

Woman's World

Miss Benton First Dining Car Conductor.



MISS CAROLYN MARIA BENTON.

Shuttling back and forth in a railroad train, keeping passengers in good humor and advising the traveler ignorant as to what to eat while a train is running sixty miles an hour, Miss Carolyn Maria Benton of Cincinnati, the first woman dining car conductor in America, happily earns her daily bread. She likes the work.

Miss Benton, who directs the buffet car which is operated by the Cincinnati, Hamilton and Dayton railway between Cincinnati and Dayton, was put in the place as an experiment. Now she is a fixture, and the railroad is looking for more efficient young women who can run diners.

"It means application, attention, tact and diplomacy to run a dining car," said Miss Benton. "I do not believe there will be many women dining car conductors. They cannot stand the work. There is too much rush, and the constant traveling is hard on the nerves. Men stand the work better, but I don't think they can do the work better than a woman."

"Every morning I start at 11 o'clock for Dayton. In the evening I make the return trip. I serve luncheon on the morning train and supper at night. No, it's just supper. You see, this is a buffet car, not a regular diner, and we don't have the same facilities for cooking large quantities."

"I have all my evenings at home, and I do not believe I am nearly as tired, even with the shaking of the train, as I would be if I worked in an office or factory."

For Serving Ice Cream.

There are modes even in the serving of ice cream. At present macaroon baskets, wafer boxes and a disgusting covering of lady cake are among the most popular ways of serving this always acceptable dessert.

To make macaroon baskets dip the outer edges of five almond macaroons in the sirup obtained from melted granulated sugar. The first macaroon is used for the bottom of the basket and the others are stuck together to form a ring about it, exactly like the wafer baskets we used to make when we were children. Fill this receptacle with ice cream and sprinkle ground macaroons on top.

Water boxes are put together in exactly the same way. Square wafers are the most desirable, two being used for the bottom and one at each end, standing upright. The ice cream should be cut into blocks that fit into the frame. Pink and white ice cream, garnished with cherries, makes an attractive color combination.

A novel way to serve brick ice cream is to cover the sides and ends of the brick with thick slices of lady cake. Cut the cream as usual. Each slice will have a frame of cake, containing prettily with the colors of the cream.

Vogue of Fur Trimmings.

Fur trimmings are by no means a neglected item this year, for the vogue for touches of fur trimmings has extended to suits, wraps, hats, dresses, blouses and negligees, says the Dry Goods Economist. The styles call for the use of expensive furs, too, as the outer effects of high priced pelts are a special feature. This means that the demand now is for fitch, leopard, mole, skunk, red, white and taupe fox, ermine, chinchilla, squirrel and similar pelts.

Fancy muffs are another source of profit to the fur department that carries an attractive stock of loose furs. Women are purchasing from two to five muffs. One or two of these may be wholly of fur, but the others are made of suit or coat material and trimmed with wide fur bands. These muffs are large, and it is surprising how much fur is required in making one up to date muff.

Then, too, the sale of muff pillows is no small item. They are expensive in the extremely soft new shapes and are well worth keeping in stock.

First Woman Through Canal.

Mrs. George W. Gosthals, wife of the chief engineer of the Panama canal, called recently for Cristobal, desiring that she would not return to her home in this country until she had been through the canal. She expects to be the first woman to make the trip and will accompany her husband.

Points for Mothers

Poisons and Antidotes.
The mother who knows just what to do when the terrible accident of a dose of poison must be treated at once may save a child's life. It is every one's duty to have in mind a list of antidotes for ordinary poisons. If your memory is not good make one on a piece of paper and paste it on the wall of the bathroom.

Of course the prevention of the possibility of a child's taking poison is the important thing, but accidents are always occurring in the most carefully watched homes.

Impress on a child's mind the importance of taking nothing without permission. "Candy pills" may sometimes be poison. Sometimes a mother gives poison by mistaking a bottle in the medicine chest. An excellent idea is to have all bottles not only labeled, but marked with a card, on which a little bell is tied. This easy warning is particularly good in the dark, when so many mistakes occur.

