

# Woman's World

American Red Cross Chairman Says Women Need Discipline



MISS MABEL T. BOARDMAN

In a recent interview, Miss Mabel T. Boardman states: "I should like every American woman to understand elementary hygiene, home care of the sick and first aid to the injured. I should like her to have a reliable teacher, however."

"In their relief work American women need discipline and organization more than they need impulse and enthusiasm. We had examples of this so repeatedly when the war first broke out. Women came to us for work, they wanted to help. 'Will you go to the register's office and do this or that?' we would ask. 'Oh, I don't think I am waited for that.' 'Will you go here or there?' 'No, I don't care for that.' And so it went. The women had no idea of doing what was needed to be done; no idea of obeying orders, as it were, and this is the fact that they meant to be helpful."

"Then also the women have been so apt to want to push the personal note to its limits. They prepare boxes for a particular family in a particular country and never stop to think that the delivery of such a specialized parcel would be practically impossible. The case of the woman who made pajamas and put molasses candy in the pockets illustrates my point. The candy melted and ruined the pajamas, of course, and all the fine fervor that prompted the act was offset by the utter inefficiency. The Red Cross aims at perfect organization. It is the only official organization for relief that the government has and therefore the only one that the foreign countries respect. For that reason American women can do their best relief work in connection with the Red Cross. Private enterprise doesn't get very far. Women can start their little hands for European relief, but they can't get the supplies through being unofficial. Their packages come twice as hard, if at all. The Red Cross is absolutely respected, though there have been reports that Red Cross ambulances have been fired at. This has never been true except when the ambulances could not be seen at a distance. Of course ambulance drivers and nurses at the front take their chances. That is the fortune of war, not the deliberate attack of fighting ranks. The Red Cross wants American women to learn how to obey instructions, to follow orders, to be helpful in the right way, which is in any way that comes to hand. 'In time of peace,' says Miss Boardman, 'women have patriotic duty, and that is again concerned with the health of the nation. This time women's work is preventive, however, not curative.'"

## AN IMPORTED FROCK

A Beautiful Afternoon Gown That is Direct From Paris.



REAL ELEGANCE

Velvet striped georgette crape in a midnight blue shade is used to fashion this frock. Please note how cleverly the velvet stripe has been arranged to form the bodice and part of the skirt, even the large, which is cut off by a band of Russian squirrel and ends in a deep flounce of plain crape. This material furnishes the sleeves, which are cut with a patch of velvet stripe. The collar is of squirrel, while the vest is white georgette crape fastened with ball crochet buttons. With this gorgeous gown goes a midnight blue velvet hat of tall crown and wide brim that gives just the hint of a poke in front, while a huge pink rose accentuates the heavy ribbon band.

## FALL HOUSECLEANING

Suggestions That Will Make This Nightmare a Little Easier. To clean wicker chairs wash with salt and water, then rub as dry as possible and place in the open air to finish drying. To clean enameled bathtubs rub with salt moistened with lemon juice. Then wash with hot water and soapuds. To clean marble basins make a paste of whiting and soft soap and apply it with a soft cloth. Rinse with cold water and rub dry. To polish steel fenders, etc., after cleaning with emery paper sprinkle powdered bath brick on the surface and polish with a chamol leather. To clean white paint wring a cloth out in hot water, then dip it in bran and gently rub the paint. Sponge off with cold water and polish with a white rag dipped in whiting. To destroy moths in carpets or curtains spread a damp cloth over the part and iron till dry with a hot iron. The steam will destroy any eggs, and the moths will not attack the place again. To clean brass cut a lemon in half, dip it in kitchen salt and rub over the brass till the stains disappear. Then rinse in warm water and polish with a duster dipped in powdered whiting. Cloudy decanters can be cleaned with vinegar and salt. Put a handful of salt and half a cupful of vinegar in the decanter and shake well, then empty and rinse with warm water. To clean oriental rugs first beat the rug thoroughly, then brush to remove all dirt. Rub over with a stiff brush dipped in warm soapuds to which a little ammonia has been added and rub dry with a soft rag. To clean linoleum rub well with soap, then wipe off with a dannel wrung out in hot water. Allow to get quite dry, then polish with any floor polish. After this treatment the linoleum will keep clean and bright for quite a long time. Keep a lump of kitchen salt in the sink. It will dissolve slowly and keep the pipe clean and the sink fresh and wholesome. Sprinkle carpets before sweeping with salt instead of tea leaves. It keeps the fibers down more effectively, and the carpet comes back fresher and wear better, as salt prevents moths attacking them. Oil stains can be removed from linen and cotton goods by rubbing the material on both sides with talcum powder. The powder should be left on for a few hours and then brushed off.

## A SMART WORKBASKET

Interesting New Fixtures in an Old Necessity.



A HOUSEWIFE'S HELP

This attractive workbasket is of straw in its natural color, and the linings are of heavy golden blue. Its elegant sections are of the best quality, and the other figures—buckskin, white, red and blue—are of the same quality. The basket is made of hand-carved ivory. The silk top, drawn up, with a handsome silk cord will keep dust out of the interior.

## Children's School Luncheons

During recent years the problem of the proper feeding of school children has come to be recognized by educators as a very grave one. The child of school age must grow and must also work. It is costly to educate a child, and the cost is largely wasted if the child is so improperly nourished as to be unfit for mental effort. Certainly a hungry child is in no condition to turn his undivided attention toward the work of the schoolroom.

