

Woman's World

Peace Medal For Female
American Woman Author.



MRS. KATRINA TRASK.

At this time, when the public mind is so occupied by the war question, it is interesting to consider the personality of an American woman who has been recently honored for her services against international war.

This honor is the award of the annual peace medal by the American School Peace League. The organization believes that in her latest book, "In the Vanguard," Mrs. Katrina Trask has done more than any other person in America during the year to advance international peace.

"In the Vanguard" deals with the story of a young man full of military enthusiasm. A supposititious war breaks out between this country and a foreign power, and he enlists, much to the admiration of his friends and sweetheart. The story takes him into his first battle. He enters the battle and fights during part of it, showing the greatest bravery. The sight of men being shot down convinces him that warfare is really murder. He turns away, not because of fear, but because of abhorrence. It is the ordeal which comes for him later, when he has to face the ridicule of his comrades and the indignation of his friends at home that is the main idea of the play. Even his sweetheart turns against him, but he refuses to alter his decision and declines to be a party to what he considers murder.

The author of "In the Vanguard" is the widow of Spencer Trask, the New York banker and philanthropist. She has written many books of high literary merit. Her best known works are "Night and Morning," "King Alfred's Jewels," "Moss and Victoria" and "Little Town of Bethlehem." The exquisite quality of her verse is best appreciated by fellow poets. Her latest work, "Discriminating Critics Assent," deserves to be ranked as a classic.

Mrs. Trask's literary work has been carried on at her beautiful home, Yadodo, on the outskirts of Saratoga Springs. The mansion stands on an elevation commanding a wide stretch of picturesque country. Surrounding it are grounds beautifully laid out. Recently Mrs. Trask announced that when she passed away these were to be given over to the townspeople of Saratoga as a park. Both her husband and herself have been identified with much wholesome philanthropic work.

THE HOUSEHOLD GUARDIAN
How to Feed and Care for the Family Watchdog.

If you want handsome pets that are a credit to you they must be well cared for and treated considerably.

All dogs want a natural outdoor life, with plenty of exercise, and those who have not time to exercise their dogs should not keep them at all.

Feeding a dog should be the special duty of one person. If it is everybody's business the animal is sure to be overfed one day and shockingly neglected another.

Two meals a day and at regular times are sufficient.

For breakfast early in the morning biscuits, with a little meat or bones or gravy, will suffice, but the second meal about 6 o'clock should be more varied and may include boiled rice with broths, cooked meat scraps and vegetables, boiled entrails, scraps from the table, but not fat. A bone to gnaw cleanses the teeth and aids digestion.

Sweet cakes and other fancy foods are undesirable, leading to digestive troubles and spoiling the appearance of the coat.

A supply of fresh drinking water should always be within the dog's reach, and the vessel ought to be washed every day.

It is a small matter even for busy people to spend five minutes each day brushing the dog's coat, but this greatly assists in checking insects and keeping the skin and hair in a healthy condition.

Stiffening Curtains.

When doing up curtains at home if flour is used instead of starch the iron will not stick so much and the curtains will have more the appearance of new ones. One good tablespoonful of flour for each curtain is sufficient. Mix the flour to a thick paste with cold water; then put in the tub and pour on as much boiling water as required for rinsing the curtains.

Selecting Juvenile Shoes.
The footwear of small girls and boys is of exceeding importance to their appearance. Not only must the shoes be of the shape best calculated to the proper development of the feet, but they must be kept shapely. For mornings and play hours the best summer shoe is the high boot, lace or buttoned, in white canvas or in dark tan kid. Next to these comes the tie for semi-dress occasions. For parties are the patent leather sandals for boys and sandals in various shades for the girl, whose shoes and stockings invariably match the color of her dancing frock.

Points for Mothers

What Children Should Eat.
"The best meats for children of all ages are crisp bacon, broiled and roast beef, lamb, mutton, chicken and white fish. If meat broths are used it should be remembered that they are valuable chiefly as stimulants and contain very little food substance," declares Miss Cora E. Binsel, instructor in the extension division of the University of Wisconsin.

"Between the fifth and tenth years the diet should still include a large amount of milk. New foods are gradually added until the child is eating practically the same food as the adults of the family. A well mixed diet, including a reasonable amount of vegetables and well ripened fruits, is always desirable. Individual preferences cannot always be overcome, but careful training will do much toward cultivating a taste for all kinds of food.

"In the adolescent period the large amount of food needed makes it important that it be of an easily digested kind, simple and rich in protein and mineral salts. The average active boy of fourteen will need quite as much food during the day as a grown man of sedentary habits.