Carbolic acid is one of the ordinary poisons that are found in the home and frequently taken in mistake. It burns the mouth, and its odor is unmistakable. Give epsom salts in abundance or soap. If the acid has burned the skin only, apply alcohol.

A child may take a large quantity of alcohol, which is classed as a poison. Give any simple emetic, such as mustard water, soap and water, etc. Apply a cold douche on the head and warmth to the body. If respiration is at a low register raise and lower the arms regularly, as is done in cases of drowning.

Corrosive sublimate should be counteracted by an emetic, followed by whites of eggs or great quantities of milk. Give tannic acid freely and a dose of castor-oil to open the bowels.

Opium, including laudanum, morphine, paregoric or soothing sirup, can be counteracted by permanganate of potash in doses of four to five grains if the mistake is detected right away. Strong coffee is another antidote; also atropine. Keep the patient awake at all costs by walking, artificial respiration and a cold douche on the head and spine.

Phosphorus poisons include matches and some roach and rat poisons. Give an emetic and follow it by doses of permanganate of potash, four or five grains well diluted. Epsom salts or magnesia should then be administered to open the bowels. Do not give milk or oil of any kind.

Silver nitrate (lunar caustic) has an antidote in table salt, followed by an emetic. Milk or whites of eggs are also effective.

strychnine, especially in pills, is mistaken often for other medicine. Its antidote is tannic acid following an emetic. Bromide of potash given freely is good.

Alkalies, including ammonia, potash, caustic, should be treated by vinegar or lemon juice, followed by sweet oil.

A Baby's Party.

Mothers who wish to celebrate the first anniversary of the baby's birthday should give a party after the following suggestions:

All the guests should be mothers, who can also bring their babies, and the invitations should be sent out to the infants themselves with a note to the effect that "you can bring your mother with you if you like."

Other guests may be invited, but it is understood that all are to be baby worshippers, as the party is not to be spoiled by the presence of cynics.

The tea table should be decorated with little cradles of gilded wicker work filled with the appropriate bloom of the month and tied with a lover's knot of satin ribbon to harmonize. In the center should be an arch of flowers towering above the baby's birthday cake, decorated with its one white candle or, as some say, two, one to be the "life candle" and to be kept for the second birthday cake.

A postcard photograph of the baby with the date of its birth in silver letters beneath, should be given to each guest and a small knot of flowers presented to all the babies assembled. One of the features of the afternoon is the baby guessing competition, in which every mother takes part.

Across the doorway is hung a curtain with a hole large enough to contain a baby's hand. One at a time each baby thrusts its fingers through this hole, and the mothers are asked to identify the child.

A prize of a baby's bib or a dainty pillowcase may be given, and the mother who makes the most mistakes is awarded a foolcap.

For the Schoelgirl.

To make a dress wear longer and look neater while it lasts pretty collar and cuff sets in white or pale toned linen prettily trimmed with lace are a wise investment for the small girl, as they are easily laundered. They should be made in various shapes and sizes.

Sandpaper Baby's Shoes.

Always sandpaper the soles of baby's new shoes before they have been worn. This keeps her from slipping on the bare or polished soles and prevents many a bad fall, which could easily result in a sprain or broken bone.

FOR THE COQUETTE.

The "Follow Me" Sash is Very New.



SASH AT BACK OF GOWN.

The girl who is flirtatiously inclined calls this coquettishly placed sash a "follow me" bow. The ribbon catches back a very graceful tunic draped above a skirt short enough to reveal a snappy buttoned walking boot.

Why the Man Walks in Front.

When husband and wife go traveling together in the orient the man walks in front, careless and free, and the woman walks behind, carrying the bundle. Therefore you say: "The oriental cares not for his women. He despises his wife, and uses her as a beast of burden." Many occidentals never get further than this. But if you are observant, says a writer in the Christian Age, "you go out in the jungle yourself, and you discover things."

