

A POETESS SPEAKS

One Woman's Belief In Universal Military Training.

AUTHOR OF EMINENT VERSE.

A Member of the Vigilantes, a Committee Composed of Well Known Authors and Literary Folk, States Her War Litaney—Extract From Poem.

Following is the patriotic creed of the well known poetess Marlon Courtney Smith.

I believe in universal military training and service for the following reasons:

First.—Because I believe in democracy, and I am not honorably have the privileges of a free government unless I am willing to fulfill my obligations. Equal rights imply equal responsibilities.

Second.—Because I believe in a citizen soldier, rather than a large standing army. The latter is essentially an autocratic institution and is the only form of service that may degenerate into that sort of profligacy over the civilian element which we call militarism.

Third.—Because the volunteer system has been proved inadequate in national emergencies. It involves inequalities in service, in privilege, in civic responsibility and in opportunities for training. We must apply democracy to service and make readiness a part of every man's life from the start.

Fourth.—Because the system of universal training has succeeded in other

FOR MOUNTAIN WEAR.

The Kind of Sweater That Gives Best Service.



A STICK OF CANDY

This silk sweater of maroon and white stripes and natty belt is especially appropriate for the girl going on her vacation. Immense chic is added by the collar and cuffs of white angora. Slip-on sweaters are still the thing.

HERE'S A NEW FISH.

Washington Bureau Recommends the Cod's Cousin of the Lakes.

The secretary of the department of commerce announces that the bureau of fisheries has discovered another new edible fish that in the past has been unjustly neglected. It is the burbot and is being advertised by the bureau of fisheries by illustrated cards, on which is printed a picture of the fish and this legend: "The cod's cousin from the great lakes—practically no waste. Ready to cook. Recommended by the United States bureau of fisheries."

The burbot flourishes in the great lakes and is plentiful there. The fish is known in some localities as the "eel-pout" and "celing" and "ling" and "cusk." It is prepared for use by skinning instead of scaling. It has few bones, and the flesh is firm, white, flaky and of good flavor. It ships well. A bulletin for free distribution giving information regarding the fish and recipes for preparing it has been issued by the bureau.

THE PEPLUM BLOUSE.

This Natty Garment For Comfort and Work.

To those whose need or habit it is to dress quickly the peplum blouse is a boon indeed, for no intricate adjustment and fastening of shirt and blouse and belt is required. In the matter of convenience the peplum blouse is in this respect on a par with the popular middie, yet having a trimness and smartness of style about it of which the middie blouse can make no boast.

Comfort, too, and ease and grace of movement are assured in these attractive blouses, and there are many different types developed in a variety of materials to suit the many occasions upon which they may be worn.

Pleasingly mannish and businesslike in appearance is the shirt blouse with peplum extension, having the bosom front and shaped sleeves finished with straight cuffs, following the lines of the regulation shirt worn by men.

Masculine Comfort.

A man once said that the things he looked for in a room were a comfortable chair, a strong writing table and a good light. That does not seem much for a man to want, but how many men get it? The girls and women of the household decorate and furnish their rooms to please themselves, but it is not often that very much thought or trouble is spent on the men's rooms. One reason that they don't think more about it is that as most men have these comforts at their offices they do not bother to equip their quarters about what they might have at home.

Every one who has a boarding house is rather anxious to rent the rooms to men, as they are proverbially less troublesome and easier to please than women. How much more easily the rooms might attract men if they should bear in mind the three things this man said were essential to his happiness.

Sally Lunn.

Sally Lunn can be baked either in a flat sheet or in muffin pans and is delicious in either form. To make it, sift together twice two cupfuls of flour, half a teaspoonful of salt, two teaspoonfuls of baking powder and three tablespoonfuls of sugar. Break two egg yolks into half a cupful of milk, mix and add to the dry ingredients. Then add half a cupful of melted butter and the whites of two eggs, beaten stiff.

To Set Color.

To set color in calico or any cotton fabric use one teaspoonful of sugar of lead (poison) to a pail of water. Let the articles soak in this fifteen minutes, then wash.

FOR YOUNG FOLKS

Sleepy Time Story About a Shrub That Bears Fruit.

LUCK OF A SHEPHERD BOY.

