

## Woman's World

Miss Jane A. Delano, Distinguished Trained Nurse.



MISS DELANO AND HER MEDAL

The Red Cross society, whose work for humanity has been so great, has enlarged its sphere of usefulness. It has established a town and country nursing service through whose instrumentality the dwellers in even isolated communities may be assured of proper care in times of illness. The object of this is to encourage the employment of visiting nurses in remote districts where it is difficult to obtain the services of a physician.

It was through Miss Jane A. Delano, chairman of the national committee on nursing service, that this new department of the work was established. Because of the splendid efficiency to which she has brought the nursing work of the Red Cross, the gold medal of merit has been awarded to Miss Delano by the president. In presenting her with the medal President Wilson said:

"It is due to Miss Delano's devoted and efficient labors that a splendid corps of over 4,000 of the best trained nurses in the country have been enrolled in the Red Cross for active service in time of war or disaster. Not only has this large corps been enrolled, but by means of 110 local committees, a system has been established that enables the Red Cross to mobilize within a few hours' time anywhere in the country the number of nurses required for active service."

Miss Delano is one of the most distinguished members of the nursing profession in America. She had established a high reputation before she joined the Red Cross. She is a graduate of the Bellevue Training School for Nurses. Her first case is said to have been that of the late Abram S. Hewitt, then mayor of New York. She distinguished herself by her work in the yellow fever epidemic in Florida. She has held important positions in the west, in Philadelphia and in Buffalo. She was superintendent of the New York municipal training school for women nurses and later of Bellevue Hospital, where she instituted many needed reforms.

### CONVENIENT BAGS.

New Models Are Compact and Fitted With Useful Accessories.

Manufacturers of fine leather goods are offering exquisite novelties in traveling bags and cases, which are much smaller in size than the heavy, old-fashioned types of bags. The responsibility for the change lies with the modern taste for motoring. The woman of 1914 covers such distances and her belongings must be so modest in size and so easily packed that designers have been at work turning out the most elegant as well as the most convenient form of toilet apparatus.

The party bag is a mere trifle to handle and looks almost like a handkerchief in black moire drawn in with a ribbon. It may be concealed in a coat pocket, or there would be space for it in a little hand bag. Within its folds are all the items that go to give a woman the finishing touches for the toilet. Just a little frame keeps all the gold, silver gilt or enameled trifles together, and the contents are all that is required.

The prevailing taste leans to easily folded or drawn bags, and some novelties consist of round models of the finest leather, so soft as to crush into very small space. Inside is a frame, and into this are fitted the little implements of the toilet. A tiny hair brush is set into gold, gilt, enamel or inlaid ivory or tortoise shell. The comb is decorative, and there are small pots for cream, powder, lip salve, tiny bottles for perfume, a miniature tooth brush, diminutive manicure implements and a long thin roll of metal matching the setting of the case that turns out to be a receptacle for needles, cotton and other trifles to mend a rent.

The center of some of these collapsible bags is fitted with a waterproof compartment for a sponge. Color enters into many of these fanciful cases. A green leather bag or case containing red or rose colored fittings, while a yellow bag will have every item in blue enamel or in silver gilt. Many and varied are these dainty trifles and devices featuring a

## Milady's Mirror

**Going Up and Down Stairs.**  
Going up and down stairs properly is one of the best physical exercises. It strengthens the heart, expands the lungs by inducing deep breathing, strengthens muscles of the back, shoulder and abdomen. It promotes elasticity of the foot and leg muscles and, above all, brings about poise of the body.

The correct, healthful way to mount stairs is as follows:

First. Place the ball of one foot on the step, raise the heel of the other foot, carrying it inward so that it is in line with the ball of the foot in front.

Second. At the same time raise the body by transferring the weight to the ball of the foot already on the stair. The relative positions of the different parts of the body are precisely the same as in walking on a level surface—head up, chest up and out, arms hanging free from the shoulder blades.

