



WOMAN'S WORLD

MISS GERTRUDE BEEKS.

An Energetic Official of the National Civic Federation.

Miss Gertrude Beeks, who is in charge of the employees' welfare department of the National Civic Federation, is a remarkable woman. She was the organizer of the Chicago Business Woman's club, in which she still retains a deep interest, although her headquarters are now in New York.

Ten years ago Miss Beeks was one of the vast number of girls who find themselves called upon "to do something" outside of the home. It was about the time of the Columbian exposition, and she was asked to take part in the work of the stenographic display in the woman's department, in charge of Mrs. Potter Palmer.

"After the close of the exposition," said Miss Beeks, "I took a small office down town and did typewriting, studying at odd times a system of stenography which I found necessary. Shortly afterward I was employed by the Civic Federation and later was made assistant secretary of the local organization.



MISS GERTRUDE BEEKS.

Mere labor for the sake of an income never attracted me. The difficulties which I met in trying to succeed made me sympathize with those similarly placed, and whenever I could I always have helped others to help themselves. It was my knowledge of the discomforts of the average woman's business life that prompted me to organize a business woman's club. The great need of a place where one could be properly served at luncheon and a comfortable chair or book to refresh oneself in the middle of the day is a necessity to a working woman's welfare, whether she work in her own or some one else's office.

"Not long after I had been made one of the officers of the Civic Federation I found an opportunity to exercise my ambition. The McCormick Harvester company had built a new time factory and had decided to admit woman employees. I obtained permission from Mr. Cyrus McCormick to organize a department where women could have a few comforts and conveniences, a place to rest at the noontime, all of which reacts to the employer's interest as well as to the employee's welfare.

"It was successful. There was nothing elaborate—just what any humane employer would be glad to allow. The success which attended the innovation at the McCormick works resulted in my being placed in charge of the industrial betterment work of the National Civic Federation, with headquarters at New York."

When asked if she preferred a business life to a domestic life Miss Beeks replied, "I do not think a woman's best work lies outside of the home, but I am glad to live in an era and in a country where a woman can work outside a home and be respected."—Chicago Tribune.

Domestic Work and Beauty.

Some people say that domestic work spoils beauty, and many women who really would enjoy active occupation in their own homes are hindered by the fear of spoiling their comeliness. Let them be reassured. Housework in moderation is one of the best ways of cultivating beauty. Bedmaking is a magnificent exercise for the figure. Shoulders, body and limbs are all brought into play and developed by mattress turning and pillow shaking. The folding of sheets and blankets and the spreading of them on the bed all give the arms just the right exercise to develop the muscles in the soft roundness and pretty curves which are the chief beauty of a woman's arm. Tennis and other athletic games are not nearly so good, and, indeed, there are athletic girls (happily only a few) whose arms, though white and smooth, are quite hideous from being developed on many instead of on feminine lines. Perhaps you have never realized how unlike are men's and women's arms. If not just compare them, and you will see how ugly the manly arm looks when the girlish owner of it is in evening dress and it is fully exposed to view. For arms, fingers and wrists the washing and wiping of teacups and saucers are admirable exercise. The water should be fairly hot, and soda, which is injurious to the skin, need not be used. The water, combined with the exercise, is especially valuable in giving suppleness to the joints of the fingers.

How to Handle a Cup.

"Few women who think they are up in everything that is attractive know how to handle a cup gracefully," remarked a man who has dined for a great many years in New York restaurants and studied the women. "A woman who knows how could be just as effective with her teacup as with her fan. All it requires is a little care and practice. When a woman at table with him is drinking a man usually keeps his eyes upon the hand lifted to her lips. The women know this, but all the thought they give to it is to display their rings, often twisting the hand out of shape to do it. The proper way is to grasp the handle of the cup with the index finger, passing it just through the ear and against the thumb. The other fingers should be held open and away from the cup except the second finger, which should be steadily pushed against the side. This gives a graceful appearance to the entire hand, which any man with a sense of the beautiful cannot fail to notice."—New York Press.

Polishing Furniture.

If you have never acquired the polishing habit you cannot thoroughly understand the joy of a "shining home." If every piece of furniture in your possession was touched up once a month with a reliable polish shabbiness would be banished forever. Dingy wall paper and faded, worn rugs are not such eyesores as battered tables and chairs, for the former can be covered somewhat with pictures and the latter often gain beauty with age. Fabulous prices are paid for ragged floor coverings with histories which must be known to be appreciated. But dirty, scratched furniture will spoil the effect of any room. Furniture polish is cheap and easy to apply, and by taking one room a day the work of renovating may be made easy.

