

DAILY MAGAZINE PAGE FOR EVERYBODY

HERE'S A CHILD'S PARTY FROCK

Simplicity and Individuality the Aim for Juniors

By ANNETTE BRADSHAW

ERY dainty and exquisitely wrought are the children's frocks which are shown in the smart shops which specialize in the making of exclusive apparel for the juveniles.

Children's clothes must be interpreted in lines of utmost simplicity, and, at the same time, evince a touch of individuality. Nothing stamps a little frock with distinctiveness so much as the fact that it is hand-made as well as trimmed with the finest lace or embroidery. This is the only form of elaboration permissible in Junior frocks.

Besides these charming features the "fapper's" dress must breathe comfort in every line, for, particularly at the "awkward age," she requires careful frocking to make the angles less prominent.

This pretty frock was designed for party wear, and is a combination of white chiffon and lace.

The full skirt is brought up to a very high waist line, from which it hangs in flaring lines to below the knees. A gathered ruff of the chiffon trims the skirt, adding a charming touch of girlishness to the little frock.

The bodice of lace is draped to produce a bolero jacket effect, which is fastened in front with a bow of black velvet ribbon. The long ends, which extend nearly to the hem of the skirt, are ornamented with pink silk roses.

Short sleeves are joined to normal armholes, and a pink rose is artistically placed on each shoulder.

The rounded décolletage is untrimmed, and this plainness about the neck is most becoming to youth. Mothers who are in a quandary to provide their small daughters with party frocks suitable for both summer and winter wear, will find this frock a timely suggestion.



A Little Girl's Party Dress Made of Lace and Chiffon.

Secrets of Health and Happiness

"Tiredness" an Emotional and a Glandular Disorder

By DR. LEONARD KEENE HIRSBERG
A. B. M. A., M. D. (Johns Hopkins University)

WEARINESS can more upon the flint, when rusty tools find the downy pillow hard. There is the largest kind of real laziness. Time hangs heavily upon the hands of the laggard, but the fingers of the tired sons of toil are eternally afflicted with the itch to be up and doing, with a heart for any task.



Downiness often comes from the cessation of temporary stoppage of the fluids from certain glands. Prof. Walter B. Cannon of Harvard University discovered a short time ago that those fruits of the human anatomy called the suprarenal or near kidney glands, produce a juice necessary to wakefulness.

As the nocturnal forces of the human fabric wane, the suprarenal glands come on after a hard day's physical and psychological work, these two "fruits" of the composite human tree, become a bit mellow and fall off in their activity.

This downiness and lassitude overcomes you. The "sand man" is the first warning of this suprarenal deficiency. Night's rest rejuvenates these adrenal glands. Again they become valiant fighters with excellent stomachs for more work.

Fatigue's Three Stages.
-Exhaustion and fatigue are advance stages of the tedium of ennui and dulness. Inattention is also a preliminary warning that the flow of soul-the suprarenal juice-is not being emptied in sufficient quantities into the blood channels.

When your feet feel tired and you literally "ache all over" or are "worn out," it means that you have depleted all of the supply and reservoirs of suprarenal fluids.

Just as nature's snake charmers and others who deal with venomous reptiles irritate them enough to cause them to empty their poison bags before fastening them, so excessive expenditures of human energy either by the muscles or the mind, consume all of the suprarenal material and leave the tissues languid and droopy.

Experiments prove that all tissues, when alive, show signs of fatigue. There are three stages of fatigue. A sensation of yawning, of being done-up, of sorry disinclination to arouse yourself is the first. This can generally be overcome by some new or different kind of work, pleasure or exercise. Music, dancing, song and story or the incentive of reward will bestir you to cross this year of fated hope.

The True Fatigue.
This follows later a true fatigue, which has been shown by removing the leg of a frog still linked with the long cord of the sciatic nerve. If an electric shock or a current of air is applied to this nerve the muscle will soon seemingly tire out, then work at fever heat, and finally come to a dead stop, and no amount of excitation will start it again.

The Super-Fatigue.
The powers of a restorative can then be demanded. Give the muscles a few drops of a very weak salt water or suprarenal solution-which washes out the waste matter and restores fresh blood to the muscles-and lo! the electric shock causes it again to perform work.

The third kind of fatigue is that of the tiredness of the suprarenal glands, depletion of all of the suprarenal fluids, and the absence of combustion and oxydation of the waste products of work.

