

Woman's World

Miss Mabel E. McCalmont, Efficiency Expert in Regard to Hospitals.



MISS MABEL E. McCALMONT.

Miss Mabel E. McCalmont is a hospital consultant. She has a home in Brooklyn, a registration address in California, and she works wherever her commissions take her. She received her diploma as a trained nurse from the National Homeopathic hospital in Washington. Later she became superintendent of St. Luke's hospital in Baltimore. It was while she was in Baltimore that she met a director in Philippine health affairs, who persuaded her to go to Manila.

In 1906 she took the civil service examination and became superintendent of the Civil hospital in Manila, as well as supervising nurse of the board of health. This work led to the position of chief of the division of hospital construction and equipment. She returned to New York in 1911. She had seen what numbers of the public are constantly bearing referred to the waste of money and materials and the inefficient management in hospitals. Having been "on the inside," she knew just how difficult a perfect organization is to effect. Thus her plan: Why not create the position of one, with practical experience, whose time may be devoted entirely to solving the problems of hospitals effectively?

Thus it was she originated the profession of which she is the sole female member, that of consulting expert in regard to hospitals. She has frequently given advice of the highest value in the case of hospitals seeking to secure more economical and efficient service.

CHIC DANCE GOWN.

Coquettish Flounced Creation Shown Among Spring Models. The flared or flounced frock is conspicuous among the models which fashionable modistes are pushing for spring.



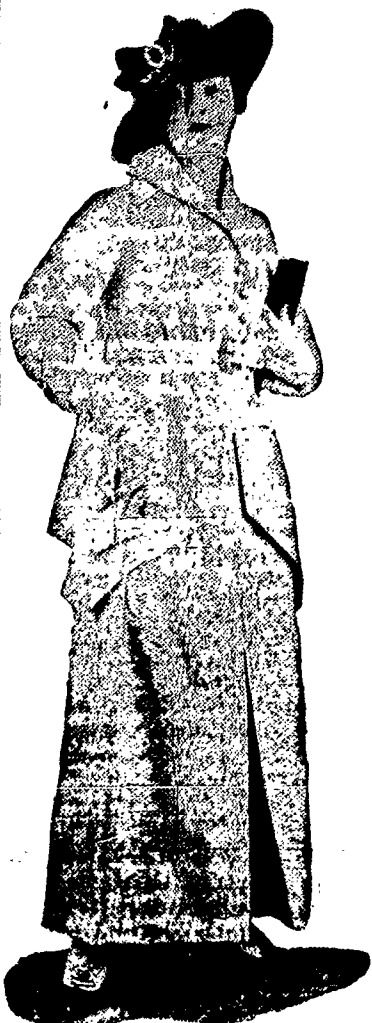
NET DANCE DRESS.

Drills are of various sizes, but those of moderate width seem most popular. A dance frock of black satin is illustrated here. The skirt is draped with a series of black net flounces edged with velvet. The long waisted bodice of black velvet is softly wrinkled, with low placed velvet flowers and shoulder straps of large jet beads.

Substitute for Butter. Olive oil as a substitute for butter is responsible for the delicious flavor of many French and Italian dishes. The American housewife who experiments with oil as a butter substitute in cooking finds that it has many advantages. It does not burn as quickly as butter and therefore does not require so careful watching. It also lends a richness which cannot be secured in any other way.

BELTED GOWNS.

Quaint Variations of This Style Favored For Youthful Figures.



BELTED SPRING SUIT.

The belted suit or the suit with the simulated belt is promised as a style leader among spring costumes. White, tan, putty and neutral shades prevail for these gowns.

A jaunty spring suit of white broad cloth is shown here. The skirt, partially circular, is laid in inverted box plaits in front. The loosely fitting jacket is belted with white kid and has a cutaway poplin falling in points at the side. Trimmings are of white novelty buttons. Worn with it is a wide brimmed sailor hat of blue satin.

WOMEN IN BUSINESS.

Worry About Work Doesn't Pay in the Long Run.

Business women frequently allow their responsibilities to weigh too heavily upon them. They do not forget their cares, but take them home, discuss them at the dinner table, take them to bed and once more they are heard at the breakfast table.

It is small wonder that business eventually drives them and the family to the point of tense nerves and much unhappiness.

The brain should not be robbed of its peace, especially at night, for nothing wears off its finer edge more quickly than worry, which naturally encourages insomnia.

Every effort should be made to indulge in outdoor diversions, active and passive, so as to suit one's needs and moods.

Long hours of office work and household labor should be followed by periods of play, mental or physical relaxation, which serve as a balance wheel. Depression is sometimes due to too little physical exercise. Few people suffer from fatigue where the circulation is normally active.

Trying to Cure Insomnia.

