A LONDON SPEAKER

The Hon. Mrs. Bertrand Russell In Relief Work.

DAUGHTER OF A QUAKERESS.

Another Suffragist Has Left England to Tour the United States In Behalf of Hospital Units, Cottage Homes For Babies and Toiling Mothers.

Hon. Mrs. Bertrand Russell has left her English work, schools for mothers in the hands of the Duchess of Marlborough in order to make a two months' flying trip to the United States on behalf of the suffering women and children of Europe. Mrs. Russell is at present speaking in Atlantic seaboard cities about "Why English Women Need the Vote In Time of War."

She has been a lifelong suffrage worker and made her first speech in the Yellowstone National park when she was only sixteen. For in spite of her present English position Mrs. Russell is an American woman the daughter of a famous Quakeress of Pennsylvania, Hannah Whitall Smith, one of the great suffrage pioneers of America and friend of Frances Willard and Lady Henry Somerset. Hannah Whitall Smith was well known in the last generation as a religious writer and social reformer. Mrs. Russell entered Bryn Mawr in its first class in 1885 the year it opened. After her graduation she worked for temperance under the training of her mother's two friends, the latter training coming after her marriage in England to Hon. Bertrand Russell, the philosopher.

THE HON. MRS. BERTRAND RUSSELL.

Mrs. Russell began the schools for mothers, for which she is widely known, in 1907, after she had studied similar social experiments in Ghent. She and a group of Englishwomen have carried on this training of mothers before and after the birth of their children, in order to decrease the great infant mortality in the congested parts of London.

At the outbreak of the war the suffrage societies of the British Isles turned themselves into relief agencies, the National Union of Women's Suffrage Societies being the society with which Mrs. Russell has worked. It has maintained hospital units, cottage homes for babies and help for toiling mothers, establishing labor bureaus through England and teaching efficiency to girls who have been called upon to fill new posts.

SPRING FASHIONS.

A Description of the New Russian Blouse So Popular.

Among the new blouses is a most alluring model called the "tunic." Of course it is Russian in type and its important feature is an extension below the waist line which gives the long, Russian tunic effect. This extension is either gathered or circular and falls from a trim belt to midway between hip and knee. Worn over a separate skirt of harmonizing material, the new Russian blouse gives the effect of a complete costume. The idea is a practical one, for any woman can furnish the simple, well cut skirt and purchase one of these smart blouses to complete a really stunning new frock.

In some of the smartest new waist models color is combined with white either in the fabric itself or by the use of different materials, such as sheer silk crape and taffeta or crape and wash satin. Very striking models in these color combinations are the waists with a two inch stripe alternating with a stripe of sheer silk crape in a similar width.

Porch Cushions.

Porch cushions are the gayest of the gay. And they are striped, in conformity with the general trend toward striped effects in decorations and home accessories of every sort. All the colors of the rainbow are seen in these cushions for the swinging seat, the settee, the rocker and general utility, but the combinations of tints have been made so skillfully that the result while undeniably vivid, is by no means unpleasing or crude. In the khaki hued couch hammock or in one of awning stripes in black or white a group of these bright toned cushions presents a desirable contrast.

YOUR GUEST TOWELS.

Four Pretty Insertions Suitable For Curtains and Bureau Covers.

Insertion No. 1—First Row—3 sp, 2 bl, 3 sp.

Second Row—2 sp, 1 bl, 5 sp.

Third Row—2 sp, 2 bl, 2 sp, 1 bl, 1 sp.

Fourth Row—1 sp, 1 bl, 1 sp, 1 bl, 2 sp, 1 bl, 1 sp.

Fifth Row—1 sp, 1 bl, 1 sp, 1 bl, 2 sp, 1 bl, 1 sp.

Sixth Row—2 sp, 2 bl, 2 sp, 1 bl, 1 sp.

Seventh Row—2 sp, 1 bl, 5 sp.

Eighth Row—2 sp, 2 bl, 3 sp.

Ninth Row—5 sp, 1 bl, 2 sp.

Tenth Row—1 sp, 1 bl, 2 sp, 2 bl, 2 sp.

Eleventh Row—1 sp, 1 bl, 2 sp, 1 bl, 1 sp, 1 bl, 1 sp.

Twelfth Row—1 sp, 1 bl, 2 sp, 1 bl, 1 sp, 1 bl, 1 sp.

