

## Woman's World

A Royal Lady Heads Austrian Red Cross Work.



Photo by American Press Association.  
ARCHDUCHESS MARIA THERESA.

The report that the Archduchess Maria Theresa heads Red Cross work in Austria brings to public attention a princess whose devotion to good work is notable in Vienna. She is a lady of honor of the Order of St. Elizabeth of Bavaria.

The Archduchess Maria Theresa is stepmother of the murdered Archduke Francis Ferdinand, whose death was the cause of the present European war. The father of Francis Ferdinand was a brother of the present emperor and died in 1890 after having been three times married. His first wife was a princess of Saxony. His second wife, the mother of the Archduke Francis, was a princess of Bourbon-Sicily. She died in 1871, and in 1873, when he was forty and she was eighteen, he wedded Maria Theresa, Infanta of Portugal and sister of Miguel, duke of Braganza, known in Europe as the pretender to the throne of Portugal.

The archduchess is therefore aunt to Prince Miguel of Braganza, who married Miss Anita Stewart of New York. He is also aunt to the young Grand Duchess Marie Adelaide of Luxembourg, through whose neutral territory the Austro-German troops pushed their way in spite of the youthful ruler's spirited protest. The fact that she is aunt also of Princess Zita of Parma, who is the wife of the Archduke Charles Francis Joseph, the heir to the Austrian throne, makes her little court in Vienna one of importance.

The archduchess is as kind as she is brave. It is related that having heard a fire had broken out in the neighborhood of one of her country houses she instantly drove to the place. Learning that a little child was a prisoner in one of the burning houses, the royal lady rushed into the building, dashed up the blazing staircase and a few minutes later emerged with the child bundled in her arms and quite unharmed. Her own hair, face and hands were, however, badly scorched. For this deed she was made honorary captain of the Central Association of Fire Brigades of Austria.

### NICHES AND ALCOVES.

Into These Attractive Bookcases May Be Built Inexpensively.

A closed doorway makes a very nice frame for a bookcase or brace-brace shelf. The door should be covered with burlap and then the shelves built into the jamb. With good bracing these may be rounded out to make them deeper than the ordinary door frame would allow for. When finished the shelves may be stained or enameled to correspond with the other woodwork in the room.

Sometimes there is an arched niche between two closets in the bedroom of an old-fashioned house. There may or may not be a stationary washstand in this niche. If there is not built in shelves will make a desirable bookcase or dressing table. In the latter case one shelf should be made at the usual height of a bureau or table. One lower than this can be hidden by a cretonne curtain gathered to the shelf above. A looking glass in the niche above, which should, by the way, be gilded in white or a plain pale tint, will complete a very attractive little corner.

Sometimes such a niche is large enough to accommodate a desk. In this case several roomy shelves can be built in above, or a hanging bookshelf can be bought to place there. Again, the niche can be made into a cozy seat by the aid of a homemade bench and some cushions. In this case a shelf above, high enough to escape the hand, will make a fitting place for photographs or ornaments and books. The walls between the shelf and the seat should be covered with burlap or plain cretonne.

### Dolly Centers.

Instead of the usual hemming and buttonhole stitching of dolly centers, a quick and easy way is to crochet them around with a medium cotton and hook in the double crochet stitch, working closely. This is especially useful for the small cuttings of damask, from which small rounds, ovals, etc., can be made.

## Milady's Mirror

### Care of Teeth.

If you were to tell the average woman that her teeth were not clean she would look at you in indignation. Does she not brush them every morning and night? This is not all that is needed to keep them in good condition, however, and it is not even enough to keep them clean.

Of course, upon arising in the morning the teeth must be brushed and the mouth washed out. However, at this early stage it is unnecessary to use a powder or paste, as it is taken for granted that the mouth has been made clean the night before upon retiring. Therefore in the morning it is only necessary to brush the teeth with water and then to rinse out the mouth with a good wash. Now the mouth is in good condition to receive food.

After the morning meal comes the real brushing. This time a rollable paste or powder should be used, the teeth scrubbed with a brush up and down as well as across the surface so as to get out every particle of food.

Also remember to scrub the inside as well as the outside of the teeth, for this is where the gummy tartar forms, and that is at the root of almost all dental troubles.

Now rinse out the mouth with water several times to free it of all paste or powder. Inspect the teeth with a looking glass held close to the mouth, and if they are not perfectly clean in the crevices take a piece of dental floss and force between the teeth. This will free them of all particles which remain in the mouth.

After each meal go through this process if you wish to keep your teeth in the best condition.

