Woman's World

How a Great Dancer Teaches and Mothers "Her Children."

ANNA PAVLOWA

Pavlowa dances. Surrounded by chattering coryphees, hand on hip, head to one side in a pose of anticipation, she works out a terpsichorean problem. She has succeeded. The group parts, and she steps forth, leading a tall girl in shimmering blue classic dress. Pavlowa reiterates the steps, the music breathing soft accompaniment. The girl imitates. Over and over the steps they work. Pavlowa snapping her slender fingers, tossing her head, forcing into the figure the spirit which makes great dancing. And when the coryphee succeeds an approving pat on the shoulder rewards the radiant girl.

In rehearsal when the music is a bit uncertain, when the lights are blatant, when the vast orchestra and the vaguer balconies beyond are chilling in the unresponsive mustiness, the joy of Pavlowa's dancing is as apparent as when she dances to crowded auditoriums. She colors the ballet, the director and the strangely gentle conductor of the orchestra. The final twirl is not coincident with the final chord. She steps out of the musical picture and shakes her head at the conductor. "Last four bars," orders Mr. Theodore Stier, and again the final twirl, still out of beat. Over and over she does that difficult twirl, the ballet does its intricate tableau and the orchestra its tempestuous finale. All watch her. She snaps her fingers. "One, two, three, four," marks time with her arms and smiles because it is art to achieve the difficult.

"She is the hardest working woman in the world," her agents, her directors and the rest of her adorers declare fervently. And to watch her and talk with her during an hour confirms the extravagant statement.

Far more than merely the director and teacher of these girls, she is their mother, speaking of them as "my children." They live with her. She sees to it that their other studies are not neglected. She watches them, will not allow them to go to parties or go out at night. Their street clothes are as quiet and unexaggerated as her own are. Never do they wear silk stockings on the street, for, besides being very bad for the feet, they are extravagant, and children must be taught not to be improvident.

And most important is their work. But that she teaches them less by word than by example, for they cannot fail to imitate the ardor with which she pursues her art all day and every day, to the exclusion of every other pleasure.

CHIC EASTER CREATION.

Coquettish Little Hat of White Straw For the Small Girl.

The small fry are by no means forgotten in this season's offerings of millinery. The hat shown in this illustration is of white straw, with a drooping brim and a trimming of blue satin ribbon and clusters of tiny pink rosebuds. A shirred facing is becomingly placed in the underside of the brim.

SPRING CHAPEAU.

To Keep Silver Bright.

An easy way to keep silver bright is to put a handful of borax in a dishpan of hot water with a very little soap. Put the silver in this and let it stand the entire morning. Then rinse in clear water and wipe thoroughly dry with a soft cloth.

You can treat plated ware in the same manner without the slightest injury to the plate.

Milady's Mirror

Fruit and Vegetables Beautify.

Fruit is indeed the keynote of spring diet which shall help to improve the complexion. Apples, raw and cooked, baked or as sauce, any of the wholesome citrus family, in itself a whole pharmacopoeia of goodness; the lemon, the orange and the grapefruit—these eaten lavishly and freely are indeed health and beauty at any time of the year, as well as the springtime. Then, to augment all of this, such things as spring onions, chives and parsley are helpful, with crisp salads of romaine, endive or escarole, always with plenty of lemon juice and olive oil. These things, not forgetting plenty of water, taken between meals should obviate all necessity for physic. Internal medicines are not as essential as exercise, proper diet, rest, water drinking. All of these, as said above, will help to secure that improved and regenerated complexion so much desired when winter is a thing of the past.

Then it must not be overlooked that a course of facial treatment is well worth its cost and very necessary if such a course is taken in reputable establishments, where knowledge and long experience have resulted in really helpful methods. Personal advice as to proper local as well as constitutional treatment is given, and the patient is sure of benefit from such a course. When later on that pretty chapeau, that dainty dress, are donned the wearer shall look into her mirror and have nothing to regret as she scrutinizes her reflection, for her complexion shall be as fresh and as flawless as her costume, and the ensemble will be entirely satisfactory.

