

Woman's World

Roumanian Avatrice Who
Seeks American Trophies.



Photo by American Press Association.

MISS HELENE CARAGIANI.

From the beautiful and romantic land of Roumania comes Miss Helene Caragiani, a daring woman aviator, who hopes she will return home to win many trophies away from the American aviators, with whom she wishes to compete.

Miss Caragiani brings her own airplane with her and spends all her spare time in practice. She believes that women make quite as skillful and daring aviators as men. She herself has made many notable ascensions abroad.

Speaking of the possibilities of crossing the Atlantic ocean in an airplane, Miss Caragiani said:

"If men wait much longer some woman will take the trip before them."

Miss Caragiani makes no secret of the fact that she would like to be the woman to do so.

Suspender Gowns.

Suspenders of various sorts are in fashion. There are many skirts this spring with suspenders to wear with separate blouses. Some of them are made of the wonderful new plaid taffetas. Sometimes the suspenders are wide and worn quite at the edge of the shoulders, and sometimes they are narrow. Sometimes they are fastened to an odd little waistcoat belt—a belt like the lower part of a waistcoat, including sometimes two diminutive pockets well toward the front.

The plaid taffetas are expensive, and, although it does not take much to make a skirt with suspenders, still the required amount of taffeta would cost \$11 or \$12—the silk is about \$3 a yard in a width of which almost four yards are needed. But there are cheaper plaid silks than taffetas that can be substituted for it. These suspender skirts in silk of plain color will also be seen. They are very useful, for they can be worn in warm weather with thin blouses and without coats, at the same time giving their wearers a feeling of being completely dressed.

Curtaining Casement Windows.

The picturesque casement window requires a simple treatment. Each window is done separately, with sheer, although not necessarily, expensive material.

The curtains should be shirred to a rod—that is, set inside of the frame if the window swings out and on the sash if the window swings in. If there is a group of windows a valance across the top, with draperies on the outside edge, is often the only curtaining.

Shades are not generally used, but if they must be added they should be hung inside and when not performing their mission of giving privacy arranged so they may be rolled up out of sight.

Binding Seams.

The raw edges of seams should be either bound with this silk seam binding or carefully pinked on the edges by slipping them in little V shaped pieces with the scissors. If working with material that frays easily, such as serge and some of the loosely woven silks and woolen materials, all seams should be oversewn or "whipped" on the edge. The armholes of an unlined blouse should be bound and those of a lined bodice whipped.

Homemade Window Pole.

Take an old broom handle. Paint it to harmonize with your room and insert at one end a screw hook. Screw into the upper screw of each window in the room a ring screw for the hook on the pole and your window pole is ready for immediate use.

This will save you from having to run about the house looking for a window pole or climbing on chairs to reach the sashes every time you wish to raise or lower a window.

Use For Empty Cans.

Tin cans in which one has bought meat or fruit make fine roofing for sheds or henhouses. When empty cut or melt off the bottoms and hammer them out flat. Then nail them on to the framework just as you would shingles or slates. Tar the whole inside and out, and you will have a water tight and practically everlasting roof.

Milady's Mirror

Curly Hair.

The difference between a plain and a pretty girl is often simply a question of hair.

A Venus must fail to appear charming with long, straight, untidy ends of hair hanging about her eyes. Undoubtedly nature favors the lassie to whom she gives curling locks. Waves made with "wavers" will come out, though a damping with eau de cologne before putting the hair into the instruments of torture helps. A hair net, many invisible hairpins and a well fastened securely at the back of the neck will keep the waves in shape.

It is quite true that hair can be made naturally curly. The process is expensive, however. It was first discovered by a clever foreign hairdresser. He had noticed that if a naturally curly single hair was stretched to its full length and left in a heated atmosphere it became perfectly straight and that if that hair was afterward placed in water it returned to its original wave. This made him think and make numbers of experiments with a strong microscope, and he found that the curly hair was covered with tiny open pores, and so he realized that if the hair was to be made curly it must first be made porous. The pores of straight hair are closed.

