# CLOTHES AND THE WOMAN

### Whys and Wherefores of Past and Present Fashions.

BY AGNES EGERTON CASTLE.

A man asked me the other day: "Do clothes make the woman, or does a woman make her clothes?"

Surely only a man could have put such a question.

Do clothes make the woman? A hundred pathetic visions arise, lamenting, "No!" Not the most subtle Parisian exponent, the cunningest man-milliner of them all, can render the undistinguished other than common, the fat other than rotund, the plain other than uncomely. Indeed, unless the woman has something in her to correspond, finery only accentuates the natural handicaps. For how many of us the best chance is to be humble in misfortune, to be unobtrusive, to call upon our clothes not to show up, rather, indeed, to obliterate.

How completely the true artist in modes understands this painful vanity!

A woman's clothes can enhance or tone down; they can emphasize or veil; they cannot create.

It was once the fashion for a lady to shave her forehead and wear a cushion beneath her waist. See the presentment of the burgomaster's wife by an Eyck. If ever a woman was a martyr to a hideous fashion, it is she; you expect to see a palm leaf in her hand, a halo round her meek, disfigured countenance.

Nevertheless if a woman cannot make her clothes in the sense of imposing her charm on every fashion, she can and should express herself through them. And surely she does.

The audacious little pagan that is the young creature of to-day, thrusting her shoulder-blades aggressively on the public, displaying her legs, so often, alas! a little bandy, in thin white silk stockings, does she not proclaim as with a trumpet blast, the new emancipation, the new subversive ideas, her mænad conceptions of pleasure? The woman who still likes to keep the veil before the mysteries, will she not cling to draperies and delicate shrouding textures? She will still wrap herself in poetries even to her garments.

The greatest opportunity of expression a woman has is in her clothes. It is through them that she must be subtle, important, inspiring, sympathetic, alluring. This is why, personally, I have a hankering for full skirts, for the immense scope they give to feminine emotion; you can flounce to some purpose, you can sweep away with conviction, you can flutter and scold and threaten, even annihilate, without a word. The old poets understood this. Here is Herrick:—

"A winning wave, deserving note,
In the tempestuous petticoat."

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Beauteous Maid: "My father made his fortune when he was quite a young man. Would you like to know how he did it?"

Gallant Knight: "Not especially; but I would like to know if he still has it all right."

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Miss Fairleigh (from Vermont)—I feel lost in all this noise and hurry of your big city.

Mr. Smart—If "findings is keepings," Miss Fairleigh, I'll head a search party.

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"You're seeing part of a frame-up," said the chorus girl as she kicked over her head.

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First Old Salt—Me sister writes me every bottle in that box we sent her was broken. Are you sure yez printed "This side up, with care," on it?

Second Old Salt—Ol am. An' for fear they shouldn't see it on top, Oi printed it at the bottom as well.

Ethel—Mother, dear, what is economy?

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Mrs. Spender—Ethel, where on earth did you hear such a vulgar expression? Don't ever let me hear that word from your lips again. It gave me quite a shock.

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Seck—My wife has a great fondness for pets, has yours?

Peck—That depends on whether you refer to animals or the mood.

# JUST BOOKS

BY ELINOR MURRAY.

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POOR RELATIONS. By Compton Mackenze. Harper & Brothers.

Relations, poor and otherwise, form what may without exaggeration be classified as a subject of universal interest. Is there indeed a single human being, living or dead, who has not suffered more or less at the hands either of those into whose midst he was born, of those who were thrust upon him, defenseless though perhaps protesting, or of those he has rashly acquired, the kind known by the grim and compulsion-implying term of "in-laws"? And yet, to hold the balance fair and even, it should be added that he is indeed unfortunate among whose relations of various degrees, relations inherited and acquired, there is not one at least of whom he has cause to thnk gratefully. But this unfortunate situation, however rare it may be, was that of John Touchwood, successful romantic playwright and hero of Mr. Compton Mackenzie's new and very entertaining novel, "Poor Relations."