The Dressing Gown.

For pity's sake when you buy the material for your dressing gown keep your good sense with you and refuse to consider dingy colors in the hope that they will prove more serviceable. A deep, rich shade becoming to your special coloring is easily procurable, just as durable, no more expensive and a good deal more satisfactory to the eye of yourself and your roommate. Make the dressing gown with a view to comfort and unless you care to have a bath robe in addition have it open down the front, so that it may be thrown on and off readily. Finish with circular collar bound with galloon and ribbon sash or cords or a woven sash with fringed ends.

Paniced Bedsteads.

There are new styles in bedsteads in everything else in the furniture way, and the most recent addition to the list is of dark oak, the head and foot boards almost of one height divided into three panels. The central panel is raised like a chair back, and the other panels are draped with fancy cretonne shirred top and bottom and corresponding to the general color scheme of the room. The contrast between the dark wood and the gay toned panels is decidedly effective, and in an apartment where dark furniture is used and the hangings are of cretonne or chintz such a bedstead fits in admirably.

Wool Underwear.

Wool is one of the least desirable of substances of which to make underwear. Underwear is worn for cleanliness, not for warmth, and the woolen garment is one of the least cleanly when it is worn next to the skin. The wool fiber has a microscopic scale which after a time becomes clogged with dirt. As a garment it is difficult to wash the shirt at all, and after a few washings it thickens into a veritable felt, which stops all ventilation of the body through it, and at the best any woolen underwear is an irritation to the skin.—Chicago Tribune.

Ironing Lace.

When ironing lace an excellent way to make it stiff without the use of starch is to dampen a cloth in water to which a little sugar has been added and place it over the lace. Another method is to dampen a piece of new muslin or other white goods containing dressing and place over the lace and iron until dry. Both these methods are advocated by professional lace renovators, and lace so treated acquires a crisp new appearance that is very different from the ordinary laundering.

Rain Spotted Silk.

Rain spots on a silk dress often seem to have ruined it till it has been ironed out, when the chances are that it will look as well as ever again. The ironing must be done on the wrong side with a moderately hot iron. A piece of muslin laid over the silk as it is ironed will prevent any possibility of its acquiring a shiny look.

Water Marks on Tables.

The best way to remove marks made by hot dishes on polished trays or tables is to make a thin paste of salad oil and salt; apply and leave on the mark or ring for half an hour, then polish with a dry cloth, and the mark will have disappeared.

Love does to a woman what the sun does to flowers—it colors them, embellishes them, makes them look radiant and beautiful. But when it is too ardent it consumes and withers them.

In cleansing japanned goods never use hot water. Wet a cloth in warm water and rub the article to be cleaned. Should any smear appear sprinkle with flour and wipe dry.

There are three things a woman ought to look—straight as a dart, supple as a snake and proud as a tiger lily.—Ellnor Glyn.

For polishing furniture and rubbing hardwood floors old stockings will be found very useful.

HOME REMEDIES.

After severe exposure bathe the face in very warm water, after which cold cream is in order.

To cure a wart scrape a carrot finely and apply a poultice of it for seven or eight nights to the affected part.

A drop of castor oil in the eye to remove a foreign body is as useful and much more manageable than the better known flaxseed.

Salt and chopped ice in the proportions of one to one-half, tied in a cotton cloth bag and applied to the head, will often give relief in cases of nervous headache.

The pain resulting from a severe pinch or blow can be relieved by immersing the injured part alternately in hot and cold water, massaging it steadily while.

Blistered and sore feet may be greatly relieved by rubbing each night with methylated spirit. Before putting the stockings on in the morning rub the soles of the feet with soap.

An old German remedy for hemorrhoids is to make a tea of sunflower seed, about a tablespoonful to a cup of hot water, allow to cool and sip slowly, taking about ten sips, holding your breath the while. This seldom fails to cure the most obstinate cases.

Smile More and Frown Less.

If women only smiled more and frowned less, how much happier would the world be! If we only could persuade ourselves to believe that gladness is our rightful heritage and that happy hearts are the most acceptable to God and the most conducive of good, then we would find it easy to cultivate a sunny disposition. "Oh," you say, "it is impossible for me to be happy with such circumstances as mine!" That is the very reason why you should cultivate happiness in order that you may not overcome your circumstances and not let them overcome you. It is surprising what a different aspect things will assume when one endeavors to better oneself. Selfishness and unhappiness go hand in hand, while thoughtfulness and kindly consideration for others prepare the way for joy. We are often the cause of our own unhappiness, although we may not be willing to put the blame on ourselves. Where there is the desire to be happy the means are always within reach.