What Happened to Him Because of a Kindly Act Performed—A Dream in the Forest and Its Wonderful Result. The Fairy of the Elder Bush.

Tonight, said Uncle Ben to Little Ned and Polly Ann, I am going to tell you about

THE MAGIC FLUTE.

Possibly you do not know that the elder bush is a fairy plant. It grows in fairyland, and all the elderberry bushes, or elder trees, as they used to be called, are in the care of the elder mother, who watches over them, rewarding those who help and punishing those who harm her children, as she calls her elder bushes.

The fairy horns and all their musical instruments are carved out of elder wood. If you have ever made a whistle from the elder wood you will notice that it has a delightfully mellow tone. And once there was a little boy who was wonderfully fond of music. At evening, when he took home the sheep, he had all day been watching in the forest, he could only talk of the wonderful music that was to be heard there.

One day as he wandered by his favorite brook in the forest he noticed that one of the great bushes by the stream was broken.

"Poor thing! I'll fix it up," said the shepherd boy. He bound up the broken limb, and he thought a rustic passed through the plant.

One day the boy lost one of his sheep and after taking the rest of his flock home started back to the forest to seek it. After searching a long time he found it asleep under the elder bush, which he had so carefully tended.

As it was very late and they were far from home, he curled down beside the sheep and went to sleep, and in his sleep he had a strange dream.

In this dream a lovely lady rose from the elder bush.

"I am the elder mother," she said. "You have served me and mine. Now we shall help you. Look well at this."

And she handed him a flute, at which he looked long and carefully.

"When you awaken make one of the same kind of the wood of the elder bush beneath which you sleep," she commanded.

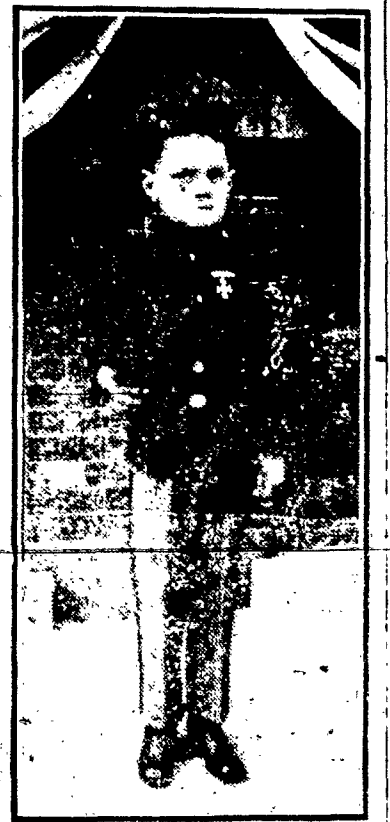
The boy did as he was told, and though he had never tried to make anything of the kind before, the minute he raised the flute to his lips he found it would play the most delightful music.

Just as he began to play the king went riding by and was so enchanted by the music that he asked the little boy to come with him to court and play for him every day.

And there the boy played all the songs which he had heard in the forest—the songs of the birds, the splashing of the waterfalls, the warbling of the brook over the stones and the sighing of the wind through the trees and the whole court praised him, and the little shepherd boy became rich and famous.

A Small Marine.

Robert Bonner, age five years, of New York city is the dapper "little sergeant" of the United States marines, and he proudly wears his sergeant's chevrons and his sharpshooters medal with all the dignity of a grown



THE LITTLE SERGEANT

up sea soldier. Bob has been chummy with the "soldiers of the sea" all his life and was never fully satisfied until attired in full regulation uniform—red stripes, yellow chevrons, medal, brass buttons and all—a costume that he is unwilling to take off, even to go to bed.

Playing Party.

When Jack and I get home from school we hurry to the kitchen. And Bridget says: "You precious Jew! I know you're just a-titchin'! For gingerbread and cambrie tea. Don't hurry, but eat hearty! Be just as mannered as can be. For, sure, you're playin' party!"

MISS SIMPLICITY.

What Daughter Needs For Her Summer Garb.



FOR JULY DAYS.

White voile is here fashioned into a charming juvenile model made with a skirted overskirt on a plain base. Long sleeves and simple wrist are set off by a white satin girdle—a triangle tied loosely on the left hip.