His hair waving process is based on these experiments, and the results are said to be wonderful.

The hair is thoroughly well brushed, then strands of it are wrapped closely and evenly around small metal cylinders. These are then covered first with strips of fine flannel damped with borax water and next with brown paper, each end being secured with string. Next these are slipped into still larger metal cylinders and quite moderate heat applied. The hair remains in the cylinders for ten minutes or so, when all the wrappings are removed, and the head is allowed to be covered with delightful natural looking waves.

The hair can be washed as often as one likes, and the pretty, wavy look does not disappear. In fact, it becomes more pronounced after washing.

Understanding the reason behind this process makes one realize how necessary it is to keep one's hair absolutely clean both by daily brushing and frequent washing. Perfectly clean hair doesn't fall into those dreadfully disfiguring "tails," even though it is straight.

Skipper Rope Exercise.

To develop the figure and correct round shoulders well bathe to the waist in cold water every morning if you do not take a cold tub. Then with a skipping rope skip for five minutes in front of an open window before you put on your outer garments. Next stand straight up, heels together, stretch your arms out in front of you as far as they will reach with the tips of fingers together; then with mouth shut spread them slowly open until quite wide apart, then stretch them backward, trying to touch the backs of the hands. Draw in a deep breath through your nostrils at this time. Then slowly bring your arms back to their first position, exhaling the breath through the mouth. Repeat this twenty times morning and night.

For Slender Waists.

A good exercise for decreasing the size of the waist is the following: Stand erect, place the heels together, raise the hands high above the head, joining the finger tips, then quickly bring the arms down as low as you can. Bend the body forward at the same time, so that the hands almost touch the floor. Keep the knees firm and bend from the waist only. Then swing the arms back to their former position raised above the head. Repeat ten times if you can do so without undue exertion, but should the exercise tire you commence with fewer repetitions and gradually increase. Practice before breakfast in front of an open window, no corsets on.

For a Red Nose.

Indigestible food or meals eaten too quickly often bring on redness of the nose. So does tight clothing. Wear all garments loose, including neckbands, collars, corsets, belts, sleeves, gloves and shoes. Avoid constipation. If an expert is needed take sulphur. Get a druggist to make up this special lotion: Tincture of storax, one dram; tincture of benzoin, two drams; rectified spirits, one ounce; rosewater, eight ounces. Shake the bottle before using. Apply frequently to the nose with a piece of cotton wool, letting it dry on.

For Puffiness Around Eyes.

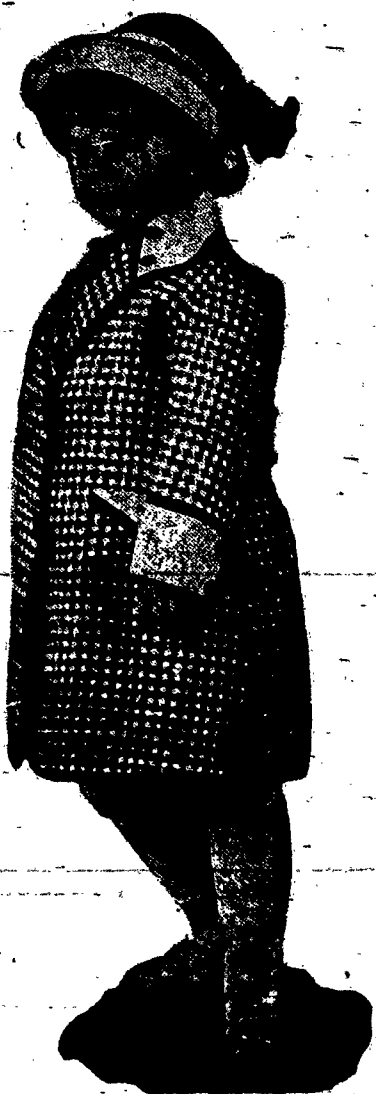
As an application for puffiness around the eyes this astringent lotion is recommended: Rectified spirit, one-eighth dram; simple tincture benzoin, one-half dram; glycerin, one dram; powdered tragacanth, two grains; rosewater to make three ounces. Shake the bottle before using. Use this on a small sponge to bathe the eyes three or four minutes several times a day.

