

### FROEBEL DISCIPLE

Chief of Kindergarten Division, U. S. Bureau of Education.

#### STANDS FOR MORE SCHOOLS

Also Maintains That Two Extra Years Added to the Meager Four or Five That Most Children Get Would Greatly Increase Average Intelligence.

At a conference of the National Congress of Mothers held in New York City in connection with the recent convention of the National Education Association Miss Bessie Locke, chief of the kindergarten division of the United States bureau of education, said:

"Those who are familiar with the fact that there are nearly a thousand



MISS BESSIE LOCKE

Kindergartens in Greater New York and that most of the large cities have adopted them, may be surprised to learn that throughout our country only 11 per cent of the children are in kindergartens, making 89 per cent still unprovided for. In other words, 500,000 children are receiving this training, of whom nearly 400,000 are unprovided for.

In a country which stands for equal privileges for all it is manifestly unfair that a few should be enjoying this educational advantage, while the large majority have to go without it.

"A short time ago we wrote to all the civilized countries of the world asking what they were doing for the education of their little children, and we found that Belgium had made the greatest progress, more than a half of all its children between three and six years of age were in kindergartens. Numerically, Belgium is now a small nation, one of the smallest, but as we think of this little country let us not forget that it is the epitome of a people rather than the quantity that is important and that education, especially education given in the early formative years, is one of the most influential factors in the making of quality."

Miss Locke pointed out the fact that the children of our own country spend on an average only a little more than five years in school, and in some sections less than four years, maintaining that two extra years added to this meager four or five would greatly increase the average intelligence of our people.

#### FOR MRS. NEWLYWED.

- How to Combine Tasty Relishes and Sauces With Different Meats.
- With roast beef, tomatoes, grated horseradish, mustard, cranberry sauce, pickles.
- With roast pork, apple sauce, cranberry sauce.
- With roast veal, tomatoes, mushrooms, boiled onions.
- With roast mutton, currant jelly and caper sauce.
- With boiled mutton, boiled onions, caper sauce.
- With boiled fowls, boiled onions, lemon sauce, cranberry sauce and jellies.
- With roast lamb, mint sauce.
- With roast turkey, cranberry sauce and currant jelly.
- With boiled turkey, oyster sauce.
- With roast goose, apple sauce and grape or currant jelly.
- With boiled fresh mackerel, stewed gooseberries.
- With boiled bluefish, white cream sauce, lemon sauce.
- With boiled shad, mushroom sauce, parsley or egg sauce.
- With fresh salmon, green peas and cream sauce.
- Pickles are good with all roast meats—in fact, with all meats. Lemon juice is a grateful addition to all kinds of fish. Spinach is the proper accompaniment to veal; green peas to lamb. Potatoes are required with all kinds of meat. With fowls they are nicer mashed.

**Diet and Morals.**  
Famous dietitians and doctors who have given careful study to foods and their effects upon the morals and disposition of human beings and animals claim that they can determine the character of food eaten by the physiognomy. This being true, it behooves us in the interest of our right to beauty, to confine our diet to such foods as are the allies of beauty and not its demonstrated enemies.

### FOR BATHERS.

A Kit to Take on Your Vacation Dips.

For the bathing girl there is a special bathing kit of toilet requisites packed in a flat box which will not take up much room in the bathing bag. The box contains talcum powder, cold cream, sunburn lotion and toilet water, a big powder puff and a lamb's wool powder pad. Vanity belongings such as rouge and lip stick, may be added to the assortment if desired, and in a crevice in the box the forebanded woman will tuck a supply of hairpins large and small. The big powder puff is for powdering the skin freely after the bath, the lamb's wool pad for use in powdering the face. The toilet water will be refreshing on face and neck if salt water has left them dry and sticky, a combined state which salt water only is able to produce. The cold cream should be rubbed into the skin of arms and neck before going into the water as a guard against sunburn, for even in the hottest sun a bad burn is impossible if the skin is well creamed. It is not necessary to leave one's bathhouse showing a shiny nose and glistening arms. If the cream is thoroughly rubbed into the skin and the latter dusted over with talcum the application will not be apparent. And the sunburn lotion in the kit is for use if the cream has been omitted with disastrous result to complexion and arms.

