

ABOUT BABY WEEK

The Children's Bureau Has Started the Campaign.

HOW ABOUT YOUR OWN TOWN?

First Week of May is the Best Time, but Plan Your Work So It Best Fits In With Local Conditions and Prepare For Summer.

[Prepared by the children's bureau, Washington.]

The 1917 baby week bids fair to be an even bigger, more worth while celebration than last year's, but 1916 will keep the distinction of being the year when each community's provision for the welfare of its babies was generally recognized as a civic responsibility.

Have your baby week from the 1st to the 6th of May if possible. This date has been agreed upon by the bureau and the General Federation of Women's Clubs as the time best adapted to the varying conditions of different states.

It requires only twelve months for a baby to become one year old and no longer subject to the hazards of infant mortality, but there are still many risks for him to encounter. He is still absolutely helpless, although in ceaselessly charming, and his parents are as eager to keep him well and happy, as desirous of sound advice, as they were last year. Open out the 1917 baby week to include all children still at home with their mothers.

Remember the mothers. Well cared for, healthy mothers are necessary for the health and happiness of their babies. Find out what your community is doing to insure to every mother skilled advice and adequate care before and after her baby is born and give the importance of protecting the mother a prominent place in the educational work of the campaign.

And one word to communities where infantile paralysis has been epidemic. Mothers should be urged to leave the baby at home during baby week. Any feature of the campaign involving the bringing together of numbers of babies must of course be omitted, but such features are not essential to the interest and success of a campaign. And baby week will afford an excellent opportunity for giving information as to the proper physical training of children with paralyzed muscles.

The baby week emphasizes the constructive side of infant care. It addresses not only individual parents, but communities.

The best test of its value will be the work that follows it. Undoubtedly every state board of health should secure what only six states have at present—a special division of child hygiene. No city or town should fail to provide instructive nursing service and to pay constant heed to the problems of hygiene and sanitation, of proper housing and of recreation spaces, since all these immediately affect the welfare of infants.

There are 3,000 counties in the United States. In every county seat there should be a center for the health work of that county, a station for examining babies and older children and for furnishing expert advice for keeping them well—in short, a health teaching center.

THIS WORK DRESS.

What Small Girls Will Wear to School Soon.

Crise is a popular spring shade, and this gown is fashioned of crise and white blocked gingham cut one piece



Photo by American Press Association

ALL READY.

and trimmed with pique piping and a diagonally piped belt. A black velvet bow tie has a quite grown-up effect.

A Cheap Dessert.

Take half dozen bananas, slice them into a deep dish, squeeze the juice of half a lemon over them, covering them with water and half cupful of sugar. Stir them with a dessert spoon, place in ice chest one hour before using. They are good without going on ice.

SLIM ELEGANCE.

Evening Gowns From Paris All Have Trains Now.



HEAVY BALL GOWN.

Black velvet is here put up with spangled black net, the garlands being butterflies of rhinestones. Butterflies, by the way, are the hallmark of at least two of the most fashionable houses in Paris. The shoulder straps are also of this same stone.

FOR THE WEDDING SHOWER.

Dainty Menus For the Spring Bride's Delectation.

- I
- Pineapple and Orange Fruit Cocktail.
- Oysters a la King (Chafing Dish).
- Heart Shaped Brown Bread and Butter Sandwiches.
- Olives.
- Salted Almonds.
- Cream Cheese Ball.
- French Dressing.
- Nut Salad.
- Whipped Cream Cake.
- Coffee.
- II
- Heart Shaped Salmon and Olive Canapes.
- Tomato Bouillon.
- Wafers.
- Radish Rosettes.
- Watercress.
- Chicken Croquettes.
- Buttered Peas.
- Potato Chips.
- Waldorf Salad in Red Apple Cups.
- Lettuce and Brown Bread Sandwiches.
- Charlotte Russe, Garnished With Candied Bonbons.
- Rose Leaves.
- Black Coffee.
- III
- Grapefruit With Marshmallow Cherries.
- Cream of Pea Soup With Whipped Cream Toast Sticks.
- Olives.
- Salted Nuts.
- Creamed Sweetbread.
- Potato Croquettes.
- Pimento Jelly Salad.
- Mayonnaise.
- Cheese Crackers.
- Pistachio Ice Cream.
- Little Heart Shaped Cakes.
- Bonbons.
- Black Coffee.

A Boning Process.