Thirteenth Row—5 sp, 1 bl, 2 sp, 2 bl, 2 sp.

Fourteenth Row—5 sp, 1 bl, 2 sp.

Fifteenth Row—3 sp, 2 bl, 3 sp.

Sixteenth Row—2 sp, 1 bl, 5 sp.

Seventeenth Row—1 sp, 1 bl, 2 sp, 2 bl, 2 sp. Repeat from first row.

Insertion No. 2—First Row—1 sp, 1 bl, 3 sp.

Second Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp.

Third, Fourth, Fifth, Sixth, Seventh and Eighth Rows—1 sp, 1 bl, 3 sp, 1 bl, 1 sp.

Ninth Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp.

Tenth Row—3 sp, 1 bl, 3 sp.

Eleventh Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp.

Twelfth Row—1 sp, 1 bl, 1 sp, 1 bl, 1 sp, 1 bl, 1 sp.

Thirteenth Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp.

Fourteenth Row—3 sp, 1 bl, 3 sp.

Fifteenth Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp. Repeat from first row.

Insertion No. 3—First Row—3 sp, 1 bl, 3 sp.

Second Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp.

Third Row—1 sp, 2 bl, 1 sp, 2 bl, 1 sp.

Fourth Row—1 sp, 1 bl, 3 sp, 1 bl, 1 sp.

Fifth Row—3 sp, 1 bl, 3 sp.

Sixth Row—1 sp, 1 bl, 3 sp, 1 bl, 1 sp.

Seventh Row—1 sp, 2 bl, 1 sp, 2 bl, 1 sp.

Eighth Row—2 sp, 1 bl, 1 sp, 1 bl, 2 sp.

Ninth Row—3 sp, 1 bl, 3 sp. Repeat from first row.

Insertion No. 4—First Row—1 sp, 1 bl, 1 sp, 3 bl, 1 sp.

Second Row—1 sp, 1 bl, 1 sp, 1 bl, 1 sp, 1 bl, 1 sp.

Third Row—1 sp, 3 bl, 1 sp, 1 bl, 1 sp.

Fourth Row—1 sp, 1 bl, 5 sp.

Fifth Row—1 sp, 3 bl, 1 sp, 1 bl, 1 sp.

Sixth Row—1 sp, 1 bl, 1 sp, 1 bl, 1 sp, 1 bl, 1 sp.

Seventh Row—1 sp, 1 bl, 1 sp, 3 bl, 1 sp.

Eighth Row—5 sp, 1 bl, 1 sp.

Ninth Row—1 sp, 1 bl, 1 sp, 3 bl, 1 sp.

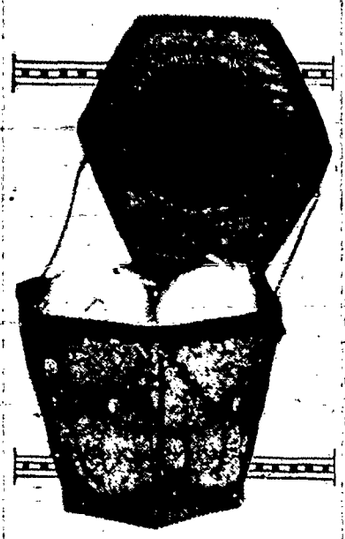
Tenth Row—1 sp, 1 bl, 1 sp, 1 bl, 1 sp, 1 bl, 1 sp.

Repeat from first row.

STYLISH EGGS.

Clever Girls Are Making These For Their Guest Rooms.

This egg basket is hexagonal shaped, with dull gold lace as cover. Each panel is draped with tiny French roses and their leaves. In the lid is fitted a



THE ULTRA RECIPE

tiny mirror held by gold braid, and the basket is filled with best quality powder and individual puffs made of absorbent cotton tied with baby ribbon.

Frangipan Cream Pie.

Cut three circular pieces of pastry nine inches in diameter, place on baking sheet, prick with fork and bake. Put together with Frangipan cream, for which mix two thirds cupful powdered sugar and one third cupful flour, add yolks of three eggs and one whole egg slightly beaten, one fourth teaspoonful salt and one cupful scalded milk and cook over hot water fifteen minutes. Add two tablespoonfuls butter, two tablespoonfuls macaroon dried and crushed, two thirds teaspoonful vanilla and two thirds teaspoonful lemon extract.

