

# FOR AND ABOUT THE WOMEN FOLKS

## Vulgarity and Charm.

**P**ICTURES of pretty women are the most popular attraction extant today. A portrait of a woman by a great painter sells for twice the sum paid for a portrait of a man by the same artist. Advertisements, no matter what substance they recommend, decorate themselves with feminine beauty, and hundreds of girls make a good living posing for photographers. The women themselves, in this country, care more for beauty in women than in men; or at least they study it more and talk more about it. This interest is faithfully reflected by the newspapers, especially the yellow ones, which describe every murderess as beautiful. Women of society are now more widely known in feature than ever before in history, because their photographs are so constantly reproduced. It is a kind of fame, and they cannot resist it, even those who are inclined to think it vulgar. Perhaps it is vulgar, but that matters little, if it spreads charm around the world. Dandelions are vulgar, according to the ordinary judgment, and even poets do not celebrate them; and daisies, to the farmer, are a peculiarly vicious weed. Moral standards are often equally conventional and erroneous. The present tendency to exhibit a pretty woman's face everywhere—with poem, story, essay, advertisement, society news, stage gossip, or with no excuse at all, may not prove so much that our taste is vulgar as that we are frankly indulging ourselves in the love of beauty which we can appreciate, and this indulgence may lead us to the appreciation of other kinds.—*Collier's Weekly.*

## How to Become Welcome.

**T**HERE is a great art in impressing yourself favorably upon your host or hostess, whether a guest in a city or a country house. If you possess a tender conscience toward your hostess show it by never taking any liberties in her house with her belongings, her servants or her children. To become a welcome guest you must be keenly observant of family habits and little preferences. Come down very promptly to meals, and because you have owlish tendencies don't make the household smother its yawns while it heroically attempts to entertain you. Never displace a chair, book or lamp without carefully replacing it just where you found it. Don't leave your sewing, crochet work, novel or tennis racket lying about, as I knew one nice, careless girl to do in a house where the hostess was peculiarly tidy. Miss Blank eventually left her bag of golf clubs near a doorway, where the host stumbled over them in the dark and hurt his knee severely. Her balls of wool lay in sofa corners half the time or in a tangled mass on the parlor floor, and she appropriated to her own use a big, deep chair in the chimney corner that was the special property, pride and solace of the host's elderly rheumatic sister. She meant no harm, of course, but her careless disregard of the particularities of others rendered her peculiarly unwelcome to her hostess and all the family in which she visited. They were as glad to see her go as was another hostess who invited a young man friend of her husband to stop over the week-end in her dainty little home. He was a good fellow at heart, but the guest room he occupied for but two days was a wreck when he left it. He had tied the fresh muslin window curtains into hard knots in order to gain more light upon his shaving glass; he had dropped

hot cigar ashes on the embroidered bureau cover and burned two big holes therein. Trying to move about the room in the dark, he overturned a vase of flowers and ruined a pretty rug and he coolly scratched his matches on the wall. Finally, he dragged a dainty chintz covered chair out upon the guest room balcony and left it there all night in the rain.

## Mrs. Parker's Courage.

**H**ERE is the story of an incident in which Judge Parker's wife played the leading part, as it was told the other day by a friend of the Parker family.

Mrs. Parker was out driving some three or four years ago with her little grandson, Alton Parker Hall. The two were in the rear seat of an open carriage, with only the negro driver on the front seat.

They were on the road which winds along

the shore, between the river and the hills, to West Park, the next station below Esopus on the line of the West Shore railroad, nearly opposite Poughkeepsie. The driver had left the carriage to get some flowers for Mrs. Parker, and while he was gone the horse suddenly took fright and dashed at full speed down the rough, hilly road.

With the baby to take care of, there was no possible chance for Mrs. Parker to recover the flying reins and control the frightened horse, and the road was such that there seemed little chance that they might escape a smashup. She did not lose her nerve, however, but, holding the baby tightly in her arms, she moved to the side of the carriage, and, choosing an opportune moment, jumped for safety.

Thanks to her nerve and the presence of mind she showed in selecting a place where

the road was lined with a thick, soft turf, both she and the child escaped uninjured. The driver, who in the helplessness of complete surprise had witnessed the whole incident, was probably the most frightened member of the party; and when the horse was caught and a carriage obtained to replace the damaged one he drove all the way home at a walk.

Congratulated on her escape and the cool courage that made it possible, Mrs. Parker said that she hadn't thought of anything except that the baby had to be saved.

## Table of Proportions.

**T**HE following table of proportions will be found useful, and should be hung in every kitchen, in a convenient place:

A tablespoonful is measured level.

A cupful is all the cup will hold leveled with a knife.

One teaspoonful of soda to one pint of sour milk.

One teaspoonful of soda to one cup of molasses.

Three heaping teaspoonfuls of baking powder to one quart of flour.

Half a cupful of yeast, or quarter of compressed cake, to one pint of liquid.

One teaspoonful of salt to two quarts of flour.

One teaspoonful of salt to one quart of soup.

One scant cupful of liquid to two full cupfuls of flour for muffins.

One quart of water to each pound of meat bone for soup stock.

One saltspoonful of white pepper to each quart of soup stock.

One tablespoonful of extract to one quart of cream or custard for freezing.

One teaspoonful of extract to one plain loaf cake.