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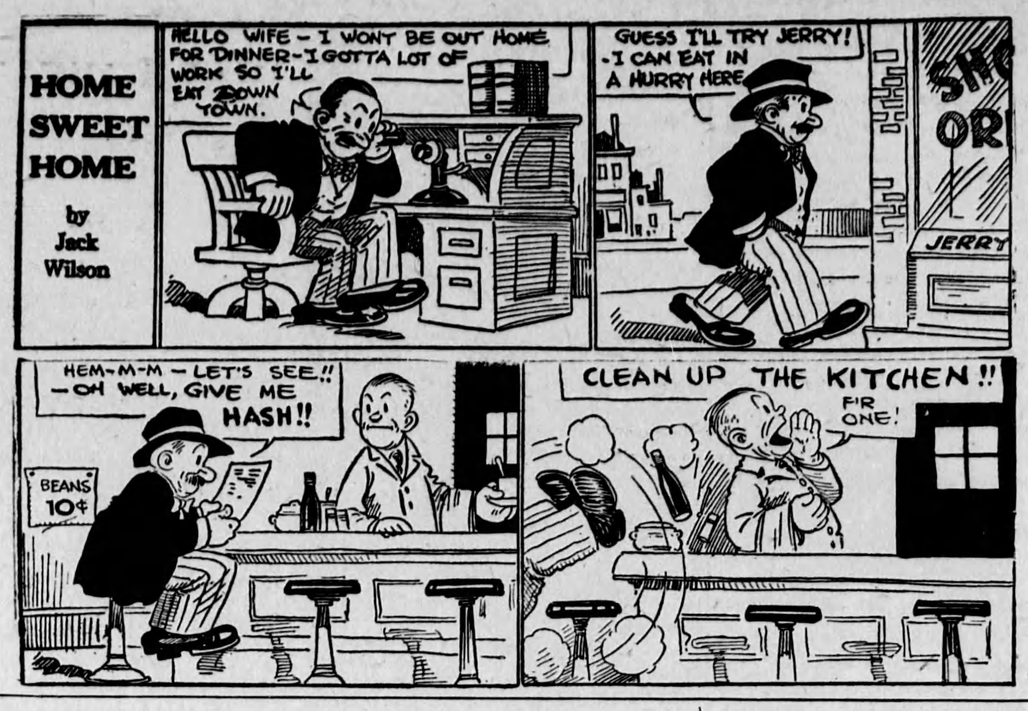
John Touchwood was one of a large family, having no less than two sisters and three brothers. Of them all, only he himself and his youngest brother, Hugh, their mother's favorite and the black sheep of the family, had remained unmarried. So, besides his brothers and sisters, he had quite a large assortment of brothers-in-law and sisters-in-law, as well as two pairs of nephews and nieces. And a more thoroughly detestable crew it would be difficult to find. John's dead father had been an ill-tempered, cynical, somewhat tyrannical and generally unpleasant parent; his mother was vain, idle and silly, and his brothers and sisters had inherited all their prents' objectionable qualities and added thereto a number of their own. The wonder of it all is that John himself should have been so good-natured and genial a person. But good-natured he was, and an arrant sentimentalist to boot—so arrant a sentimentalist, indeed, that when his romantic plays proved even greater successes than his realistic novels had been failures, with the result that money poured into his bank account, he was able to return from the United States to his home in England actually looking forward to the meeting with his family. And though he must already have known something about his relatives, he was disposed to accept as genuine the protestations of affection contained in their letters. His sentimentality did receive something of a jolt when he heard Miss Doris Hamilton declare that never, under any circumstances, would she be a poor relation; but despite his forty-two years he was of a hopeful temperament, and he had been disposed to regard the fact that his relations were all poor and that he himself had become rich principally as an opportunity to indulge in what a famous novelist once described as "the luxury of giving." How these relations descended upon him and made his life a burden; how one brother-in-law aspired to write a play whose central figure should be Apostle Thomas; how the husband of his favorite sister, Edith, who had successfully eluded his responsibilities by dying, left as his principal legacy the small and extremely objectionable Harold—one almost feels inclined to forgive Hugh his delinquencies when he thoroughly snubs that unspeakable brat—how his actress sister-in-law departed on tour, forcibly intrusting the care of her two obstreperous offspring to the care of their dear Uncle John—of all these and many more incidents the book tells in a thoroughly amusing way.

Such a book as this, a somewhat cynical but highly entertaining comedy, which more than once verges upon farce and at times goes to the other extreme, lapsing into a morbid bitterness, is, of course, a niticeable departure from Mr. Mackenzie's costomary style. It is a novel so different in type from his others that it cannot justly be compared with them. Written in a light ironic manner, with much deftnessof phrasing and a thorough understanding of the follies and meannesses and hypocrisies to which his "poor relations" are so exceedingly prone, it yet usually and skilfully tries to keep the reader in sympathy with its vain, generous, sentimental and self-deceived hero, whose little weaknesses and foibles are most of them of an appealing kind. And when, at the very end, his relations go too far and overstep the limits of his endurance, the revenge John Touchwood arranges to take upon them contains a very complete and abundant measure of poetic justice.




