

Woman's World

Mrs. Diana Belais Pleads For Animals.



MRS. DIANA BELAIS.

The anti-vivisectionists of New York headed by the president, Mrs. Diana Belais, have been watching the professors of the Rockefeller institution whom they accuse of extreme cruelty to animals in the pursuit of knowledge by way of their experiments. This institute is said to be doing the most original work in the world in tracing the cause of disease and finding cures and is destined to be the great center of research. It is consequently too bad that anything should interfere with the work except that which is truly humanitarian. No doubt investigation now begun in earnest will fix the blame.

PREVENTING RUST.

Electric Light a Means For Keeping Out Dampness.

Families deprive themselves of the pleasure of having their piano in the summer home when the latter is located on the coast or in a climate where dampness rusts the piano strings and puts the instrument at a jangle, eventually ruining it.

Owners of such homes may be glad to know how Americans on the Isthmus of Panama, where a similar condition exists, are able to keep their pianos uninjured. Into each instrument is dropped an electric light bulb, which is kept burning, sending a gentle warmth through the piano and maintaining it dry and in tune.

Similar in principle is the cupboard lined with canvas and heated with two electric bulbs, in which cupboard are kept wearing apparel, particularly shoes and cloth garments, that would absorb dampness and become molded. At the seashore and other places where rust corrodes articles of jewelry and even safety pins and the little brass "stoppers" that are no good at all when rusty are kept in good condition if left in talcum powder when not in use.

It is a good plan to leave an expensive watch at home when going to a rust inducing place, as the delicate mechanism is soon affected, and the owner remarks pettishly that her watch "always gets out of order down here."

For the Rainy Day in the Auto.

When starting off for a day's trip strenuous objections are always made by the average woman to taking the heavy rubber blankets, even though she may realize fully that the rains may descend and the foods come and beat upon that auto. She dislikes those blankets not only because they are heavy, but because they are ugly and malodorous—two things offensive to her feminine soul.

Now, however, she may rejoice, for a blanket comes which is made of a waterproof rubberized material that is pretty, light in weight and hasn't a bit of a "rubbery" smell. It is a good looking thing, for it is of a pretty shade of tan and is trimmed with bands and conventional corner designs of stitched velvet of a darker shade than the blanket itself.

It has a separate backing of cloth which adds to the warmth of the robe, but not to its weight. Altogether it is a most welcome substitute for the clumsy and heavy rubber blanket.

Way to Plant Fine Seed.

Have the earth spaded carefully and break the clods into fine pieces. Soil is excellent to mix with flower bed earth. Sand is also good because it keeps dirt from becoming too compact. Having raked the bed smooth take an old sieve and sift fine rich dirt over the whole bed. Put your flower seeds into a pepper box and shake them evenly over the surface, and do not attempt to cover the seed with dirt. Instead, take a block or trowel and press the seed firmly into the soil. It is best to have the ground slightly damp. This makes a smooth flower bed. The plants will come up evenly and fewer will have to be weeded out.

For the Girl Who Wears Flowers.

When purchasing violets, sweet peas, pansies, daisies or any flowers that are worn with a tin foil wrapping about their stems, suggest to your florist that he wrap a small amount of moist cotton or dampened moss about the stems under the tin foil. Thus the cry "I love to wear flowers, but they die so soon," is silenced, for flowers protected in this way can be worn on the warmest day with little signs of wilting.—Suburban Life.

Milady's Mirror

Hygiene For Business Women. First of all, seven or eight hours of sleep are necessary and if possible nine. Always have fresh air circulating in the bedroom. Cold weather need never be an excuse for tightly shut windows. No one who has honestly tried sleeping in a thoroughly ventilated room will willingly go back to the slow suffocation caused by the want of oxygen.

If after a day's trying ordeal the body is tired, the mind sore and discouraged and the spirit drooping, eat sparingly of something very wholesome and simple that is easily digested, relax for half an hour, read a light book or stretch out in some comfortable chair, then sponge the body over with the following lotion, which will soothe the worn-out nerves, rest the limbs and induce sleep: Sea salt, four ounces; spirits of camphor, two ounces; spirits of ammonia, two ounces; pure alcohol, eight ounces.

Add sufficient water to make a full quart. Dissolve the salt in the hot water and let it stand until cool. Pour the spirits of camphor and ammonia into the alcohol, add the salt water and shake well, then bottle for use. Wet the body with this, then rub vigorously until the skin glows.

Whether the cold bath or the warm bath is taken, it is purely a question of individual taste and pleasure. If the cold water is chilling and there is no reaction after the friction the cold bath should not be indulged in. The French dermatologists object to the habit of cold plunges, preferring the warm bath with the use of a cooler spray afterward and a final rubdown with a toilet vinegar or astringent water. But this again is a matter of taste.