A pinch of salt or spice is a saltspoonful. A few grains is less than a saltspoonful.

To blend seasonings, sift them thoroughly together before adding them to mixture.

Four peppercorns, four cloves, one teaspoonful minced herbs and one tablespoonful each of chopped vegetables to each quart of water for soup stock.

## Talk About Women.

Miss Emily Lawless has contributed the biography of Maria Edgeworth to the "English Men of Letters" series, the only other woman included in the writers for this series being Mrs. Oliphant, who wrote the volume on Sheridan.

Miss Ada de Conville of Bloomington, Mo., is appointed to be interpreter and assistant commissioner to Hokkai Takushima, one of the Japanese art critics at the World's fair. Both the Japanese artist and Miss Conville speak French well and will use it as a medium of communication with visitors.

Nora Stanton Blatch of Ithaca, N. Y., a granddaughter of Elizabeth Cady Stanton, recently swam across Seneca lake, two and a half miles, in a little over two hours. The young woman is a senior in Cornell university, and the first woman to pursue the course of mechanical engineering in that institution.

The first woman motorist, it is said, was Mrs. John Biddulph Martin of Morton Park, Worcestershire, England, the widow of Mr. Martin of Martin's bank. Mrs. Martin was not only the first woman to appear on a motor car in Hyde park, but also the first woman to take a motor tour on the English country roads and to visit scores of lovely villages almost entirely unknown to travelers.

Countess Tolstol does not agree with her husband in all of his theories, but she agrees with the world which worships him, and is very proud of him and very devoted, although her devotion has been severely taxed in several ways. She has copied yards of unreadable manuscript while babies of various ages were pulling at her skirts; she has translated books into three or four languages, and has transformed all sorts of garments to meet the needs of the changing sixteen, her children.

## Care of the Teeth

**I**T IS of the utmost importance to keep the teeth and mouth in perfect condition, for more depends upon them than most of us realize.

If the gums are tender and swollen, it is impossible to masticate food properly, and if the teeth are neglected and allowed to decay, they cannot do their work in a thorough way. Everyone should make at least a yearly or half yearly visit to the dentist. But that is not sufficient in itself to insure perfect teeth. Daily care is absolutely necessary.

Too much care cannot be given to the children's teeth.

In infancy regular nursing or feeding, not too often, is important to the development of teeth. The infant's mouth should be daily wiped out with a soft linen cloth, with warm water, gently rubbing the gums with a clean finger, and after the teeth appear they should be jealously watched and kept scrupulously clean. If the teeth should show a tendency to become yellow or otherwise discolored, carefully rub them with a freshly charred end of a match.

It is important that children have proper food when their teeth are forming, especially the second set, so that the system may be supplied with the necessary elements to make perfect teeth. Too much candy and sweets are often responsible for decayed teeth in children. Take good care of the children's teeth and it will help them to have one of earth's greatest blessings.

Children should be taught the importance of cleansing their teeth after every meal, and be given hard food to chew, as the teeth need this exercise.

Natives of countries where a great deal of hard food is eaten keep their teeth until old age. It is largely due to the fact of highly civilized people using much soft food that their teeth decay so early in life.

It has been stated by some authorities that lime in the saliva of some mouths causes the tartar to form very rapidly, while others have little trouble in this way. Then the irregularities on the surface and the accumulation of food between the teeth, together with the temperature of the mouth, which is just right to cause fermentation and decay, make it very important to cleanse the teeth thoroughly after eating. For assisting in this process there are several standard preparations put up that are excellent.

The selection of a tooth brush is next of importance. Never economize when

choosing one. The best is none too good. It is a good idea to have two kinds, one with even bristles, the other with bristles that have been cut across so as to leave little points that will make it easier to clean the rough surfaces and spaces between the teeth. Each tooth must have special attention, on top, all sides and close to the gum. The wisdom teeth are the most difficult to reach and are apt to be the softest; therefore extra care should be given them.

A very stiff brush at first may scratch the gums, but they will soon get used to it and become hardened. The hard bristles only will keep the teeth clean.

Once a month is none too often to expect to have a new brush, for they wear out sooner than is generally supposed. Then the brushes must be kept clean and not allowed to accumulate powder and impurities from the mouth. An occasional dip in boiling water will help keep them pure. Always rinse them very thoroughly after using.

In brushing the teeth, work the brush up and down as well as across them. After the outside has been brushed, clean the inside in the same manner, especially the back ones.

After all this has been done and it seems as if every bit of each tooth has been touched, it is surprising to see how much can still be removed by drawing dental floss up and down between the teeth. It is in these out of the way places that dentists find cavities. Last of all, rinse them by sucking the water between the teeth.

If they become yellow or otherwise discolored after all this care, a little powdered pumice stone can be carefully used by slightly moistening an orange-wood stick so the pumice will stick to it, then rub the discoloration with it.

An antiseptic mouth wash should be used occasionally after brushing the teeth, which sweetens the breath and is very refreshing.

Modern dentistry is attaining such heights that the care and preservation of the teeth is becoming almost an art. Beautiful teeth add very much to the looks of a person, but more important than this is the aid they are to perfect health. Fine physique, a good complexion, the power of work, even life itself, is dependent upon the action of the teeth in reducing food to a proper condition for stomach digestion.—Alice L. Spencer in Health Culture.