Economical Salads.

A well prepared salad makes the simplest meal inviting. Here are three appetizers within the reach of even the housewife who is limited in her funds and her knowledge of fancy cookery:

From Potatoes.—Boil in their jackets and peel six large potatoes. While hot, slice (not too thin) into the following dressing, already prepared in a salad bowl: A large cup of white vinegar, a teaspoonful of olive oil, half a teaspoonful of salt and a dash of pepper. Add a shredded onion and a quarter cupful of chopped celery. If necessary, more vinegar can be added. Garnish with parsley and quartered hard boiled eggs.

From Celery.—Boil six good sized celery roots until tender; slice hot into the dressing described above, omitting the chopped celery, of course.

From Beets.—After removing the tops, boil and peel a bunch of beets; slice them (not too thin) into a dressing made of a pint of white vinegar, a half teaspoonful each of salt and sugar, with a little pepper added.

Housekeeping.

Miss Jane Addams has called housework one of the belated industries. Little has been done to systematize and beautify the routine of daily home life, at least in the kitchen. To college women this task belongs—of uplifting household drudgery into the region of applied science. Cooking can be made fascinating by the introduction of dainty tastes, efficient appliances and individual discrimination into the everyday work of preparing food for the household. The same new life can be infused into every branch of housekeeping. The furnishing and care of rooms are an art in themselves. The study parlors, bedrooms and dining rooms of our grandmothers would not pass muster under the eye of a modern home maker who understands her business.—Woman's Home Companion.

A Homemade Bath Room.

A resourceful woman who lives in a town where there are no public water-works devised a satisfactory bath room after the following fashion: A small lower floor bedroom was given over for this purpose. A copperized steel tub five feet long was put in one corner. A pipe under the floor and through the foundation carried off the waste water. A board platform eight inches high and two feet square at one end of the tub held a two burner gas-line stove. A galvanized iron tank with a capacity of forty-four gallons was placed on the stove so that the faucet was directly over the tub, and a hose from the iron tank led directly to the pump at the windmill. The bath room was complete and had cost only \$21—tub, \$13; pipe, \$2; stove, \$3; tank, \$3.

It Pays to Dress Well.

The dainty young woman has learned that it not only adds to her own self respect and pleases her friends for her to dress tastefully and becomingly, but that it actually pays from a financial point of view, as clothes that are well cared for will last twice as long as those that are carelessly treated. By being careful with her clothes the woman who is dainty and neat is enabled to buy many little extras to replenish her wardrobe, and she manages always to be nicely dressed, though she may have but a small dress allowance. Neglected clothing is always unattractive and repulsive, and hats and dresses cannot long be thrown around carelessly without giving strong evidence of such lack of care.

FOR THE KITCHEN.

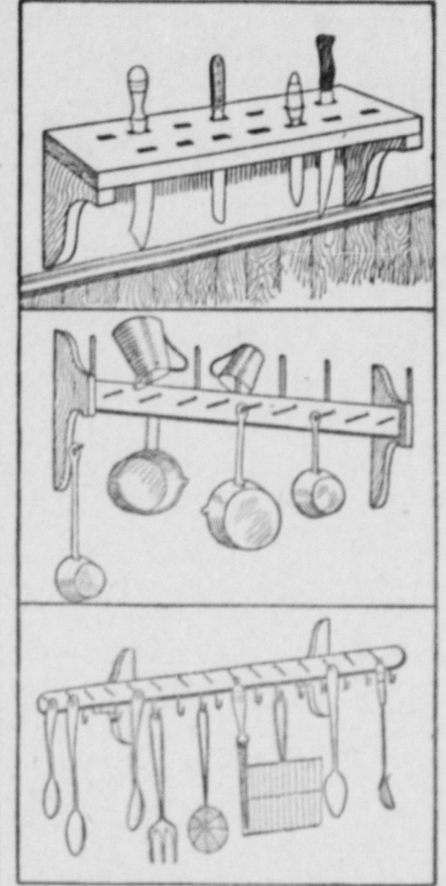
Racks for Holding Knives, Sauce-pans, Spoons and Other Utensils.