The next most important factor in the business woman's care of herself is exercise. Of course it is often impossible for her to take very much outdoor exercise except on Sundays and holidays, but a few moments in the morning given to physical culture or a few simple exercises adapted to her particular requirements will perform wonders.

Work will never injure looks or health if even ordinary care is bestowed on our bodies and if we follow conscientiously and carefully as far as possible the simple, homely rules of health. Physical culture is the result of long years of thought and experience and is designed to develop and does develop every muscle of the body. It gives poise and physical authority. Select three or four simple exercises and rise fifteen minutes earlier. It may seem trying at first, but after a few efforts the results will be as gratifying that the fifteen minutes given up to these exercises will become a pleasant habit.

Diet is another great factor in the care of the business woman should give to herself. The first and most essential point in the matter of diet for the beauty seeker is that it should be plain and wholesome, not flavored with rich sauces or condiments—simple, nutritious and, above all, well cooked. Breakfast should be light, but ample, and the midday meal be more solid. For the hard worked business man and for the great army of women toilers it essentially applies that this meal should be wholesome, but not heavy—a repast that will give as much nourishment and stamina as possible in small bulk. Begin the day with a glass of hot or cold water; then the rest of the meals can be taken dry. Drink several glasses of pure water between meals.

No woman should ever go to bed hungry. A light luncheon of brown and warm milk, hot water and wafers bread or even a few dates is enough to stay the craving and induce sleep. The mistake is to eat heartily and hurriedly, imposing upon the stomach a full meal of half masticated food.

No Lead Drinks For Beauty.

Any girl who values or who is trying to cultivate a good complexion should not drink ice cold drinks of any kind. Plenty of cool water should be drunk, however, and two quarts each day is none too much, at least during the warm weather, says the Philadelphia Telegraph.

Some girls declare they never drink much water. To those I would say then it is high time they began. Just as the body requires to be flushed externally by bathing, so does it need internal flushing, and plenty of cool, fresh water will do this better than medicine. If you are no water drinker try it for the summer and note the difference in your complexion a few months later. But do not be like the young girl who said, "Oh, I tried it, but it is no good." When asked how long she had tried, she said, "A couple of weeks." She might better not have tried at all. Another girl said that she was just becoming discouraged when one day she noticed how soft and satiny her skin appeared, where formerly it was muddy and sallow. When asked how long it had been since she started to drink water regularly, she replied, "About a year," and added that she really thought it worth while to cultivate the habit of drinking water. She realized, as many girls do not, that all the old refuse had to be got rid of first before any change for the better could take place, and naturally this takes time.

FALL HATS HERE.

Rembrandt Effects Are the Smart Capers.



THE NEW SHAPES IN HATS.

Yes, they're here, the new fall hats, early as it is in the season, and you're going to see picturesque, milady, in Rembrandt effects carried out in brown, plush.

One of the models is of this artist type, the trimming being merely an inconspicuous band of galon. The other hat is of plush, but a little more ornate in its trimming scheme, metal wings used in Mercury fashion being posed at one side of the creation.

Dressy Little Bows For the Neck.

This is a season of bows, and there is a great variety of designs. Small bows of color showing a combination of silk and lace or velvet and lace, are especially attractive. Many are trimmed with rhinestone buttons. Quite a number are made with ends in jabot form, the bow, at the top being rather small. Bulgarian silks are made up into bow and jabot effects.

Other materials employed are crepe de chine, plain taffetas and flowered silks. Besides the entire bow of Bulgarian design, touches of Bulgarian colors are also used in giving an enlivening touch of color to many of the white designs.

Plush and Velvet to Be Fashionable.

There is every evidence of its being a winter of plush and velvet gowns. The manufacturers have succeeded in



GOWN WITH QUEER DRAPERY.

making this fabric in such light weight that the old objection of clumsiness has been overruled.

Milady, realizing the becomingness of velvet, is welcoming the reintroduction of this material with pleasure. The afternoon gown in the cut is of a ribbed black velvet, with a queer pinned about hip drapery of plush which also is seen on the kimono waist in bands down either side of the front.

The Mother's Part.

At a recent wedding the bride came down the aisle on her father's arm, but at the proper moment her mother stepped from the pew and "gave the bride away," so that she had a share in the actual wedding. It was a sweet thought that gave her more than the insignificant part the mother usually has in a marriage ceremony.

THE AUTUMN GIRL.

Brocaded Suits Never Better Liked Than Now.



IN HUNTER'S GREEN BROCADE.

At the end of the season one's tailored suit is apt to look a bit the worse for wear, and the woman who is up to the minute in smartness is buying a new costume for the early autumn days.