### THE BIRD CAGE.

New Vests Are Looking Like This One of Hexagonal Mesh.

A characteristic of new vests is a mesh so heavy that features cannot be seen through it. This hexagonal, however, is only moderately thick and is



A COY ONE

banded with silk disks. It comes in discreet color, circularly made, and also in taupe, these still being favorite tones for the autumn.

#### To Clean a Gas Range.

Take out all the parts, including the iron tops, the burners, etc. They will lift out easily. Place them in a tub or wash boiler and cover with very hot water. Dissolve half a cup of lye in the water and let them stand for an hour, or so, or overnight would be better. If you can manage it, Great care should be taken that the hands do not come in contact with the lye water. The head should be kept turned away from the two when the lye is turned into the water as it is very disagreeable to get the fumes.

If this is done once a month, or even once in two months, if there is not much cooking, the range will always be perfectly free from grease of any kind.

If your oven turns rusty or smells musty, rub the interior with French chalk every few weeks. This will give it the appearance of an enameled oven. It is worth trying.

#### Sewing Hint.

Every woman who has ever attempted to lay, hem on napkins or table-cloths or to hem them after they are laid knows the impossibility of doing them quickly or well if the stiffening is not first removed. One way to get them in proper condition is to rub the linen between the fingers and thumbs along the entire length of the hem. This gets out the stiffness and prevents needles from breaking.

Another and better method is before the linen, napkins particularly, is cut apart, wet it along the line of division and for about an inch on each side with a small toothbrush dipped in soap suds. Not only will the thread draw with few if any breaks, but the hem can be laid with much greater ease. Never attempt to cut linen by the eye. It takes little more time to draw a thread, and that is easily made up by the quickness and accuracy with which the hem is laid.

#### To Hang a Skirt.

An easy way to hang a skirt by oneself is to put a piece of chalk in the opening of the dining table and push the table together so as to hold the chalk firmly. Then with the skirt on turn slowly around, chalking the skirt as you turn. This done, take the skirt off and with a yardstick mark off the same number of inches below the chalk line that you desire it to be. If carefully done you will have a beautifully hung skirt.

#### Red Cedar.

Red cedar chests, in which supplies of all kinds can be stored, but which are especially useful for things that moths like, can be bought in the shape of window seats. With a few cushions they are made into a part of any room where they are placed. These chests are bound with brass and are made with good locks.

### FOR YOUNG FOLKS

A Sleepy Time Story About Two Woods People at a Fair.

#### JOEY SQUIRREL AND BUNNY.

Many Strange and Amusing Things They Beheld Until Lost in the Crowd. Nuts and Buns A-plenty—A Ride on a Camel—The Brave Boy at the Beach.

Uncle Ben was all ready after supper and said to little Ned and Polly Ann that he would tell them about

#### BUNNY AT THE FAIR.

"Are you going to the fair?" cried Bunny, scampering up to Joey Squirrel. "We are all off and are going to have such fun."

"Yes, I'm coming. I've never seen a fair before. Will you take me with you?" asked Joey.

"Yes, come along," replied Bunny in a few moments Joey joined his friend and the little family of bunnies, and they quickly ran down the woodland path to the field.

You should just have seen the crowd of animals. There were so many and such stores of nuts and buns that Joey was quite bewildered.

There were some camels there to give the people rides, and Joey liked that much better, he and Bunny went right to the other side of the field on one.

"There they saw some mice doing tricks and stayed watching them for quite a long time.

"We had better go back now; mother will wonder where we are," said Bunny, but the crowd was so great that they could not find her again.

"What shall we do?" asked poor little Joey, beginning to cry.

"I know—'I'll go under the hedge till the rest have nearly all gone, then we shall see her," answered Bunny bravely.

Suddenly Joey said—"I know—I'll run up this tree and then I can see all over the fair." "Shall I?"