ABOUT PATRIOTISM.

Christine Terhune Herrick of the Vigilantes Tells What It May Mean.

Patriotism means a lot to most of us when it is accompanied by a sort of grand stand play. We can all feel that and choke in our throat at it a sign of Old Glory borne up the street ahead of a brass band playing patriotic airs. The time when we get over that and feel the hardships of a patriot when we go home and plan for meals or count up the change left after doing the day's marketing, or debate upon what we can afford to have for dinner. Then we shed our training robes of glory and begin to grumble like any unchapered creature who have never unspiced a flag or kept step to a martial tune.

"Why were we ever drawn into this wretched war?" we cry. "Look at the price of meat and vegetables! Do you know what I had to pay for my last bag of flour? It's a shame that the necessities of life should be taxed like this! No, children! You cannot have cream on your strawberries, and I'm not sure I can afford to get the strawberries! Such a nuisance having to brush and fuss like this. I am sick to death of it!"

Just then and there you show that you don't know all patriotism can mean to a woman. Stop and think why everything is high priced, why you have to scrimp and strive. Here is where you have your chance to show your patriotism!

What are we doing as a nation? Why were we "drawn into this war?" You may be able to answer promptly enough that we are working to secure democracy and freedom against autocracy and anarchy. But have you ever thought that the little economy that fret and harass you are your part of this big business?

It is very fine to wear a badge and join a canteen contingent or a Red Cross unit and trot about to meetings and hurrah for the flag. But if you don't "do" in another way you are serving your country just as much, although in a smaller measure, as you are honored for some special service that kept you in the public eye.

Good! You will realize that your own words are calling the name of their names, sacrifices you are making for the sake of your country, in order that you may be able to do more for those who have infinitely less than you. What are you doing that is patriotic? Don't you know how cheerful when you have to do your work and care off there and do with it somewhere else? Tell your children that these minor privations, like the bigger ones borne by our brothers and sisters across the sea, are endured for freedom just as much as the trials of the pioneers from whom we are proud to trace our descent.

Hold your head high; remember that a hero is only one who does more than his duty and go about your daily round of work with the bearing and the heart of one who is qualifying to have a cross of war pinned to her kitchen apron!

Order of Precedence.

In a narrow path, or whenever it is necessary for persons to pass others in single file, the man permits the woman to precede him. In this as in many other details of etiquette both the man and the woman should be informed as to their respective duties. Nothing is more embarrassing, for instance, at a muddy crossing than a mixup and delay occasioned by some body's ignorance of this rule.

EARNING POWER

How to Increase Your Husband's Income at Home.

EIGHT WAYS WOMEN TRIED.

What Actual Women Have Achieved By Using Their Knowledge of How to Do Some One Thing Better Than Anybody Else.

Until the high cost of living problem is solved one must keep on living. Even by most clever planning a family of four cannot be supported adequately on \$700 a year. Thousands of wives are glorifying their "standing" instead of helping their husbands and increasing their incomes. Below are eight actually tried and successful plans.

A California woman sent cards stating she would make buttonholes at 2 cents each. Hurried and efficient mothers resented at once. Her work was neat. She made two average buttonholes in ten minutes. 21 cents an hour. \$126 a day for the five hours a day she could spare.

An Illinois wife had a large backyard. She specialized in cucumbers. She, with her two little boys, kept the vines in fine condition. Summer cucumbers for salad, smaller fall ones for pickles, were her stock. What she did not sell she put up in glass jars attractively. These sold readily for 5 cents per quart. She netted an average of \$25 per month.

A California wife made road, beach, and animal speed and so-called cookies, tied neatly in wax paper, a dozen to package, 15 cents a dozen. She began with a small oven on her gas stove and in two years needed and bought a "baker size" range. She does all her work of meanings and clearings \$40 to \$50 per month.

Why not rabbit raising? An Iowa wife in a small town found this fine pay. Feed only alfalfa dry and rolled barley. With several bucks and 120 does \$75 to \$100 per month has been cleared by her. Small profit is made as a very few will soon "starve" because of a falling price.