To descend stairs the following are the correct positions:

First.—Body erect, point the toe downward, heel turned inward.

Second. Touch the step, sinking gradually, lightly upon the ball of that foot, at the same time carrying the weight to it by raising the heel of the foot on the stair above, swinging the heel inward on the toe as a pivot, as in mounting stairs.

Keep the heels in line all the time. Spreading the feet is not only awkward, but unrefined. Swinging also is awkward and unnecessary. Practice clinging on the toes and sinking on the knees, slowing rising again. It will help make the ankle muscles flexible so that the little pivot movement can be done freely.

**A Valuable Cream.**  
One of the most delightful creams to use on the face is the orange flower cream. It will soften and whiten the skin and is also good for massaging. It is not as greasy as most creams. It may be prepared as follows:

Take spermaceti, six drams, oil of sweet almonds, four ounces; white wax, six drams; glycerin, one and one-half ounces; borax, two drams; orange flower water, two ounces; oil of olive, fifteen drops; the oil of neroli, fifteen drops; oil of bigarade (orange skin), fifteen drops. Warm the spermaceti, wax and almond oil in a double boiler until they become creamy, then add the glycerin to the orange flower water and let the borax dissolve in this. Pour this mixture into the first one, stirring constantly. Just before the cream congeals pour in the perfumed oils drop by drop.

**For Oily Skin.**  
Oily skins are often caused by indigestion. If your skin is oily pay strict attention to your diet, eating only the simplest foods at regular hours and absolutely avoiding all greasy foods. A couple of times a day sponge the following with hazel lotion on the face: Take four ounces of distilled witch hazel and one dram of boric acid and mix together.

Do not use any cream on the face, but protect it as much as possible from all sudden changes of temperature and any undue irritation. Build up the general health, paying particular attention to the circulation. Once the blood is in perfect condition it will remedy the shriveled skin of which you complain.

**To Reduce Waist Line.**  
To reduce the size of the waist and hips stand with the feet eighteen inches apart. Raise arms above head and bend body from waist only until the finger tips touch the floor. Raise the body and repeat. Practice this for five minutes and then put the feet together and go through the same movements for another five minutes. At first you will not be able to touch the floor, but the necessary flexibility will come in time. Repeat the exercise frequently at first.

**Two Kinds of Powder.**  
If you are up to date in the use of face powder you should have two sorts of powder—one to use in the daytime and one to use in the evening. The evening powder, because of the fact that it will be shown under artificial light, is colored slightly mauve. This sort of powder must be expensive to be delicately and naturally colored and for a good quality. The daylight powder has a pinker tinge.

**To Clean the Face.**  
Japanese tissue paper is convenient in cleansing the face. It may be used instead of a face cloth. It possesses the big advantage that it can be thrown away after it is used and therefore appeals to the fastidious woman as better than any cloth. These little sheets of tissue paper can be used to apply lotions, cold cream or water to the skin. It is thin, soft and at the same time firm.

**Hand Lotion.**  
A formula for a hand lotion that has proved to be a delightful toilet article is as follows: Take thirty grains of gum tragacanth, soak in seven ounces of rosewater for three days, stirring occasionally with a wooden spoon. At the end of that time strain and add one ounce of glycerin and one of also

### CHECKED FABRICS.

They Are to Be Very Popular For Spring Wear.



NEW BLACK AND WHITE GOWN.

The common sense costume shown here is a Poirot creation. It is intended to be worn under a spring coat, and its lines particularly adapt it for youthful figures. Black and white checked serge is combined with plain black cloth. It is ornamented with ball buttons in black and white. The vogue of checks is foreshadowed in this as in many other spring models.

Much attention may be given to buttons, as on all the well made tailor makes the buttons are a striking note. The lesser precious stones are being used for these trimmings, so we see buttons in jade, amber, lapis lazuli, coraline, agate, etc.