Grogginess, yawning, puffing, blowing, constant yawning, faintness, collapse, swoons, continuous lassitude, insomnia and all of the "knocked out" wayward, haggard signs attend excesses of play, work, worry and steady, unrelaxing thought.

From this it must be plain that fatigue is broadly and intrinsically in great measure a matter of glandular disorder. As long as the suprarenal glands perform their proper and normal physical duties you are fresh, well-kept, and your mind and muscles capable of steady effort and quick recovery.

Be this as it may, too frequent or excessive a drain upon your suprarenal resources will not only burn up the reserves of the suprarenal glands, but also burn up the reserves of the suprarenal glands, but also burn up the reserves of the suprarenal glands.

What the Woman Who Travels Needs to Preserve Her Beauty

By LUCREZIA BORI,
Prima Donna of the Metropolitan Opera Company, New York.

THIS is the season when the wanderlust besets the social world, for the balmy days and blue skies lure the most staid home body away to new scenes.

The clever woman appreciates the fact that while travel broadens the mind and adds new interest to life, it ruins the skin unless she is constant and persistent in the care given to her complexion.

When I travel, whether by steamer, train or motor, I never bathe my face with water. To prevent the ravages of dirt, sun and wind I first remove the grime with cold cream and then cleanse the skin thoroughly with the following lotion:

- Rosewater..... 1 pint
- Simple tincture of benzoin. 1 ounce
- Glycerine..... 1 ounce

Shake these ingredients well together and then strain through a piece of cheese cloth. Apply to the skin with a wash cloth of antiseptic gauze.

Other travellers prefer the cucumber lotion, which every one knows is an excellent astringent, bleach and cleanser. A few of us realize how simply it can be made at home or we would have a generous supply on hand at all times.

Take several cucumbers and wash and dry them thoroughly. Cut them into small pieces, skin and all, and put the bits in a saucepan with a teaspoonful of water. Place the pan over a low heat until the juice of the vegetable begins to be extracted, and then subject it to a greater heat. As soon as the liquid begins to simmer remove from the fire and press it through a piece of cheese cloth. The juice thus extracted is ready for use when a tablespoonful of alcohol is added to act as a preservative, and an ounce of glycerine.

No sensible woman should think of going away from home without a general kit of cleansing cream. It is the skin's best friend, and the formula of a cleansing cream which you will find excellent:

- Whitex..... 2 ounces
- Spermaceti..... 2 ounces
- Sweet almond oil..... 12 ounces
- Dial soap..... 3 ounces
- Glycerine..... 3 ounces
- Water..... 20 ounces

Apply this cream to the skin before using either the cucumber or benzoin lotion. It is often impossible to give the hair the same treatment when travelling, yet it is necessary to keep the scalp free from dust if you desire to preserve the beauty of your tresses. It has been many years since I learned the value of a dry shampoo, and in my travelling case there is always a large bottle filled with this every-ready friend. It is made of the following ingredients:

- New England rum..... 2 gills
- Say rum..... 1 ounce
- Glycerine..... 1 ounce
- Carbonated ammonia..... 4 ounces
- Powdered borax..... 4 ounces
- Carbonate of ammonia..... 4 ounces

To mix properly, place the borax, ammonia and potash into the alcohol, and when they have dissolved, the glycerine should be added. A thorough shaking is necessary before using the mixture.

The process of dry shampooing begins first by combing and brushing the hair to remove the loose dust and tangles. Then a portion of the shampoo mixture is poured into a shallow dish, and it is applied to the scalp with a small sponge.

Begin the Dry Shampoo by Brushing Out the Loose Dust and Tangles. Separate the hair into thin strands and rub the scalp thoroughly with the shampoo. When every portion of the scalp has been covered allow the hair to hang until dry, and then massage the scalp. This means nothing more than to hold the fingers firmly against the scalp and bending the finger joints so that the skin moves over the skull. This dry treatment is the external application and at the same time will stimulate the circulation. A final brushing completes the treatment, and then the hair is ready to be coiffed.

Take a generous supply of absorbent cotton, antiseptic gauze and compressed towels with you upon your journey, for you can never tell when it may be impossible to get them.

