

**JUVENILE SUIT.**

Modish Outfit For the High School Girl.



DURABLE AND SMART.

This simple suit for the schoolgirl may be developed in serge or covert. Its only trimming is a cloth belt at the normal waist line and rosy patch pockets big enough to hold tennis balls and notebooks. The buttons are bone. With heavy boots and gloves and a beret hat and the daughter will be equipped for at least the next few months of school, for durability is the first word in this case.

**CHILDREN'S FALL CLOTHES.**

How Young Girls Are Prettily Dressed These Fall Days.

Children's wash dresses suitable for school wear are in gingham, percale, muslin, netting, cordatis and other heavy wash fabrics. Many are in plain colors, trimmed with checked, plaid or striped material, while others are of a fancy material trimmed with a plain fabric. Combinations of middle or blouse of plain color with a skirt of plaid, or vice versa, are very pretty.

Colored worsted dresses are also in a great variety of styles in serges, poplins and checked and plaid worsteds. Some are made in sailor effect, while others have the middie blouse or the new college "trousers" with smoking.

In dressy little frocks combinations of worsted and silk, such as serge with plaid or check silk, are seen. Corded and plain velvets are combined with satin charmeuse or fancy plaid, checked or striped silk.

For older girls three piece suits are popular. They consist of simple little serge or gaberdine dresses with a short, snappy coat in Norfolk, Russian or box effect of the same material. Flat collars are almost universally worn, and sleeves are usually set in at the regular armhole, finished off with a flare cuff or made in flare effect starting from the elbow.

Children's coats are made with a slight flare in the lower section. Sometimes a coat is cut in two sections and joined together at the normal or slightly lower waist line, this joining covered by a belt or sash. A jacket sometimes appears in the back, sometimes in front. Sometimes as many as four pockets appear on a coat, and they are also used on belts. Snooking and hand embroidery trim wooleen coats, and buttons trim all coats. Krummer, beaver, otter, seal, mink, chinilla, squirrel, ermine and cones, as well as velvet in plain colors and novelty stripes and checks, are used for collars, cuffs and other trimmings.

**Beauty Sleep.**

When you go to bed, if you are looking for beauty sleep, you should fall asleep right away. The beauty sleeper, the one who wakes up looking refreshed, will fall asleep the moment her head touches the pillow. She will fall into a slumber, heavy and dreamless, and she will waken in the morning of her own accord.

The old fashioned idea of the beauty sleep was the sleep that comes before midnight. Every hour passed in sleep before then made a woman younger according to the old time idea. After 12 the sleep is heavy and not so good for the nerves, being less invigorating and less strengthening.

It is not so much the amount of sleep, as the quality that counts. An Edison can get as much sleep in four hours as most of us get in eight, which means merely that his sleep is so in tense, his rest so perfect, that in four hours all the fatigue poisons are driven from his system, while most people's sleep is so fitful or so light that it takes eight or nine hours to do the same work for them.

**The Effect of Homesickness on Children.**

Children often suffer from homesickness when away from home, and if the conditions continue after a reasonable length of time they should be humored—not that a child should be encouraged in remaining tied to its mother's apron strings all its life, but the first visits away from the maternal roof should be very carefully arranged, so as not to have a disastrous effect upon the happiness of future visits and subsequent mortification and unhappiness, which sometimes last all one's life.

Children are lonely little creatures, and as their lives are usually very regular any departure from the daily routine is very upsetting. It is as well for a child to be used to going to sleep by himself from the first and to learn to help himself as soon as possible. But, no matter how carefully guarded a child is, there may come a time when he will hear some silly talk from the maids or from other children about burglars or ghosts or other nocturnal frights, which will upset in an instant all the sensible mother training, with subsequent difficulty in getting to sleep and need for mother's constant presence.

There is no use in scolding a child for such fears, for often grown persons have them, although you will find that most adult sufferers have had them from childhood. Happy now is the mother, who has made her children open with her. She alone can overcome these bedtime fancies by judicious comforting, sensible thrashing out of the subject and diversion in the way of introduction of other stories at bedtime.