Moreover, it is not an extravagance to pay a good price for a set of buttons, as they can always be used on something if they have intrinsic value, no matter what the fashions. And just now they have a very obvious value, for it is in details chiefly that the marks of good dressing are to be found.

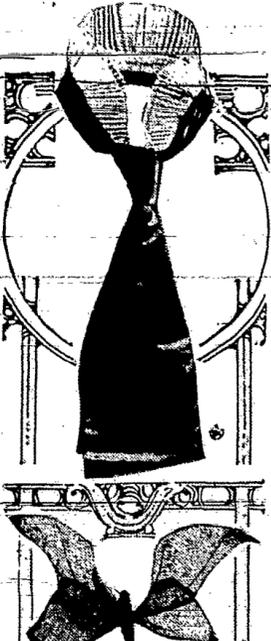
### NECKWEAR A LA MODE.

High Collars Are Favored For the Coming Season.

The neckwear fashions of the present season are designed to please women who have thin necks. The high collar and the Mary Stuart collars are favorable to the concealment of gaunt neck lines.

Illustrated here is one of the new plaited neck frills with satin to be worn with a simple morning blouse. The butterfly bow is used in every conceivable way by spring fashion designers. A bow in wired black tulle is also illustrated here.

At present the lavish display of beautiful neckwear in the shops indicates a continuance of the styles of



SPRING NECKWEAR

the midwinter season and the introduction of many new novelties. Designs vary from the small, trim roll back collars to the full, lace edged, quaintly fashioned berthas. The distinguishing feature about these new collars is their extreme sheerness. Even the Plauen collars are lacier than ever and some very prettily designed. These show up particularly well on a dress of dark serge. Collar and cuff sets of dainty embroidered batiste are so sheer that they have the appearance of gauze.

### SASH BOWS ON COATS.

They Are Used to Embellish Separate Wraps as Well as Gowns.



WORSTED COAT.

On wraps as well as gowns butterfly bows are an attractive and up to date decoration. Theater wraps, separate coats, etc., are all thus decorated. The charming spring outfit illustrated here includes a coquettish little coat of one of the new washed mixtures, with collar and cuffs finished with figured silk in shades of sage, green and terra cotta. A smart feature of the coat is the big butterfly bow across the back. Like most ultra coats of the season the skirt of the coat flares considerably below.

The coat is worn over a simple little gown of silk poplin. The wide brimmed hat is adorned with velvet ribbon and a cluster of poppies.

Many of the new hand bags are in the shape of enlarged and flattened pearls, with a tassel hanging from the lower point and a narrow silver mount at the top suspended on a short ribbon. Just long enough to sling over the wrist. But newer still are the pockets which are being worn on the hips of the tailor made. They may be visible or not, as one wishes, and the front and side draperies which are now in the fashion allow of them being used for practical purposes without in any way upsetting the set of the skirt.

### The Charity Bazaar.

A pin-stitch is a good idea for a bazaar. Every one interested in the affair is asked to contribute one or more pins of one kind or another—toilet pins, safety pins, hatpins, clothes pins, hatpins, drawing pins, rolling pins—pins of any sort or kind. They sell like hot cakes. A smelling competition is good fun. Fill a dozen little bags with strong smelling spices, herbs and so on. Hang them in a row from a string. Charge a fee of a penny or nickel for guessing what is in each bag. Or fill bottles with ammonia, eau de cologne, turpentine, kerosene, vinegar, lemon juice, rosewater, and so on. A prize can be awarded to the competitor who guesses every one.

### Wintergreen Wafers.

Wintergreen wafers are delicious. To make them soak one-half box of gelatin in one-half cupful of cold water until soft, then dissolve in one and one-half cupfuls of boiling water and strain. Add confectioner's sugar until stiff, then a few drops of wintergreen essence. Roll out on a board dusted with powdered sugar. Cut in rounds as large as a quarter and lay on oiled paper and you have wholesome home made candies.

### KITCHEN KINKS.

Try lemon and salt for ink stains on the fingers.

