Woman's World

Mrs. Thomas J. Walsh Supports a New Movement.

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MRS. THOMAS J. WALSH.

Mrs. Thomas J. Walsh, wife of the senator from Montana, is supporting a movement which deserves to be very popular. It is known as the "see America first" movement, and the name is self explanatory. The idea occurred to Mrs. Walsh when Secretary Lane of the department of the interior recently named one of the most beautiful lakes in Glacier National park in honor of the wife of President Wilson. This beautiful lake lies in the bowl of the mountains among the snow peaks where the continental divide runs through the famous park. It is 5,970 feet above sea level and among scenery unsurpassed in the world. There are several hundred of these mountain lakes in Glacier park, and Mrs. Walsh is anxious that they should be named in honor of famous living American women.

Mrs. Walsh is interesting women's clubs and individual women in the campaign. American women should know more about the scenery of America than they do. The movement may interest them in seeing America thoroughly before hurrying abroad to see landscapes that are inferior and enduring discomforts and inconveniences they would not tolerate at home. Possibly a better knowledge of their own country will enable them to appreciate its greatness and make them more patriotic citizens. There is absolutely no politics, suffrage or other special bias to the movement. The object is primarily to honor distinguished American women by giving their names to beauty spots in the national parks.

A BLOOMER SEASON.

They Replace the Petticoat on the Smart Woman's Toilet.

It seems an established fact now that the bloomer is going to replace the petticoat this season. With the ultra narrow skirts which are in vogue even one petticoat is utterly superfluous, and any woman will find that there is nothing really any more comfortable to wear than the long bloomers of softest crepe de chine, messaline or liberty silk. These three materials mentioned go well with the afternoon gown, while for evening wear much more diaphanous ones of chiffon or mousseline are stylish.

The reign of the petticoat has been a long and undisputed one, and it is not likely that it will allow itself to be eclipsed without some sign of struggle. It isn't so many years ago that four and five petticoats were worn, all of them sturdy and substantial and warranted to wear at least a couple of seasons.

Then later came the vogue of the taffeta skirt, the stiff taffeta which could be heard a block away and which was always judged, in fact, by the amount of noise that it made. This did not last so long—it was too inartistic. Afterward came the long, silky affair which clung under the narrow outside skirt and which even now has not relinquished its hold on the affections of a part of the feminine public. This is the rival now of the bloomer.

Time will tell just how complete the victory of the bloomers is. There are those who claim that by next fall every one will be wearing them. There are those, on the other hand, that declare that no such extreme style can hold public favor for any length of time.

Japanese Babies.

Not the least picturesque of the many domestic ceremonies of which the Japanese are so fond is that attached to the naming of their babies.

Immediately upon the arrival of the newcomer announcement is made by the happy family to all relatives and friends, and these hasten to send congratulations and presents. In the old days visitors were wont to insist upon seeing the mother and child; but modern Japan does not sanction such procedure.

On the seventh day after birth the child is named. The firstborn son is frequently called Ichiro, which means "first." Others, as in Latin, are named "second," "third," and so on. Girls receive much more picturesque names, such as Snow, Chrysanthemum, Glory, and the like.

Milady's Mirror

Care of the Nails.

No woman can be considered really beautiful who has not well kept nails. The condition of one's hands is an index to refinement, and the woman who pays a good deal of attention to her complexion and hair and neglects her hands is making a big mistake. It takes very little time each day to keep the nails in good condition once a thorough manicure is given them.

The toilet table should contain a complete manicure set, and it should be given constant use. A nail file, a curved pair of scissors, an orange stick, bleach and polish are all necessary articles, and if these things are used every day the nails and hands will always be in the pink of condition.

Double Chins.

To help reduce a double chin practice the following exercise: Stand erect in military position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collar bone. Then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. Turn the head quickly to the right till the chin is just over the right shoulder, then back again. Repeat ten times. Then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily until you can practice each one about fifty times without after discomfort.

Reducing Thick Lips.

Thick lips are often caused by the owner's unconscious habit of biting them at intervals. Watch yourself to see if this is the case with you. An astringent pomade which can be rubbed on the lips to decrease their size is as follows:

Cold cream, one ounce; pulverized tannin, one gram; pulverized alkanet chips, one gram.

Melt the cold cream and then add to it the tannin and alkenet chips. Let stand for five hours and strain through cheesecloth. You will need to be patient with this treatment, as it takes time to produce an appreciable difference.

Guarding Against Freckles.

Summer's sun brings that menace to good looks, the unsightly freckle. An ointment that is good for freckles is very simply made as follows:

Sulphate of zinc, twenty grains; elder flower ointment, one ounce. Reduce these to a smooth paste.