Reducing the Chin.

Every evening massage the chin for a few minutes with this reducing massage lotion: Powdered tragacanth, ten grains; boric acid, fifteen grains; salicylic acid, five grains; glycerin, six drams; eau de cologne, two ounces; water, two ounces. Wear low and loose neckbands.

CHILD'S SPRING COAT.

Natty Garment of Blue and White Check.



CHILD'S SPRING COAT.

Children's garments are extremely picturesque this spring. Kate Greenaway effects are favored. Many other quaint conceits that are just suited to the kiddies are utilized by the designers who specialize on children's garments. A coat that is comfortably plain, yet has all the dash and daring that mother or little daughter could desire, is illustrated. It is made of checked wool in dark blue and white and trimmed with white flannel and blue braid. The plain lines of the design are especially fashionable, while the high belt and the pockets offer their share of the chic and the practical. White buttoned boots and stockings and a blue and white hat complete the little lady's outfit.

HANGING OUT CLOTHES.

A System That Saves Time and Extra Labor.

There is an art in hanging out clothes. Begin at lower end of line and hang the fannels, then the small pieces such as napkins and tray cloths, corset covers next, cotton drawers, towels, pillowslips, nightdresses, tablecloths and sheets last.

On the other line hang all colored garments, house dresses, men's undershirts, shirts, children's dresses, boys' blouses, in the same rotation. It is much nicer to see every article in its place than a sheet here and there or first a colored dress, then a heavy shirt, etc.

If one's clothesline is kept out in all weather it is bound to get grimy and stain the clothes. Save odds and ends of white cotton cloth and sew firmly together (strips), and as each article is hung pin to cloth on line and the bother of washing out soiled ends of clothes is done away with.

Ripping a Garment.

There is an inexact way and an expert way to do so small a thing as ripping a garment. The wrong treatment sometimes puts a perfectly good garment beyond the possibility of making over.

Scissors should not be used for ripping. A sharp pointed knife does the work better. Hooks, eyes, buttons and clasps, etc., should be taken off with great care and patience, bias seams carefully held that they may not be stretched and all threads neatly pulled out after they are well cut.

Lace trimmings should be most carefully taken off without pulling or snipping.

Avoiding Loss of Thimble.

Either a little pocket with elastic run through the hem, fastened to the side of the workbasket, in which to place the thimble or one of the small boxes in which jewelers place rings will be found a great help in keeping the thimble where it can be found when wanted. Every woman that sews knows the innate depravity of this small article—its propensity for hiding under all the spoils and everything ungladly ensconced beneath a piece of lace it eludes search for many minutes.

New Sewing Implements.

Old fashioned sewing implements are to come again into their own. The "sewing bird," as it was called, that holds the work in its beak, so a hem or bit of basting may not have to be pinned to the knee, is to be had now. There is a square base that screws securely to the work table, and the bird will not shake when in use. On the back is a tiny pincushion for needles and pins.

Points for Mothers

The First Teeth.

The moment a spot of decay appears upon a tooth—no matter how young the child may be—that decayed spot should be removed and the hole stopped by a dentist.

If this is not done the decay will quite certainly spread and probably destroy several teeth.

Don't imagine that because they are "only the first set" these teeth do not matter. The first set matters very much. If any of the teeth in decay and fall out too soon the jaw doesn't have the same chance to expand as it would do if the teeth lasted their full time and fell out naturally when the second ones came up under them.

Then, again, many mothers have an idea that the molars (the big back grinding teeth), which appear at the age of about six, are some of the first set and don't need any special attention if they show signs of decay. They are not. They are some of the second set—the permanent set—and if they decay and have to come out they will never be replaced. If the decay spots in the first set are neglected they will very likely infect these permanent teeth.