A Connecticut wife did not do for herself as a skilled fruit grower. She was 40 cents an hour when she was a fruit canner. The she had a small amount of fruit free and \$15 to \$20 per month. A little wife in New Jersey did her daily laundry work. She had a specialty of handkerchiefs, handkerchiefs, baby and children's handkerchiefs and a few other things. She makes as much as \$25.

The husband of a California woman made her a fire bomb. She devoted her spare time to learning how to weave and how to create special designs. Now, after two years, she turns off skilled work and clears \$100 or more a month. Her husband's salary is \$75.

Doll dressing, bean bags made in cute animal shapes, baby rompers and creepers and gingham and hand-embroidered smockers for infants, 10 in the spare moments of a clever New York woman most delightfully "Trade among a few intimate friends at first, but so well done as to be quickly advertised. Income per month always \$30 to \$40.

Christmas seas-a brought \$50 a month for mother, a bonus of \$25 to fourteen-year-old daughter assistant. In every woman lies the desire to do some one thing. If we stick to it patiently through the first slow moments we will find the results astonishing for effort expended and ourselves much happier, because we are lifting our husbands' burdens and giving something to life out of our real best selves. Pictorial Review.

THIS IS A "TWO IN ONE."

Serviceable Hat For the Business Woman.

Navy blue horsehair built rather high, banded with grosgrain ribbon and trimmed with four bunches of



CHLOE TURBAN.

crimson berries, makes trig headgear for daily use. The white satin waist has a bib front and a deep sailor collar on the back.

STOUT STYLES.

What Some Women Look Best In Just Now.

The outlook is not nearly so dark for the stout woman as it used to be. A great many kind soons in the world of manufacturers, tailors and designers seem to have taken pity on her, with the result that there are almost as many attractive styles for her now as there are for her slimmer sisters. At the summer fashion promenade in a prominent shop there were two models exploiting styles for stout women, and no thin woman viewing the fashion show dared to smile at the large ladies promenading up and down among the lissome and wand like creatures on whom Paris clothes were so truly Parisian, for very compassion of the appalled faces above comfortable double chins, the faces of woman who perhaps for the first time saw themselves as others see them. No stout woman dreams how she actually looks, and it is rather an unpleasant shock to find how very stout some other woman appears in the gown she has her eye on. Stout women look over the fashion magazines and imagine themselves in a fancied costume, and they never imagine themselves quite as stout as their dressmakers know they are. Perhaps they are happier, not knowing—at any rate one feels sure that after seeing the gown of their dreams on another figure of equal or superior proportions they will pass up the model in favor of something else to which their fancy may still cling with dreams.

There are several things, however, that the stout woman has learned—not to select models of stiff, glistening fabric, not to choose overtrimméd bodice or skirts with ruffles. Draperies are the things for the stout figure. Soft draperies that fall in long lines. Chiffon is an ideal fabric and crepe de chine with its clinging texture and richness without the luster of satin. Soutache braiding makes an admirable trimming when applied in long lines and panels; buttons also when they are not too glittering. The stout woman has often a very pretty foot and ankle and should make the most of dainty footwear, for there are all the smart and attractive styles in buttoned boots and slippers, and in this field of fashion may she glean to heart's content.

SLENDER MODEL.

Utility Coat For Cool Days All the Year.

Khaki colored broadcloth cut empire top, with a wide fitted belt and wide pointed collar, topped by a satin one on



EMPIRE LINES.

smaller dimensions, makes this handsome model for the vacation girl. The hat is a brown lisere straw.

Stuffed Spareribs.

Two pounds of spare ribs, a pound prunes, a pound sour apples, one-quarter cupful of sugar, a tablespoonful cracker crumbs. Wash, pick over and soak prunes over night in enough cold water to cover.

In the morning stew gently for fifteen or twenty minutes or until soft when pierced with a wooden skewer or a needle kept for cooking purposes only. Chop apples finely, add sugar and cracker crumbs and mix thoroughly together.

Sew the spareribs together so that they form a pocket. Stuff with the mixture. Place the ribs in a pan, add prune juice and bake one hour.

Clips Are Useful.

Instead of basting long seams, use the little clips used by business men for holding papers. A few of them placed along a seam will hold the edges together while it is being stitched. Keep a box in the work basket for such uses.