

Woman's World

Mrs. Vandervelde, Who Aids Aid For Homeless Belgians.



Photo by American Press Association. MRS. LALLA VANDERVELDE.

"It came to me quite suddenly, this plan to get help for my people. One moment I had not thought of it; the next I knew it was the right thing, the only thing that I could do."

That is the way Mrs. Lalla Vandervelde, wife of the Belgian minister of state, describes the impulse that led her to come to America to ask the people of this country for \$1,000,000 with which to succor the homeless mothers and little children of that war stricken land.

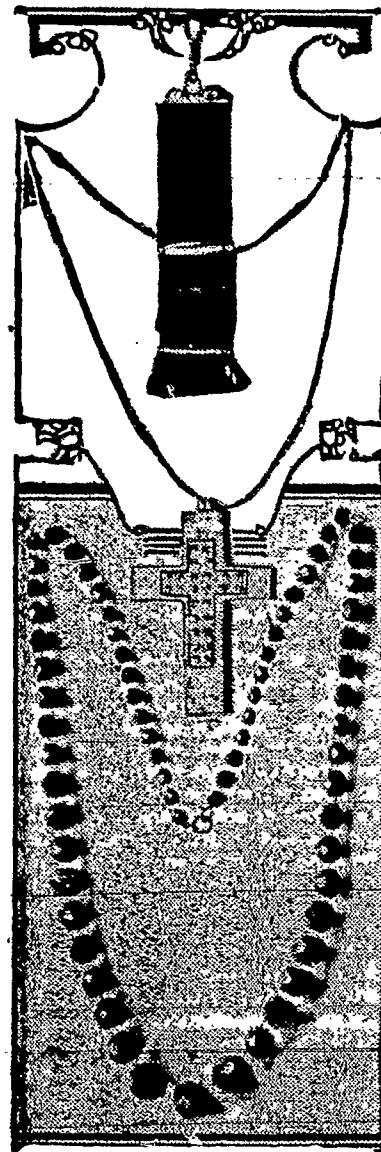
A direct, businesslike young woman she is, brief of speech, with a sincere smile and eyes that look straight into those of the person with whom she is speaking. She might be a young American woman deeply immersed in settlement work. She speaks English perfectly. That is explained by the fact that she was born in England and spent her first sixteen years in that country.

"Then," she says, "I went to Belgium, and, of course, took the nationality of my husband. So I am a Belgian and have a right to speak for those people though I am English born."

JEWELLED ORNAMENTS.

Among These Fancy Crosses Are Again Considered Very Fashionable.

The popularity of ornaments seems to grow. One does not need to be especially wealthy to possess the majority of them. Cut jet, crystal and imitation



SMART NEW ORNAMENTS.

pearls are combined in the designing of these trinkets.

Illustrated here are a silk watch fob for wear in the waistcoat pocket, a jeweled cross on a slender chain and a cut jet neckpiece. Jeweled crosses are coming into fashion again.

Easily Cleaned Saucers.
A sauceman in which milk has been boiled is often a trouble to clean. Here is a simple but most successful method. After pouring out the boiling milk quickly replace the lid before the steam has time to escape and allow the sauceman to cool before taking it off again. Then put the pan in cold water to soak. It can be cleaned quickly and easily.

Points for Mothers

Nursery Rice Crisb Sheets.
Buy a good quality of sheeting one and a half yards wide—get lines for that is too cold and becomes too easily wrinkled to prove satisfactory for babies' use—and tear into the proper lengths. Two yards will make a good sized sheet for the ordinary crib and will be long enough to tuck in fairly. Six sheets will be found a good number.

Hem each carefully, making a two inch hem at the top and an inch hem at the bottom. Then halfway between the sides of the sheet, just below the top hem, transfer some design showing a Mother Goose or nursery rime character.

Many pattern companies publish embroidery designs which have been used with success, and only a hot iron is needed to transfer them.

Children's books also abound in delightful pictures of little people and animals which, with the help first of tissue paper on which the design is traced and then of carbon paper for transferring, may be employed by the most inexperienced person.

