

# FOR AND ABOUT THE WOMEN FOLKS

## Luxurious Electric Baths.

**T**HE electric light bath is one of the latest luxuries to command the attention of the wealthy.

The bath consists of a cabinet, which may be built for sitting in or lying in. The square cabinet occupies comparatively little space, and may stand in one corner of the bathroom. The oblong cabinet takes up considerable room, but it is preferable to the square one, as the occupant can lie at full length and relax comfortably.

One hundred incandescent electric light bulbs, each of sixteen-candle power, line the interior of the cabinet. Spaces are left between for beveled mirrors and reflectors, so that thousands of rays are multiplied and focused on the occupant of the cabinet. These direct and reflected rays, argue the exponents of the new bath, are concentrated on the body and penetrate into the deepest tissues, thereby stimulating all the vital forces.

The oblong cabinet has a sliding table on rollers, which is pulled out for the bather to lie on. This is padded, has a sheet on it and a pillow. After the bather is in position an attendant pushes the "table" into the cabinet, leaving the head outside. This enables the bather to inhale fresh air constantly.

It is not absolutely necessary to have assistance in taking the bath, for a clever person can manipulate the electric buttons before entering the cabinet; and in the case of the oblong one he can enter by the aperture, taking extra care not to hit the body against the bulbs. However, it is more comfortable to have someone assist in the process, turning the lights on gradually until the bather perspires freely.

This result is, of course, accomplished much quicker with some people than with others, but after one or two baths, when the pores are thoroughly opened, from three to five minutes will be required to accomplish what it takes from fifteen to twenty minutes to do in a Turkish bath.

The temperature in the cabinet ranges from 100 degrees to 110 degrees Fahrenheit, depending on the duration of the bath. The Turkish hotrooms range from 140 degrees to 150 degrees Fahrenheit.

Agricultural stations have experimented with the electric light and have found that it stimulates the vital functions of both plant and animal life. It is, therefore, argued that it cannot be otherwise than beneficial when used on the human body, even if the subject is in perfect health.

Many society women claim that they owe their good complexions to electric light bathing, which clears their sallow skins when they become worn out by too much gaiety.

## Novel Use for Old Shoes.

**A** THRIFTY housewife has discovered a new use for old shoes. She makes rugs out of them.

For this purpose she saves all her old shoes—her husband's, the children's and her own. Even though the soles, toes and back seams are worn beyond redemption, that does not matter, as only the uppers are of use in making rugs.

As fast as the shoes are discarded, it will be a good plan to cut the tops off, and after cleaning them lay them carefully away in a box for future use. The unders may then be thrown away to avoid unnecessary accumulation.

The first step is to cut a pattern—diamond, star, square, oblong or right angle triangle. If the latter is desired, it should measure four inches along the straight sides. Two triangles can be cut from each shoe top. To make a rug 22x36 inches will require the uppers from eighteen pairs of shoes.

For the center of the rug purchase a piece of leather about fourteen inches square from the cobbler or harnessmaker. On this outline the words, "What is Home Without a Rug?" three words to the top line, one to the second and the remaining two to the last line. Then proceed to cut out the letters. It will be a good plan to draw the letters on paper, basting this guide down to the leather and cutting through both the paper and leather with a sharp knife. Care must be taken to leave slits of the leather uncut at intervals,

or nothing except a hole will be left when the cutting is finished.

To lace the leather together purchase eyelets like those used in shoes, for 25 cents a box. One box contains several hundred eyelets. By means of an awl punch holes in the leather strips and fasten the eyelets at the same time. Or, if eyelets are not desired, merely punch holes with an awl and lace the strips together with shoe-strings. Finish with a fringe of shoe-strings. Line the entire rug with bright red broadcloth or flannel, slashing all the edges to the depth of three inches for an under-fringe. The red will look pretty under the laces and lettering, and the rug will last a lifetime.

## Girl Breaks the World's Record.

**C**OLLEGE women's record for the 100-yard dash was lowered last week by a Joliet, Ill., society girl, Miss Laura Clement, who covered the distance in 13.15 seconds at the annual field day events at Wellesley college.

It is stated that this wonderful showing, which smashed the former woman's world's record of 14.25 seconds, could have been lowered by the young woman were it not for the fact that she was handicapped by bloomers.