In the average kitchen, which is usually none too large, there is perhaps a greater number of miscellaneous articles than in any other room in the house. A kitchen closet is usually the storage place for pots and pans, kettles, saucepans and the various accessories of the culinary department, while the knives, forks, spoons and other small things are thrown promiscuously into trays and boxes that in time become laden with germs.

As a receptacle for knives of various sizes an original idea is shown in the illustration of a knife stick. It is made from a piece of board four inches wide and twenty-four inches long, supported by two wooden or iron brackets.

With a gimlet or brace and bit holes are bored an inch apart in pairs along both edges of the board, and with a keyhole saw the wood between the holes is cut away.

The edges of the slots should be smoothed with sandpaper, and the board is then ready to be mounted on



KITCHEN RACKS.

the brackets and made fast to the wall over a washbasin or in any convenient position. A smaller knife stick for paring knives is very convenient if fastened near the sink. The woodwork should be given two or three coats of white or enamel paint. Care should be taken to have the knives dry and perfectly clean before they are dropped into the slots.

For saucepans, tin cups and dippers and small hollow ware a simple contrivance is shown in the illustration for a saucepan rack.

A stick four inches wide and thirty-six inches long is held in place by two brackets, which enable it to project about six inches out from the wall. These brackets are fourteen inches long by eight inches wide. The curved top and bottom lines are made with a compass saw.

The stick is held in place by means of three screws driven through the side of each bracket end and into the end of the stick.

Along the top of the strip and on the brackets round pins are driven into holes bored with a bit. These pins, which are for cups and measures, should be of hardwood, so that they will not easily break. Galvanized nails are driven into the face and back of the strip, from which the utensils can be suspended.

For spoons, heaters, long handled metal forks, steels and skewers a spoon bar is almost a necessity. This is somewhat similar to the saucepan rack, but is longer and does not project so far out.—Woman's Home Companion.

Handkerchiefs for Lingerie.

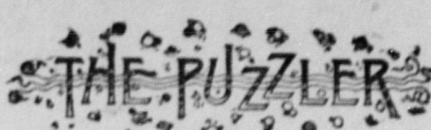
A new field has been opened to the handkerchief, and it is not unusual to see a woman purchase at one time one or two dozen that match perfectly. Not only are they used for corset covers, but to trim entire sets of underwear. Sheer squares, with elaborate lace borders, make charming ruffles for cambric petticoats. They are cut in two diagonally and arranged around the skirt, placing tip to tip and forming a pointed flounce. The corsage of chemises and corset covers may be trimmed with half the handkerchief set on the front and half on the back, or the four corners may be cut to make triangles and joined at the ends, forming a shallow ruffle to match the flounce on the skirt.

Babies and Food.

An old doctor gives it as a rule for mothers to follow that no starchy food, such as cereals, potatoes, crackers or bread, be given to babies till they begin to "drool." This "drooling," as it is called, is the first appearance of saliva, and saliva is a necessity in the digestion of starch. When food is given before the saliva begins to flow it passes into the intestines perfectly undigested, and if there are no worms there will be a severe case of "gripes."—Good Housekeeping.

To Freshen Fruits.

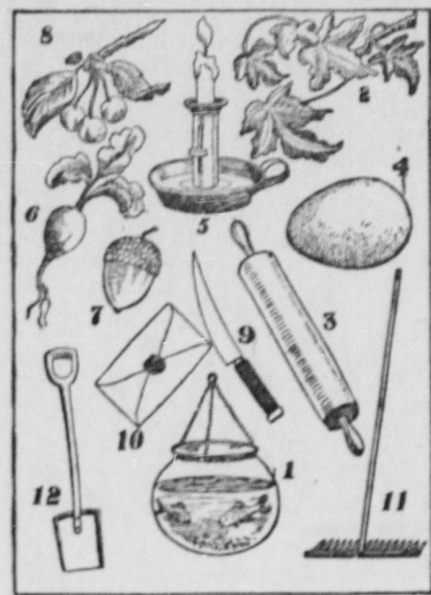
Most housekeepers are accustomed to freshen salads and other vegetables by soaking in cold water, but not every one knows that most fruits are vastly improved by being treated in the same manner. Pears, peaches and like thin skinned fruits, likewise berries, should never be soaked, but plums, melons, bananas and even grapes benefit by the process. Tomatoes and cucumbers are made over, so to speak.



No. 420.—Charade.