Use embroidery cotton in either soft pink or blue and outline the design, using the color in which the child's room is decorated. Then with very little work the small sheet is finished, and most attractive it is.

Menus For Children.

The following are good menus for children from three to five years of age:

Beef broth with vermicelli cooked in it. Broiled fish for the most course. Spinach, creamed, for greens. A baked potato for the starch food. A ripe, sweet orange for dessert and as much dry bread, with good butter, as the child wants.

Vegetable omelet made with egg, lightly cooked and stewed celery (chopped) or chopped asparagus tips, well cooked, turned in the omelet just before finishing. A small cup of good cocoa. Well cooked rice. Lady fingers for dessert.

Broiled lamb chop, stewed celery, creamed macaroni, bread, butter and honey, and a cup of cocoa for dessert.

Poached egg on well made toast. A saucer of apple sauce, baked potato. Orange gelatin for dessert.

Interchange these menus with the seasonal fruits and vegetables, being careful to keep the proportions right and also remember to use one part of meat to three parts of other foods. Consider egg and milk as meat. The inorganic salts are in the greens and the fruits.

Keeping the Child From School.

Every mother should have a clinical thermometer and be able to take the temperature of the child. A child with fever should not be allowed to go to school. A good, healthy child makes an efficient man, and health is as important as education. If there is a contagious disease in the school that your child has not had he should remain at home until all danger is over. Of course the teachers do not like this interruption of the studies, but it is not a matter of life and death that the child should pass his examinations at the end of the term, and it may be such matter if he becomes the victim of the disease. At the same time the mother should be the judge of the real condition of the child and not allow him to pretend or imagine himself ill when he is not.

Candy For Children.

Scientists say sugar is a very good food for children, if it is properly eaten. The trouble with a great deal of candy is not with the sugar it contains, but with other harmful ingredients. Another objection is that too much candy is eaten at the wrong time—between meals.

The best candy for children consists of a little pure chocolate—milk chocolate or sweet chocolate tablets—or pure sugar, as in lumps of sugar or pure rock candy or barley sugar. Only a little of this should be eaten at a time and preferably should be eaten after meals, so that it will not spoil the natural appetite for other things.

Little Girls' Sewing Circles.

Sewing circles are always pleasing and beneficial to girls. Christmas gifts may be made, dolls may be dressed for hospitals. Very little fingers may find occupation in a patchwork quilt, this quilt to be sold to the highest bidder among the mamma. Sometimes a little fair may be given, consisting of one fancy table to hold the work of the club, an ice cream and candy booth, a grab bag filled with odds and ends donated by the various mothers. This is an occasion never to be forgotten and still does not require much expenditure of time or money. The children should vote on what charity is to receive the proceeds of the sale.

The Whistling Doll.

A novelty that appeals to the small boy or girl is a new whistling doll. It is a character doll. When you press the small boy in the ribs he gives a most lifelike and childlike whistle. He is inexpensive, for his feet are made only of cotton filled with excelsior. If he is very small he costs 25 cents, and in larger sizes his price mounts to a dollar. He is dressed in a becoming suit and cap of blue cotton.

SMART PARTY GOWN.

A Creation That Will Attract Attention at the Halloween Dance.



GIOWE OF SILVER SOW.

Of cloth of silver, shimmering through silken net of palest blue, is this party gown. Heavy garlands of jet cling to the bodice, which is further embellished in silver, the train being finished with a silver fringe. Silken roses of deep pink are worn on the left shoulder.

CULINARY HINTS.

One cupful of cornmeal makes six ounces.

To keep cheese from molding or from drying, wrap it in a cloth damped with vinegar, and keep in a covered dish.

A teaspoonful of grated horseradish will keep a can of milk fresh for a day or two even in the hottest weather.

If lettuce when wilted is put into a pan of cold water and set in a cool place it will become fresh and crisp.

When boiling a ham leave it in the water in which it has been boiled until it is quite cold. This will make it juicy and tender.

When cooking cabbage, turnips or onions boil at the same time vinegar with a few spices. This will destroy all vegetable odor.

When food burns in a kettle set the kettle in cold water and you will not notice any burnt taste. The stain left is easily removed with ashes and sand.