She could not make a more modish selection than to purchase a suit like the one pictured of hunter's green brocade cloth. The deep cuffs and collar are fashionable features of this desirable costume.

Too Much Busy-ness.

Fastest saying, "It were better to be eaten to death with rust than scourged to nothing with perpetual motion," comes to mind when one notes the many busy-nesses of the modern woman.

"Rushed to death," she cries, "so much to do, so little time," and away she patters to attend a committee meeting or address a convention or "see somebody" about something. And it never occurs to her that this old world would wag along just the same if she did none of these things—in fact, she would be highly indignant were such an insinuation made.

Well, as a matter of fact, women do accomplish many good works. They haven't as yet acquired the art of doing things without bustle and fuss as men do. They spend too much on trying to get things to do things; they dutter too much. The empty wagon makes a lot of noise; the loaded wagon goes quietly.

The woman of real executive ability goes about her duties quietly; she has mentally organized her work. Whether she moves about in her own house or engages in outside endeavors, she is calm and composed—and effective. She has, moreover, a sense of proportion which enables her to recognize how much of her energy and time can probably be given to any one thing. You will find that the really efficient woman is not busy with her busy-nesses all the time. She knows the value of leisure and that hurry and haste never produce the best results.

And quite often she is called upon to repair the results of overhaste or ill judged action on the part of those who act first and think afterward.

Kitchen Kinks.

To clean strainers and sieves rub with coarse salt and then pour boiling water through them.

When a dish is to be set directly on ice place a rubber foot jar ring under it to prevent it from slipping off.

To prevent a ladder from slipping paste pieces of old rubber over each support. This will protect the floors and avert many a fall.

Homemade sanitary duster: Dip a piece of soft black cotton cloth in thin melted paraffin and let dry. This will hold the dust so it will not scatter again.

For absorbing odors when cooking cabbage, ham, onions or anything which has a strong odor put a small pan of vinegar on the stove and there will be no scent of cooking.

To remove scorch spots wet the scorched portion with clear water and sprinkle with borax. It will remove the scorch and leave no stain and may be used on the most delicate fabrics.

Epigrams About Women.

Women's hearts are made of stout leather; there's a plucky sight of wear in them.—T. C. Halliburton.

A secret passion defends the heart of a woman better than her moral sense.—Rene de la Bretonne.

Women in this degenerate age are rare to whom aught else but sordid gain is dear.—Ludovico Ariosto.

A woman who loves, however erring can never be entirely selfish, for love has a humanizing influence, and a true passion renders any self sacrifice easy.—A. P. Peabody.

Points for Mothers

Child's Knowledge of Art. A teacher was surprised one morning to see a pupil who had come to school for the first time showing a remarkable interest in the reprints of great paintings which she had arranged along the blackboard. Unobserved, she drew near the child and was first the astonished to hear her exclaim delightedly, "There's 'Baby Stuart,' the 'Sistine Madonna' and 'The Horse Fair!'"

This teacher mentioned the occurrence to another teacher, who told her that the child's brother and sister had likewise surprised her by the knowledge they had not only of masterpieces in painting, but of sculpture and architecture as well. Later the teachers met the children's mother and were shown the phylloids.

Instead of the highly colored pictures that one so often sees in play rooms, there were several good paintings illustrative of the time honored childhood and the ever new fairy tale. One could readily see that considerable time and money must have been spent on these pictures. The visitors particularly admired the imaginative suggestion and harmonious coloring of a painting of Cinderella. "That picture," said the mother, "is the best we have in the house. My little daughters and I sacrificed our new spring bonnets at Cinderella's shrine the first time we caught a glimpse of her."

Numerous prints of great paintings were arranged in groups according to subjects around the room. These pictures were mounted on mats of uniform size and color, and each one was plainly labeled with the name of its author and its subject.

"The pictures in the various groups are constantly changing," the mother explained. "If any one finds a picture which appeals to him it is brought in for consideration. No picture, however, gets the coveted place in the group if any of the children raise a valid objection to it. This censorship not only develops the children's observation and judgment, but keeps the groups of pictures from becoming too large and usually insures survival of the fittest."

"At different seasons the interest is transferred from one group to another. At Christmas the Madonnas claim most of our interest; later, when the children are enthusiastically building snow houses and fashioning snow men, we naturally turn to the groups headed by the Coliseum and Michelangelo's David. In the spring we are all enthusiastic about the flowers, birds and trees. "We are always careful to encourage even the youngest member of the family to contribute to the changing collection. Occasionally we allow our judgment of a picture to be influenced by our hearts rather than our heads. This was the case when little Ned brought in a highly colored picture of Santa Claus which he evidently admired and astonished all by requesting us to hang it beside the 'Sistine Madonna.'"