Beware of Headaches.

Headaches are much more serious in their hidden possibilities than most persons believe, and they work havoc with facial beauty.

Middle ear disease, mucus and pus in the upper part of the nose, mastoid abscesses, fevers of various sorts, brain trouble, distempers such as tuberculosis, joint infections, or gout, eye disorders, tonsilitis, gastric crisis, constipation, dysenteries, pneumonia and almost the whole roster of human maladies may be preceded or accompanied by headaches.

Further be it remembered that slovenly breathing, overeating, poor ventilation, lack of exercise and an indoor life all have their accompanying headaches.

There are different methods in the treatment of headaches. Each depends upon the source.

Deep breathing and simple rations, sleep in the open air and muscular sport in the open may cure safely, if not quickly.

Charcoal, olive oil, milk of magnesia and fruits eliminate the frontal throbs that come from constipation.

Ice bags, and alkaline mineral water, a short diet with green vegetables may cure the headache of gluttony.

Rational gymnastics, physical culture, graduated exercises in the fresh air and a cold bath may cure the headache due to sleeplessness.

If a headache is persistent see a physician.

For Brittle Nails.

You can't make your hands look nice if your nails are very brittle, because they always break off and show rough, jagged edges. Brittle nails are often constitutional, or a sign of poor health. You can do a great deal toward curing them in the following way.

Rub some pure cold cream or white vaseline all over the nails and well into the base at night. Once or twice a week apply a little olive oil, and never wash the hands in hard water or put them in strong soda water, for this aggravates the condition. The treatment described is a remedy for hang nails also, for it keeps the skin round the base of the nails pliable and soft.

To Allay Pain of Burns.

Burns on the hands and arms are of frequent occurrence to the housewife. Aside from the pain caused, they do not add to one's charms. In case of a burn at once apply linseed or sweet oil to the parts affected and then thickly cover with baking soda and bind with a soft linen cloth. In ordinary cases of burn this will shortly relieve the pain. Equal parts of limewater and linseed oil applied to the burn several times a day will keep it soft, allay pain and hasten healing.

Whitening the Skin.

Regular applications of equal parts of lemon juice and glycerin after washing do wonders in whitening the skin and preventing the formation of discoloration marks upon the neck from the constant wearing of furs. The glycerin helps to keep the skin pleasingly soft, also preventing it from getting that harsh, shriveled up appearance which is so conducive to the formation of wrinkles on face and neck.

Zinc Ointment For Red Nose.

A red nose is often constitutional, or the sign of indigestion, but more often than not it is caused by a too thin skin. When the latter is the cause zinc ointment is a splendid remedy. You should apply it to the nose every night. You will find it does wonders in hardening the skin, and in this way the tendency to redness will gradually disappear.

SEASON'S COMBINATION.

Necessity the Mother of New Modes in Gowns.

SEPARATE BLOUSE AND SKIRT.

The reinstatement of the blouse and separate skirt is sure. And be it known the utility blouse this season is very severe and exquisitely tailored, has a high collar and long sleeves and is buttoned straight down before and right up under milady's dimpled chin.

Such a blouse is shown in the accompanying illustration. It is developed of cream white georgette crape, with a tiny turnover collar and turned back cuffs. Nothing could be simpler or smarter.

And we cannot escape pockets if we would. Illustrated is a circular tailored skirt of covert cloth. Triangular pockets are placed at the front, finished with trimming of tiny self covered buttons. The skirt is short to display patent leather boots with tops of covert cloth.

THE GROWING GIRL.

Fashions Seem Made For Her Special Needs This Spring.