Hard boiled eggs should be plunged into cold water as soon as they are removed from the sauceman. This prevents a dark ring from appearing round the yolk.

If you wish to prevent green vegetables from boiling over drop a piece of dripping the size of a walnut into the center of them, just as they commence to boil.

VEGETABLE DOLLS.

They Make Jolly Favors For Halloween Dinners or Parties.

Vegetable dolls are very funny and not hard to make. They may be used as favors for choosing partners at a dance or supper. Make two of a kind for this reason.

Choose small apples, turnips, potatoes, carrots, beets, parsnips and radishes. Dress them with bright bits of ribbon and colored or white paper napkins. Apples with clove eyes make bright looking, rosy cheeked lassies peeping out from sunbonnets or broad brimmed hats trimmed with chicken feathers.

Carrots and parsnips make fine dunces and clowns if tall folds of paper and stiff collars are supplied. Beets and radishes may be made very amusing, as a bow of ribbon may be tied to the long, hairy root, making it look like a pigtail.

Various expressions may be obtained by inking and using cloves for eyes. It is not necessary to make bodies, and if a long cape effect of paper is left the dolls will sit up well.

HOW TO USE HERBS.

Mint for meat sauce.

Anise for flavoring cakes.

Lavender for oil and distilled water.

Sage for sausage and meat dressings.

Sweet fennel leaves in fish sauce.

Dill, the seeds to flavor pickles.

Borage leaves boiled as dandelion or spinach.

Thyme in gravies and dressings of stuffed meats.

Chives leaves for flavoring soups and salads.

Tarragon leaves for giving flavor to vinegar and pickles.

Coriander, fennel and caraway seeds for flavoring fruit sirups and cakes.

Borage, balm and catnip are useful where one has been.

Among those having medicinal value are arnica, hops, catnip, pennyroyal, belladonna, sage, rue, horsehound, marshmallow, wormwood, hyssop and pepper mint.

ELEGANT NEW WRAP.

Velvet and Gold Embroidered. Clever For Evening Wear.



BLUE VELVET WRAP.

This elaborate evening wrap is of peacock blue velvet embroidered in gold, with ball trimming of peacock blue and gold. It has a wide, straight collar with sleeves in cape effect.

HALLOWEEN GAMES.

Novel Adaptations of Time Honored Diversions For Modern Celebrations.

The "three bowls" Halloween game is a very old one that has been played, it is said, for more than 200 years.

Three bowls are placed on a table. The first bowl contains a little milk, the next a little water, and the third is empty. Then the players are blindfolded and told to touch the contents of one of the bowls. If the person who is "it" touches the bowl with milk he then she will marry a widower and have to take care of lots of orphans.

If it is a boy then he will marry a woman who has been married before and who has at least half a dozen children. If the girl touches the bowl with water in it then she will marry a dark, handsome young man, the second son, or if it is a boy, then he will marry one equally beautiful. If either of them touches the empty bowl then neither will ever marry.

Another good game is to light a number of small candles, each child numbering one and place them near an open window. The one whose candle remains longest alight will live the longest.

If there is an open fire then there are a number of good old games possible to be played. Chestnuts may be roasted, and the one whose chestnut "pops" the first is the first to be married. Another good idea is to have a number of "nuts to crack." Take English walnuts, remove the meat, and if you wish them to be very dry beat them with gilt. Write a funny little fortune in milk on ordinary paper and tuck a fortune into each shell. Then give both halves together. Gather the children round the fire and tell them to crack these nuts carefully. They will take out pieces of paper that apparently have nothing on them, but tell them to hold the paper toward the open fire and they will see wonders. The heat makes the milk fortune visible, and each child as her fortune comes into sight should read it aloud.

When Boiling Peas.

When boiling green peas add a lettuce leaf and tablespoonful of sugar and they will retain their color and have a much better flavor.

Nonrusting Hooks.

If you boil hooks and eyes in strong soda water before sewing them on garments it will prevent their iron-molding in the wash.

NOVELTIES IN STYLE.

Dyed laces are to be used.

A new idea is the combination of black satin and plaid serge.