The "No Toy" Theory.

There was a woman, rather prominent socially, who had a pet theory on which she always fell back. Her slogan was "Sticks and stones for children." She believed, in effect, that children could get along quite well without any toys save sticks and stones, that the fewer playthings they had the better off they were. She argued very convincingly. Of course when you found out that she had no chick or child of her own, but was, moreover, a spinster, your faith in her theory perhaps was somewhat shocked. The theory was right nevertheless, as you doubtless are forced to admit when you ponder on the happiness of the children you know. Without a question toys do not mean happiness.

If you are a believer in the no toy theory the summer is the best time to put it into practice, for in summer there are many things which an out of door loving child can find to take the place of toys. Doubtless the child who has only a limited number of toys and is therefore forced to amuse itself with out them most of the time has a better chance to develop its resourcefulness and imagination and its power of getting happiness and amusement wherever it may be than the child who is surfeited with toys.

Summer Clothing For Baby.

In summer the baby's clothing needs especially to be light in weight and loose fitting, says Good Health. It goes without saying that it should be clean and sweet. The young child is exceedingly sensitive to change of temperature, and his clothing should be subject to the surrounding atmosphere. In the chill of the morning he needs warm garments, but swathed in fannel in the heat of the day he becomes overheated and perspires to excess. It takes time and thought to watch his comfort in this matter, but it does much toward insuring freedom from disease.

A Useful Box.

A box for children's toys can be made much more useful if two strips of wood an inch and a half wide are nailed across the bottom of the box, one at each end, and a small castor is put in each of the four corners. When picking up the toys the box can be moved across the room, besides serving as a little wagon for the children.

For the Children

Prince Humbert, Son of the King of Italy.



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Princes and princesses are a good deal like other people, especially when they are little. The young lad attired in a striped bathing blouse and with the trunk of his suit rolled as high as he can get them is Humbert, Prince of Piedmont, heir apparent to the throne of Italy. He is enjoying himself on the beach by the Adriatic sea. Crown Prince Humbert is said to be a studious boy and has a decided talent for music. He is the only son of King Victor Emmanuel and is named for his grandfather. The prince, who is nine years old, is the only son of King Victor and Queen Helena. The other children are all daughters—Princess Yolande, twelve; Princess Mafrida, who will soon be eleven, and Princess Giovanna, about six.

Experiment With a Tumbler.

Take a thin blown glass tumbler. Fill it nearly full of water and place on its borders, after drying them well, a cross of equal branches cut from paper. Turn down at right angles the ends of the branches of the cross, in order to prevent it from slipping down the sides.

If you now cause the glass to vibrate by rubbing some part of its exterior surface with your wet fingers, as if you were going to make it ring, you will perceive the glass to make a sound. But more than this, you will notice the following: If your finger rubs the glass under one of the branches of the paper cross, the latter will remain stationary. But if, on the contrary, you rub a part of the glass situated between the branches of the cross, the cross will begin to twirl slowly as if it obeyed some magical influence, and it will not stop until the end of one of the branches arrives over the part rubbed by the finger. Thus, by moving the finger around the glass, you make the cross turn as you please.—Magical Experiments.

Riddles.

Which man in the army wears the largest hat? The man with the largest head.

If a boy wears his coat out, what will he do? Wear it home again.

In what place did the cock crew when all the world heard him? In Noah's ark.

What animals are admitted into the opera house? White kids.

Why is it vulgar to play and sing by yourself? Because it is solo.

What are the best seats in the house? The receipts.

Why should a fainting woman have more than one physician? Because if she is not brought to (two) she may die.

A Guessing Game.

When your friends come, seat yourselves in a circle on your porch. The host begins by mentioning four distinct characteristics of a person about whom he is thinking at that moment. The game consists of the rest of the company, by questioning him, trying to guess the person to whom these characteristics belong.

Optical Illusion.

Hold a ring between your thumb and forefinger at some distance from the boy addressed, and, giving him a crooked stick, ask him to close one eye and try to catch the ring on the stick. This looks very simple to do, and any boy will think he can surely do it, but—

Polly's Plea.

You ought to see wee Polly's plea! She takes a bit of dough That cook allows her, and she tries "To roll it out 'just so.' But she must handle it a lot Before it fits her pan. And pie crust does show every spot When hands aren't spick and span. And pies to be quite flaky, need The very lightest touch. The crust is very tough indeed If it is handled much. And when wee Polly's pie is made She feels a sad surprise. When Cousin May says, "I'm afraid I dare not eat rich pies." But Aunt Estelle takes a piece And says, "Is this for me? You're very kind, dear little niece. I'll take it home for tea." —Farm Journal.