### The Neck and Throat.

Now that the blouse with the open neck is the thing to wear it behooves women to take great care of the skin of the neck and throat, which, if once allowed to become red and scorched through sunburn, looks very unsightly indeed. Some people, it is true, admire the becoming brown which is characteristic of the river girl, but we do not all brown becomingly, and in any case constant tanning and brownning to such an extent are bound to harm the skin in due course. If you make a practice of wearing low necked blouses out of doors don't forget your sunshade and rub a little glycerin and rosewater well into the skin of the throat and neck a few minutes before going out, wiping it off again with a soft towel. Then dust over with a little powder. This affords ample protection as a rule, unless, of course, you spend a very great part of your time on the river or at the seaside. If you can easily avoid low necked blouses for both river and seaside wear, for prevention is better than cure.

### How to Walk Correctly.

"The proper way to walk," says a writer in the Woman's Home Companion, "is with the foot almost flat so that the weight of the body at one step is distributed over the entire sole of the advanced foot. The heel should touch the ground first and foot point straight ahead. Do not attempt to stiffen the knees in military style, but let them give somewhat with each step; let the arms swing naturally at the sides and take a moderately long stride. If you do considerable walking and hold the body erect with the chest high you need not worry about the correct way, because in order to cover ground rapidly you will strike the ground with the heels first, and in a long walk any one who tries out will observe that there is an over-increasing tendency to point the foot straight ahead."

### When Washing Dishes.

If the palms of your hands get scaly and dry never put them into strong soda water, such as is used in washing up dishes, without first rubbing vasoline well into them. Put your hands in the water as little as possible. Use a dish mop or cloth in washing up dishes.

After finishing the dishes cleanse your hands thoroughly in a lather of good toilet soap and hot water. Apply glycerine and rosewater and wear a pair of chamois leather gloves for a while.

### Preventing Sunburn.

To entirely prevent sunburn on a tender skin is almost impossible. But it can be greatly lessened by rubbing a cold cream on the face before going out in the strong sunlight. Cover the face and neck (if the neck is to be exposed) with a cream, rub it in for a few moments; then wipe it all off, but not too thoroughly, and dust with rice powder. When you return use the cream and powder again. If your face should become chapped bathe it with very hot water.

### Friction For the Skin.

Friction means a healthy skin and good complexion. Unless the pores are kept open by exercise it is necessary to resort to artificial means to keep the skin in good condition. A feet brush, loofah or friction glove should form part of every bathing equipment. A rough towel, used vigorously after the bath, can also accomplish much.

## COAT FOR GOLFERS.

Useful and Smart Wrap For Early Autumn Sports.



STENCILLED COAT.

For fall sports the coat pictured here is smart and pleasing. The wrap is of white cotton adorned with a stenciled border in blue and white and caught in front with a fringed sash. The coat may be worn with a little white sports hat of the same material.

## FINE WHITE VEILS.

Frenchwomen Are Wearing Them Now in Elaborate Patterns.

The Parisiennes wear fine white wash veils with hats. Many of the veils have elaborate spider's web designs worked all over them, but one of the latest beauty veils is made of fine white wash tulle, with spots worked all over its surface in colored linen thread. For example, a white tulle veil is worked over with butcher blue linen spots, or the same tulle is combined with pale heliotrope linen thread. The spots are at some little distance from one another, and the veils are delightfully light and summerlike. Parisiennes are very careful about their veils. They have them frequently washed or cleaned, and they do not hesitate, in the first instance, to pay very high prices for them. It is a charming idea to wear wash veils, and these only, with hats covered with white fabrics.

### Wear Jet Ornaments.

Jet will be worn by every one this season. Jet ornaments with a white gown or with a black and white costume are considered especially chic. Pictured here is a cut jet pendant.



JET PENDANT AND NECKLACE.

which may be worn on a band of ribbon velvet. The necklace, also illustrated, is an elegant affair and is made up of large cut jet beads alternated by ornaments built up of small ones. It is finished with a handsome pendant.

### Fall Trimmings.

Among smart fall trimmings are radium cup spangles, beaded fringe, tassels, ornaments of jet and of fancy braid. Binding drunks promise to have much use.

## FOR EVENING WEAR.

Charming Frock of Net For the College Girl's Entertainments.



NET EVENING GOWN.

There will be various entertainments at college which will demand evening dress of the fair student, but a simple, pretty evening frock of modest style will be the requirement, not a fluffy, coquettish dance frock of tulle with a daring décolletage.

Soft pussy willow taffeta in blue, raspberry or oleanter pink or in some dainty shade of lavender, buff or pale green will make a dainty frock. The skirt may have scalloped frills, and chiffon or lace may be used for the bodice, provided its style is not too décolleté for the student.

Pictured here is a charming evening gown for a young girl. It is fashioned of plain and embroidered net. An insertion of black moire ribbon is applied to the foundation skirt. The tunic is of embroidered net clasped by a black satin girdle. The elbow sleeves are finished by frills. The little Dutch cap of net makes a charming accessory to the costume.

