



# The SAFETY POINT

By Dr. Frank Crane

The railroad needs money not only to pay the expenses of hauling passengers and freight.

It costs millions more to keep the right of way and rolling stock in condition.

It takes tens of millions in addition to supply steel cars, new safety appliances and other modern facilities and comforts demanded by the public.

Keep the earnings down below a certain point and the railroads will be unable to meet this constant demand.

The New York Central Lines need and invite your thoughtful consideration and co-operation on matters affecting our mutual interest.

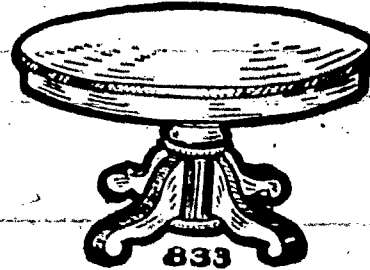


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## Woman's World

The President's Daughter is an Advocate of Suffrage.



**MISS MARGARET WILSON.**  
Miss Wilson always has been a suffragist at heart, but it was not until last year, after her father had announced his own views on the question of votes for women, that she permitted herself to come out and work for the enfranchisement of her sex. She had for several years attended as a silent spectator all the mass meetings of the suffrage societies. Even now she seldom makes speeches, since she needs to save her voice for her chosen career as a vocal artist.  
Recently Miss Wilson was one of the hostesses at a suffrage tea given in New York, where Miss Julia Lathrop, head of the national children's bureau, spoke about the relation of suffrage to child welfare. The children's bureau is another one of the humanitarian interests of Miss Wilson, whose unaffected love of humanity has led her to ally herself with many philanthropic movements.  
It is said that she always gives the proceeds of her concert money to the work for the blind, for, while she is an enthusiastic lover of her work, she does not aim to enrich herself, but to help mankind.

### FANCY HATBANDS IN FAVOR.

Some of the Pretty, Frivolous Things That Appear This Season.  
Fancy adjustable hatbands are a feature of the new millinery and appeal to the woman whose longing for variety is hampered by a limited purse. They furnish an excellent means of introducing daring touches of color in an otherwise dark street costume and are adaptable to the stiff crowned, narrow brimmed models as well as to the soft sports-hats of felt and beaver-fox which they were originally designed for.  
Plain colored ribbons in the new, bright shades as well as in striped and blocked effects, combining two colors in sharp contrast, are the most used for adjustable hatbands. Many of these are so woven as to pass for hand knitted bands and have a convenient elasticity which makes them easily adjustable to any size crown. Others are of a stiff ribbed silk similar to belting and fasten under the flattest of tailored bows.  
Double faced ribbons, showing a dark shade on one side and a vivid coloring on the other, are among the most satisfactory for fancy hatbands, as they are capable of almost endless variety in adjustment.

### Here is a Beauty Diet.

Soups: Fresh fish, vegetable broths, clear.  
Fish: Raw oysters, fresh fish, boiled.  
Meats: Fat bacon, boiled or broiled, chicken, game (all sparingly).  
Farinaceous: Cracked wheat, oat meal, rice, soft hominy, whole wheat bread or biscuits, rye bread, graham bread or rolls, crackers, dry toast milk toast, macaroni.  
Vegetables: Mashed potatoes, green peas, string beans, spinach, cabbage, cucumbers, cress, lettuce, celery.  
Desserts: Plain milk pudding, junket, rice and milk, sago and milk, stewed fruits (all without sugar).  
Drinks: Weak tea (no sugar), milk, buttermilk, toast water, pure water (cold or hot).  
Thoroughly masticate all foods and eat slowly.  
Deviled Sardines on Toast.  
Materials.—Two tablespoonfuls butter, a tablespoonful dry mustard, one-half teaspoonful salt, a teaspoonful lemon juice, sardines, one-third cupful butter, a tablespoonful Worcestershire sauce.  
Directions.—Beat the two tablespoonfuls of butter to a cream, add the mustard, salt, sauce and lemon juice. Sauté the sardines for about six minutes in the remaining butter and when nearly done add the creamed mixture. Heat the whole thoroughly and serve on toast.  
Chocolate Iceing.  
Two tablespoonfuls cocoa or melted chocolate can be used, four tablespoonfuls sugar, two tablespoonfuls hot water, one-quarter teaspoonful salt. Mix the sugar and water until smooth, add the cocoa or chocolate and stir until creamy. Spread between the cakes.