"Yes, do," said Bunny.

He was out of sight in a moment and found he could see all that was going on and after a few moments he spied Mrs. Bunny on the other side of the field talking to Policeman Hippopotamus.

"I see her," he cried and scampering down, took his little friend's hand and raced off. It was hard work to get through the crowd, but they reached Mrs. Bunny at last, just as she was beginning to cry.

"Oh, how glad I am to see you," she said, kissing them both. "Where have you been?"

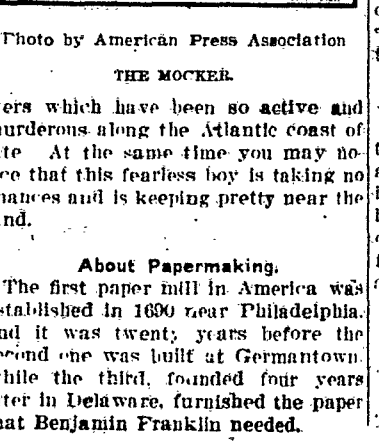
"We were lost, only Bunny said we'd stay under the hedge, so nobody hurt us," explained Joey.

"And Joey climbed a tree and found out where you were," added Bunny. And then his mother kissed them again and took them home.

She gave Joey a lovely supper before he went to bed, and then he and Bunny said good night to each other and went to bed, quite tired out with such an exciting day.

#### Not Afraid of Sharks.

The brave young lad here pictured has just expressed his contempt of sharks. You see he has thrust his tongue out in derision of the sea monster.



THE MCKER.

### HER TROTTEUR.

A Handsome Gown For Early Fall Street Wear.

The faddy name for street frocks is "walking dresses." This one heralds the somber tones that seem to be the



THIS "WALKING DRESS."

new fall favorites—a navy gabardine richly braided with soutache. The open sides give a panel effect that is trimmed with novelty buttons.

#### BUTTON-VARIATIONS.

Advance Tips About the Kind and Use of Fall Fasteners.

Buttons are not at all left in the lurch because of the amount of hand work used. In fact they serve to accentuate the special features of the waist, coat or suit they adorn. Buttons increase the importance of pockets, belts and cuffs and give themselves a chance to assume extraordinary shapes and sizes.

Because of the vogue for dark suits with white hnt, shoes or garters, white ivory buttons are allowed. Sometimes they are ringed with black or a fashionable color, sometimes they have a pearl center, but all of them are light in weight, and this accounts for at least part of their popularity. They are also made on dark tulle dresses.

Those used on coats and suits are more conservative, mushroom and saucer shapes being the most popular. Balls, squares and cubes are also employed, as well as acorns.

Pearl buttons come in all sizes and shapes. From the large ball buttons appropriate for novelty skirts and the fast style for separate skirts to the tiny ones for shirt waists. Heavy corded materials make use of ribbed buttons. Checked suits may be thanked for the plaid and plaid-checked buttons, as well as the black and white effects in combination with white rims.

White cotton croquet buttons, especially the tiny ones for blouses, are still suitable.

Among the new colors shown is a French gray button to match the shade now so popular in dresses. A ring of black is often used to enhance its beauty.

#### The Love of Books.

Baroness Bettina-von-Hutton, the well known novelist who is an American woman by birth, says:

"What a blessing it is to love books. Everybody must love something, and I know of no objects of love that give such substantial and unfeeling returns as books and gardens. And how easy it would have been to come into the world without this and possessed instead of an all-consuming passion, say, for hats, perpetually raging round my empty soul I feel I owe my forefathers a debt of gratitude, for I suppose the explanation is that they, too, did not care for hats."

#### Sweet Pickles.

One peck green tomatoes sprinkled with salt; when sliced, let stand overnight to make sweet pickles. Drain off the water and put in a kettle with sufficient vinegar to cover. Add one-half pound sugar, one-half cupful white mustard, twelve green peppers and ten onions chopped fine. Put in a bag two ounces of cloves, one-half ounce allspice and a little mace. Boil slowly three hours.