## WASHING DELICATE FABRICS.

How to Cleanse Them So They Preserve Their Loveliness.

It is always a safe precaution to set the color in most wash fabrics. It is decidedly worth while for delicate colors, says the home economics department of the University of Wisconsin. Salt is a valuable aid in making colors fast, as it acts as a mordant for the substantive dyes most commonly used for cotton and linen. A handful of salt in a dish of cold water, however, is not sufficient. The material or garment must be placed in a strong hot solution and allowed to stand until the water is cool to obtain the best results. Salt is cheap, is usually on hand and is probably best for all-around use, but the effect of being in said hot water is to last.

Among other good mordants are sugar or lead for all colors except pink and blue, saltpeter for pinks and blues, vinegar for pinks, alum for greens, mauve, purples, etc.

The following proportions should be used: To one gallon of water add one-half cupful mild vinegar, two cupfuls of salt, one tablespoonful of alum or one tablespoonful of sugar of lead.

Faded blue garments are freshened by rinsing in a strong bluing solution. Other delicate colors would often profit by a similar treatment in a dye solution of the same color.

### Testing Out the Dog.

The Browns recently took up their abode in a new house in the suburbs, and Robinson, who, by the way, was Brown's most intimate friend in his bachelor days, went down to see them one Saturday afternoon.

As he approached the house a large dog ran out and began barking at him fiercely through the fence.

Robinson hesitated. He didn't altogether like the looks of that dog. Just then, however, Mrs. Brown came to the door.

"Hello!" she exclaimed. "How nice of you to come down here to see us. Come right in. Don't mind the dog."

Nervously Robinson fingered the latch of the gate.

"But are you sure she won't bite?" he asked, glancing toward the dog, which he was by no means anxious to meet until he had received some assurance of personal safety.

"Oh," replied Mrs. Brown, "that's just what I want to find out! You see, I only bought him this morning."

### Travelers' Wash Clothes.

Small disks of cotton compressed into pill box size expand when they are dropped into water to the size of the ordinary face cloth. These are sold, ten of them, in a little Morocco case, and they find favor with the woman who is traveling rapidly—so rapidly that the face cloth has no time to dry before it must again be packed into its receptacle for further journeying, for these compact little cloths are thrown away in the assurance that another can be had from the leather case at the next stopping place.

## Points for Mothers

### Homemade Cap For the Baby.

"Don't you find that, to keep a baby anything like nice, one has always to be spending money?" asked the shopping mother as she gazed yearningly at the alluring things in the outfitter's window. "I really think I'll get that bonnet marked a dollar, baby is so shabby!"

"So would that one be," her companion observed critically. "In less than a month's time. Of course it looks pretty with all that lace trimming and puffed out silk and those fuzzy rosettes, but think how quickly it will catch the dust, and it certainly won't wash!"

"I've long since discovered the futility of ready made baby things. I can make a little bonnet that will last for months. All you want is half a yard of Jap silk rucked by hand, lined with an odd bit of muslin and simply trimmed with two flat rosettes and strings of washing ribbon, finished with a little soft frill."

"For this, by the way, I buy not the ordinary cap frills, but neck frilling, as I can cut three from a yard. The net sort lasts the longest."

"Then when the bonnet gets soiled it is quite easy to let out the gathers, unpick the rosettes and just wash it, and with the ribbon nicely ironed out I find it comes up again like new."

"Yes," murmured the mother of four, "that's a hint worth trying."

### Food For the Kiddies.

In diet less meat or gravy should be given to children in hot weather than usual. Potatoes should be reduced in quantity or altogether omitted, while porridge, lentils, beans and similar foods should be abandoned altogether. Very often a few days' strict dieting, substituting fish or eggs entirely for meat or soup; fruit and custard and cold milk puddings for suet puddings of various kinds and reducing the quantity of butter eaten, will work wonders in the case of a child who has been fractious and unwell.

Green vegetables, especially spinach, are distinctly valuable, provided they are well cooked, but salads or raw vegetables in any form should never be given to young children.

Such a diet, especially by knocking off butter and possibly some quantity of the milk taken, will be somewhat lowering, but to combat this the addition of malted milk to the dietary will be found very beneficial; indeed, it is good to let this take the place of ordinary milk or bread and milk once a day certainly for awhile.

### Nutritive Jellies.

A thing mothers neglect too much is the value of isinglass. Most children love jellies, and when made with a good isinglass they are extremely good; needless to say the ordinary jelly, though very nice, has no nutritive value and so is not a suitable food for children at all except, of course, as a delicacy.

A nice and nutritious jelly is made by boiling one ounce of rice, sago and pearl barley together very slowly in three pints of water; strain the water and add to it one-half ounce of good isinglass (or more if the weather is very hot) and enough fruit juice to flavor it.

