cannot change the color or the conformation, but the surrounding tissue, which makes much more difference to the looks than is generally believed, can be modified by the individual, greatly to the benefit of the eyes themselves and to their appearance. Many occupations carry with them the handicap of eye strain. In all work requiring the use of the eyes, whether with extra exertion or not, care should always be taken to protect the eyes themselves from glare and so-to-speak directly upon the work without shadows. To prevent and relieve an inflammatory condition of the eyelids it is necessary to use some mild astringent. The most generally useful eye wash, which should be always on the washstand, is made of ten grains of boracic acid to an ounce of camphor water—no spirits of camphor. Salt and water give a good eye wash for the cup and can be used several times a day. An excellent ointment to be used upon the eyelashes is the following:

- Red vaseline..... 1 ounce
  - Fluorecine of camphor..... 1/2 ounce
  - Oil of lavender..... 10 drops
  - Oil of rosemary..... 10 drops
- Mix thoroughly and apply to the lashes with a tiny toothbrush. Be careful not to get this into the eyes, as the oils will inflame them.

**Where the Feet Perspire Profusely.**

This is a very great cause of corns and general pain in the feet, and the cure is so simple that it is neglected. Frequent bathing in cold water, with frequent massage will do more toward helping this trouble than almost any other thing yet tried. Fill their perspiring feet with some sort of powder, which clogs the pores and in the end makes matters worse. A good formula is to mix one ounce powdered alum with two of salt and one of borax. Put half a tablespoonful of this in a foot tub of tepid water at night and bathe the feet well. Keep a little jar of mutton tallow that has been melted and teaspoonful of witch hazel added to an oil to swell up like a balloon, oak-ounce. When the feet have been thoroughly soaked in the bath wipe and rub in this powder; then bind them with antiseptic gauze, because the grease will spoil the bedclothing. Do this night and morning and there will be the greatest relief the gauze preventing iron. They will all be damp alike; so the hose getting greasy during the wet spots and dry ones.

**Sweet Pickled Pineapple.**

Pare and slice a ripe pineapple and cut into quarters. Make a sirup of two cupfuls of granulated sugar, two cupfuls of vinegar, a very few cloves and a little stick cinnamon and orange peel. Pour over the pineapple, allow it to stand overnight and in the morning strain off the sirup and boil again. Pour over fruit and repeat this process for three mornings. Then seal in glass jars.

**Bleaching Handkerchiefs.**

Handkerchiefs and white clothes that have become yellow may be whitened in the following simple manner: After they have been washed in the usual way lay them to soak overnight in clear water into which cream of tartar has been put. A teaspoonful to a quart of water is the right proportion. When ironed they will be as white as snow.

**Care of Brooms.**

Brooms should be washed frequently whenever they are soiled or full of dust—in hot soapsuds until they are clean and then rinsed in clear hot water. They should then be dried thoroughly—in the sunshine if possible—before they are used again. Washing helps to lengthen the life of both brooms and brushes.

**Graham Gems.**

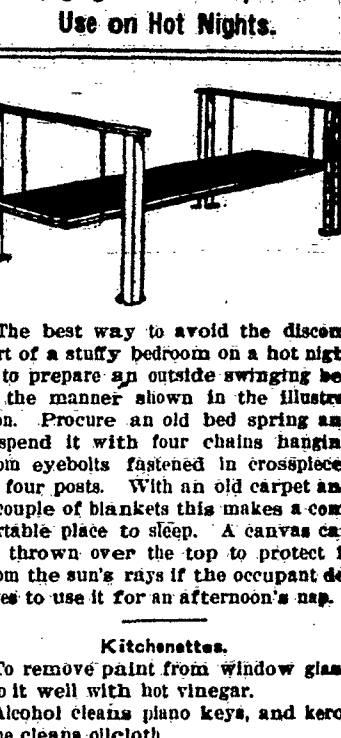
Cream together two tablespoonfuls of sugar and one tablespoonful of lard. Add a pinch of salt, one beaten egg. Beat up light. Add two cupfuls of thick sour milk, beat well; add one cupful of white flour sifted with graham flour to make a stiff batter. Bake in hot gem pans.

**A Fragrant Deodorizer.**

Coffee beans if thrown on hot coals will serve as a deodorizer. Put the coals on a fire shovel and sprinkle the coffee over them. Then carry this through the room, allowing the fumes to fill the air. The smell of burning coffee is very pleasant.

**HELPFUL HINTS FOR HOUSEWIVES**

Swinging Bed For Open Air Use on Hot Nights.



The best way to avoid the discomfort of a stuffy bedroom on a hot night is to prepare an outside swinging bed in the manner shown in the illustration. Procure an old bed spring and suspend it with four chains hanging from eyebolts fastened in crosspieces on four posts. With an old carpet and a couple of blankets this makes a comfortable place to sleep. A canopy can be thrown over the top to protect it from the sun's rays if the occupant desires to use it for an afternoon's nap.

**Kitchenettes.**

To remove paint from window glass rub it well with hot vinegar.

Alcohol cleans piano keys, and kerosene cleans oilcloth.

To clean a polished table that has been marred with a hot dish rub with camphorated oil.

A little vinegar put into water in which eggs are poached will keep them white and prevent them from spreading.

Dirty towels may frequently be restored to normal whiteness by putting in a kettle of cold water, adding white soap shavings and lemon juice and letting come slowly to a boil. Rinse in tepid water, then blue water, and hang in the sun.

**Raspberry and Currant Jam.**

In England currants are always added to the raspberry jam, and the result is far more delicious than when the raspberries alone are used. To one quart of raspberries use one pint of currants. Wash the currants and cook them in a very little water until quite soft, press them through the jelly bag and return the juice to the fire. Add the raspberries and cook for a few moments, mashing them well. Then add the sugar, using two pounds for the quantity of fruit given, and cook until thick.

**Cleaning Lace.**

Cleaning in gasoline is perhaps more satisfactory than washing in water for general pants in the feet, and the most lace. A good way to clean lace is to put them in a glass jar, cover them with gasoline and let them stand overnight. In the morning shake out the lace and clean any spots with fresh gasoline. Shake until it is dry or else pin it out on an ironing board or pillow. The gasoline can be saved and used again.

**Laundry Hints.**

When ironing handkerchiefs begin in the middle. When the edges are irrefractory that has been melted and teaspoonful of witch hazel added to an oil to swell up like a balloon, oak-ounce. When the feet have been thoroughly soaked in the bath wipe and rub in this powder; then bind them with antiseptic gauze, because the grease will spoil the bedclothing. Do this night and morning and there will be the greatest relief the gauze preventing iron. They will all be damp alike; so the hose getting greasy during the wet spots and dry ones.

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