The immediate cause of insomnia is the presence of too much blood in the brain. The feet go to sleep first, so use a hot water bag or a scapatic first of all to see if you cannot draw the blood to the extremities or soak the feet in hot mustard water just before retiring, but you must not do this too often.

If very nervous put a mustard plaster at the back of the neck. The little ones already prepared and sold at the drug store for 5 cents each are nice for this purpose. One of the simplest and usually an effective method is to place a hot water bottle on the stomach. Never use drugs. They deaden but do not heal.

FASHION'S FOIBLES.

Blues of many shades will be worn in the spring.

Princess patronages are promised for the coming season.

Wide tucks as trimmings are coming into favor.

There are no radical changes in color set lines.

The military note continues to influence woman's dress.

The Turkish skirt promises to become popular.

Each month brings with it a wider skirt.

The coat dress is at present the smartest and most practical affair worn.

On a few of the new skirts the hems are stiffened.

Some of the new skirts are literally four yards around.

There is a growing tendency toward combining fabrics for children's dresses, the high, broad belt and full gathered skirt.

Sties on the eyelid. Sties are occasioned by the irritation of the hair follicle out of which eye lash springs. They should be opened as soon as the pus is formed, for they will not get well as long as the pus remains.

For an inflammation of the follicles and a stiness add to an ounce of vaseline, fifteen grains of precipitated sulphur. In applying this ointment it is well to warm it a little.

Unconscious Frowns. Don't narrow your eyes when you wish to be impressive. If you draw your mouth into a button and allow deep lines to pucker between your eyes you will acquire a habitual cross expression. Is anything more unpleasant than an angry face with its features tied in veritable knots?

Hair Curlers. Curlers of any description are none too good for the hair, but the kinds where the hot iron does not come in contact with the hair itself are best. Then the kind, where no iron at all is used, is better still.

Milady's Mirror

The Beautiful Profile. It is in profile that the features show perfection or defect. A face that in front view appears symmetrical may in profile present angles and hollows and features that are too sharply delineated for beauty. So study your side view in the mirror.

Note whether the side line of the head is too long. If it is draw the hair a little farther down over the temples and if the line of the face is too long bring the hair forward a bit.

Carrying the chin uplitted ever so slightly diminishes the apparent length of the facial outline and seems to elongate the curve of the throat. If the head is tipped a trifle to the side and back, presenting a broad side face, a good shoulder line is effected, but if either throat or face is thin beware. Hollows will deepen, and the line of the jaw will become a sharp edge.

If the neck and face are too fat the fat is apt to accumulate at this particular point. Sometimes the neck is flat in front and bulging at the sides. Here the side view is distinctly not beautiful. To correct either of these defects practice the head bending exercise. Bend the head from the base of the neck first to one side as far as possible and then to the other, repeating the movements several times.

Removing Dust.

Dust is insidious. A wash cloth and warm water at best remove but little of it from the face. If you really wish to see how much dust the face can take up in a walk take a damp wash cloth when you arrive home and dip it in your cold cream jar. Then scrub face and neck. The wash cloth will be so black that one is horror struck to think that so much dust has been carried on the face even for a short while.

For some reason soap and water do not seem to remove the dust as well as cold cream and warm water. The face should then be sponged off with cold water to tighten the pores, which have been opened by the warm water and dusted with powder that has been chosen to match the color of the skin, as nearly as possible. This powder should be wiped off till not a bit of it shows, for nothing is more disagreeable than smears of it on the face.

Drink Plenty of Water.

If you would have a clear complexion drink plenty of water between meals and exercise out of doors every day.

Cold water stimulates the membranes of the stomach, and hot water soothes them.

Slipping either is better than swallowing rapidly, and when the taste of hot water is unpalatable a pinch of salt or a dash of lemon juice will improve it. A pinch of soda with the lemon juice is even better.

A rational habit of drinking water, will not only improve the health, but will preserve it. Water and milk are both very good to keep the kidneys acting well.

For Tender Feet.

Carbolated vaseline, well rubbed into the skin, is said to be excellent for frostbites.

Where the skin is broken zinc oxide is sometimes very healing.

White cotton stockings should be drawn on the feet, when any cream is used.

Massage after a warm foot bath helps to stimulate the circulation where there is a proneness to cold feet and is a preventive of frostbite.

A little salt added to the foot bath will harden too delicate skin.

When Hair Darkens.

Light hair grows darker as one grows older. The woman who is troubled by her hair darkening might add the juice from half a lemon to her hair wash. The fresh hair when she washes her hair if her hair is not too dry it will not harm it to put a teaspoonful of borax in the shampoo bath.

A hair restorer is composed of twice as much Jamaica rum as castor oil and a few drops of either oil of roses or lavender. Rub it into the scalp, being careful not to have any more than possible touch the hair.