"The paths are overgrown and thorny. Creepers must be cut back. There are cattle and buffaloes to be driven off, and buffaloes are ugly creatures. There are snakes. In the villages are village dogs, which snarl and snap. You are a man, yet you will be glad of some one to go in front of you with a hatchet to clear your way. No woman would walk in front, and the man must be free. Now you see the reason why the man walks in front."

Girdles and Sashes.

The girdle or sash plays a very important part in the season's styles. Very many of these are extremely wide and swathe the figure, being distinctly oriental.

There are also girde-like draperies and vests, which often assume the girde outline.

In extreme instances broad bands of fur will girdle the figure. The straight around belt is not seen, the girdles and sashes being of softly draped silks or other tissues.

Waistcoat Appeal to Feminine Favor.

Let no woman labor under the delusion that the new waistcoats which appeal so strongly to her fancy are easily copied. Although loose and baggy they are carefully cut and fitted, and their edges are perfectly tailored.

Do you thoroughly understand the mysteries of tailor stitching. Mm. Thrifty? Think twice before you undertake a waistcoat unless you do, otherwise it may prove your Waterloo.

If you are using a suiting material for the vest, be sure to purchase enough material to make gutter tops for the boots to be worn with the waistcoated tailored suit. Gaiters matching the walking skirt make the feet look small and smart.

A Cause For Thanks.

T. Sufferin Taller at a luncheon that he recently gave at the Newport casino was witty at the expense of the slashed skirt, the transparent blouse and other of woman's new fashions.

"Young Mrs. Blanc," a neighbor said to Mr. Taller, "is a very beautiful woman, but she puts on airs."

"Well," said Mr. Taller, "let us thank goodness that she puts on something. You know what the 1915 fashions are."

THE MINARET GOWN.

Hoopful The Hoopskirt Is With Us Once More.



PAUL POIRET'S FAMOUS CREATION.

This is the minaret gown that Paul Poiret, the famous Parisian dressmaker, wishes womanhood to adopt as the 1915-14 style of costume. The tunic of transparent stuff is wired with a hoop, and the lines of the figure show through. In great contrast is the narrowness of the skirt, which can be seen through the tunic and tapers to the feet.

In spite of the odd appearance of the gown as it first comes into the line of vision, the designers say that there are undoubtedly sauciness and chic about it which will appeal to most women.

Prospective Sons-in-law.

"How much do most mothers know of the men their daughters finally marry?" asks a contributor to the Woman's Home Companion. "And how much real friendship and trust are there usually between young men and the mothers of the girls the young men choose to marry? Yet I do not as a general rule count this to be the fault of the young men. The mothers are older and wiser—should be wiser—at least in all such matters—yet they are generally slow to speak of them or share in them, whether from hypersensitiveness or jealousy or inability to express themselves or a forgetfulness of the years when they, too, were young."

"The mother who does not think herself wiser in all these matters than her daughter is rare to find. Yet there are not so many mothers who are consciously helping (fitting would be the better word) their daughters to make a wise and rational choice. Perhaps most mothers have a hope that when the time comes they may be allowed to choose for these daughters of theirs, and they fall to realize that almost their whole duty lies in fitting them to choose for themselves."

Mailbox Frills For Plain Frocks.

Provided they can be kept fresh looking, there is no easier way of dressing up the plain little frock in serge or dark silk which nearly every girl has for early autumn wear than a wrist, neck and plastron set in white mailles. The wristlets are merely very full three inch wide frills, shirred on to narrow ribbons, by which they may be attached to cuffless sleeves, and the collar consists of two frills—one of three inch width overlapping one of four inch—at the center of the back. They are wired to stand up, whence they taper gradually to beneath the chin, where they lie flat and are secured under a narrow velvet pump bow. The plastron is a bib shaped affair of finely tucked mailles extending from the shoulders to below the bust and further lengthened and widened by a three inch frilling.

A Stenciling Hint.