For the girl who is neither a child nor a young lady the present fashions seem made for her special needs. We all pass time in the reign of the narrow skirt have deplored the fact that the young girl with her undeveloped figure should don such an unbecoming style. No longer will this be necessary for the empire waist with the fuller skirt will beyond a doubt be a more graceful mode for her young ladyship. The skirt that is plain in the back and the front with the fullness at the sides will be a close rival of the gathered or plaited skirt. There is another style that bids for favor, and that is the gored skirt, well fitting at the top but with a decided flare below the knees. The plaited skirts are invariably stitched below the hips, and from there they flare in the approved manner.

Bolero and Eton jacket effects are to be selected by the wise parent for the growing girl. The high placed belt is also a becoming style.

While the berufled skirt is not a new mode for the young girl, there is a new method of disposing of the ruffles. In one girlish affair they were applied at each side of the front, leaving a panel.

Worsted Embroidery.

A shoulder scarf of green crepe de chine is embroidered in worsted of dull green, blue, yellow and red. The work is very effective, and the color scheme worked out is highly striking.

FEMININITIES.

The latest wrist bags are small and made of faille silk.

There are circular skirts with close fitting underskirts.

Dresses will be trimmed with velvet ribbons this summer.

Silk poplin with the new moire border makes up charmingly.

Jet is still used most lavishly in trimming both hats and gowns.

Evening gowns have white fringe trimming on waists and skirts.

Subdued colors, plain and severe lines are fashion's latest kinks.

There is a tendency in fashion to lean toward the large flat hats.

There are dresses with waists and skirts entirely made of box plaits.

Hats are being trimmed in black, yellow and red, the Belgian colors.

Lingerie dresses have ruffles of plain net on embroidered net flouncings.

The old fashioned bodice is here, tight fitting and with point front and back.

Little close lace petticoats show below the gored skirts of evening gowns.

EASTER HAT.

Barnyard Straw Crowned With Wreath of Flowers.

SPRING CREATION.

Variations of the sailor hat are many, and now is the time when women are making their selections of hats. Every woman loves hats. Every woman goes forth to buy a new hat with a pleasurable feeling in her heart which only the prospective purchase of a hat inspires. She likes to order a new suit. She likes to pore over fashion magazines and papers in search of a new style for her evening gown. The possession of new gloves, shoes, silk stockings or blouses fills her with joy. But hats stand alone in their glory. They occupy a niche in her mind which is theirs, and theirs only.

That hat shown in the illustration is of brown barnyard straw, braided in wicker effect and worn with a decided slant. The crown is of sand colored velvet, encircled with a wreath of flowers and fruits in varied colors.

WOMAN'S UNIQUE SPHERE.

What Casarini, the Futurist, Says About Her Clothing.

Casarini, the clever futurist, who has made it his business or an important part of his business in America to study femininity, thinks that there is a needless amount of debate as to the sphere of woman.

"Woman has a sphere," he says.

"Fancy for a moment a world without the ornament of woman's art—the art of her hair, the art of her physical beauty, the art of her clothes. How stupid it would be, how unthinkable!

"Yes, I know that man once was the highly decorated animal, and you know what the world was then. Civilization really dates from the time when women became the decorative element. Man's clothes now are not 'dress' at all. Woman is the melody, man is the accompaniment.

"Of course there always will be people who will insist that clothes are merely for utility. Foolishness! Even a man, and certainly a woman, on a desert island would think of clothes as something more than mere covering.

"In human society clothes become a language. The rashest objector will be found following either a present or a past fashion—talking the clothes language of his kind. Not to do so is to be misunderstood, to be separated. In this language woman has charge of the elegances. It is she who adds the higher beauty. It is she who adds the whimsical. Whatever may be said of her sense of humor, she has a keen sense of humor as to clothes. She grasps the art value, the diversity and surprise value of the whimsical, never committing the absurdity of taking clothes solemnly, as so many men do."

To Remove Fruit Stains.

Fruit stains will be eradicated easily if one will wet them with a little camphor before washing. Then wash and the stains will disappear. Glycerin may be used in a similar manner, being sure in both cases to use it before water touches the stain.