But if a nervous child must for some reason be sent away or entrusted to another's care at night let the bedtime companion be carefully chosen. Children are much afraid of ridicule and store up many hopes and fears in their own little hearts to be worried over at bedtime. When mother is not there to comfort the homesickness may be very severe, at that time, and somebody who knows how to cope with the situation can do much to overcome it.

It is an excellent plan always to give a baby its water from a teaspoon rather than from a bottle, because in this way even a tiny baby will learn to drink from a spoon—a valuable knowledge when it is necessary to give medicine. When a child is sick the kidneys are only too prone to be affected, and it is essential to provide plenty of water, especially in cases like scarlet fever, where kidney complications are more usual than not. A child with a tendency to constipation or any stomach trouble should be encouraged to drink plenty of water. If it rebels against a full glass at a time, make a game of it. It is just as important to provide good drinking water as good food, and for the first few days at a new place one should make the children drink rather sparingly until the properties of the water have become familiar.

**A Word to the Sunburned.**

Sunburn is often extremely painful. In many cases where a girl has been out in the sun practically all day, the skin blisters and causes very real suffering. It is a wise girl who knows how to care for her own sunburn, for she will save herself a good bit of pain by doctoring it at once.

When you return to the house after a day in the open and find your arms, neck and face all red colored from the sun, don't stop to question why, but start in treating it at once. The burn never hurts the first day, and sometimes it does not the second day, but you will certainly get it the third unless you are very careful. Don't wait until the skin begins to itch and smart before you put on a cream, but at the first sign of red color, where white usually is, start your doctoring.

Cocoa butter is excellent to take the sting out of sunburn, and which hazel cream is another fine emollient. Rub either one in well at the first appearance of the burn, and then again the next day, and you will not be bothered much by the pain and itch.

If you are well burned and do not attend to the skin at once you will find that the smart and sting once begun are almost impossible to stop. After the flesh has begun to prickle and itch you will probably pile on creams, but nothing does very much good until the burn has worn itself out. The two remedies mentioned may help to relieve pain, but they will not stop it unless applied the first day.

**To Make the Hair Curl.**

One of the best and simplest lotions for making the hair curl is made of quince seeds. When it dries it leaves a fine powder on the hair like dandruff, but this may be easily brushed off. To make this fluid take a tablespoonful of quince seeds, bruised, to a pint of soft water, which is boiled gently until the amount is reduced to three gills. It is then strained, and when cold two tablespoonfuls of cologne and alcohol are added. Moulden the hair with the fluid before putting up in kid curlers. Another formula which has given satisfaction consists of borax, one ounce, gum arabic, one dram; hot water, one pint; spirits of camphor, two tablespoonfuls. When the first three are dissolved add the camphor, and when the mixture is cold bottle for use.

**Woman's World**

The Woman Who Can Both Can and Make a Good Speech.



MRS. EDNA BUCKMAN KEARNS.

That housekeeping and campaigning for woman suffrage can be wholesomely combined has been demonstrated by Mrs. Edna Buckman-Kearns of Nassau county, N. Y. In one day Mrs. Kearns prepared both breakfast and lunch for her family, put her house to rights, canned seventeen cans of peas and six jars of raspberries and then went to a suffrage meeting and made such a good speech, urging woman suffrage in the interests of pure food, that she started some profitable work in the cause of votes for women.

In the course of her speech Mrs. Kearns happened to mention the canning she had done that day, and after she closed her hearers crowded about her to ask how she canned her peas. Then the idea popped into her head that there was a chance to make some money for woman suffrage.