NOVEL COMBINATION.

Checked Skirt With Kimono Jacket of Black Satin.



ATTRACTIVE SPRING SUIT.

An afternoon suit of shepherd checked serge and black lacquered satin in oriental design, the skirt consisting of straight gores of serge alternating with circular gores of the satin. It is pictured here. The kimono jacket of satin, lined with white pussy willow taffeta, has edges banded with black silk millinery braid embroidered in gold and green. It is a fine specimen of the modiste's art in adapting Japanese ideas in regard to dress to the taste of the occident.

NEW SPORTS CLOTHES.

What the Smart Set Does For Outdoor Recreation.

With devotees of riding enjoying themselves in the country, clothes for gay wear at the smart estates become of the riding type.

This brings into consideration a most attractive display of smart neckwear, sports hats, trim shirts and blouses, the most swagger article in boot styles and a corresponding array of good looking sports suits.

Both corduroys and tweeds have their admirers. It is about six of one and a half dozen of the other in point of preference, so horrors are even.

For walking suits corduroys are in high favor.

The costume shown by a leading shop forces this point home rather decidedly, for it is one of the new models designed for spring wear by a most exclusive patron of conservative but sports loving taste.

It is of green cotton corduroy. The coat is made with a smart yoke with the skirt part showing inverted plaits, which are belted in such fashion at the waist line that but a small portion of the belt need hang when the coat is worn unbuttoned.

The skirt is of circular cut, buttoned in front and with pockets set on just below the hips.

Renewing a Rose.

To renew the charms of a shabby artificial rose, trim all the edges of the petals with sharp scissors and if there are green leaves trim those as well.

Then straighten bent wires, press the fresh heart of the rose open so that it has a full blown look and place the flower at the left bust of a low evening bodice in some thin material.

New, the corsage rose costs from \$2.50 up to anything, but with careful handling a twenty five cent bargain may burst upon the eye like nature's own.

FOR PET DOGS.

Here are a few of the dainty things for the pet dog.

Military brushes, which can be monogrammed in silver.

Coats of leather, studded with brass, or with jewels if one cares for them.

Rubber coats, lined with wool for the sake of warmth that keep all rain from the dog's back.

Rubber shoes of red flexible leather that pull on like riding boots.

Black rubber shoes that lace up the back.

Straw or leather traveling bags, well ventilated.

Bells of silver or brass to fasten on the small dog's collar.

Enameled sleeping baskets in blue and white.

Umbrellas that are strapped around the dog's body and held erect in this way over its back.

Roses and other artificial flowers to fasten to the dog's collar.

Points for Mothers

Children's Friendships. The friendships that children form have a far deeper influence over their lives than many parents realize.

It is not an easy matter to influence children in the formation of friendships, for even at the beginning that seems to be a matter of personal selection. There never yet was a child who did not hate the children whom his parents talked about as particularly desirable for companions. If let alone he might have chosen them of his own accord for playmates, but not after hearing too much about their virtues.

Friendship, like love, can never be created by talking too much about it. There are other ways, however, of influencing both boys and girls, and a little tact on the mother's part will accomplish wonders. It is not always pleasant or convenient to entertain a horde of children when only one playmate would be more desirable, but the old saying that there is safety in numbers is never better exemplified than in the bringing up of children. There are more quarrels, to be sure, but sensitive edges are rubbed off when exposed to the good natured but quite honest criticism of many playmates.

It is the guiding hand on the reins, the light touch that controls the most spirited horses. They respond quickly to firmness, but resent being pulled in with a jerk. A word here, a suggestion there, little plans for children's happiness that may cause many a sacrifice of comfort on the parents' part, have often slipped in the bud undesirable associations and ended, before they were really well started, friendships that would bring no lasting happiness.

The Model Nursemaid.

The children's nursemaid should be neat and have a good disposition. Irretrievable manners and harshness have no place in the nursery, for they soon make the little ones sullen and bad tempered. By her influence as well as by their play and games she should make them feel the value of good manners, unselfishness and perseverance.

She should insist on obedience from even the smallest child. This once learned will give the nursery an air of sunshine and contentment it cannot otherwise have. Still she must realize that good discipline does not mean tyranny and hard discipline. Punishment should only be used as a means of last resource. Then it should be to deprive the child of some simple pleasure. Any severe punishment should be left to the parents.

It is nurse's business to see that the nursery is supplied with toys to amuse the children so there may be toys for all, but it is equally important to let the children feel that the toys are owned in common. She should direct their play and games, but let all the children pick up their toys and put them away after they have finished with them.

In her personal habits and appearance she should be neat and clean. Her work is clean, so there is no excuse for dirty hands and soiled aprons.