This should be applied lightly night and morning after a hot soap and water face bath.

The wearing of a reddish brown chiffon veil when walking or motoring in the sun and wind will often prevent freckles and needless burning. A white veil, though pretty, is absolutely no protection.

Massaging the Scalp.

To massage the scalp place the finger tips on top of the head just above the forehead and work back to the crown with a rotary motion, moving the scalp with every rotation of the fingers. Then start a little farther down nearer the temples and work back to the center, next up and back of the head from the nape of the neck to the crown. Massage is given to keep the scalp loose and improve the circulation; therefore the scalp must be moved to loosen it. Simply rubbing the fingers over the hair will not have any good effect, but will rub off the little fine hairs. It is better to dress the hair in a warm room.

Hints For Travelers.

When the smoke and dust settles into the pores of the face and is difficult to dislodge by ordinary cleansing methods diluted alcohol can be used with good effect or a lotion containing alcohol. Try this recipe, which you can easily prepare at home: One dram boracic acid, one ounce best alcohol and two ounces rosewater. Apply with a piece of absorbent cotton and rub gently for several minutes. You will be surprised at the amount of dirt that can be removed from the skin by this method immediately following a seemingly thorough cleansing with soap and water.

Scanty Eye Brows.

If your brows are thin and scanty and so fair as to be unnoticeable a little vaseline rubbed on every evening will make a tremendous difference. The rubbing should be done gently in an outward direction, from the nose toward the temples. The hairs should never be rubbed in the opposite direction. The eyebrows require more care than is often bestowed on them. They should be brushed regularly with a soft, clean brush in an outward direction.

Beauty Don'ts.

Don't use soda in washing your hair. It dries up the natural oil, making it harsh and brittle. The use of soda tends to make the hair prematurely gray also.

Don't eat rich and indigestible foods if you suffer from a red nose.

Don't forget that massage is the best means of preventing wrinkles.

Don't wash the face in hard water. Soften it with oatmeal, lemon juice or borax if rainwater cannot be procured.

TUB FROCKS.

Washable Crapes Are Popular For These Costumes.

STRIPED MORNING GOWN.

Crape is the popular fabric for tub gowns this season, and fortunately the manufacturers are able to give it to us in qualities that survive the effects of washing. Though they look so dainty and delicate and in many cases cleverly imitate the appearance of silk, yet they will emerge unscathed from the water if they are carefully handled. For this reason many of the practical morning gowns for spring are carried out in crape. They are simply and attractively made with straight, flowing lines. Usually the bodice opens over a dainty chemisette of white organdie, while the lines of the skirt may be broken by a box plait down the front.

A practical feature of the tub frock is the detachable tunic. A novel idea is to wear with the tub gown a detachable tunic of taffeta. These are effective over skirts of white crape, lace or embroidered net. Girdles and sashes are also used to give the touch of color which is demanded.

Illustrated here is a pretty morning frock of striped material. It has collar and cuffs of white organdie, and the note of color is imparted by the fringed sash of soft blue silk.

COMMENCEMENT GIFTS.

Dainty Tokens Which Are Suitable For This Purpose.

Ribbon decorations are seen in all kinds of forms and shapes. A little ribbon ornament utility case or bag fashioned from ribbon would make a very acceptable remembrance.

The ribboned hatpins are very nice. To make them ribbon is formed into small roses and then glued into the pins. An unusual ribbon rose, for a dress or a hat may be made by having the outer petals of cream lace. Gold lace can be substituted for the cream with very rich effect. This combination of ribbon and lace in the making of a rose creates a very good looking flower.

A bunch of roses or even a single rose in a small hat shaped box covered with Dresden ribbon would be an extremely dainty yet useful token.

Flower Muffs.

Flower muffs are not new, but their charm is such that they are revived in some form each year. They are especially favored for bridesmaids and matrons of honor, who find them a picturesque substitute for the bunch of flowers. Illustrated here is a large muff of violets worn with a little lace hat in which a cluster of violets is nestling. Violets also appear in the flowered pattern of the taffeta gown.

VIOLET MUFF.

COMMENCEMENT GOWNS.

Soft and Clinging Fabrics Favored In Their Creation.

EMBROIDERED NET GOWN.

Dainty gowns for the commencement exercises of girls' schools or colleges are now in demand. The style tendencies of the season enable designers to turn out frocks that are not only suitable for the young girl, but that are both dainty and attractive. Soft crapes, dainty nets and similar fabrics are preferred for the purpose. Illustrated here is an attractive gown of embroidered net with wide satin girdle. The tiered skirt has the fashionable pegtop outline. With the gown white suede shoes and a wide satin hair band were worn.

FASHION NOVELTIES.