For grease stains there is nothing better than eucalyptus oil. This may be used on delicate fabrics without injury, as it will evaporate rapidly, leaving no mark.

To Dry the Back.

Strips of Turkish toweling cut from towels that are beginning to show wear may be used to pull back and forth across the back or be hemmed into wash cloths and still give plenty of wear.

WOMAN'S WORLD.

Oregon has four women professional chauffeurs.

In China the mother-in-law is the boss of the house.

It is claimed that women of this country spend 85 per cent of the wealth.

In the field at harvest time in Poland far more women are to be seen than men.

The University of New Mexico has established a department of household economics.

There are 108 colleges in the United States exclusively for women, with nearly 20,000 students.

Twelve women are making a canvass of the most remote parts of England for recruits for Lord Kitchener's army.

Owing to the depression caused by the war female servants are the only kind of labor wanted in the British colonies.

After women got the vote in New Zealand waitresses who were formerly paid 8 shillings a week received 25 shillings.

Points for Mothers

A Bad Habit Cured.

A delightful experience is told by a teacher that touches upon a child, an imaginative boy of seven, who was ideally polite and obedient to his parents, but who would, in spite of daily admonitions, insist on putting on his shoes and buttoning them every morning before putting on his trousers, which, of course, would not go on over the shoes. This daily blunder rendered him quite miserable as well as his parents. He would cry with shame and disappointment because he missed his breakfast with his father, promising to try to remember, but so regularly forgetting that his parents began to suspect some latent stubbornness if not deceit in the occurrence.

The teacher was a friend of the family and often visited them. On the occasion of one visit the boy's mother asked her whether she should chastise him for this annoying habit. The visitor said she would write to him, which she did, but the letter was in the form of a story of General Bad Habit, who was quartered in his house. The boy was very fond of military displays and stories, and just here she held his interest. She said she was sorry General Bad Habit was there and that she greatly feared her little friend would be reduced to the ranks if he did not make immediate resistance, and she asked him to use her letter as a flag of truce, to be placed in his shoe overnight, informing General Bad Habit that he proposed not only to resist him, but to take away his title, sword and shoulder straps.

The flag of truce was used in the shoe for two or three nights, then placed on the mantel and in less than a week entirely removed, and a letter from the triumphant child informed the teacher that Bad Habit was reduced to the ranks and the little friend was general and master of the situation. What an altogether charming way to help a child to overcome a failing!

About Children's Teeth.

If a child's second set of teeth remain abnormally short and doll like it is wise to consult a doctor, as it may be because he is not developing properly owing to a lack of bone forming constituents in his food. One should change the diet in such a case and give something containing plenty of lime, such as haricots, lentils and milk; also they should have plenty of hard, well baked bread crusts.

Little heaps of crusts are often left on a child's plate. A child should never be allowed to leave them, for too much soft food is often the cause of the early decay of second teeth as well as of their undeveloped and irregular formation.

Man's teeth were given to him for grinding and chewing, and if they are never used for hard food they soon decay.

Ridged or ribbed teeth are a sure sign of a system overcharged with uric acid. Rheumatism is latent; these ridges are warning signals.

Do you know what these are? They are teeth that appear as though they had a "picot" edging or little sawlike edge to them, and they nearly always mean that the owner is below par. The serrated edge is really the commencement of a decay that will in time cause serious damage to the child's health.

A Mother's Secret of Success.

The well known proverb "Example is better than precept" is only another form of expressing the predominating power of sympathy, for example can have little influence except in so far as a sympathetic feeling in the observer leads him to imitate it. So that "Example is better than precept" means only that sympathy has more influence in the human heart than reasoning.

This principle, so powerful at every period of life, is at its maximum in childhood. The child's thoughts and feelings are spontaneously drawn into harmony with the thoughts and feelings of those around him whom he loves, and this leads naturally to imitation, or reproduction, of their actions.