#### Hats With a Front Flare.

There is a strong tendency toward the front flare in the new transparent and straw hats. While this trim line is not becoming to many faces, it can be so arranged that the flare comes at one side or lip tilted. A bit of soft fringed braid or a twist of silk helps also to relieve the severity.

#### Cherry Sauce For Ice Cream.

Melt a cupful of sugar and pour it boiling hot over two cupfuls of pitted cherries. Cool and serve with vanilla cream.

### BOX LUNCHEONS.

All Housewives Should Make Attractive Sandwiches.

#### BREAD TO BE EVENLY CUT.

All "Eats" Taken At Fresco Should Include Plain Food, Relishes, Fruits, Salad Greens and Dessert, Care Being Taken as to Waxed Paper Wrappers.

In sandwich making the bread should be cut evenly, and the thickness of the slice should depend on the vigor and the appetite of the consumer. Thinly sliced bread appeals to the person who is not a vigorous worker and who therefore has not the need for large quantities of food. Whether thick or thin slices of bread are to be used is not so important to the palatability of the sandwich as are the manner and quantities in which the butter and filling are used. Butter should be softened by creaming it with a spoon or a knife and should be spread evenly over the entire surface of the slices of bread. This method is easier and quicker than spreading the bread with lumps of unsoftened butter, which disfigures the sandwich. Both slices of bread should be buttered, since butter keeps the bread moist and prevents the filling from soaking into the bread and thus making the sandwich wet and unappetizing. A ragged, crumbly, soaked sandwich is not a tempting luncheon. A sandwich should be wrapped in waxed paper in order to prevent it from drying.

Foods that are likely to dry out, to become disfigured by pressure, to absorb other flavors or to distribute their own flavor—such as nut, cookies, pieces of meat, slices of onion, certain fruits, cheese, stuffed eggs or eggs without their shells—should be separated from other foods by wrapping them in wax paper or, if that is not available, in plain clean paper.

Preserves, stews and the like should be put in small, clean, washed containers. Although many persons know how to prepare package meats, a large number of others do not. After food selection and food preparation, the final consideration that demands attention is careful packing. Surely the means and method of the proper packing of a luncheon should receive thought. The box luncheon must be an example of convenience, neatness and attractiveness. Without these qualifications the most nutritious food may lose much, if not all, of its value, for unattractive food has no appeal to appetite and digestion.

The materials essential to good packing include wax paper, paper napkins, box, basket or dinner pail.

Fiber boxes seem inexpensive, but since they easily dampen or become soiled and cannot be washed, they have to be replaced. When not in use fiber boxes should be well aired.

Tin boxes can be easily cleaned, and they prevent the drying out of their contents. Lunch baskets are light and well aired.

Only wrapped food should be laid against the basket. Even if this precaution is followed the basket will need to be scrubbed frequently with soapy water and thoroughly dried.

#### FOR FLAPPERS.

This Tam Made of Ribbon For the Fourteen-year-old. Very wide grosgrain ribbon is being used modishly for turbans. So the flapper gets a tam of navy grosgrain



SO WISFUL.

adorned atop with a flat worsted bunch of grapes. This is one of the newest ideas for fall hats and most suitable for school days ahead.

#### Midnight Spreads.

For years it has been drilled into our ears that we should not eat before going to sleep, and we have foregone many a pleasant bite for fear of sacrificing our good health. And now along comes a noted physician and tells us that many morning headaches were merely the result of hunger. This does not mean that we can immediately proceed to gorge ourselves with all sorts of sweets and not have to pay the penalty the next morning. Sweets should be eschewed during the midnight repast, and one should substitute some wholesome sandwiches. Cheese sandwiches are wholesome and nourishing and can be eaten with impunity, even during the wee small hours.