Some Hints in Regard to the Small Accessories of Dress.

Crochet novelties in new colors and embroidered and printed linen ornaments are used on summer dresses.

There are handsome white silk tassels for use on evening gowns and a wide assortment of buckles or braid and silk in rich and unusual designs.

Tango caps are in metal effects lined with flesh colored silk and trimmed with fancy metal bands, tassels and ornaments. A very attractive cap is of net, with lace motifs appliqued on the crown, novel ear tabs of yellow chiffon bound with tango colored velvet and handsome rose trimming in a delicate French shade.

Roman stripes and Scotch plaids are seen in suit and dress materials, in silks and in ribbons. These stripe and plaid effects even appear in bead embroideries.

Starched cottons of the sheerest kinds, especially organdie, are prominent in neckwear, guimpes and sleeve trimmings. This transparent and crisp material has taken the place of net and chiffon for such purposes.

Buttons are on everything—suits, waists, dresses, etc.—and are in beautiful colors, often matching exactly the article on which they are used. They are mostly conical in shape. Chinese in design and medium in size. Some are decorated in gold; others are in clear and colored crystal.

Among butterflies are the chenille butterflies in natural colors attached to bone hairpins, by means of which they are readily placed at any angle in the coiffure.

Butterflies made of combinations of pearl beads and rhinestones, combined with a white feather, are employed for more formal wear. A butterfly made of black net is studded with jet and pearl beads and rhinestones.

Wicker Birdcages.

Some of the new birdcages are charming in their suggestion of convenience as well as in their beauty. But they are no exception to the old cages. Some of the really antique Japanese cages, made of split willow stained mahogany color and fitted out with little ivory feet and blue and white pottery food dishes, could not possibly be surpassed by modern man. And what can be more attractive than the wicker cages of the peasants of parts of Europe? American dealers in wicker furniture are now selling cages similar to these peasant cages. They are not expensive.

The little glass bathhouses that are hooked over the open door of the bird's cage are a delight to the bird and a convenience to the human being who is caring for the bird, for they prevent splashing of water all over the room where the cage hangs. The bird splashes, to be sure, but he splashes against the little glass walls of his bathhouse.

Sponging Suits.

Every one has experienced the annoyance of having a suit wear smooth and shiny in spots, but every one does not know how to restore the material to its original condition. The remedy is simple. Sponge the spots with strong indigo bluing water; then press under a cloth while damp.

Points for Mothers

When Baby Cries.

A child does not cry or scream just for the love of it. If your baby has fits of screaming without any apparent cause you would do well to diagnose the trouble by going over him carefully to see if his clothing is making him uncomfortable in any way.

If the crying precedes or follows feeding he is likely to be hungry or troubled with colic or indigestion. If these are not the reasons you may find that he is crying to be taken up or demanding some object that he desires, having learned by previous experience he can obtain it if he yells long and loud enough.

The sooner he realizes that he can accomplish nothing by screaming the better it will be for mother and the child. If he has acquired the habit it can only be overcome by firmness, patience and some suffering on the part of the mother.

It may be that this crying is caused by an intensely nervous condition due to too rapid growth of the brain. We must remember it grows as much the first year as during all the rest of its life. The child should be kept perfectly quiet, see few people and not be played with. In fact, exciting it in any way must be avoided.

Eggs an Ideal Food.

Eggs are ideal food for children as well as grownups. There is a large proportion of iron in the yolk, also fat. Thus the blood and the bones are strengthened. The white of egg contains albumen, which is more valuable as a flesh former. There are just a few people who can never digest eggs. Some young children become sick after eating them, but they generally grow out of it. As a rule, it is the white which disagrees. Try giving the child the yolk only for a time. Never give fried eggs to little ones. Boil or poach them. To cook an egg without hardening the white place it in boiling water, cover it, then lift the saucepan back from the fire at once. Let it stand for eight minutes. The white becomes like a jelly and is easily digested.

The Lunch Basket.

For the child who takes his lunch to school there are interesting boxes and baskets. Some persons think that a lunch packed in a basket always tastes fresher. The current of air which the basket permits to circulate about the lunch removes any odor of cleaning that might otherwise accompany about the lunch, and so altogether the lunch is more appetizing in a basket than in a box. For these persons there are delightful baskets to be had. It is better to pay a little more and get a basket of substantial weave than to get a cheap basket which will fall apart soon.

Neat Hair Ribbons.

Immaculate hair ribbons make a tremendous difference to a child's appearance, but mothers find them a serious item. They so quickly get soiled and untidy looking. Buy the best washing ribbon for the purpose. Get a roll at a time and you will find it cuts to good advantage and far outwears any other kind of ribbon. If carefully washed in very cool suds and then rinsed and ironed with a cool flatiron it looks well to the end. In putting on the ribbon weave it in with the last two or three turns of the plait, then tie firmly, and it never comes off.