When Baby Can Use His Teeth.

Most year-old babies can eat a tiny piece of bread and butter. Some forward nites try to use their teeth even earlier. Cut the bread and butter into small squares and remove the crust to prevent their choking. The bread must not be less than twenty-four hours old. Rub the butter well into it; this makes it more digestible than merely spreading it. When twelve months old the average child may begin to drink from a cup, and gradual weaning from the bottle should then commence. But should any wilful rogue seriously resent the new way of feeding and stubbornly cling to his old friend, the bottle, indulge him for a time. Babies will be babies and have their little fads. Why not? We grown-ups have. Take away the bottle and probably a large proportion of the daily milk will be given up. The little ones should have at least two pints per day.

Unwise Punishments.

Corporal punishment can never do the average child good—never do anything, in fact, except break his spirit and make it timid and shrinking. Blows do not even quiet the little ones effectively, for the slap or box on the ear naturally results in noisy weeping, which in its turn mothers try to quell by another slap. If corporal punishment is necessary, and in some few cases it is—let it be short and sharp. Just as constant nagging is so much more harmful than an occasional angry outburst, so the system of slapping a child twenty times a day is far worse than caning it once in two or three months.

For Rickety Babies.

If mothers realized the virtue there is in warm soft water and pure soap there would be fewer puny babies. When the little one is inclined to rickets give it two baths a day. In the morning bath dissolve a gill of sea salt. A bran bath is excellent at night. Put one pound of bran in a loose thin cotton bag. Soak it in the bath water for half an hour while it is getting warm. Squeeze it and keep it in the water during the bath. Put a drop of attar of roses in four ounces of olive oil and rub baby with it five minutes after his evening tub. This is soothing and nutritive for a delicate child.

To Cure Nail Biting.

If a child has formed the habit of biting its nails keep the nails very short. Explain to him how ugly his hands will become and that nail biting is a vulgar habit. At six years a child is quite old enough to understand. Give him a little manicure set and teach him how to use them. The difficulty is he will probably continue to bite the nails through forgetfulness. To quicken the memory put bitter aloes on the finger tips.

Personal Tidiness.

Teach children right from the very first that nothing that needs mending must be put on till the mending has been done, and you will have no trouble to keep them tidy. "I started this plan," said a model mother, "and taught the children to do their own mending as soon as ever they were big enough to sew, and I think it would be hard to find children who are more particular in this way."

Treating Ringworm.

Ringworm is sometimes developed by delicate children. It is caused by the presence of a vegetable parasite. Give a child so afflicted extract of malt and codliver oil. To apply locally mix one dram of salicylic acid with one ounce of petroleum jelly and rub well into the affected parts.

Give Baby a Drink.

Many mothers never think of giving baby a drink of water. Often when it frets and whines it is just thirsty. If food is given every time there is restlessness the little stomach becomes overloaded and great discomfort follows. Milk is a food, not merely a drink.

EQUESTRIENNE GARB.

Chic and Convenient
New Riding Guit.



RIDING HABIT.

Spring is abroad in the land and the horsewoman with it. Garments for horseback riding follow accepted lines. There are the usual riding breeches, worn with a long coat, like the one shown in the picture. Much latitude is permitted in the choice of a hat, many fair equestriennes liking a rough and ready effect, like the one illustrated here.

FANCY BUCKLES.

Mostly Jeweled Effects Are Popular For Evening Slippers.

Evening slippers are all of the most elaborate type, and one might well ask: Were they ever before so beautiful? Jeweled buckles and even cameo ornaments the toes of satin evening shoes, which harmonize so beautifully with the costume that they are really a part of it.

Women who are interested in dressy styles will find attractive designs in the shape. Sandals with jeweled straps and heavy oriental insipid ornaments will appeal to those who make much of their boudoir gowns.

Women who go in for extremes will wear them without stockings, but the more conservative wear them with hose in either flesh color or in a color that harmonizes with the boudoir gown.