The costumes worn by men and women sprinters make a difference in speed of at least two seconds in favor of the men, in the opinion of the girl champion's father, Arthur C. Clement of Joliet.

If the women could overcome the handicap, Miss Clement's father says she could clip two seconds from her present record.

"And you know that the fellow who can run 100 yards in 10 2-5 seconds can go around the country and make a lot of money," said Mr. Clement.

Although displeased with the publicity given the matter, Mr. Clement, who is one of the wealthiest men in northern Illinois, had every confidence in her ability.

Miss Clement, who is a striking brunette, and one of the leading athletes at Wellesley, 20 years old, having just entered the freshman class. She graduated from the Joliet High school in 1901, and took a one-year post graduate course before entering Wellesley. In the high school she was considered one of the best basket ball players in the history of the institution and she was welcomed by the athletic set at Wellesley.

Although she had no intention of competing in the field day events, the gymnasium instructors decided to fit her for the sprinting events, with the result that she shattered the Vassar record.

Her feat aroused great enthusiasm in the fashionable school, and upon returning to her room she found it filled with roses, carnations and chrysanthemums, placed there by her schoolmate admirers.

## Athletics for Girls.

**D**EVELOPMENT of a fondness for athletics among girls," says the Saturday Evening Post, "has been a noteworthy feature of life in this country during the last decade and it is not strange that it should be attended by manifestations of misdirected energy and bad taste. From anxious mothers, from teachers and from physicians, earnest protests are being made against the tendency to encourage girls to think that they are just as well adapted to the athletic life as boys are.

"As to the adaptability of girls to physical exercise, there is something to say on both sides, but the weightier opinion on the part of physicians seems to be that the girl is so different from the boy in temperament and constitution that though a moderate amount of exercise of the right kind and under the right conditions is immensely beneficial, excessive training, overexertion, and the influences of publicity are detrimental to her physical and mental well-being.

"All this ought to be sufficiently obvious to any intelligent person who stops to reason about the matter. The trouble is that when athletics for girls became the fashion the majority of parents did not stop to reason about, but allowed their daughters to do as the other girls did; and there were always enough girls of independent ideas to take the lead and set

an example that the others were only too ready to follow.

"A reaction against this state of things was sure to come, however, and it has already begun. Even basket ball—a game supposed to be particularly suited to girls—has come under the ban. Miss Lucille Eaton Hill, director of physical training in Wellesley college, is convinced that competitive athletic contests for young girls, and especially interscholastic basket ball matches, are exceedingly injurious to the players physically and tend to a general lowering of the standards of womanly reticence and refinement." Miss Hill has been studying the conditions of athletics for girls in some of the New England schools and she finds a great deal to condemn. In one school the girls had formed an association and were training themselves in running and jumping with the aid of boy coaches and without supervision by the school authorities.

"The moral of all this is that if parents desire their daughters to be given the right sort of physical training to fit them for lives of usefulness and honor, they must see that the task is entrusted to competent instructors."

## What Women Are Doing

Miss Gail Treat of East Orange, N. J., has been appointed by the founder governor general of the United States of the Hereditary Order of Descendants of Colonial Governors, to succeed Mrs. Henrietta Dana Skinner of Michigan.

Mrs. Ingeborg Nelson, mother of United States Senator Knute Nelson of Minnesota, celebrated her 89th birthday anniversary at her home in Deerfield, Wis., on Wednesday last. Notwithstanding her great age Mrs. Nelson is quite active and moves about her home without assistance.

Mrs. Lillie Devereux Blake, the noted woman suffragist, is convinced that Mayor-elect McClellan "will do his best to give New York a good government." She arrives at this conclusion by a process of reasoning which is perhaps rather feminine. "I remember his mother, Nellie Marcy," says Mrs. Blake, "as a much admired and beautiful girl and feel sure that her son will do well in his new place."

Miss Vera Goldstein of Victoria is about to test the right of women to sit in the Australian Parliament by offering herself as a candidate. She is remembered in this country as the Australian delegate to the women's suffrage convention in Washington last year. During her visit she was commissioned by the Criminological society of Victoria to inquire into our regulations regarding juvenile criminals and neglected children.



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