A Skin Tonic.

Salt is finer for the skin than any other known tonic if properly used. The face should never be washed in salt water when it is not properly clean, for salt is in the nature of an astringent and will contract the pores. It is excellent for enlarged pores, and the solution will act as a veritable stimulant to the whole skin.

FOR THE CHILDREN

Interesting Sleepy Time Story From the Land of Fairies.

FABLE OF THE THERMOMETER.

How a Wayward Little Elf Was Put In a Prison and Kept There For the Benefit of Mankind—Things of Interest to Small Folks—Girl Policemen.

Polly Ann and little Net were looking at the thermometer when just then Uncle Ben came in and told about

AN ELF FROM FAIRYLAND.

Once there lived in Fairyland a capricious little elf named Quicksilver. This was not her real name but was given to her one day by the king of fairies in a fit of anger at her waywardness. Quicksilver was never to be counted on at all. When one thought to find her visiting the Rose Fairy, whose home was by the garden wall, she had already left and was flashing here and there like a streak of lightning. She led all of the fairy folk such a dance that they decided to teach her to be more reliable. But she was such a sprightly little thing and looked so pretty in her dainty silver frock that they hesitated to hange her.

One day when the queen had planned some work for Quicksilver and she had slipped away and could not be found the king's patience was exhausted, and he called his counselors to help him devise a punishment. They decided to build a little glass house for her without doors, through which she might attempt to escape, and to place a little ladder at the rear so that she might climb up and look out upon the scenes of her former naughtiness.

They had difficulty in catching her, but at last she was placed in her new domicile and forced to remain there forever. In the summer, when her friends the flowers, bees and butterflies were about, Quicksilver climbed high up on her little ladder to look at her former comrades with longing eyes. In the winter, however, when these sought shelter from Jack Frost and were nowhere to be seen, she felt sad and lonely and slipped down into her little room and would not allow herself to be seen but for an occasional peep when the day was warmer. Then she climbed in the hope of seeing one of her dear ones.

One day a wise mortal noticed Quicksilver and studied her habits. He determined to make her useful in the world by teaching them to other men. To this day we look at her as she sits in her little glass house, and when one asks mother, "Shall I put on my warm coat today?" she answers, "Go and see what the thermometer is doing."

Hidden Kitchen Utensils.

1. We sup late tonight on account of the show.

2. Take the tunk up to the senate chamber.

3. It is my custom to give kind words for kicks.

4. Sit on mother's lap, Otto and be a good boy.

5. Here is baby. Take a peep and don't wake him.

6. Of Italy's rivers, Po, on which Turin is located, is beautiful.

Answers: 1 plate, 2 cups, 3 fork, 4 pot, 5 pan, 6 spoon.

How Silver Bow Creek Was Named.

Silver Bow creek received its name from a party of prospectors who reached its valley in the vicinity of Butte in 1861. While discussing the best name for the stream the clouds broke away and the sunshine falling on the creek as it circled around the mountain suggested the name Silver Bow, and it was accordingly so called.—United States Geological Survey.

Police Girls of New York.

In all the importance of blue uniforms, blue caps, badges and little twirling sticks fifty petted girls recently appeared on the east side of New York city. Their captain, Celia Goldberg of the Washington Irving high school, marched them about their precinct to show that they are now "on the job" and no more may the

Photo by American Press Association.

POLICE GIRL MAKES ARREST.

slippery lemon peel, skin be lightly tossed out of the window or rubbish be permitted to slide down the fire escape within sight of their 100 watchful eyes. These girls are pledged, first of all, to keep their own homes in sanitary fashion. At stated intervals they will report to the East Side Protective agency that all the tenants in their circuit have been visited and warned to live according to the health laws.

HER SPRING FROCK.

Here Is a Hint For the Spring Bridesmaid's Attire.

This delightful frock may be put up in silk net, voile or organdie over a ruffled petticoat foundation is a panniered drape, the pointed ends of

SO STATUESQUE.

which have shadow lace applique. The simple bodice is chiefly of this lace, as are the girdle and shoulder straps. The girlishness of this design is fetching to a degree.

NEW WINDOW TREATMENT.

Suggestions For Renewing Your Curtains After Housecleaning.