"Egg lemonade, made with two yolks to a glass, is a valuable addition to the diet of the girl in her teens if she is pale and undernourished."

Teaching Baby to Walk.
Do not try to teach a baby to walk. As soon as its leg bones are strong enough it will stand and toddle of its own accord. You can, of course, guide it, but do not set it on its feet and make it stand and lead it by the hand when it doesn't want to go.

It is pitiable to see a weak legged little creature pulled along by the hand when its heavy body has no firm support from its frail legs and its mother or nurse is under the delusion that by making it walk thus she is strengthening its limbs.

Instead of this she is letting the child run the serious risk of being permanently deformed. It is thus that bow legs are formed.

The child should take exercise rolling and kicking on a rug. It may have its legs massaged twice a day with salt and water, but should have only as much exercise on its legs as it wishes to take.

Care of Baby's Ears.
Never by any chance should a baby's ears be filled with soap in the daily bathing; neither should the finger be inserted in the orifice to dig out the soap left.

The washcloth should be rinsed, one corner folded softly to make a sort of small mop, and inserted very gently, never far and never forced.

To use any sort of implement, like a hairpin or the point of a toothpick or, indeed, anything that can possibly enter too far, is to perhaps cause loss of hearing that seems unaccountable.

If a child complains of earache do not gouge into the ears to extract any hard deposit that may have accumulated, but drop a very little melted petroleum jelly—not hot, but melted—from a spoon, insert very lightly a bit of absorbent cotton and cleanse the ear.

Tactless Parents.
In the Woman's Home Companion a story filled with observations of child life comments as follows on the everlasting question that parents ask their children: "Have you washed your face for supper?" The magazine says: "This is not a happy greeting, as you will realize more keenly if you are able to think back into your own childhood. Very few people can think back definitely, but those who can must remember cautious homecomings by back ways, careful avoidance of mothers and fathers for a few minutes, knowing that the first word that those beloved people would speak would be one of disapproval. What, with torn clothes and dirty hands and coming in late, the return of the child can be a very often a very trying ordeal."

Picturesque Garb for Boys.
The small boy just exalted to trouser suits signifies an appreciation for picturesque effects by wearing Oliver Twist raiment, comprising a pair of knickerbockers fastened on a blouse, the whole displaying a far more generous use of material than poor Oliver's scanty clothes did.

Many mothers, however, still prefer the belted tunic and knickerbockers of lime honored use, thinking that it suits the rotund figures of their young sons better than the new kind of dress. But there is a spice of novelty in the Oliver Twist design which is of appealing force.

Comfortable Corsets.
A medical man has said that nothing more sane than the new corsets has come into fashion's realm for a long time. The waist line of these corsets is large and the bust low. They are of such shape that full, deep breathing is possible.

Motoring Hats.
The perfect motoring hat is made of satin, corduroy, or it may be of white felt. All of these are soft, wrapping themselves to the head in whatever way the fancy of the wearer may dictate.

LONG CHECKED COAT.

For Motoring or Traveling
This Wrap Has Advantages.



NEW CHECKED COAT.

The coat illustrated here is a handsome affair of green and white check with one of the new turned over collars of velvet. There are epaulettes of velvet combined with fancy buttons on the shoulders. The raglan sleeves are finished with deep turned back cuffs. The coat is suitable for general wear in the fall or makes a convenient wrap for the motorist or traveler.

ADJUSTING WAISTS.

Tape Stretched Across the Back is Convenient.
Since separate blouses are a necessity with tailored suits here is a good point to remember. Instead of sewing the tape at the waist line down on the waist all around leave the fronts loose and stitch the tape only across the back. This will give ends that can be brought around and tied in front.

You can regulate the fullness much more easily by this method and so prevent belting in an unsightly manner. Before sewing the tape to the waist be sure you get it adjusted properly at the waist line; otherwise it will be very uncomfortable.

Another good method of keeping skirts and waists together is to fasten a broad stay piece across the back of the waist or blouse. To this fasten large ordinary eyes and sew to the inside of the skirt band heavy flat hooks to correspond. Round eyes buttonholed in twirl may be used on silk and sheer waists.

BRILLIANT COLORS.

French Dressmakers Favor Them For Their Most Elegant Creations.
The couturiers of Paris are featuring old combinations of materials in their latest creations. Silk, linen and pique will be effectively allied in one model, while another is fashioned of voile, silk and batiste.

Blouses have jumper effects of one material worn over gumples of another, while the skirts are formed of long Dutch tunics and underskirts of contrasting weaves.