# THE CARE AND FEEDING OF CHILDREN.

BY ELINOR MURRAY.

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Baby is a hungry creature. If he is not, something is wrong. When he wakes up, his first thought is to eat; in fact, in his early weeks it is the only recreation he has. It is good for him to be hungry too; but, of course, his feeding times must be regulated so that his appetite will remain good. If a baby is allowed to eat whenever he cries, he will eat until he is sick. So that you may know, when baby refuses food, there is something wrong. He may have been fed too often or to much, or some part of his food is too strong. Therefore, his food must be weakened or the intervals between meals lengthened until he is hungry. If an infant seems too hungry, it is because the food is insufficient or does not contain enough nourishment. It is quite possible for a mother to make the mistake of treating baby for colic when the trouble is hunger.

Older children should be hungry when it is time to eat. If they are not, you may be sure there has been a feast of candy of biscuits between meals. While I am the last person on earth to deprive a child of any pleasure or enjoyment, I do think that the careless eating of sweet stuff is responsible for nearly all cases of indigestion and poor development. Children with very poor appetites should be denied candy and cakes and the like altogether, and eating between meals should be absolutely prohibited. Yet you find that these are the very children who are pampered and spoiled, allowed to eat what and when they please. The excuse is always the same: "Well, you know, she eats so little that I can't bear to refuse her what she fancies!" and nine times out of ten the result of the "fancies" is the deplored poor health.

Like the baby, the older child may have a poor appetite because his diet is wrong.

A healthy child has no right to be "fussy" about his eating. He should eat whatever is put before him, provided it is the proper fo d—and he is glad of it. If he refuses the food he should eat, let him go hungry until the next meal. If you weakly substitute a "sweet" dish, you have satisfied the hunger pangs for a little while, but you have not given his body proper nuorrishment and you have proved yourself weak in discipline.

Why should we be so anxious to teach our children music, languages, dancing and the like, and neglect to teach them to appreeate proper food?

### A Persian Problem.

Persia, lying south of the Caspian sea, a thousand miles wide between the Euphrates and Afghanistan, and six hundred from the Caspian to the Persian Gulf may be the next of the Asiatic countries to attract our interest and attention. Approaching India and with the old threat of the Russian Bear renewed in a more menacing form, the fates of Herat may once more be in peril. The Bolsheviki quite obviously do not want peace or they would permit the world to settle down after its fearful struggle. The report that General Brusiloff, one of the ablest of the Russian Commanders, has assumed the leadership of the Bolshevist forces, may forshade anything. Russia at present is a Pandora's box, and no one can shut the lid. The integrity of Persia must be maintained if we are not to have an avalanche of revolution in Asia. Those who talk of self-determinaton and democracy for the wild tribes and races of the interior know little of their quality. Democracy is self-government, but unless individuals are self-controlled, the nations they compose can not be. This applies to the west as well as in the east.

### A WEIRD FRATERNITY.

One of the most remarkable of fraternities is that of the Misericordia, which is said to have been instituted in 1244 and survives to the present day in many cities and towns in Italy. The members, who are recruits from all ranks of society, wear when on duty a costume of cheap black material that completely disguises them, the face being hidden by a sort of hood with two holes for the eyes. They bury the friendless dead, and also discharge the functions of an ambulance corps, dealing with accidents as they occur, and carrying the sick or injured to the hospitals. The funds needed for the work are derived from membership fees, supplemented by alms for which the members make mute appeals at the doors of churches, holding out a little box to receive them.

### RUSSIAN WHEAT.

The annual production of wheat in the world prior to the war amounted to about 100,000,000 tons, the largest producers being Russia, with an output of 22,000,000 tons, and the United States, which provided nearly 19,000,000 tons.

### SIX DAYS IN SEALED CASE.

A heroic experiment in the interests of aviation has just been completed by Mr. Joseph Barcroft, F.R.S., a Cambridge don, who, to settle the question as to whether one could calculate the quantity of oxygen necessary to an airman at high altitudes, was shut up for six days in a case which was placed in a room in the laboratory of the university. During his six days in this case Mr. Barcroft spent his time in work relating to the experiments. "Whilst in the chamber I suffered a little from sleeplessness," said Mr. Barcroft. "At the end my wrist was opened while I was doing a measured amount of work, and blood was extracted from the artery. It flowed into a large flask of about ten litres capacity. Oxygen was pumped from it and measured. It was found to agree very closely with the calculated amount which would be predicted by a completed knowledge of the breath of the patient. When I came out I thought I was very well, but it took me some days to shake off the effects."