New window treatment gives opportunity to make the most of cretonne, that most charming drapery stuff for summer rooms. There are long side curtains from rod to sill made of flowered cretonne lined with tinted sateen in the usual manner. These hang from a brass rod which, instead of going straight across the window, bulges up in a curve at the center, where the valance is shirred over it. This valance is very full and is in two portions, each section six inches deep at the center of the window and ten inches deep at the outer side, where it meets the side curtain. Cords are run through the lower edges of the section and left unfastened, to be pulled up when the valance is adjusted.

When curtains and valance have been shifted to the pole and the pole set in place over the window the outer lower corners of the valance are tacked to the side curtains under rosettes of the cretonne. The edges at the center where the valance is divided and is only six inches deep are tacked together. Next the cords are drawn up toward the center, tied and tucked out of sight. This draws up the sloping edges of the valance in puckered effect and the drawn up valance brings forward the side curtain at the point of the rosette. The whole effect is dainty and graceful and suggestive of a French boudoir. Shades of the cretonne instead of ordinary window shades will complete a charming window treatment.

For the Chinese room or any other room where black and white is desirable for background effects there is a new window curtain material of white ground and white checks in very open effect like coarse net. Grosgrain black stripes in clusters cross this fabric, and smart looking curtains are arranged so that the black stripes come directly across valance and side curtains about six inches from the top of the window.

To Be Well Groomed.

The woman who is particular about her hose is not always the best dressed, and it often happens that a woman whose home is untidy looks stunning in her street clothes. The points in dress that most women overlook are stockings, footwear, gloves, hats and handkerchiefs.

Be sure that your glove is properly proportioned, and when you decide on a well fitting style buy no other. Dust a little powder into your glove before you wear it, and smooth all the seams straight. Have the lines on the backs properly over the center of the hands and the fingers at the tips of the glove.

Keep your hats in their boxes until you wish to use them and return them at once when you take them off. Always brush them, especially if they are made of felt, velvet or a dark satin that shows the dust. Never carry a soiled or even crumpled handkerchief. It is only a little thing but it is the little things that help toward complete beauty.

Fillet of Bass, General Joffre.

Remove the fillets from a good sized bass, place in a well buttered sauce pan and add some minced shallots and minced fresh mushrooms, poach in white wine. When done place them on a plate and thicken the sauce with some kneaded good butter, so that it will remain light. Season with salt, pepper and minced chives. Garnish with small bouquets of shrimps.

CUTS OF MEAT.

It Is Necessary to Know Muscle Structure.

DIFFERENT PARTS NAMED.

Some Expert Help For Young Housewives Who Have Not Yet Learned How to Cook Cheap Meats In the Most Nourishing, Tempting Way.

It would seem that the last word had been said on cheaper cuts of meat. But the decrease in the high cost of living makes the meat problem still as tough as the price as ever.

What are the much maligned and equally much praised cuts called "cheaper"? To know this we must know the architecture of the animal in question. First, the most tender pieces are the less exposed parts of the animal. Whatever portions are subjected to muscular exercise thus the loins are tougher because the muscles have been used more. This does not mean that there is not as much nourishment in tough muscles as in tender ones. The cheaper cuts have tougher fibers, and the whole problem is to prepare and soften the fibers and thus put them on a par with more tender parts. The muscles of the abdomen are also tender, but give a very coarse meat.

The structure of the muscle fiber must be studied in order to apply the best methods of cooking. Each fiber is like a thin section of orange, being surrounded with a firm tissue and containing juice within. If we cut the fiber across the juice will escape. If we heat the fiber in a high temperature we will harden it still more and prevent the escape of juices. If we cut it and soak it in water the juices again will escape. But if we pour scalding water or liquid on the fiber it will have much the same effect as heating it rapidly to a high point.

Now, the ideal in handling all cheaper cuts is first to harden the fiber either by pouring on boiling water or by heating it to a high degree in order to avoid the escape of the juices, and second, to cook it slowly so that the fiber will eventually be very tender, the fat dissolved and the flavor [illegible] possible retained. None of the cuts should be covered at first with cold liquid or cooked slowly before the outside fiber is seared.

What are some of these cuts by name? Perhaps this partial list will give suggestions which your butcher can help you carry out.

Cheaper cuts of beef:

Rump—Roasts, braising, a la mode, stewing.