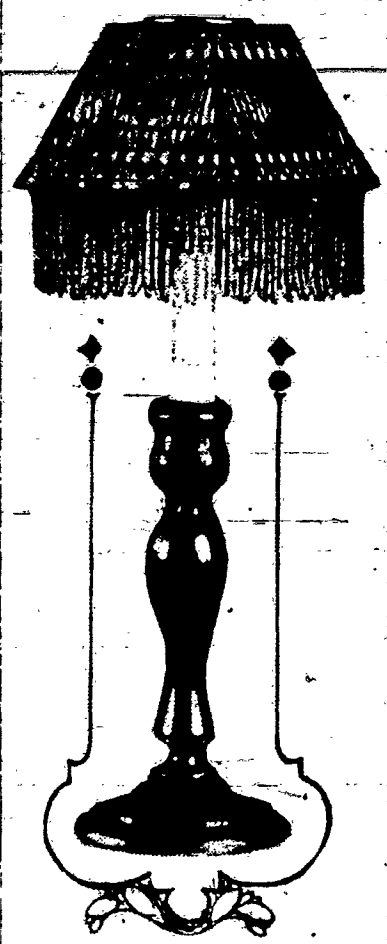
Mrs. Snyder, one of the official canning demonstrators of the United States farm bureau, was engaged as a teacher. One town after another fell in with the movement, and all through the month of August the women gave practical demonstrations of the fact that better housewifery and enfranchisement of women are twin movements. As Mrs. Kearns said:

"We are proving the fact that suffragists can can and can campaign while they can. Suffrage stands for the best way of being the best sort of woman in the home. Why, it was only a week ago that a whole household was poisoned with pea soup made from improperly prepared peas."

"This sounds like an improvement on the old fashioned quilling bee, where the women talked about the parson's last sermon and the parson's wife's new bonnet. When the housewives get together in the future to attend to domestic duties and to talk about politics we may expect more scientific housekeeping."

**NEW PIANO LIGHTER.**

This Graceful Candlestick Will Add Luster to Your Home. If your parlor is furnished with mahogany this candlestick of the same wood will be in harmony. The shade



FOR MORE LIGHT.

is punched brass, lined with rose china silk. The beaded fringe is in the same tone. For reading a low table will reduce the sticks' tall glare. A pale yellow silk lining will cause less eye strain than pink silk and prove quite as pretty.

**Fashion Notes For The Autumn**

Buttons are to be largely used as dress trimmings, present indications predict.

Smocks are now made of jersey cloth and are delightfully soft and supple in spite of their fullness.

Plain felt hats, untrimmed, are worn for sports. They are made in bright yellow, green, blue and pink and also in white.

Contrasting linings in coats for day and evening wear are usual. Often figures are used for the linings, and some smart coats are lined with two colored checked silk.

Sleeves on some of the new evening frocks are no more than little ruffles, sometimes of tulle edged with beads and sometimes held out with a flexible wire at the lower edge.

Buttons seem an odd hat trimming, yet three big white pearl buttons are fastened on the twisted ribbon band that encircles the crown of a broad brimmed black velvet hat.

A hem of tulle is used on some evening frocks of taffeta for young girls. The skirts are exceedingly short and full, and the tulle hem extends about two inches below the taffeta.

Big Quaker collars are made in many materials. First of organdie or other plain sheer white fabric, they are now made of white or colored mull and even of lace or all-over embroidery.

Beads are embroidered in a design that incrusts the edge of some of the new black silk and satin hand bags. They are mounted in silver and have strap handles of ribbon or stitched silk.

Prediction is made that for autumn wear—violet and etiamine in heavy, coarse weave are to be featured. These are both desirable fabrics, for they have an element of durability that makes them economical.

Silk jersey suits are worn for sports. There are a sweater jacket and skirt usually—a sash or scarf to match, and often a jaunty little cap, made with a point on each side, one ending in a tassel, the other fastened down with a silk-covered button.

Lacings appear in some of the new frocks and blouses. Sleeves are sometimes laced from the elbow to the wrist, sometimes from the shoulder to the elbow. Lacings appear down the front of blouses and at the collar. The lacings are contrasting color usually.

For trimmed sweater coats, too, are gaining in fashion. Made in pink and blue and pale yellow and white silk, with hems and collars and cuffs of white fox, they are admirable for wear with afternoon and evening frocks at the seashore and in the mountains.

**Have a Hobby.**

The woman who is not interested in things in general or something in particular is an uninteresting companion. No matter how beautiful she may be, her charm will be minimized or of short duration.

The victim of ennui or indifference victimizes everybody about her. Her friends may look upon her and admire her beauty, but she is decidedly uninteresting, and even a little bit of her society is generally an overdose. To be blame is not to be interesting. If you are weary of everything in life you need the attention of a physician; there is something wrong with you, mentally and physically.