Ducks to be good must be young and fat. The underbill if the duck is young will break easily. The breast should be plump and fat.

By slipping stiff collars into a glass or tumbler after they are ironed and allowing them to dry thoroughly they can be made to keep their shape.

To make new potatoes scrape easily, and to prevent the fingers becoming soiled while preparing soak the potatoes a little while in water in which a small piece of common soda has been dissolved.

A good way to strengthen the worn places in undergarments is to stitch them with the sewing machine back and forth in parallel lines and then turn the goods and run stitches at right angles to those already taken.

If olive oil is put on a burn immediately it will stop the burning and there will be no pain. Saturate a piece of bandage with the oil, then wrap the burn carefully and saturate again and again, keeping the bandage wet for some time.

## Points for Mothers

**Care of the Nose and Throat.**  
"Improper conditions of the nose and throat are not only dangerous to health, but stunt the physical and mental development of the child," says a well known physician. "Colds in the head, catarrh, adenoids and enlarged tonsils are the most frequent of these improper conditions found in little children."

"Adenoids are small masses of soft tissue normally found in every child's nasal passages between the back of the nose and the throat, which through catarrh or other causes may become enlarged and block up the air passages, interfering with breathing through the nose and forcing the child to breathe through the mouth, preventing proper inflation of the lungs and stunting the development of the chest. They keep up a constant catarrhal condition near the ventilating tube leading from the throat to the ear and in this way impair the hearing of the child."

"Another common throat disease is enlarged tonsils. The tonsils are small, almond shaped bodies situated on each side of the throat. They have a certain purpose, and I do not believe in the indiscriminate removal of all enlarged tonsils. In fact, I condemn what I unhesitatingly call the 'massacre of the tonsils' so often chosen as the treatment of enlarged tonsils. The cause is in many cases not in the tonsils, but in the general condition of the patient. Proper medicine and hygienic treatment will cure many cases without an operation. Only when the tonsils are enlarged, hard and fibrous, seriously interfering with speech and swallowing, should they be removed. 'Prevention is better than a cure. If a child catches a cold, do not let the cold 'wear itself away.' Treat it at once or it may lay the foundation for adenoids and enlarged tonsils."

### Cover For Baby's Feet.

Children who are too small to walk out of doors nearly always suffer from cold feet, but this will never happen if mothers will wrap the plump little limbs of their youngest in a bag cover, which may be done as follows:

The size of the cover must vary according to the shape of nail or push cart which baby uses. Take careful measurements and then cut an oblong piece of cloth, making it twice the length you require the bag.

For lining you will need a piece of satin or sateen cut two inches smaller each way than the cloth and wadded with a thickness of cotton wool. This must be stitched firmly to the cloth. Then double the whole thing and sew up the sides so as to form a bag.

Cut a piece of cloth two and a half inches larger all the way round than one side of the bag, scallop it with silk to match the cloth and lay it on the front of the bag, stitching it firmly. If you like you can also work baby's initials in the corner, surrounded by some simple floral decoration.

Last of all add a small brass ring to each upper corner, sewing it on very firmly. When baby's legs are snug between the layers of cotton wool and the rings are slipped over two hooks screwed at the back of the cart you will have good cause to feel satisfied with your handiwork.

### A Nerve Restorer.

Fractiousness and restlessness on the baby's part are frequent results of cutting back teeth, and often the child is given to starting and screaming during the night. Try the following plan before putting the little one to bed: Get a bath ready with the water deep enough to reach to the child's waist, when sitting down. Fasten a shawl or small blanket around the neck to keep the top of the body warm. Neither shawl nor hands should be wet. Keep the baby in the water five minutes. A board may be fixed across the bath at one end to hold a few toys to amuse the child. The temperature of the water should be 104 degrees. The lower part of the little body will be quite red when taken out. Give it a good brisk rubbing and pop the child into a warm bed. It should sleep quietly and soundly till morning.