### BRITISH WAR MEDALS.

It was recently stated in the British House of Commons that the total number of war service medals produced up to the end of February is 1,037,000, and at the present rate of progress it will take approximately eighteen months to complete the 14,500,000 war service medals required.

### AUTHORATIVE ADVICE ON HOW TO KEEP WELL.

The advice of the Public Health Service is good, because the things recommended tend to build up the bodily powers:

1. Ventilate every room you occupy.
2. Wear loose, porous clothing suited to season, weather and occupation.
3. If an indoor worker, be sure you get recreation outdoors.
4. Sleep in fresh air always, in the open if you can.
5. Hold a handkerchief before your mouth and nose when you cough or sneeze, and insist that others do so, for mutual protection.
6. Always wash your hands before eating.
7. Do not overeat, especially on meat and eggs.
8. Eat some hard and some bulky foods and some fruits.
9. Eat slowly and chew thoroughly.
10. Drink sufficient water daily.
11. Evacuate thoroughly, regularly.
12. Stand, sit and walk erect.
13. Allow no poisons and infections to enter the body.
14. Keep the teeth, gums and tongue clean.
15. Work, play, rest and sleep in moderation.
16. Keep serene; worry is the foe of health. Cultivate the companionship of your fellow men.
17. Avoil self-drugging; beware the plausible humbug of the patent medicine faker.
18. Have your doctor examine you carefully once a year. Consult your dentist at regular intervals.

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There are natives in Central Africa who can jump five feet into the air from a standing position without an effort.

# Helps for the Housewife

**Shoulder of Lamb, Boned and Roasted.**

Have a shoulder of lamb boned and rolled, ready for the oven. Set it on the bottom of a roasting pan in a hot oven, reducing the heat when the meat has seared over. Arrange parboiled potatoes and cooked rice around the edge of the roasting pan to a platter and surround with the rice and potatoes.

**Bread Crumb Omelet.**

Try adding bread crumbs to your breakfast omelet. Allow one cupful bread crumbs to four eggs and one cupful milk. Crumbs should be soaked in the milk. Turn in your beaten eggs and meat mixture until it is smooth and season with salt and pepper. Bake in shallow dish until set, about as thick as custard.

**Baked Corn.**

One can corn, two eggs, one teaspoon salt, one-eighth teaspoon pepper, one teaspoon melted butter and one pint milk. Beat the eggs, stir all the ingredients together, turn into a buttered baking dish and bake until firm in a slow oven.

**To Remove Mildew.**

Apply a freshly cut raw tomato sprinkled with salt to the mildewed spots and lay in the sun. Repeat process several times if necessary.

**To Save Gas.**

Use three-cornered kettles, three of which can be placed over one gas burner at the same time.

**Resoling Shoes.**

Children's shoes can be resoled by cutting pieces from an old leather handbag to fit the soles and fastening them on with a good glue.

**Longer Lived Stockings.**

Make the children's stockings last twice as long by attaching the feet of stockings worn out in the leg to the legs of those worn out in the feet.

**Mothless Cupboards.**

Moths can be easily kept away by placing somewhere inside the cupboard a piece of flannel dipped in a mixture of equal parts of oil of cedar, oil of cajeput and oil of cloves.

**CREAM CHEESE SANDWICHES.**

These are best made with brown bread. For the filling crush half a cream cheese with a piece of butter the size of a cherry, a pinch of salt, and a handful of chopped green mustard or cress. Spread the loaf with the mixture and then cut thin slices.

**Beef Sandwiches.**

Put some pieces from a joint of beef, including a fair amount of the fat, into a meat mincer and chop very fine. Take two or three pickled onions and slice as thin as possible. Moisten the meat with a little Worcestershire or other well-flavored sauce, and spread on thick slices of white bread. Add the rounds of onion and close the sandwich with a thin slice of bread and butter.

**Apple Sandwiches.**

Spread slices of white bread with margarine or butter. Peel and core a juicy apple. Lay thin slices of the apple on the bread and spread with mayonnaise sauce. Close with a thin piece of brown bread. Garnish with sprigs of celery.

**A Floor Polish.**

An excellent and inexpensive floor polish is made by melting a trifle less than one pound of beeswax and pouring it into a quart of turpentine, adding five cents' worth of ammonia. Put the mixture into a tin pail and set in another vessel containing hot water. Keep on the back of the range to heat and keep warm while using, as it can be applied better. Apply with a flannel cloth and polish with a piece of felt or Brussels carpet.