It is also a wise precaution to provide a bottle of astringent lotion to apply to the skin after it has been cleansed, for it will contract the pores and thus prevent the dust from settling in them. One of the best astringents are those which are composed of:

- Powdered alum..... 10 grains
- Almond milk (thick)..... 1/2 ounce
- Rosewater..... 1 ounce

Dissolve the alum in the rosewater, then pour slowly into the almond milk with constant agitation. Apply this lotion with a piece of absorbent cotton at night before retiring and after cleansing the face with soap. When you wake up remove the superfluous liquid with a towel.

These remedies are all "tried and true," and will aid the traveller to prevent the wear and tear of travel stain upon her beauty.

REVELATIONS OF A WIFE

By Adele Garrison

A Way Opened.

I SPENT a dreary forenoon washing the dishes and putting the apartment to rights. I desisted the discussion with Dicky at luncheon. I had insisted before my marriage that I must either do most of the housework, or keep up some of my old work to add to our income.

To have a maid, while I did nothing to justify my existence save keep myself pretty and entertain Dicky, savored too much to me of the harem favorite. A mother of small children, a woman with a large house, one who had old people to care for, or whose health was not good, was justified in having help. But for me, well, strong, with a tiny apartment, and just Dicky, to employ a maid without myself earning at least enough to pay for the extra expense of having her-it was simply impossible. I had been independent too long. The situation was galling!

The postman's ring interrupted my thoughts. I went to the door, receiving a number of advertisements, a letter or two for Dicky, and one, addressed in an unfamiliar handwriting, to myself. I opened it and read it wonderingly.

"My dear Mrs. Graham," it began. "Our club is planning a course in history for the coming year. We need an experienced conductor for the class, which will meet once a week. Your name has been suggested to us as that of one who might be willing to take up the work. The compensation will not be as large as that given by the larger clubs for lectures; as we are a small organization, but I do not think you will have to devote much of your time to the work outside of the weekly meeting.

"Will you kindly let me know when I can meet you and talk this over with you, if you decide to consider it?" "Yours very truly," "HELEN BRAINER SMITH, "Secretary Lotus Study Club, "212 West Washington Avenue."

Had the solution to my problem come! Armed with this I could talk to Dicky at luncheon without any fears. The receipt of the letter put me in a royal good humor. I did not care how little the compensation was, although I knew that it would be far more than enough to pay the extra expense of having a maid, an expense which I was determined to defray.

Teaching or lecturing upon historical subjects was child's play to me. I had specialized in it, and had been one of the most successful instructors in that branch in the city. Women's club work was new to me, but the husband of one of my friends had once conducted such a course, and I knew I could get all the information I needed from him.

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but I was so enthusiastic over my prospects that I fairly flew around the kitchen, and at the stroke of one my chops were done to a dead stop, and I was in readiness.

A Long Wait.
But no Dicky appeared. He had been most punctual every day of the week we had been keeping house. I waited an hour, then took down the receiver to telephone him when I remembered that he purposely had no telephone in his studio for fear of his attention being distracted when he was busy.

Another hour passed. The chops were ruined, the potatoes dried. I decided he was not coming and cleared the table. I had just finished when the door opened to admit Dicky.

"Ge! but I'm hungry!" was his greeting. "I hope you've had something good. 'It isn't good at all now.' I returned. "I had it all ready for you at 1 o'clock, and now it is after 2. What in the world was the matter?"

"Forgot all about everything," he said, laconically. "Got so interested in that cover I didn't know anything else went on now when I realized I was half starved. You'll have to get used to that, Magde. You've married an artist, you know, and when the mood is on, we work without any thought of time or food-or even of pretty brides." He patted my shoulder playfully.

"Well, sit down in that easy chair, and I'll do what I can for you," I promised. "But I can't give you anything very good. A luncheon that has been cooked for two hours isn't exactly a meal for an epicure, you know."

"Don't call names like that, Magde," roared my artist audaciously. "I'm hungry, and I'll eat what I can get. I'll have my dinner on the table in ten minutes. I'll have my dinner on the table in ten minutes. I'll have my dinner on the table in ten minutes."

I warmed up the food as best I could, and ate it again and waited until Dicky had finished the last crumb and lighted his inevitable cigar before I brought out my letter.

maker, and he will put eyelet holes in for a very small sum. Now, to make the hammock struts, divide your 15 yards of cord into two equal pieces, eight yards for each end. Each eight yards of cord is again divided into four equal lengths, thus making two equal lengths and double it in half. Place the double end through one of your iron rings, and slip the two loose ends through the other, thus securing the cord to the ring and having two equal lengths hanging down. Bring each of these lengths through an eyelet hole and fasten it under by knotting the cord on the under side and then bring it over and tying it again. Fasten each piece of cord in this manner until you have a cord through each eyelet hole both top and bottom.