Chuck Ribs 1 and 2—Roast, steak.

Chuck Ribs last 3—Stewing, braising.

"Plate"—Soup, stew, rolled pieces.

Brisket—Corned and pot roast.

"Skirt" Steak—Rolled, stew.

Plank Steak—Rolled, stew, a la mode, soup.

Cross Ribs—Pot roast.

Short Ribs—Soup, stew, sliced cold.

Cheaper cuts of mutton:

Breast—Stew, braising, soup.

Neck—Soup, stew, meat for croquettes, etc.

Veal:

Breast—Soup, stew, made dishes, veal loaf.

A slow oven, which is also used in cooking other foods, can be used, or, above all, the "fireless cooker," which cooks without heat. Here too, the fireproof or earthenware dishes can be used to best advantage for then the food may be cooked and served in the same dish.

SPRING NECKWEAR.

Fichus and Frills Are Coming to the Fore Now.

With a plain satin shirt waist are worn this roll collar and vestee of white georgette crape down the front

A NEW COMBINATION.

of which drapes crisp white net daintily inserted and edged with fine val. The effect is fresh and springy.

Chicken With Peanuts.

Cut a young chicken into small pieces, roll in flour and fry brown in lard or butter. When the chicken is done pour over it a cupful of sweet cream and sprinkle liberally with roasted peanuts put through a meat grinder.

HER GOLF RIG.

Noisy Plaids Are More Popular Than Ever For Sport Clothes.

This worsted skirt, cut on the bias, is white and saffron plaid. The hem is "cuffed," and from a fitted belt closed with two huge white pearl buttons depend interesting satchel pockets. The skirt is worn with a white crepe de chine silk waist, white buck shoes and a tailored hat.

THE ATHLETE.

YOUR SHOES.

How to Take Care of Your Nether Garb and Keep Neat.

If it were possible to lay in a spring and fall supply of, say, three or four pairs of shoes we would give our feet a good chance of always looking neat. However, it is possible on a more limited number to accomplish the same end if we are careful with those we do buy.

In the first place, it is much more advisable to pay a good price for one pair than to buy two pairs of cheap shoes. Cheap shoes get out of shape so quickly they are never an economy. Cheap shoe leather is dear at any price. To preserve the shape of a shoe you must have a pair of trees, and immediately you take off your shoes put them on the trees. Never allow your shoes to run down at the heel. As soon as they show the least signs of wear send them to be fixed. If you wear them until they are right down at the heel it is not only bad for your foot and looks most slovenly and untidy, but you get them so out of shape that no amount of subsequent repairing will put them right again.

If you happen to get your shoes wet don't put them near the radiator to dry. This cracks the leather and makes them hard. Put them on the trees and let them stand somewhere warm and dry. Wait until they are quite dry before having them cleaned.

You can keep patent leather shoes from cracking by rubbing vaseline into them before wearing them for the first time.

Mock Tatting In Clover Leaf Crochet.

There are many uses for this mock tatting in crochet of clover leaf design. Begin with ch 27, catch back into the 15th st from beginning of chain, forming a loop. Into this l er 5 s p of 3 ch, (2 s p) four times, 5 s, catching with first p into 5th st from beginning of chain; join. Ch 12, catch back at base of first leaflet. Fill in this l the same as the first, joining first p of 2d leaflet to last p of first leaflet. Third leaflet the same as second. Slipstitch along 5 of remaining 15 ch for stem. Ch 5, catch into last p of 3d leaflet. Repeat, joining second clover leaf to first by 3d p of opposite leaflets. Crochet a heading of trebles with 2 ch between each.

Home Suggestions.

Many laundresses waste time and labor pursuing clothespins when a clothespin bag made to slide along the line would save both.

Give the average girl a pretty shirt waist or dress bag and see if the best things are not more carefully put away.

Give the average boy a good looking shoe bag for his closet wall and see how quickly he will display pride in keeping his shoes clean so that the bag will not be soiled.

Eat Ripe Olives.

Eat ripe olives and take four tablespoonfuls of olive oil every day, says one who knows. Why ripe olives? Because they are picked and packed just at that stage of their development when they are richly nutritious and edible. Each olive contains a large percentage of olive oil. Do try them if you have not as yet. Purplish black in color, the more one eats of them the better one likes them.