When Lessons Tire the Child.

"The child does not pay attention," the teacher says of the little boy or girl in the kindergarten, whose mind seems to be upon the thing that is being done and yet cannot accomplish it. But it very often happens that the child is not capable of concentrating attention for very long upon one thing. He watches the play or the drawing very carefully for a certain length of time; then he wanders through no fault of his own, but because of brain fatigue, and his eyes wander to the shape of the pencil he is holding or possibly to the waving leaves of the tree outside the window.

Mothers who study their children carefully can tell just how long they can hold the attention of the child without wearing it, but the teacher, having so many to think about, may not realize that she is tiring the child with the lesson.

Many children that are voted stupid by parents or children are only slow in their mental processes and require great patience and care in the first years in the nursery or school. Let the lesson be a little longer each day, and as soon as the child seems tired change to something else.

A Blackboard For the Children.

Many mothers want something to entertain the young child so well and so long that they may read or sew or attend to household duties undisturbed for an hour at a time.

One good suggestion is a blackboard and a package of colored chalks.

It has been found that children work longest over blackboards, probably owing to the ease and the fun of erasing, an act of destruction which delights them and yet in some way is passed unbidden by the superior powers. Next to this they like crayons and chalk on paper, and least of all paint.

They enjoy the water and the mess-making for a time, but the spreading of the paint, while they imagine it to be an ocean, seems to detract from the clarity of the image which the child had in view when he started.

Amusing sketches and actual school work may be undertaken on the blackboard. As to the board itself, a small, light, unbreakable easel shaped board worth a dollar or less is the one best liked and best suited to the children.

For the Children

Young German Patriots Saluting Kaiser Wilhelm.



Photo by American Press Association.

Young people, as a rule, are intensely patriotic. They believe—and it is natural they should—that no country equals their own native land. No other nation is so great and powerful and nowhere else are the soldiers so brave. It is entirely proper that one should cherish a love of country and home, for without patriotism to inspire it no nation would amount to much. The boys in the picture are German, and their picture was taken during a recent visit of the German emperor to Berlin. At the present time he does not spend much time at his capital, but more frequently at the battle front. The boys, you will notice, are dressed in uniform. They were standing at their window so as to be able to see their loved ruler, and when he arrived opposite their place they saluted in true military fashion.

Double Readings.

1.—Remove the first letter from a word which signifies durable and leave a piece of furniture; ahead again and leave a word that implies skill.

2.—Remove the first letter from a building material and leave a musical sound; take away the next letter and leave a unit.

3.—Remove the first letter from a part of harness and leave a trial of speed; ahead again and leave a single spot.

4.—Remove the first letter from a grain and create warmth; ahead again and learn what to do with the first word.

5.—Remove the first letter from an edge and leave a place of amusement; remove the next letter and you can write with it.

6.—Remove the first letter from the coat and leave a grain; ahead again and leave something very cold.

7.—Remove the first letter from a shallow dish and you will be behind time; take away the next letter and it will be eaten.

Answers.—1. Stable, table, able. 2. Stone, tone, one. 3. Trace, race, ace. 4. Wheat, heat, eat. 5. Brink, rink, ink. 6. Price, rice, ice. 7. Plate, late, ate.

The Game of Teapot.

An amusing game to be played by any number is called "teapot." Let one player choose a word. The others are to guess the word. In order to do this they all ask questions which the word chooser must answer. This sounds simple. The difficulty, however, is that the chosen word must have two meanings, "roll" for instance, which may mean either the variety we enjoy for breakfast, or to turn over and over. Or it may be words spelled differently, but pronounced alike, such as "night" and "knight."

In answering the questions the player must use the meanings alternately, substituting "teapot" for the chosen word. Thus, suppose the word is "roll," the beginner might ask, "Does it belong to the vegetable kingdom?" The answer would be, "Teapot does belong to the vegetable kingdom."

Suppose the next player asks, "How would you get to the top of a high mountain?" The answer might be, "I could not teapot there." The successful guesser has the privilege of choosing the next word.

Advice For Hiking Scouts.

There are several things for boy scouts to remember when going on hikes. An old woodman gives the advice, "Never walk over anything you can walk around; never step on anything that you can step over." E. W. Gibson, in an article on the subject of hikes, advises a pace of two or three miles an hour and warns against excessive water drinking on the part of the hikers. He also advises that the scout carry only the things absolutely necessary, rolled in blankets, poncho army style.—Chicago Tribune.

Table Manners.

When I am eating bread and cake I never smack my lips; And milk I always try to take In quiet little sips.

At breakfast, luncheon and at tea I hold my fork just right, For little folks should always be exceedingly polite.—Furnished by Columbia.