Children's Pockets.

Children's pockets are always apt to tear away from the seam to which they are sewed, and nothing looks more untidy. To avoid this sew one end of a piece of tape to the top of the pocket and the other end to the waistband or, if it is an overall, to the armhole. Fasten the tape just tightly enough to take most of the strain.

It is an excellent plan to make the pockets in boys' suits of waterproof material. Then when he puts sticky things into them—as he is certain to do—they can easily be sponged clean.

Fault Finding.

Every one knows that a child must be carefully trained. It is necessary to find fault sometimes. But this is just where many people make a mistake. They overdo the faultfinding part of the business.

You cannot cure either children or grownups of faults by continually talking about them. After a scolding let the matter rest for a bit and then see what a little kindness will do and a word of praise when it is due.

Bananas For Children.

Most little ones of three years and older can digest a banana if trained to eat it slowly and masticate it thoroughly. When swallowed in lumps bananas are very bad, even for grownups. Bananas are good food and nourishing. Mash them with a fork and mix a teaspoonful of cream with them. They should not be given to younger children.

Rash on Child.

Teething babies often are afflicted with rash. The mother should be most careful as to diet. Give a dose of castor oil to clear the system. Then twice a day your baby should have a little fluid magnesia until the rash has gone. To allay the irritation put a tablespoonful of carbonate of soda in his bath.

For the Children

Interesting Articles for Boys and Girls.

Photo by American Press Association.

Memorial day is in some ways the most interesting of holidays. Coming in the late spring, when the earth has put on its coat of green and [illegible] are everywhere in profusion, it is [illegible] welcomed for the bands, the parades and music and [illegible] flowers in the [illegible] sweet and solemn occasion. [illegible] the spirit of the day and [illegible] more take part in the observance, gathering flowers, making wreaths, marching with their elders in [illegible] tribute of love to the departed heroes of the civil war. In the southern states Memorial day is celebrated a few weeks before May 30, the general growth of flowers making it possible. But in nearly every state the observance is much the same—patriotic addresses on the graves of the dead. [illegible] two young twins in the [illegible] in a parade in New York on Memorial day. They were the leaders of a line, and behind them followed a [illegible] of children, and then [illegible] of soldiers.

Baseball Football.

Make the football by [illegible] two nails in each end of the [illegible] lay out the gridiron, with the boundaries on the dirty field [illegible] or chalk, having two goals [illegible] for goals. Their field [illegible] and then the two [illegible] signal both sides or teams [illegible] blow upon the whistle, [illegible] placed in the center of the field [illegible] side kick, of course, to [illegible] toward his goal. The player [illegible] his place, and is [illegible] never to move the ball by any way than blowing. For [illegible] player is sent from the field, [illegible] actual game. Regular football [illegible] are used, and the game is [illegible] the real game. Each of the [illegible] should have a name, either [illegible] or after some of the [illegible] schools. This always adds interest to the contest. Old and young equally enjoy the game, especially if they understand football tactics and rules.

Apples of Olden Times.

Long, long ago Greece was famous for its fine apples, and in the apple season people ate them at every meal. They had one kind so choice that each person was allowed to eat only one a day, and he was punished if he disobeyed this law.

The early Romans, too, were very fond of this fruit and had many fine apple trees near Rome. They were always trying new kinds of grafting and named the results after their favorite generals. They are said to have had twenty-two varieties.

The druids cherished this tree not only for its fine fruit, but also for the mistletoe which grew on it.

In Wales the poets were rewarded for their beautiful songs by a wreath of apple sprays.

Employment Plan For Boy Scouts.

The chamber of commerce now offers "efficiency badges" to boy scouts of Greater Boston who show efficient acquaintance with industries on which they have chosen to be examined. Names of successful candidates will be kept on file at the chamber for the benefit of members desiring to employ boys.

Willow and Laurel.

Children, gather close about me,
Listen while I tell to you
Of a war which set the slaves free,
Winning laurels for the blue.

Brother fought against his brother,
Each one thinking he was right,
Wringing heart of many a mother
As news came of each fresh fight.

So each struggled hard for victory,
Loyal blue and gallant gray,
One for homes and one for country,
Till the war clouds passed away.

Boys in gray proved foes with bravery,
Noble conquerors were the blue,
But the war which ended slavery
Ended many young lives too.

So, dear children, let us scatter
Flowers over every grave—
Blue or gray, it is no matter
Each one shelters soldier brave.

To the victors we'll bring laurel,
Willows give to vanquished foe,
Memory still will nurture the quarrel
Which laid many good men low.