Few people realize that scrim curtains should always be stenciled on the wrong side. These curtains, done in the pale roses, blues or greens, add considerably to the beauty of a bedroom, and the ones done in the darker tones are quite suitable for living rooms. However, when they are done on the right side and hung at a window the outside or wrong side is without design, while if the stenciled side is hung next to the window the light shining through the curtains gives the effect of having been stenciled on both sides. Many people use the scrim curtains for boudoir of bedroom during the entire winter.

Use Time Well.

A young business woman who works until 4 o'clock each afternoon passes one afternoon a week from 4 until 6 at a public library reading the current magazines and "keeping posted," as she puts it. Nothing is allowed to interfere with this standing engagement, and the girl who has tried declares that it is really quite remarkable what a lot of reading one can get into two hours a week when it is done regularly.

Milady's Mirror

How to Cure Wrinkles.
There are other signs more subtle and potent, but wrinkles are the most pathetic because the most telltale indications of age. The lines and furrows they see disfiguring the faces of women of middle age ought to make girls do everything in their power to ward off wrinkles as long as possible.

Most muscles of the face are voluntary, responding to every passing emotion, and if the muscles are constantly kept at work, as in grimacing and with odd tricks of expression habitual with so many women, that lines, then wrinkles, will be fostered.

Even children should learn that the face should be kept in repose. The little lines around the eyes and the long "parentheses" that inclose the lips and mouth and that are excused on the ground that they are necessary to expression, "laughing wrinkles," as they are called, in reality add years to one's appearance, so there is no need to fear massage will take away the expression of the face.

The little vertical lines that so quickly appear between the eyes as a result of squinting or that are often assumed in deep thought give one a fierce, rat-like expression, and only by the greatest care can the habit be overcome.

Another wrinkle maker is the habit of lifting the eyebrows. Tiny lines grow and deepen just above the eyes, and great furrows soon mar the beauty of the forehead.

There are some lotions that are said to prevent and others to erase wrinkles and which, if not entirely efficacious, are harmless.

One of the preventives is made as follows: Boil three ounces of pearl barley in a pint of water till the gluten is extracted. Strain, add thirty drops of tincture of benzoin and use as a face wash night and morning.

If the wrinkles have shown themselves bathe the face in a solution made by dissolving sixty grains of alum in six ounces of rosewater and pour gently into one and one-half ounces of almond milk, stirring all the while.

Silt Skirt and Woollen Hosiery.

What a cruel alternative is put to the silt skirt wearers by Surgeon General Rupert Blue! He is quoted as saying that when the chilly winds of winter begin to blow the women will either have to sew up the silts in their skirts or wear heavy woollen stockings and sensible boots!

"Nearly all the women who affect silt skirts wear the thinnest kind of silk stockings and extremely low slippers," he is said to have observed. "If they wish to avoid catching their death of cold they ought to wear thick woollen stockings, as their grandmothers did, or sew up the vents."

When the dictum of Dr. Blue was repeated to a well known fashion authority she shrugged her shoulders and said: "I'm afraid they'll catch their death of cold then. But it isn't only the skirts that should cause the surgeon general to worry about women's health. If one wishes to be fashionable this winter she will have to freeze."

"Blouses expose the throat, skirts expose the ankles, and some of the new crownless hats expose the head. Women can be induced to wear fur about their throats, but I'm afraid fur anklets would not meet with much success, and woollen stockings—oh, never!"

"And," with a twinkle, "think what an advertising feature would be lost if women decided to take Dr. Blue's advice. There is a certain kind of small shopkeeper who attracts attention to his window displays by posting in a prominent place a photograph of a woman in a silt or diaphanous skirt. He is sure to draw a crowd—of men."

"Of course," more seriously, "that practice is really deplorable, and the right kind of man is no more attracted to the shop by it than the right kind of woman is by the extremes of fashion. It's undoubtedly true, however, that there are a number of women who ought to pay heed to Dr. Blue's warning and sacrifice a little of their ambition to be ultra fashionable to the consideration of their health."