This jelly is very nourishing and is much liked by children, while the heat forming properties of the farinaceous foods are avoided at the same time that their food value is retained.

### New Dolls From Old.

A doll with a broken head and arms can easily be transformed into a new toy. Make a rag head and arms and attach them to the body. Cover the whole with black sateen.

Take two white linen and two black shoe buttons; pierce the linen ones through the center, put the shanks of the black ones through them and stitch these on for eyes.

Run a bit of white tape down to make the nose and across for the mouth. Use black fur for the hair.

A bright red frock or a green plush jacket and breeches with red waistcoat and yellow tie is made for attire, and there is a splendid golliwog.

### Unwelcome Visitors.

The visitor who plays boisterous games with babies when they are just going to bed, teases them under the impression that she is amusing them and finally goes off, leaving the chicks thoroughly tired out and cross and their mother feeling extremely annoyed because she has to "face the music" and smooth things down again, is a nuisance.

Many people fail to realize the time before bedtime should be a sort of preparation for sleep. Boisterous play wakes children up, and as a result they take a far longer time than usual to go off.

### The Why Stage.

When your child has reached the "why" period be sympathetic and gentle with him. Remember, asking questions is the best and easiest way of acquiring knowledge. His little mind is one big interrogation point.

Make a careful study of all his questions and answer them as fully as you can. To the child the mother is the source of all knowledge. Do not fail him. The longer he continues in this habit the stronger your hold on him.

## For the Children

A Prize Winner at the Asbury Park Baby Parade.



Photo by American Press Association.

Every year at Asbury Park, that delightful beach on New Jersey's shore, is given a baby parade. This baby parade is the main feature of the season's jollifications and is witnessed by thousands. People from all parts of the country make it a point to be present at Asbury Park's baby parade, and they are always repaid for their journey. Hundreds of prizes are given in a great number of classes, but perhaps the most interesting exhibits are those dressed in burlesque costumes.

The first prize winner this year was Ralph B. Moore of New York city. Ralph is four years old and was represented as a war veteran who had seen hard times. The present war in Europe no doubt induced Ralph's parents to present him as a war worn soldier. "After the War" his makeup was called. While his costume was a burlesque, it is said to think that it very nearly approached the appearance of many real soldiers now in Europe. Little folks happily do not know much about the horrors of warfare.

### Game of Initials.

This is a jolly game, requires no preparation and makes lots of fun. The guests sit in a circle around the room. One sits in a revolving chair in the center of the circle so that he can easily face any one in the room.

"Ladies and gentlemen," he begins, "I am here for criticism, advice and condemnation. I am not sensitive and it doesn't matter what I get, but the principal words of your answers must begin with my initials, J. C. F." Turning to the first player, he says: "What sort of a chap am I?"

"Jaunty, careless and frothy," might be answered.

To the next one he asks, "What sort of a wife ought I to have?"

"Jolly, crisp and flirty," would be a rather appalling description. Questions and answers might go on somewhat after this fashion:

Q. "What ought I to eat?"  
A. "Jam, custard and fish."  
Q. "What profession am I best fitted for?"

A. "Janitor, carpenter or fisherman."  
Q. "What other business would I succeed in?"

A. "Judge, commercial lawyer or financier."

And so on as long as questions and answers can be thought of. When a person fails to make an answer he must change places with the questioner and give his own initials, then proceed to ask questions about himself.

No question is allowed on any other subject or about any one else. Two minutes may be allowed for thinking of an answer, but it is more fun to answer quickly and keep the game lively.

### A Spanish Game.

The "gate of Aleana," a favorite game among the children of Spain, is much like "London bridge." "Moon and the morning stars" is their game of tag. One child is chosen for the moon and has to stay within the shadow. The other children, who are the stars, have to stay only where it is light. If the moon catches a child in the forbidden shadow the child takes the place of the moon. Then as the stars dance and run around in and out of the shadow they sing:

Oh, the moon and the morning stars!  
Oh, the moon and the morning stars!  
Who dares to tread, oh,  
Within the shadow?

### Phonetic Word Building.

Outside I heard a gentle —, and, laying down my —, I called up to my brother — and said: "I'll need some help from —." He laughingly said, "O —" and ran down and stood the post — the whole word.

Answer.—Purr, pen, Dick, you, perpendicular.

### Look, Pluck.

"I wish you good luck." is no word to say.

"I wish you good pluck" is better, for pluck means more in every way than just an additional letter.

It is good to believe in your luck. I know; it is good to be thought unlucky; but the best of luck for us folk below is the habit of being plucky.

You can turn your luck if you have the pluck. You can conquer the ill that shakes it. So I will not stop at a wish for luck. But here's to your pluck that makes it!

—St. Nicholas.