Brilliant colors are combined with ecru, white, dark blue or gray. The designs selected are bold and striped fabrics are general favorites, and many of the long tunics are evolved from these striking materials.

Closely Woven Crepe.

The popular cotton crepe is a very fine, close weaving, resembling its more expensive sister, crepe de chine, and the ratine or sponge cloth is also finer and closer than that worn last year. Both come in a large range of colors, of which at the moment pink is extremely fashionable, ranging from the palest blush to the deepest rose tint, also light or dark pink blue, mauve, mastic and dove gray.

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GIRL'S SCHOOL DRESS.

Fall Model Along Lines
Approved in Adult Gowns.



GIRL'S SCHOOL DRESS.

For the young girl of from twelve to fourteen the three piece suit illustrated here makes an attractive school costume. Navy blue cloth is used for the skirt, tunic and short coat; the blouse is of blue satin with a pretty frill of plaited net running around the neck and down the front of the garment.

FIRELESS KETTLE.

A Convenience That Will Be Welcome in Hot Weather.
The principle of the fireless cooker kettle is the same as the well known fireless cooker except that the kettle does not come in a cabinet. It is made of aluminum and insulated with mica. On the base is a metal ring which prevents the kettle from warping when used for baking purposes. The top is arranged that heat and moisture cannot escape. An asbestos pad accompanies each kettle. On this the kettle is set after it has been allowed to boil about one-third of the time it would require to cook the inclosed food in the ordinary stove. There are four sizes of the kettles, of two, four, six and eight quart capacity, the two quart size being for cereals.

SCHOOL SWEATER.

Silk and Mercerized Models That Are Handsome Affairs.
The schoolgirl finds a sweater a very useful garment. In the early fall it may be substituted for a coat.

Very attractive are the sweaters now shown in the shops. Some of the



SILK SWEATER.

models are of silk or mercerized to present a silky appearance.

The attractive sweater and cap shown here are of green silk. The fringed sash knotted about the waist is a chic touch. The two large pockets are decidedly convenient.

Cape Jackets.

Some of the short jackets of tailored suits have two or three short capes falling just below the shoulders in the back and in the front a sort of reverse as a necessary complement of the capes. These jackets are very good looking. Especially when they are developed in bright blue serge or gaberdine, perhaps with red buttons and a white collar, they have a quite military look.

Milady's Mirror

San Baths for the Hair.
In some cases the scalp becomes extremely dry and the hair wavy and brittle when exposed to the salt air. It is then necessary to use a little oil to replace the natural oil.

While the sun has an ill effect upon wet hair (salt water) it is very beneficial when the hair is dry. So while at the seashore a daily sun bath will be good.

Take off the cap, shake out the hair and let it float in the breeze, running the fingers through so the hair roots may be benefited by the air, sun and ventilation.

This treatment if persevered in will be found to work wonders and incidentally mean a saving of time and money, for professional treatment will be entirely unnecessary upon the return home.

Headache Cure.

For summer headaches there is nothing better than an aromatic sponge. Any good cologne or toilet water can be employed for this, though Florida water, bay rum and lavender water are perhaps the most effective.

Fill a basin with very hot water. Add cologne until the vapor of steam arising from the mixture is pungent; then with a bit of old, soft table linen dipped into the water bathe the face gently, patting it rather than rubbing it.

Use a rotary motion on forehead and temples and when the face has cooled rub the water or add more, dip the cloth into it, wring out a little and allow the dripping cloth to rest at base of brain and behind the ears.

Then lie with body relaxed and eyes closed for at least fifteen minutes.

Shapely Finger Nails.

To keep the finger nails a good shape file them every day rather than cut them once or twice a week. Before filing the hands should be thoroughly washed with soft water and good soap. The file should be used lightly from the sides to the middle.

Don't trim the nails to a point; it is ugly. A rounded form is far prettier. A little good cold cream or olive oil should be rubbed into the nails before filing if they are inclined to be brittle. It will prevent them from splitting.

A Cleansing Cream.

For cleansing the skin try the following cream: One-half ounce each of white wax and spermaceti, two ounces of sweet almonds and two ounces of rosewater. Melt the wax and spermaceti, add the almond oil and when well blended remove from the fire and add the rosewater, stirring briskly till cool and creamy. You can dissolve a tiny pinch of borax in the rosewater if you wish or can add ten drops tincture of benzoin while stirring the cream.

Saw the Entire Face.

A man at the international polo games remarked that he had never seen women's faces look so well. He puzzled about it until a woman enlightened him as to the reason—their hair was brushed away from the brow and temples. This new coiffure shows all the face, and it even goes so far as to uncover the ears. This is a part of a woman's anatomy that she has skillfully kept from the public for the last four years.