**When Icing.**

Dust a little flour over the cake to prevent the icing from running off, before putting on the icing sugar.

**Centerpiece and Doilies.**

After purchasing a square of heavy brown linen I cut out and embroidered a twenty-seven-inch round centerpiece, which left the four large corners. Out of these I cut rounds five inches in diameter, purchased a ball of cotton for ten cents and crocheted a two-inch border round each piece. I now have four nine-inch doilies for ten cents which I could not buy for less than fifty cents each.

**Swoollen Window Frames.**

Oftentimes windows stick when the frames are swollen after damp and rainy weather. A splendid remedy for this is to melt about a tablespoonful of lard and pour between the window frame and casing, also a little on the roller and rope if the window is so equipped. It works like magic.

**A Valuable Memorandum.**

Several years ago I found in an old book a valuable list of laundry helps. The compiler of this list suggested that the housewife have it typewritten, mounted under glass and hung in the laundry. I followed this suggestion and have never regretted that I did so.

**Good Luncheon Dish.**

Make some good sized baking powder biscuits and smooth the tops over when they go in the oven. When cool cut out round piece on top of each and take out crumbs, leaving a shell. Then put a little butter inside and fill with two cups of boiled ham, put through meat cutter; add one teaspoon minced onion, one teaspoon minced parsley, one well beaten egg and milk enough to moisten. Place in oven a few minutes and serve with cream or tomato sauce, garnished with parsley.

# UNCLE JIM'S STORY.

**SPINNING THE FLAX.**

Once there was the dearest, prettiest little girl—only she was lazy. She would not spin. This worried her poor mother nearly to death. One day she whipped her for being so lazy, and the queen passing by heard the little girl crying.

"Why are you whipping the child?" the queen asked.

The mother was ashamed to tell the queen the real reason, and she said:

"I can't make my daughter stop spinning. She just insists on spinning and spinning, and I am too poor to get her any more flax."

The queen was delighted to hear that the little girl was so very energetic.

"Bring her to my palace. I will give her all the flax she can spin."

When she reached there she found that three top rooms were filled with nothing but flax from top to bottom.

"If you spin all this you shall have my son for a husband, for though you are a poor girl I wish the prince to have an industrious wife."

The poor girl was terribly frightened of course, for she could not spin all that flax—no, not if she had lived till she was 300 years old.

She went to her window, the tears streaming down her face. Then outside she saw three women. The first had a broad, flat foot, the second had a huge underlip that hung down over her chin, and the third had a broad thumb.

"What is the trouble they asked the little girl.

The girl told them.

The three old women grinned and wagged their heads.

"We will spin that flax for you if you will invite us to your wedding."

So in they came, and in just one day they had all that flax spun.

The little girl was so happy that her eyes shone like sunbeams, and the queen, who brought the prince to meet the little girl, when she saw all that she had done, was just as pleased. As for the prince, he fell head over heels in love with the girl and wanted to be married right away.

So at the wedding the girl invited the three old women as she had promised, for she was not a bit proud and was glad to call them her friends for what they had done for her.

The prince scowled when he looked at them.

"How did you get such a flat foot?" he said to the old woman with the flat foot.

"By treading when I spin," she said.

To the one with the falling lip he said: "How did you get your lip in such a state?"

"By licking when I spin," she said.

To the third he said: "How did you get such a broad thumb?"

"By twisting the thread," she said. "By twisting the thread."

Then said the prince: "Never shall my beautiful wife touch a spinning wheel."

So ever afterwards the girl never had to spin!


# BARTERING PLACES

Back in the centuries the shops or stores you know started in something on the order of public bartering places.

What has taken their place is the modern store, where you can buy what you like just when you want it. You don't have to buy a year's supply all at once as of old. The storekeeper keeps it for you, and you buy only what you need as you need it.

The merchants and the manufacturer and advertising have brought this useful state of affairs about for your convenience. You don't even have to go to see everything and every shop to make your choice nowadays.

The advertisers relieve you of this trouble, by bringing their goods to you in the advertisements. Before the days of the development of advertising you would have had to visit a dozen or a score of places, weigh and choose, and then not be sure you had made the best selection. Advertising has made it possible to know just what will interest you and be of value to you.

Just think what this means: You order now without worry or trouble because advertising tells you all about the things you want to buy before you buy them.

Read the advertisement and think about them with this in mind. They are there to serve you.