Some hammocks are stretched with pieces of wood at each end, but sailors never use these stretchers, as the hammock is much more comfortable without them. Your hammock when finished will have cost you two and a half yards of cord, five yards of cord, two iron rings and the fun of making it. You will find that it will wear over so much longer than the netted kind sold in the shops, and will be admired for its oddness and beauty.

Three Minute Journeys

By Temple Manning

WHERE EACH SAILOR MAKES HIS OWN BOAT.

TWENTY miles north of Santa Cruz and Valparaiso, in the south Pacific, lies the Swallow group of islands. The stretches of comparatively smooth water that lie between them is undoubtedly why the Swallow natives have attained great skill in boat building and are fearless navigators as well. The native boat, "lakatoi," is called, in the language of these people, "a piece of wood cut out of a tree trunk, some 20 or 40 feet long, with an out-



A Swallow "Lakatoi."

rigger of several pieces of light wood. Between the canoe and the outrigger is a platform, and on this platform is built a small house in which the natives live when on long journeys, and from where they navigate the boat, high out of the way of the fastening waves. The sail rises just in front

of the house, and is usually a beautiful structure of finely woven mat work made from pandanus leaves. Sometimes the sail is dyed a bright color, and often there are two great red tassels at the horns. No iron is used in the construction of the lakatoi, which are made with great skill. Nearly every native seems able to make his own boat himself.

Voyages of many hundreds of miles are considered but short trips by the natives, and yet the storms are so violent in these latitudes that the lakatois are often blown far to sea, and sometimes dashed upon inhospitable islands. For instance, the Solomon group has proved a memorable spot of earth to avoid, for many a Swallow native has fallen prey to the fierce natives of Malaita, who have added to the fate of death that of being eaten.

A Bride's Own Story Of Her Household Adventures

By ISOBEL BRANDS

How to Make the Most of Sweet Corn.

SPICED the vegetable man from afar introduced on an enormous pile of corn, and I welcomed him joyfully. Corn is one of the most reliable and likeable of all our summer vegetables, and I cook it in a variety of ways. It's one of the few things that we can eat in quantity at a single meal, and it's most nutritious and easy to cook. Corn is 15 per cent water, and only 3 per cent protein, but it has also 1 per cent of fat and 17 per cent carbohydrates, and only 1 per cent of the other things that we eat in all it really is an ideal food for hot days when one is hungry enough to eat a fairly large quantity and yet a lot of protein-meats or even eggs is distasteful. It's first to cook corn 15 and eleven to 20 minutes and more in the delusion that the longer it cooked the more tender it became. But one or two disastrous experiments changed my viewpoint! For only a few ears of corn, 10 minutes of cooking, after dropping in the boiling water is ample; indeed, sometimes eight minutes is sufficient. Also it's a good plan to keep the corn well surrounded with boiling water. But the longer corn cooks after the psychological moment when it gets tender the less flavor it has.

There are other delicious ways of preparing corn so that we can have it at several meals in succession-if an extra supply on hand makes it necessary-without tiring the palate with them.

Tomato-Corn.
Six medium-sized ears of corn. Two finely chopped tomatoes. One onion. The corn is removed from the cobs first by cutting the kernels off with a sharp knife. Then a tablespoonful of oil or butter is melted in the saucepan and the chopped pepper and

onion added. These will brown in about three minutes, when the corn is added, and the whole cooked for about eight minutes, being tossed every now and then. Chopped tomatoes, one-half teaspoonful of salt and one-half teaspoonful of sugar are added and cooked for eight or ten minutes more.

This makes a substantial and very piquant dish. When other baking is being done we can have:

Roast Corn.
Six ears of corn; remove from cobs. These are boiled 20 minutes in a mixture of about two quarts of water, one cupful of milk and a teaspoonful of salt. Then they are drained, placed in a buttered tin and baked about 20 minutes, and served with this with melted butter every few minutes.

It can also use corn as the basis when I want to have a partly substantial salad.