## About Club Sandwiches

The club sandwich forms an ideal quick luncheon with a cup of chocolate or tea. It is a delicious after theater habit. Moreover, it is easy to make in the dining room with the aid of a chaffing dish or electric toaster. It has so many varieties that it can be served frequently without becoming monotonous.  
To begin with, its foundation is a slice of hot buttered toast at the bottom and another at the top. Between these two slices there must be lettuce and mayonnaise and boiled or fried bacon. Besides these ingredients many other things can be used.  
Perhaps what one may call the conventional club sandwich contains on its foundation slice of toast a crisp piece of lettuce, a spoonful of thick mayonnaise, a slice of chicken breast, two crisp slices of bacon, a slice of tomato, more lettuce and mayonnaise and the cover of toast.  
Instead of the tomato a slice of tomato jelly may be used, or some shreds of sweet green or red pepper or sliced sweet pickles or sliced stuffed olives may be used.  
Or else over the toast may be spread a mixture of chopped celery and mayonnaise or chopped sweet pepper and mayonnaise, or chopped olives and mayonnaise.  
Fish paste may also be used instead of the chicken, with or without the bacon. Sardines, boned and skinned and rubbed to a paste with mayonnaise, are good.  
The lower slice of toast may be spread with a thin coating of pate de foie gras, then the chicken, bacon and mayonnaise can be added, then lettuce and the top slice of toast—with or without the slice of tomato.

### ABOUT FLOUNCES.

How Skirts May Be Adorned a la Mode.  
Artistic effects are achieved with skirts showing flounces of different colors and materials. For instance, a dress in myrtle green faille, trimmed with jet and kolinski fur, has a two founced skirt; upper flounce is green, the lower one is black peau de soie. The coat is also in black peau de soie, and it completely covers the green flounce. In another case a two founced skirt will have a third flounce falling from the waist to veil the upper flounce of the skirt in some very thin material, like mousseline or net, sometimes plain, sometimes embroidered. The effect is very delicate and pretty, and the fashion of flounces generally is one which leaves a wide scope for variation and adaptation. A very young and pretty model shows a ribbon skirt in vertical lines, each being juxtaposed and finished off by a tiny rose.

### THE PALM BEACH GIRL

For Her Who Enjoys Surf Bathing All Winter, Is This Cap.  
Designed like a pilot's cap is this bathing hood in red rubber with embossed pattern across the front piece.



### THE AIRPLANE MODEL

The ear wearing is especially comfortable for her who enjoys diving and may be turned up when she leaves the breakers.

### Welsh Rabbit.

Shave very fine or grate a good one-half pound medium cheese. Set this aside. In a saucepan pour two large cupfuls of milk. When scalding hot add one tablespoonful of butter. Mix one heaping tablespoonful of cornstarch, a dash of cayenne pepper, one-quarter of a teaspoonful of salt, one-half teaspoonful of mustard and one-half teaspoonful of Worcestershire sauce, with a little cold water. Stir into scalding milk and cook about five minutes; then add the grated cheese. Serve on crisp buttered toast.

### Creamed Tuna Fish in Chaffing Dish.

Materials.—One can tuna fish, two tablespoonfuls butter, a tablespoonful flour, salt, cayenne and a little grated nutmeg, a cupful milk, a squeeze of lemon juice, a whorlful of sherry.  
Directions.—Open the can of fish some time before it is to be served. Melt the butter, add to it the flour, salt, cayenne and nutmeg. When smooth add the milk, then the fish and lemon juice and lastly the wine. Cook five minutes and serve on crackers or toast.

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### The Specter of Pauperism.

Do you know that in the United States sixty-six out of every hundred people that die leave no estate whatever? Do you know that out of the remaining thirty-four only nine leave estates larger than \$5,000 and that the average of the balance of twenty-five is a little less than \$1,200? Do you know that at the age of sixty-five ninety-seven out of every hundred in America are partly or wholly dependent upon relatives, friends or the public for their daily bread, for their clothing and a roof under which to sleep? We all know that the one safeguard against pauperism by the countries of Europe has been thrift. France, Germany, Belgium, Holland and Switzerland have been the leaders in thrift. Do you realize that according to government statistics 98 per cent of the American people are living from day to day on their wages and that a loss of employment would mean pauperism for all but 2 per cent of us—B. W. Strauss in *Leslie's*.

### Curious Shadow Casting.

"Did you ever see a waterfall cast a shadow?" asked Stephen T. Marther of the group around the club table. Mr. Marther, who is assistant to Secretary Lane in charge of the new development work which the department of the Interior is doing in the national parks, had just returned from a strenuous summer among the mountain tops.  
"Well, Yosemite falls cast my shadow very distinctly one night last August. I was half a mile or more away, gazing, beauty bound, at the effect of the full moon upon these giant falls, which are, by the way, as high as sixteen Niagara piled one on top of the other.  
"The moon was behind me, of course. The double falls, shining like silver, lit brilliantly by reflected light the dense shadows of the trees which hid me from the moon. Turning, I saw my shadow outlined vividly upon the grass."—Our National Parks.

### Ring Life Preservers.

"The worst trouble about a life preserver," said an old sailor, "is that few people know what to do with one when it's thrown to them. Many a man would drown in trying to get a life preserver over his head. The average person struggling about in the water would try to lift up the big life ring and put it over his head. That only causes the man to sink deeper and take more water into his lungs.  
"The proper way to approach a life preserver in the water is to take hold of the side nearest you and press upon it with all your weight. That causes the other side to fly up in the air and down over your head, 'ringing' you as neatly as a man ringing a cane at a country fair. After that the drowning man can be rescued."