Another important factor is play. There is a direct connection between the muscular activity involved in play and the food elements necessary for the building of a strong body. As it has been proved in many instances, particularly in the large cities, that many children are actually hungry the greater portion of the time, it is obvious that such children are not receiving the full benefit from the money being spent for their education. The question of feeding the child in the school is, therefore, receiving more and more consideration as time goes on, and in several instances where various methods have been tried the results have been very marked.

In one girls' school in New York city each child is given a cup of milk or cocoa during the morning, and at noon soup is sold by the school at 1 cent. Here also, as the year wanes, greater progress is noted. This instance is not cited as an exceptional case, but as an example to show that when children are fed at school the results are apparent, even though the children may not actually be underfed in their homes.

In the schools for backward children the results of feeding in the school have been more apparent. It is said that in France where a system of serving meals to school children was most carefully worked out, the effect is to simplify the relief work, as no parent can bring a hungry child in, order to gain sympathy.

As the question of food for school children is so important educationally, and at the same time is not entirely an educational problem, it offers an opportunity for co-operation between the educators, social organizations and parents.

The domestic science classes afford another good opportunity for the serving of nourishing food to the children throughout the school. The class prepares one hot dish daily, which is served with the cold luncheons brought from home. Each girl pays 10 cents a week, which pays for the food.

In the rural school a very simple equipment will answer all the purposes of cooking and serving. If the school is able to have a dressmaker a soup of stew can be prepared at some one's home, taken to the school and kept until lunchtime. As in the rural districts many children live a long way from the school, it is almost a necessity that a hot dish be prepared for them.

In one rural school a plan was put into operation whereby a hot dish was served at a cost of 2 cents. Where the parent was not able to pay this amount, the food was served free, or the parent was allowed to contribute vegetables or other farm products. Each week one of the larger girls was appointed as chef, with three smaller girls as assistants. The preparing of the lunch was completed before 9 o'clock in the morning and was put on the oil stove in the entry at the proper time. Each child brought a napkin, a paper knife, fork, spoon and two napkins from home, one napkin being used as a tablecloth.

Not only did this plan work out well from a standpoint of proper nutrition for the children, but the lunch hour became a lesson in table manners. In this way many children who receive little training at home are enabled to see how other people behave at meals, and the teacher can do a great deal of good in imparting lessons in table deportment.

There have been enough experiments made to prove the value of nutritious food served at the school, and it is doubtless but a question of a short time now before educators generally will come to see the responsibilities and opportunities lying dormant in this field. As the teacher is likely to be more or less overworked, too much should not be expected of her in this line, but if the parents will become interested in this subject much good can be accomplished. (By women all over the country are beginning to realize that here is a work close at hand and in conjunction with the school officials can do a great deal toward insuring the proper amount of nutritious food for each child of school age, and thus help to bring up a generation of healthy bodies, as well as trained minds, for without the one the attainment of the other is doubly hard.)

To Reduce. The following exercise is an excellent one to practice if you wish to reduce an enlarged abdomen. Place the right foot forward about eighteen inches and raise the arms above the head, bend the body to the left, to the front and to the right, endeavoring to reach the floor with the finger tips. Keep the left knee rigid, do bend the right just a little. Inhale deeply when rising and exhale when bending. Continue this exercise until you are fairly tired, a cramping feet.

## A TRIM SUIT

A Rather Striking Effect in Black and White Check



A SMART TROTTER

Except for the choker and cuffs of seal skin and a row of black novelty buttons, which stop at the waist line, this neat suit is devoid of trimming. The woolen is of the best quality, and both the skirt and the coat's pelum have a marked flare. Please note how patent leather boots and the black satin toque with its natty little brush accentuate the dark note of the seal skin.

## ANOTHER PARTY FROCK

For the Schoolgirl Who Goes to Dancing Class.



THE TEN-YEAR-OLD

Sage green is the color used for this pretty gown. The skirt is corded to simulate a canmore hoopskirt and finished around the bottom with walls of Troy lace of the conventional scallops. The blouse falls over more walls of Troy and is finished with tasselled tie. Finest cream colored embroidery adorns the turnover collar and V shaped chemise, and the butterfly bow on the girl's bunch cut hair is wide cream set a ribbon.

## Beware of Rust

When relaying steps after scrubbing the floor in case the boards are thoroughly dry, or the tacks will rust and stain the carpet.

## SHORT AND SHARP

Troubles, like babies, grow larger with nursing.

It requires strength of character to save and to store.

It's easy to be generous to a fault if it's your own fault.

Most of the slips occur after the cup has been to the lips.

If we'd work for the things we wish for we'd get most of them.

Much that has been gained is often lost in reaching out for more.

The fellow who is killing time is also assuassing his opportunities.

Every man knows a lot of fool things he would do if he had the money.

So live that the life insurance men will not be the only mourners when you pass out.

When we listen to the troubles of our neighbors it gives us more courage to hear our own.

The Mexican situation has a habit of slipping back into the same old rut and taking a siesta.

Some people seem to make themselves miserable so that they can get more enjoyment in heaven.

## Man's nature to be good is like the tendency of water to flow downward.

A man may be tempted from without, but he is overcome from within.

If we never had afflictions we couldn't appreciate being without them.

Next time there is a concert of the powers it will not be at popular prices.

As things now go, there is a good deal of money that isn't even whistling.

When there is a ghost of a chance never give up until you give up the ghost.

If China wants commercial advice we will give it—buy only American goods.

It doesn't take pneumonia and typhoid fever long to break into the war game.

A price that staggers humanity has already been paid, with nothing to show for it.

While men continue to make cannon and use them, isn't it almost useless to pray for peace?

When a man begins to brag about himself he starts advertising his greatest weakness.

Any person craving excitement can get all he requires by becoming a war photographer.

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