Something new and interesting in this world is cropping out every minute. The most interesting people are those who see things and get all possible pleasure out of them. An exhibition of indifference to things about you is not an evidence of intelligence. Intelligent people are the ones whose eyes are open. That is the way they become intelligent. Such people are the most interesting. Sometimes they are so interesting that even if they happen to lack beauty that fact is forgotten in admiration for their intellect. Some one has said that everybody should ride a hobby.

**Proper Care of the Eyes.**

No one can afford to take chances with the eyes nor to give less than the best care to them. Their toilet should be separate from that of the face, for neither flesh brush nor harsh cloth should come in contact with them, much less should skin tonics, washes or creams be allowed to enter them. They should be kept clean with clear water and once a week bathed, by means of an eyecup, with tepid water with a little boric acid in it—a teaspoonful to a large glass.

If the eyes are weak and bleary bathe in a solution of four ounces of soft water and one ounce of witch hazel. If they feel as if they have sticks in them then again the boric acid wash is needed every night with regularity until the trouble is obviated. Black specks floating before the eyes, contrary to general supposition, are harmless. They are in reality present all the time, only becoming more noticeable when the eyes are tired or under any condition which alters the density of the vitreous humor in which they float.

**AN OUTING SUIT.**

Practical and Smart This Costume For Cool Days.



IDEAL FOR TRAMPING.

Shepherd's plaid, black or blue and white, features this jaunty suit. The circular skirt is finished around the bottom with a straight strip, which keeps its shape well. Please notice the good looking belt—one style front and a novelty at the back. Cloth for boots and a sailor hat go well with this design.

**SEWING AS AN ART.**

The Pendulum Swings Back, and Girls Are Taught to Sew.

Every woman should know how to sew. There is a mistaken notion in masculine minds that every woman does know how to sew. But this is by no means a general ruling. There are quite a number of the fair sex who have no skill whatever with needle and thread and are quite unable to mend, much less to make, their own attire.

When the first movements were made toward the higher education of women, the movements which originated the important women's colleges and educational centers of today, the effort to improve feminine education, and raise it above the mediocre instruction of early days went to the other extreme, and Greek and Latin and mathematics completely usurped the place of the domestic arts.

Dressmaking and housecraft in all its branches had no place in the curriculum of the modern college girl, and the young lady who came back from her finishing school might be very learned in literature and the sciences, but was very little use when it came to sewing and dusting and the many duties of ordinary home life.

Now the pendulum is swinging back again, and one is glad to see that even the most advanced of girls' schools include housewifery and other useful accomplishments in their list of subjects. It is perfectly easy to be studious and thoroughly well educated, to have a good working knowledge of the arts and sciences, to know languages and history, and yet be able to handle a needle and cook a dinner.

So many quite young girls are inclined to think this is impossible. They feel that flour hands and an intimate acquaintance with a dustpan and brush are things to be avoided. A time comes now and again in the life of nearly every woman which demands the performance of these simple duties, and the girl who is totally unprepared for such emergencies may find herself in a sorry plight indeed.

There is infinite wisdom in teaching girls in their teens to make their own clothes, to cook and to clean and make up a room, and there are fortunately many mothers who instruct their daughters themselves in these matters. A girl will not be worried with needle work if her handiwork produces a new and dainty gown for her own adornment, and cutting out, tacking and stitching are double in interest when the completed garment will be something to be proud of.

**Clothes Tree For The Children.**

Much work and confusion may be avoided when the children undress at night if each one is made the proud possessor of a small hat tree or clothes tree, or costumeer, as it is called. These come in white enamel, mahogany or any other finish of wood, stand four or one-half feet high and have eight branches, a branch for each article of wearing apparel. Clothes will be well aired, the room kept neat, and out of order and everything ready in place in the morning. The children love them, and it is a good way to teach them orderliness and hygiene. They are inexpensive. Surprise them some morning with open.