Legs and loins of lamb and mutton are the meats ordinarily boned. The butcher will do it, but if it must be done at home wipe the meat with a sharp knife scrape the meat from the bone, being careful not to cut through the skin.

To bone birds, chickens or turkeys, select undrawn birds, with head and feet left on. Remove pin feathers and wings. Draw tendons from legs by making an incision just below the knee joint, and with a strong skewer draw the tendons out one at a time. Loosen the skin near the feet and cut off the feet. Make an incision through the skin from the neck to the tail the entire length of the backbone. Scrape the flesh from the bones until the shoulder blade is found, then scraping around the wing joint. Scrape down the backbone to the thigh, then around the second joint and leg, cutting tendons portion when necessary. When one side of backbone is boned, bone the other, then remove flesh from breastbone on either side of bird. When flesh is all separated from bone discard carcass, wipe flesh and skin and arrange in original shape. The birds may be seasoned and broiled or stuffed, sewed into shape and steamed.

Macaroni and Cheese.

Cook macaroni in boiling water until it becomes tender, salted to taste. Drain off water, make a white sauce from butter, flour, milk and seasoning. Add macaroni to white sauce, also grated cheese to taste. Pour into buttered baking pan, cover top with bread crumbs and bake until crumbs become a golden brown. This makes a delicious dish when served piping hot.

Improved Ice Chip.

Many people do not know that by taking an ordinary sewing needle they can chip ice from a large cake without breaking the large piece too much. Tap the needle with a thimble or small tack hammer and the ice will break off into small pieces.

FOR YOUNG FOLKS

How the Early Little May Flower Got Its Name.

LIKED BY THE BUMBLEBEES.

Not Only is the Trailing Arbutus of the Woodside Sweet Scented; It Also Contains Delicious Nectar—Its American History Reaches Far Back.

Spring is with us, said Uncle Ben to little Ned and Polly Ann, and it seems a good time to tell about

PINK MAYFLOWERS.

The little mayflower, or arbutus, is a great favorite of mine.

Not only is the mayflower sweet smelling, but it is sweet tasting, as any little bumblebee can tell you. On the hillsides or the borders of rocky woods, where the flower generally grows, you will find the springtime find swarms of the bumblebees hanging around the flowers, into which they dive for a drink of their delicious nectar.

I must tell you how the mayflower got its name.

I have told you of the brave white people who first came to live in this country nearly 300 years ago. They reached the land in the fall, and in Massachusetts, where they had come to stay, that winter was a very cold one. They suffered much because the food was scarce and the clothes which they had were not warm enough. Their English homes had been warm and comfortable, but in the American forest they had only poorly built log cabins, through the cracks in which the chill winds often whistled.

When the hungry wolves howled around their doors on wild nights or they could see the Indians watching them from behind the trees in the great unexplored forest no doubt they often longed for the pleasant English towns they had left. For the women and children who had to stay much indoors it was very hard indeed.

But by and by spring came, and then the settlers were able to be out once more. And great was their delight when the bushes in the forest clothed themselves in green and the grass everywhere became fresh and bright. Here and there in the woods flowers began to appear and first of all among them the little pink flower which we have named the mayflower.

The little children gathered them and carried them home to show their delighted parents.

And the women dug them up and tried to plant them around the cabins; they meant to make as much as they could like the loved gardens which they had left with their homes across the ocean.

The flowers grew all about the pine groves of old Plymouth, where the people had settled, and because the flowers had come to them in May and because the name of the good ship that had brought them to America had been called the Mayflower they so named the flower.

Heard in the Library.

"I don't think you books are very polite," said the andiron, peeping out of the fireplace.

"What are we doing now?" asked one of the books.

"Why, you've got all your backs turned toward the rest of us," said the andiron.

Overheard in Vegetables.

"Your heart is like a dog's tail," said Peter Pumpkin.

"Why so?" spoke Mr. Tree.

"Because it's farthest from the bark," replied Peter.

Riding a Wooden Steed.

It is related that the common and very popular toy seen here was the invention of a man who was urged by his wife to make a toy to please and amuse their only boy. So the man got



Photo by American Press Association.

ABOARD A KIDDY CAR.

busy and the popular toy was the result. Before his invention he worked for a small wage per day, but now that little boys and girls all over the country demand his invention he has grown rich, and the little boy will soon ride in an auto.

FOR SOUTHLANDS.