The Daily Bath.

A help in restoring the skin after a strenuous week or two or month of outing is the daily all-over scrub. It is not necessary to get into a big tub filled with water and lie in it any length of time. Much better is it to take the thorough soaping and rubbing at night, then removing every particle of soap with a spray, first tepid, then cold. The morning bath may be only a five minute splash in water with the chill barely taken off and as cold as it comes from the faucet for the spraying.

A healthy tingle follows such a bath, with renewed vitality and a glow of skin that shows how beneficial it is. For some a very cold bath is best; for the majority the water should be tepid or blood-hot, just so it feels pleasant to the body. Hot baths should only be taken by advice of a physician. They are enervating and cause lassitude, besides being conducive to a habit of taking cold in the slightest draft. By the end of one month the girl who has almost despaired on viewing the ravages of her summer trip may find herself better in every way—healthier, prettier, fresher and showing the benefits for which she thought she had paid too dearly.

The Dancing Lesson.

Now, Miss Clara, point your toe. Look at me and point it so. You know, my dear, I learned to dance in that graceful country, France. And, having been so nicely taught, I move, of course, as a lady ought. And only think how grand 'twill be to have it said you dance like me! So now, Miss Clara, point your toe. Look at me and point it so.

Good Business.

Why is an undertaker the most successful business man? He never fails to carry out what he undertakes.

For the Children

Lady Mary Greville, Who is Kind to Animals.



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Little Lady Mary Greville, the demure maiden pictured, is shown distributing catalogues at the entrance to the "country fair" in aid of our dumb friends," which was recently held in a London suburb. As its name indicates, the fair is given to raise funds to help animals. In a great city like London there are always large numbers of stray cats and dogs wandering about without means of subsistence except what they may pick up in the streets. It is to help these poor unfortunate beasts that the Dumb Animal society was organized and is maintained.

Lady Mary takes a great interest in the society and its work, as she is very fond of animals. Most children like animals, but they are often careless and sometimes abuse them, unthinkingly perhaps, but the poor creatures suffer just the same. It is the mark of gentle breeding and a sweet disposition to treat our dumb friends with kindness.

A Little Story.

On her birthday a great duchess called her little grandsons to her and told them a story of a Roman emperor who made it a rule that no one should leave him in a sorrowful frame of mind.

"One day," said the duchess, "the emperor was very busy with his own affairs, and so the day passed and he had done no good to others. When evening came he grew sad, and, sighing, he exclaimed: 'My friends, I have lost a day! I have neglected my fellow men.'"

When the duchess had finished her story she sent the two grandsons out to play. At the palace gate a poor woman spoke to them.

"My good gentlemen," she said, "won't you assist me? I am poor and have had all sorts of misfortune." Ernest ran on to his play, but Albert, touched by the old woman's plea and remembering his grandmother's story, gave the poor old soul a coin.

"Now I have not wasted my day," he thought as he ran to join his brother. That boy was Prince Albert, Queen Victoria's consort.

Concerning Nails.

All of you have heard of fourpenny nails, sixpenny nails, etc. The sixpenny nail in this connection does not mean penny, but is a corruption of the word pound.

When we speak of a fourpenny nail we mean nails of such a size that a thousand of them will weigh four pounds. An eightpenny nail weighs eight pounds a thousand, and so on. It is an old English term, and its original form was "four pound," "eight pound," "ten pound," etc. Carpenters and other artisans got into the way of slurring over these terms and pronouncing them fourpen, sixpen, etc., and this corruption in turn was modified by turning the shortened suffix pen into penny, and so it stands today, a clear case of turning a pound into a penny.

The Useful Pin.

We are so used to having the handy pin around while sewing and dressing that we can scarcely imagine how the ancients ever got along without this article. Yet they did, for it was only at the end of the seventeenth century that the modern pin was invented. After that time the pinmaker was allowed to sell pins openly only on Jan 1 and 2, so that court ladies and fashionable dames alike were obliged to buy a large store on those days.

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