### Rainproof Hood.

My children never carry umbrellas, writes a friend. Instead each one is provided with a rainproof hood, which when not needed is buttoned into an inside pocket of the overcoat.

If rain comes on the hood is buttoned on to the buttons sewed under the collar of the coat. When the collar is turned up and the hood drawn over the head the little one is as cozy as possible and takes no harm from the rain.

The hood can be quickly dried after ward. I find it a far better plan than providing umbrellas, which are always getting damaged.

### An Appeal to Pride.

Though smoking cigarettes is really harmful for boys, they smoke not because they are basically bad, but in imitation of their elders. It is the parents' duty to prove to the boy that smoking may prevent his becoming an athlete and that it will affect his chest expansion and muscular development. See to it that he distinguishes the real from the cheap sport and desires to imitate the right kind of older fellow.

## For the Children

Merry Song of the Snowflakes.



Photo by American Press Association.

### A LITTLE SNOW GIEEL.

We hurry forth  
From the icy north,  
A swift and silent band,  
And ride the blast  
In numbers vast.

When the storm king gives command.

We flutter down  
From the mountain's crown  
And hush o'er the frozen plains.  
And we dance and leap  
To the winds that sweep  
Through the city streets and lanes.

We bring fresh joys  
To the girls and boys  
Who laugh at the winter's chill,  
And we make a bed  
For the lying sled  
As we pile on the coating-hill.

### Point For Boy Scouts.

When visiting my former regiment the other day, says Baden-Powell, I found that several novel ideas were in force in the physical training of the young soldiers. One was that of teaching them to walk along a plank set up on edge at a height of about five feet above the ground. To walk along this for about fifteen feet was the test of balance, and after a little practice there was not one who could not do it, although at first trial it looked hopeless.

It might be thought to be rather a waste of time to instruct soldiers in walking the tight rope, but most curious results have been obtained from it. Not only does a lad become more well balanced, confident and plucky, but it has been found that he also develops very rapidly into a good shot. One old soldier, who was a particularly bad shot, was sent through a course of tight rope walking, and he soon gained thereby the power of controlling his nerves.

### Making Sleighbells.

The sleighbells we see are round with an iron "jingle" in them. Now, you know that this little jingle could not have been put through the holes of the bell, so perhaps you would like to know how the bell is made. It is made by a man called an iron founder. First he puts the jingle inside a little ball of mud, which is just the shape and size of the metal ball. Then he makes a mold the shape of the outside of the ball. The ball of mud with the jingle in it is put inside the mold; then hot metal is poured in and fills the space between the ball and the mold. But when the mold is taken off the bell will not ring. As soon as the dirt inside the mold is shaken out the jingle is still in the bell and it will ring now. It took many years to think how to make a sleighbell.

### Cerberus.

In Greek fable Cerberus is the three headed dog that watches outside the entrance to Hades. Some writers assert that he has fifty heads, but generally he is said to have three, and one end to hold a few toys to amuse the child. The temperature of the water should be 104 degrees. The lower part of the little body will be quite red when taken out. Give it a good brisk rubbing and pop the child into a warm bed. It should sleep quietly and soundly till morning.

### About Common Spices.

The nutmeg tree is a native of the Moluccas.

The ginger plant grows from two to three feet high.

A preserve is made from young roots of ginger.

Ten varieties of plants are known to produce black pepper.

The red pepper plant belongs to the deadly nightshade family.

Cinnamon is the inner bark of a tree of the laurel family.

### A Joke on John.

"I can't do this example," pouted John.

"You can do anything you want to do," replied his pa. "Even water may be carried in a sieve, if you only wait."

"How long must I wait?" asked John.

"Till it freezes," coolly answered Pa.

### Ma's Mistake.

"Is it wrong to smoke, ma?"

"Yes, dear; it is a bad habit."

"I know—some one that got rich smoking."

"Who is it?"

"Jim's pa. He smokes him."