A Smart Coat Designed For Youth In Sunny Climates.



JAUNTY LINES.

Dove gray and cherry duvetyn are combined for this stunning garment, the huge soft collar terminating in deep revers and the leg-o-mutton sleeves being cherry, while the rest is gray. Ivory buttons close the medieval sleeves. Please note the piquant turban.

KEEP YOUR FLOWERS.

Bloom May Be Prolonged by Following These Tips.

Some women seem to have a magic way with flowers. They can throw in seed and blooms will spring up. They can wear a corsage bouquet a whole evening and never have it wilt, and, as for cut flowers, they can keep them for weeks, it seems. Some one has said that it is the true flower lover who has such luck, and of course a woman must love flowers to want to have them and keep them, but sometimes, in spite of the best intentions, they do not know how to give cut flowers long life.

There are several secret methods which flower lovers practice to keep the cut blooms fresh beyond the usual length of time. Every one knows that to cut off a bit of the stems of flowers every day before immersing them in fresh water will prolong their life. Every one does not know, however, that with woody stems it is a good plan to peel off away part of the hard bark so that the stem can absorb moisture.

A night bath for sturdy blooms is refreshing. Throw them, flowers and all, into a basin of clean water.

The hot water bath will bring apparently wilted blooms to life. Place the cut stems of the flowers in a jar of steaming hot water and allow them to remain there an hour or so until the water has cooled off. If the flowers are very wilted a lump of camphor in the hot water will sometimes react upon them quicker. Salt water will revive some flowers more quickly than anything else.

A corsage bouquet which cannot be used can be sprinkled with water and kept in the icebox overnight.

A florist gives the following way of keeping blooming flowers for several weeks: Stick the stalks of the flowers in several inches of damp sand which has been placed in a bowl. Cover them with a glass jar or tumbler and move to a cool place where the sun will not reach them.

Flowers benefit by massage. The Japanese find this a successful way of training blossoms with soft stems in the way they should go.

Never keep flowers in a warm room overnight or in the bedroom either.

Tender Meats.

Quick cooking will not make steak tender; it must be tender in the beginning. But tough meat can be made tender by cooking it very gently in a gravy for an hour or more. By browning it first we give it a good flavor and have seared the surface so that more of the juice will be retained than if raw meat were used. Some scraps of fat are browned and an onion sliced and fried in the fat, a tablespoonful of flour is added, and when it is mixed smoothly with the fat a cupful of water is put in. The meat is put in the gravy and left covered on the back of the stove to cook slowly. Later carrot and turnip cut in cubes are added, and twenty minutes before serving the potatoes are put in. These have been pared, quartered and left in cold water for thirty minutes.

To Mend Holes in Granitewares.

Work a piece of putty until it is soft. Take a piece large enough to cover the hole and put it over both inside and out. Place the utensil in a slow oven and bake until the putty is a deep brown color. The utensil may then be used the same as when new. Even a saucetle may be mended and used as before.

ULTRA MILLINERY.

How the Chinese Idea is Coloring the New Headgear.

This season seems to have brought with it two very different and distinct styles of hats, one in the usual color and the other a strong Chinese note which dominates everything and produces most weird but wonderful effects.

In the first class there is a hat some what small in shape, with round, high crown and narrow brim turned down. This hat is entirely of soft peach colored crepe. Directly in the front are two round, flat ornaments meant to represent flowers. One is of crepe and the other of satin. Both are pink, but one is slightly deeper in color than the satin one.

On either side of the flowers are leaves made of twisted loops of pannel velvet, held in place with tiny invisible stitches. It is a very sweet and dainty hat and one which any home milliner can copy, for the flat flowers are made exactly like flat cardboard pin cushions covered with satin or velvet, only it would be better to substitute buckram for cardboard.

After the circles are covered with the material buttonhole stitch around the edge with heavy silk of the same color making the stitches a quarter of an inch long and the same distance apart.

The wonderful silks used to trim these hats are often dull in color, with here and there a truly oriental design embroidered or printed in the most pleasing colors.

A hat will have a crown covered with silk as described and a plain upper brim and the under brim of some soft color near the face, and an all over silk pattern near the edge, three entirely different materials—different in texture, design and color—all on one hat, yet in perfect harmony of color.

The conservative woman may not look upon these hats with favor, but sooner or later, being a woman, she will succumb to the charm of these wonderful oriental effects, which are chiefly Chinese in character.