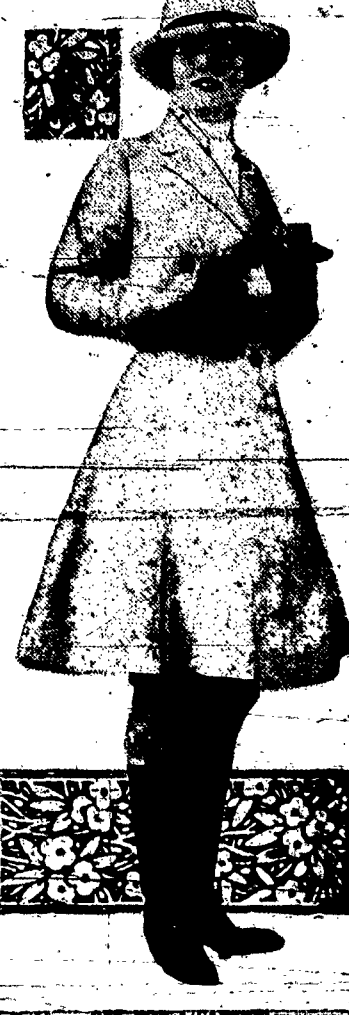
#### Chiffon Kerchiefs.

Chiffon handkerchiefs in delicate colors to match the gown, belt, hat or bag are round with frills of net or real lace.

### THE SUMMER HABIT.

What Horsewomen Approve of For Hot Weather Wear.

This severely tailored habit is put up in linen crease in natural tone. The breeches button at the knee irregularly.



OFF FOR A CANTER.

Ly, while the coat of long rovers takes a circular skirt. Brown bone buttons are the only trimming, matching the brown grosgrain band of the panama and Russian leather boots.

#### A BEAUTY HINT.

How to Wash Your Face in the Right Way.

One of the methods of acquiring a clear, white complexion is so simple that it is almost amusing—it is merely to wash the face properly. This should be a regular part of the toilet at night as brushing the teeth. The procedure is in this wise: With hot water and a pure white soap thoroughly cover the face with lather, using a good complexion brush. The latter is better than a washcloth because it "scrubs" better and acts as a good stimulant to the blood vessels of the face. One need not be afraid of this thorough scrubbing, for long hours of rest in bed prevent any harm coming to the tender skin afterward. When the face is rinsed well with tepid water and gently and thoroughly dried with a soft towel rub a good cold cream into the open pores. When this has been thoroughly spread over the face and has remained there five or ten minutes gently wipe it off with a soft cloth, preferably silk. Do not rub the face too dry, for some of the cream should be left in the outer tissues of the skin. This severe scrubbing thoroughly softens and cleanses the skin of all dirt and stain, while the cream nourishes and whitens it.

#### PICNIC LUNCHEONS.

Hint About Carrying Food Daintily and Easily.

In homes where automobile luncheons or picnic parties are frequent it is a good idea to have on hand several fresh, clean egg boxes with compartments, in which eggs come from the store. Stuffed eggs can then be rolled in paraffin paper and stood upright in each compartment so they will travel without crushing or losing shape. Neither need the halves of the egg be kept together with toothpicks, as is frequently done. Dainty rolled sandwiches also keep their shape in these individual compartments. Loaf cake can be cut in pieces of a size to fit these partitioned boxes by lifting out the divisions and pressing the paste-board edge on the freshly frosted surface of the cake. Replace the partitions in the box and allow the frosting to become firm. Then cut in squares as indicated by the markings. Each piece of cake will be of a size to fit. This eliminates carrying a knife and insures the neat appearance of the cake.

#### Citron Preserves.

Pare citron and cut in slices one and one-half inch thick and about three inches long. To each pound of citron allow one pound of white sugar. First make your syrup, using one pint of water to every ten pounds of sugar; skim well, then add fruit; boil one hour, or until tender; do not stir; slice two lemons thin, extracting the seeds; put this in the preserves with all sorts of root ginger (white). Do not boil long after adding lemon. This is excellent if made carefully. If you cannot obtain citron, watermelon rind can be substituted, but soak overnight in alum water and boil in clear water twenty minutes next morning.

#### Gay Raincoats.

Raincoats are now made of oil silk and are transparent. Bright reds, blues, lavender and green are some of the hues.