Frocks of net arranged in plaits or ruffles are favorites.

Skirts are made entirely of roman stripes.

Extreme suppleness of tissue and shot metal effects will lead in silks and velvets.

Flounces and ruffles show the interest with tunic and pleats.

Many of the new suits are trimmed with bands of velvet.

A pretty new fashion is that of "the court panel" of velvet worn with the afternoon or evening frock of different material.

Checked materials with rough surfaces, such as sibiline, velours de laine and duvergn, are numbered among the smartest fabrics for topcoats. For a school-girl there is one of checked blue and green woolen velours.

Milady's Mirror

The woman who wishes to be beautiful must first of all be healthy. Health is the foundation of beauty, and a woman who is not healthy cannot be beautiful. The first thing to do is to get the system in good order. This can be done by eating a plain, simple diet, and by getting plenty of exercise. A woman who is healthy will have a clear complexion, and her hair will be naturally beautiful.

She takes her warm, steaming bath at night, but before this she cleanses her face and neck thoroughly with a good cleansing cream, then rinses it with massage cream, which for the moment she leaves on the face.

Grooming the Hair.
She lets down her hair, brushes it thoroughly and leaves it pinned up lightly, but sufficiently close to secure a wringing in the bath. Then she lathers her hair and jumps in her bath, which is soft and fragrant with soap powder. She does not allow the water to reach her face or neck, but she uses a hair brush vigorously over her body and scrubs her finger nails and toe nails before she applies the tub and rinses off with a sea spray. This spray or thorough rinse is absolutely necessary, for, after the heavy water has done its cleansing purpose, it should be well rinsed off the skin.

Massage the Face.
When she returns to her toilet table the heat of the bath has started a mild perspiration on scalp and face, and the massage cream that she has left on her face has been largely absorbed. She gives her scalp a five minute massage, and, slightly wetting her hair, she rolls the locks about the face and nape of the neck over her forehead for the night. The skin of the face being now well lubricated, a few minutes' facial massage quite removes the tired lines of the day, and she finishes with a brisk douche of cold water.

Caring for the Nails.
The skin about the nails has been softened in the bath, and a few minutes' work with a nail stick, followed by a little polishing, is sufficient to put them in good condition. Nails that are never neglected are not difficult to keep in order.

If any artificial hair is worn this is the moment to brush it and arrange it for the morning. If there are any changes to be made in the dress, which is to be worn, a fresh collar is added—do it now. Lay out clean clothes; put on the laundry bag, the laundry bag. The few extra minutes this will take are largely compensated for by the restfulness of going to bed in a tidy room and the consciousness that there need be no rush or disturbance in the morning.

How to Wash the Hands.
There is a right and wrong way of doing everything, and this maxim applies as much to washing the hands as to anything else.

Choose your soap carefully. It must be good and pure and not too highly scented. A little borax or ammonia in the water will serve the double purpose of softening it and assisting to remove stains.

Every time you wash your hands wash them thoroughly, taking care that the lines on the palms are perfectly cleaned. If this is neglected the lines will become coarser and deeper, which is just what we are most anxious to avoid.

It is very important indeed that the hands should be thoroughly dried and that they should not be exposed either to cold or the heat of the fire immediately after being washed.

If they are left with a little dampness on them you are encouraging the formation of chaps, and roughness and redness are sure to follow.

Foot Ease.
Nothing is more trying to the temper than a corn. If the corn is a hard one and very bad bind a slice of lemon over it every night till it is less painful.

If you have soft corns between the afflicted toes put pads of absorbent cotton saturated with boracic powder. Use a fresh pad every day. It is wonderful how quickly this treatment relieves the pain.

If your feet get tender and blistered when walking you should always wear woolen stockings, and before pulling them on your feet should be well dusted over with boracic powder.

Beautiful White Hands.
To whiten hands that have become browned through exposure the following is an excellent mixture. Apply night and morning after washing and drying, rubbing the mixture well into the hands.

Take a wineglassful each of honey, lemon juice and can de cologne. Mix well together, pour into a china jar and keep closely corked. Apply night and morning after washing and drying, rubbing the mixture well into the hands.

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