Tassels still demand attention, even on hats. A hat of dull blue straw trimmed with black silk, with here and there a blue, green and gold motif, had a long tassel extending from the center of the crown down over the brim. This tassel was fastened to an odd cord of fair partly made of ribbon and partly of straw. It started from the center of a stiff little upright ruffle of black ribbon on the crown, and near the end where the black and gold tassel was attached was an odd tricolored-carved bead.

CORRECT FOR SPRING.

The Kind of Useful Suit Every Maiden Needs.

Black and tan wool checkerboard plaid make this modish suit cut in the hip length coat, sash belt and close



THE TRIM ONE.

ly plaited skirt. Black buttons close it, and a black velvet collar adds chic. The hat is a black chip trimmed with tau ribbon.

Capes of Marabou.

Marabou capes similar to the fur capes of the winter will be worn this spring. They are admirable as accompaniments of the modish straight little one piece frocks. These capes are of white or brown marabou in various styles, and they reach to the hips. There will also be smaller models fashioned in two tones. For instance, there may be a collar and yoke of white marabou finished with a deep border of white feathers striped with gray, or perhaps there will be little tufts of snowy ostrich on a marabou foundation.

Black and white speckled feathers make an effective edging to a plain white box, the ends of which have enormous tassels of feathers.

BELGIUM'S QUEEN

Lives Unattended by Her Ladies In Waiting Now.

RECEIVED A NEW YORK GIRL.

Albert's Brave Lady Lives, Whom Sound of the Big Guns and Spanish Her Days Visiting the Soldiers in Hospitals and Cheering Her People.

Miss Carita Spencer of New York, having spent much time in Belgium doing relief work, was recently received by the Queen of Belgium at La Panne and gives this interesting account:

"La Panne, where the king and queen live, is a charming channel village, a bright dot of color along the shore about three-quarters of a mile in length and sandy. There is a long row of houses, with a hotel at one end, which is now used as a hospital by Dr. DePage, the noted Belgian surgeon, and at the other end a group of slightly more pretentious villas, where the king and queen and their court offices



ELIZABETH OF BELGIUM.

live and work. They put in a hard day's work day in and day out, week after week and month after month.

"The queen, in her simple dignity and great devotion to the people, adoption, spends her days visiting with and for them, visiting hospitals, cheering the men, bringing presents to the kiddies, and in everything she does never forgetting the personal touch and the word of beautiful sympathy for each patient.

"When one meets with her and talks to her so simple, so direct, so earnest—some feel that the idealized character of this woman is her real character. I always shall remember the smile of happiness that overspread the face of my chambermaid at the little house in Chale when I told him I was on my way to see his queen. He had been wounded and could not go back to the front, but would walk with a limp to his dying day.

"He spoke of the queen as of the nearest loved member of his family. 'She is a real queen,' he said. 'She cares for the poor and the suffering. I even saw her once, and she smiled at me, when I wore my uniform and croix de guerre.'

"Since the fighting has become heavy near La Panne—the town is often bombarded—the queen was not willing that any of her ladies in waiting should experience such dangers and so waiting in the little villa unattended.

"She sent me to visit the various orphanages; one in particular, her favorite, where much of the equipment had been donated by children in America, wanting to help their little brothers across the sea. One dormitory in particular was filled with beds, even some of which was the name of the American child who gave it.

"There were lots of babies so small they could barely toddle. It was the cutest sight imaginable to come with a box of chocolates and stand on the steps of the asylum yard and call to them as you would to a bunch of little chickens. Then to see them rush pell-mell, falling over each other, each eager to get his own piece of candy."

Cozy Living Room.

When planning for the living room of simplicity don't forget the wicker or rattan lounge chair. We have learned their infinite possibilities for charm by their successful use in the studios of artists and on the well furnished porch. From these two uses it is merely a step to the small and unconventional living room. One of these chairs, supplied with a pillow, will be an addition.

About Blouses.

There is a decided vogue for dark silk blouses in stripes and plaids. They are most decidedly smart, but they are not very becoming to most women. Not only do they lack any touch of redeeming white at the neck, but they are cut on the most severe lines.

Fashioner Cues.

A frock that is very picturesque is made of yellow satin, and on the front of the bodice is embroidered a basket of flowers. Another frock for afternoon wear is a flesh pink, with a crape embroidered with bright blue glass beads.