If you were Santa Claus you would have to do my first to many stockings. My second is an article. My third is a dingle. My fourth and fifth are exclamations. My whole is a city.

No. 421.—Illustrated Primal Acrostic.



When the above objects have been rightly named and written one below another in the order in which they are numbered, the initial letters will spell the name of prominent emblems of the holidays in the south.—St. Nicholas.

No. 422.—Anagram Verse.

If the \*\*\*\*\* seems \*\*\*\* to you,  
Kindle \*\*\*\*\* to warm \*\*.  
Let their radiance \*\*\*\*\* from \*\*\*\*  
Winters that \*\*\*\*\* it.

No. 423.—Rebendments.

Rebendments spell the name of a popular tree.

Crosswords: 1. Something usually found on this popular tree. 2. A Christmas decoration. 3. Something children often make early Christmas morning. 4. A means of pleasant recreation, of brimses and of refreshing drink. 5. Often seen at Christmas. 6. Great abundance. 7. Gay. 8. A kind of fruit. 9. An article that holds gifts at Christmas time. 10. A small drum. 11. A flower. 12. To amuse. 13. Vigor.

No. 424.—Double Rhymes.

The snow came — so soft and —  
And hid the — earth from the —  
Like soft lace — all feather —

The sky is —, the wind is —;  
The coosters — on Toby —;  
To start — with happy —

All down the — they swiftly —;  
New treading —, again they —;  
Of room no —, the hill is —

Their sport is —, they laugh and —;  
All down in — and turn —;  
It's almost — their play is —

No. 425.—A Diagonal.

Beginning with the upper left hand letter the diagonal names something given and received at Christmas.

Crosswords: 1. A toy. 2. Understanding. 3. To be unlike. 4. Manner of expression. 5. To urge vehemently.

No. 426.—Jumbles.

EE OITM TSL—A plant.  
EE EERRNGV—A tree or shrub.

No. 427.—A Literary Nightmare.

[Example: Why did Charles Darwin? Because he never turned his back to De-foe.]

Supply the name of a well known author.

Why did Miss Mu-loch up the silver? Because she saw —

What made Winston Church-ill? Eating what he saw —

Who gave Thomas Paine? —

Riddles Solved.

Why are troublesome visitors like trees in winter? Because it is a long time before they leave.

What is the difference between the Prince of Wales and a bombshell? One is heir to the throne, and the other is thrown to the air.

When is it difficult to get one's watch out of one's pocket? When it's (sticking).

Why is your thumb when putting on a glove like eternity? Because it's ever-last-in'.

Key to the Puzzler.

No. 410.—Geographical Puzzle: Cape Horn. Cape Lookout.

No. 411.—Terminations: 1. Expand. 2. Grand. 3. Sand. 4. Stand. 5. Brand. 6. Land. 7. Demand.

No. 412.—Geographical Acrostic: Ouse. 1. Orkneys. 2. Ural. 3. Scilly. 4. Elbe.

No. 413.—Diagonal: Mistletoe. Cross-words—1. Magnetism. 2. Billiards. 3. Designate. 4. Bostwain. 5. Landlords. 6. Brothery. 7. Etiquette. 8. Alligator. 9. Altercate.

No. 414.—Rebended Words: F-risky. C-rocker. P-aron. L-awful. S-moldering.

No. 415.—Transpositions: The weapon of the wise is reason. Be sure you are right, then go ahead. Now blessings light on him that first invented sleep. They also serve who only stand and wait.

No. 416.—Anagram: Holidays.

No. 417.—A Literary Puzzle: Hood.

No. 418.—Triangles in Quadrangle:

I S E T A C R O U S E  
M O H  
M A D A C  
I O D O R O  
C H A R W O M A N  
O R I N D  
L M I T A  
O A N R  
S N O N E N T I T Y

No. 419.—Curtailments: Cover-t. Jam-b. Bid-e. Fen-d.

Cooking Eggs.

There is only one right way to cook an egg, and that is not the one usually pursued. Generally the eggs are dropped into boiling water and boiled for from three to four minutes. The white is hard and practically indigestible in consequence. Egg albumen coagulates at a temperature considerably below the boiling point. The proper way is to put the eggs in cold water and gradually heat it. By the time the boiling point is reached the eggs will be done. Or drop the eggs in boiling water and set them where the water will keep hot, but will not boil. In eight or ten minutes they will be done, and the white will be a soft jelly instead of hard as a piece of rubber.

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