Eyebrow Tonic.

A good tonic for the eyebrows is made with two ounces of petroleum jelly, one dram of tincture of cantharides, fifteen drops of oil of lavender and fifteen drops of oil of rosemary. Apply night and morning with a tiny brush. This can also be used on the eyelashes, but must not be allowed to get in the eyes since any oily preparation will inflame them.

Damp Hands.

Needlewomen who suffer from damp hands will find it an excellent plan to rub the palms of the hands occasionally with a solution of borax in a little alcohol. When sewing keep a sponge saturated with the solution ready at hand and occasionally squeeze it in the palms of the hands, allowing the moisture to dry without wiping.

Nervous Headaches.

Nervous headaches are a common complaint among women. If a doctor is not consulted the best treatment is to keep the patient in bed and allow nothing to come near her which might worry her. All troubles should be kept away and perfect quiet preserved until the overwrought nerves resume their natural condition.

The Secret of Beauty.

Good health—good grooming and a good complexion are the secret of feminine beauty and charm, and it is a woman's own fault if she does not possess all these. Much depends upon her choice and use of her toilet accessories, for eternal vigilance is the price of beauty as well as of liberty.

Deep Breathing.

When you breathe deeply your muscles gradually strengthen, your eyes glow like twin stars, your chest becomes full and rounded and your pale cheeks are stained a vivid red.

For the Children

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Newport, N. J., at nearly every hour during the summer months. At such times in the summer, when the sun is in its full glory and the children are in their best attire, they are in the best of health, although they are in the middle of the season. In the month of Newport the little girls make very good part, although they are supposed to play on the sand and in the water that roll up on the beach. Recently a camera man was present at a school function at the famous Casino. He snapped away at the young girls as they watched a game of tennis. The only youngster shown in the picture is Miss Frances Mills and her brother, Master J. Mills, children of Mr. and Mrs. Ogden Mills of New York and Newport.

Game of Bricks.

Draw two lines fifteen feet apart, then divide the boys into two companies, allowing each player a piece of brick or square wood that can be easily thrown. Each player on one side throws his brick, trying to come as near as possible to the line as the other side. The one furthest from the line sets up his brick on the line and the one nearest standing on the opposite side pitches at it. If he fails to knock it over he sets up his brick and the other boy pitches at it. If he succeeds he picks it up, goes back to the line, pitches it again near the other brick, keeps over it and hits the brick near that of his opponent. When he must pick up his brick and carry it successfully on his head, on each shoulder, on his back, on his breast (walking), in the hand of his hand (holding), in between his legs (standing). Each time starting at the line and proceeding to the other brick and knocking it over. Finally he marks a square enclosing the brick and about sixteen inches square, and if he can get over this he is declared a winner. If he fails in any one of the "stunts" he must wait his turn, but can then begin at the point where he failed.

Owl's Ocular Hobbies.

A pair of solemn little brown owls have made their home in a strange place on the farm of a certain English fruit grower. They have laid their eggs in the furnace of a movable boiler used for washing beehives. The boiler has not been lighted recently, but the boiler is in daily use, and when the owls are "at home" they do not mind this at all. They enter and leave their home by means of the small iron chimney attached to the copper.

Nature lovers are intensely interested in this species of owl because it is not native to England. It originally was brought from Spain. The little owl flies by day as well as by night.

Game of Rimes.

Two words that rime, as "game" and "name," may be chosen. Each person is required to write four lines in rime, as—

I played a game,
Without a name,
I won no fame,
But who's to blame?

There can be a great deal of fun in this game, and it is really surprising what really clever rimes are sometimes made.

The Beautiful Bantam.

I am Sir Bantam,
A rooster brave and bold,
I stand upon the fencible,
I make the neighbors proud,
I can crow the very loudest
Of all the bantams round,
My voice if it is shrillest,
My stout can't be fowled.
Cock-a-doodle,
Cock-a-doodle,
Cock-a-doodle-dee!

Yes, I have a rival,
Whom I love to whip,
He's so much afraid of me
That he gives me the slip,
But I always catch him,
And, as 'tis very handy,
I knock the feathers out of him
To Yankee-doodle-dee,
Cock-a-doodle,
Cock-a-doodle,
Cock-a-doodle-dee!

Near the hens all cocks!
"See our boy he's true!"
Let's hear, let's hear,
And the red, white and blue!
No, I am Sir Bantam,
A bold one and a brave!
I shall prize myself forever
And, at the neighbors' view,
Cock-a-doodle,
Cock-a-doodle,
Cock-a-doodle-dee!