The great secret of success for a mother in the formation of the character of her children is to make them respect and love her and then simply to be herself what she wishes them to be. Abbott says that to make them respect and love her is to control them by a firm government where control is required and to indulge them almost without limit where indulgence will do no harm. This is true, but we often forget the latter half and wonder at our failures.

Hardening Boys' Shoes.

"If you rub hardening oil into boys' shoes when you buy them," says a mother, "it makes them last twice as long, and renders them absolutely waterproof." You can make this hardening oil yourself. Put half an ounce of beeswax and half a pint of boiled linseed oil in a jar. Heat it over the stove till the wax dissolves. Let it cool, then stir up and apply to the soles of the boots with a brush. Put the boots on trees till the next morning, when they will be quite dry and ready to wear.

For the Children

A Cute Little Boy and His Easter Bunny.

Photo by American Press Association.

One Easter eve I dreamed—'twas funny—
I took a walk with an Easter bunny.
He showed me, the Easter bunny did,
Where all the finest eggs were hid.
We had much fun, till I heard nurse say,
"Wake up, wake up! 'Tis Easter day."

Br'er Fox and the Bunny.

Once upon a time there was a hen who, in order to be exclusive of her friends of the barnyard, built her nest up the road in a thicket under the fence and started in to raise a brood of chicks.

Everything worked fine, but one moonlight night there came a sudden stop, for down the road came a fox, nosing from side to side, till all of a sudden he spied in the moonlight in the grass the head of Mother Hen on her eggs. Quick as a flash he grabbed her by the neck and dragged her off the nest, and away up the lane he went. Sooth to say, it looked bad for the eggs in the nest. But up from the barn in the lane came loping along, nosing from side to side, a little brown bunny, when suddenly he lighted on the vacant nest. Creeping closer, he took in the situation, the warm nest and nobody home. Instead of destroying them the dear little fellow just placed his warm body on the eggs and took the place of the poor mother, kept them warm all night, and the next morning, which was Easter morn, he brought forth a brood of chicks.

The Egg and Easter.

A province of the ancients is that "everything springs from the egg."

Many writers assert that the custom of exchanging eggs was borrowed from the Jewish use of eggs during the feast of the Passover.

Others say that it is traceable to the fourth century, when the church prohibited eggs during Lent. This gave an abundance of eggs at Eastertide, some of which parents gave to their children, decorating them to make them more attractive.

In Italy, it is believed that a scarlet Easter egg, carried about the person during the year will bring good luck. The farmers believed that the land over which an egg had been rolled yielded plentiful harvests.

Why Quassia Was So Called.

Quassia, that exceedingly bitter drug so largely used for medicinal purposes, owes its name to a negro named Quassi, a native of Surinam or Dutch Guiana, who brought it into notice as a medicine about the middle of the eighteenth century. It was the wood of the quassia amara, a small branching tree or shrub, all parts of which were very bitter to the taste and which was used for tonics. From Surinam it was introduced into Stockholm in 1756 and in quite a short time became a popular medicine all over Europe. At one time so efficacious was it considered that drinking cups were made of it for the use of invalids suffering from dyspepsia or similar ailments.

Easter Bells and Blossoms.

The sweetest bells of Easter day
Are not the ones that ring out clearly
Their Easter message blithe and gay,
Although, of course, I love those dearly,

But sweeter than their music, steals
A perfume on the sunlit air,
Until undoubtedly one feels
The hyacinth has bells more fair.

Little, tinted, curling bells,
Pink or purple, blue or white;
Beauty such as theirs foretells
Springtime joy and delight.

They say there lived in days of old
A noble youth who was much famed
For his curling locks of gold—
Hyacinthus he was named.

He was changed into the flower
That we hyacinth now call,
By some ancient god of power,
Yet no tears can we let fall.

At the fate of the fair boy,
For the flower's bells proclaim
Easter love and hope and joy,
So give him enduring fame.

—Amy Smith.