**A MOUNTAIN COURTSHIP.**

By M. QUAD  
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The mountaineer and his wife had to go down the valley about a mile to see a sick neighbor, and I was left at the cabin with their daughter, a girl of eighteen. As soon as she had cleared off of the supper table and while I sat on the doorstep smoking the put on a clean apron, arranged hair a bit and blushed very red as she said to me:

"Him's comin' to see me tonight—and him's very skeery and—and—"

"Do you mean that your young man is coming?" I asked.

"Reckon him is."

"And he's bashful!"

"Him can't skeerely abide dad and me."

"I see. He'd be scared off if he found me sitting here. Well, I'll take a walk and be out of the way."

"No, no, no! You're perfectly proper. I'll go out and sit down on the log, and you stay right yere."

"Oh, that's it! Well, don't you mind me in the least."

The log was only thirty feet away, and she hadn't been sitting there over five minutes when "him" appeared. He had probably been in hiding some where near. All I could see was that he was a young man, very bashful and awkward. He sat down about ten feet away from her, and it was about five minutes before either spoke.

"Who's him?" queried Jim as he peddled his head in my direction.

"Stranger, gwine further up, she answered. "You hain't no call to be skeer'd of him nor nobody."

"Who's skeer'd?"

"Reckon you is."

"Skeer! Never was skeer'd in all my life. Lissen, does your old dad know me?"

"Reckon he do."

"And your mam?"

"Reckon she do."

"And Linda?"

"He stopp'd there for a long, long time, and Linda coughed and ginged over his embarrassment. By and by she said:

"Dad says you come powerful nigh Kilian's bar last week."

"No reply."

"Mam says you took to them hill acres of land above Parkers."

No reply.

"Has you lost your baggs, Jim?" she asked after a long silence.

"O's no; I was thinkin', he replied to be heard 'n' deep snuff."

"Reckon I know what twin, to be he?"

"Reckon you don't."

"O's I do. Dad knew you, mam knew you, and I—"

That log suddenly contracted again and brought them close together, and Jim's arm stole around Linda's waist as he flashed the sentence she had with:

"And we's gwine to be kin in the fall and live on them same hill. You hain't no better to 'em than I'd aborely hug you, I would."

I got out of "that death" and took a long walk, and it was Jim's chin advantage at the occasion Linda's curls belied her when I returned.

The girl gave me good night and passed to her room, and a little later the old folks arrived back.

"Stranger, was that a taller yett a-sparker? Linda" whispered the father as they set down beds me.

"O' co'se there was—o' co'se," said the wife.

"There was a young man here," I replied.

"Dad Linda call him Jim?"

"She did."

"O' co'se she did—o' co'se," added the wife.

"Did they get together?"

"Yes, on the log."

"Would you say, stranger—would you say that that was her heart?" asked the husband.

"Why, I sat there smoking and looking into the burds, and I neither heard nor saw much. By and by I got up and walked away."

"O' co'se he did—o' co'se," said the wife.

"Yes, he would git up and walk away," sighed the husband.

"Would you like Jim for a son-in-law?" I asked after a bit.

"Stranger, replied—the man as he laid aside his pipe—so as to have both hands free to gesture when, "that yett young man has killed a bar with a knife."

"And a whoppin' big bar at that," added the wife.

"He has shot three wildcats, sub."

"Shot three and skeer'd of a fourth."

"And he has swum the Cumberland river, sub."

"And it was a flood too."

"And he has killed mo' coons and foxes and possums in the last two y'ars, sub, than any two men in the state."

"O' co'se he has—o' co'se."

"And he made the elephant run when the last circus cum along, sub."

"And it was a 'skopper' of an elephant, too—for sub it was."

"And, sub," continued the husband as he stood on his feet, "that yett Jim can outthier, outrun, outwrestle, outfight and outlift any critter of his age for fifty miles around."

"O' co'se he kin—o' co'se," added the wife as she also stood up.

"And, sub, in a y'ar or two mo' we ar' gwine to send him to the legislature, and he's gwine to swell around these mountains with a plug hat and cane. All this, sub, and you axes me if I'd take him for a son-in-law?"

"O' co'se we would—o' co'se," said the wife.