LINGERIE BLOUSE.

Pleasing Combination of Cotton Net and Lace For Morning Wear.

More and more are blouses and frocks made up after the simplest and least "cut up" design possible. Here



NEW NET BLOUSE.

are combined two new notes in fashion, the kimono blouse and the raglan shoulder, in sheer cotton crape with a cotton velvet stripe. Cotton net is another of the requisites of the mode that is used for its transparent effect on cotton blouses of the season. In this case the long sleeves that in Paris are proper on day blouses are of net. The high back, low front collar is of velvet lace.

Bathing or Gymnastic Slippers.

For gymnastic or bathing slippers cut the legs off old stockings just below the knees. Use the feet and see that they are darned if necessary. Hem all around the top and work long slits all around just below the hem about an inch wide is enough. Place a pair of cork soles, felt lined, in the bottoms of the feet, sewing them in strongly. Run a wide tape or ribbon in the slits at the top and there will be a pair of serviceable, rather high slippers or boots for bathing or gymnastics.

Soapuds For the Garden.

Never throw soapuds down the sink if you have a garden. They are valuable—poured over the flowers or vegetable beds. Soap is a splendid fertilizer.

For the Children

An Animal Tail
and No. For Kids.



Photo by American Press Association.

Although New York city is the most grand in the world, there are large sections within its confines where houses are few and weathered tenement blocks make up the landscape. One place is the town of Washington, Queens borough, on Long Island, on the outskirts of this city where there has been for some time a place for the world's largest and most famous animal tail. The place is the town of Washington, Queens borough, on Long Island, on the outskirts of this city where there has been for some time a place for the world's largest and most famous animal tail. The place is the town of Washington, Queens borough, on Long Island, on the outskirts of this city where there has been for some time a place for the world's largest and most famous animal tail.

A Diamond Explosion.

Sounds rather astonishing, does it not?

And yet, according to it is reported that a lecture before the Royal Society of Arts, London, diamonds are likely to explode.

He quoted various instances of diamonds exploding on both sides of the Atlantic. He said that diamonds are not as hard as they are supposed to be, and that they can be exploded by the use of dynamite.

Diamonds are supposed to be the hardest of substances, but they can be exploded by the use of dynamite. The expert chemist who made the discovery said that diamonds could be exploded by the use of dynamite.

A Canal Underground.

The most remarkable canal in the world is the one between Wexford and St. Helen's, in the north of Ireland. It is sixteen miles long and runs underground from the coast to the coast. Throughout Lancashire the coal mines are extensive, and many years ago the Duke of Bridgewater's business thought they could save money by transporting the coal underground instead of on the surface. So the canal was constructed and the mines were connected and drained at the same time.

Ordinary canal boats are used, but men furnish the power. On the roof of the tunnel arch are cross pieces, and the men who do the work of propelling the craft lie on the cross pieces, their backs and feet with their feet against these crosspieces on the roof.

Famous Persons.

If your friends come to spend an afternoon or evening with you play the game of "Famous Persons."

Prepare in advance photographs of famous people, labeled with names that do not belong to them. Then hand these about, naming the company for correction. What seems easy at first will be difficult and will tax the memory of your "party."

You can buy penny pictures of famous men, painters, musicians and authors. The one naming the most pictures correctly should get a prettily framed picture for a prize.

A Famous Bell.

One of the most interesting and perhaps finest toned bells to be found in Europe is the "Kaiser's bell," which is hung in Cologne cathedral. It is comparatively small as regards size, being only a little over twenty-seven tons in weight. The curious fact about the "Kaiser's bell," however, is that it became so badly cracked in 1875 that it had to be recast, and for this purpose the metal of a number of French cannons captured during the war of 1870-1 were used.

Changed Initial.

By changing the initial, make of a high wind a story, hearty, white, very masculine, low land, the most of a blow, a bundle, a transfer for time received. Answer: Give tale, tale, pale, vale, male, mile, wall, bale, etc.