Stuffed Corn Salad.
Scrap out pulp of tomatoes and season with salt and pepper inside. Mix a cup of cooked corn with two lightly beaten eggs, a tablespoonful of butter and one tablespoonful of flour rubbed to a paste with one tablespoonful of milk. This is baked for about 20 minutes, and served, when cold, on lettuce leaves. A mayonnaise or French dressing can be added. Another simple and substantial dish is:

Baked Corn.
This is simple corn cut from cobs (about one quart) and mixed with one cup of milk and the yolks of two eggs, salt and pepper and baked until brown. It gets to a pudding-like consistency, and is a tempting change from the ordinary stewed corn.

How to Make a Hammock

By ANN MARIE LLOYD

IN these warm days the mere sight of a hammock gives one a longing for outdoors and the coolness of shady trees. If you have a garden and the time to spare there is nothing more delightful than to read a book while resting in a swaying hammock. Here is one, strong, comfortable and cheap.

It was a sailor who told me how to make my hammock just like those in which the men who man our battleships sleep every night. He said no one would think of sleeping in a netted hammock, and he pooh-poohed my landlubberly ideas so strongly that I immediately fell into his way of thinking and begged him to show me how to make a hammock just like the one he declared the best in all the world.

The only difference between my hammock and the sailor's hammock is that I have used blue and white canvas instead of the ordinary plain white canvas that is so common on shipboard. My hammock took 2 1/2 yards of this canvas. It was not as cheap, of course, as

many of the other kinds of ordinary canvas are or the cheaper sacking, which is equally as strong, but certainly not as beautiful. You may, of course, use any sort of strong material you wish and let your fancy play in the choice of the colors you would like your hammock to be. Besides your canvas, all you will require are 15 yards of regular school work, and two iron rings about two inches in diameter.

Here is how I made my hammock, and you can see about making yours after the model of the sailor's:

A hem measuring about three-quarters of an inch must be turned down along at the top and bottom of the canvas. Along these top and bottom hems a row of holes, eight on each end, are made. You will find that these holes are easily made with an ordinary steel knife, or you may punch the holes by carefully using a carpenter's small round chisel. Each of these holes must now be firmly buttonholed with strong linen thread. But if you do not wish to have the bother of working the eyelet holes, take your hammock to the shoe-

maker, and he will put eyelet holes in for a very small sum. Now, to make the hammock struts, divide your 15 yards of cord into two equal pieces, eight yards for each end. Each eight yards of cord is again divided into four equal lengths, thus making two equal lengths and double it in half. Place the double end through one of your iron rings, and slip the two loose ends through the other, thus securing the cord to the ring and having two equal lengths hanging down. Bring each of these lengths through an eyelet hole and fasten it under by knotting the cord on the under side and then bring it over and tying it again. Fasten each piece of cord in this manner until you have a cord through each eyelet hole both top and bottom.

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Advice to Girls

By Annie Laurie

DEAR ANNIE LAURIE:
My sister's husband and I have been thrown together quite a bit. I was always been a little shy of him or afraid of him, although up to now he has always treated me as a sister. I should like to see what you have found many excuses to be thrown with me, more than I thought necessary. He just kept it up till one day I told him I would not assist him any more with his work. He wanted to know the reason. I told him I thought it would be best for us not to be together.

Now, mind you, he had never been guilty of anything, but I could see that he either liked me too well or was trying to make me think he did. He was just unusually attentive to my wishes and my happiness. He said he guessed he would be best for us not to see each other, for others concerned, but said he loved me, and

being away would not make him love me less. I kept myself out of his presence as much as possible, but I am now always been a little shy of him or afraid of him, although up to now he has always treated me as a sister. I should like to see what you have found many excuses to be thrown with me, more than I thought necessary. He just kept it up till one day I told him I would not assist him any more with his work. He wanted to know the reason. I told him I thought it would be best for us not to be together.

do, and there were many, many before we began this court-and women should have begun to realize just a little about this very subject of which you write, but for various reasons they have not. He pays me a good price, treats me all right, but I am afraid I should like to see what you have found many excuses to be thrown with me, more than I thought necessary. He just kept it up till one day I told him I would not assist him any more with his work. He wanted to know the reason. I told him I thought it would be best for us not to be together.

He was a gay young man, but I was very good to my sister-stays home, and is considered a model man and husband. Do you think he will think less of me for going back to work for him? Do you think I am evil-minded because some time he will try to make his mind even before he told me?

BLUE EYES.
N. O. Blue Eyes, I do not think you are evil-minded; instead, you seem like a ray of hope for our sex. This is the 20th century-counting them as we