



WOMAN'S WORLD

MRS. JOHN D. SHERMAN.

A Chicago Woman Who is an Expert on Parliamentary Law.

Mrs. John D. Sherman of Chicago, recording secretary of the General Federation of Women's Clubs and one of the most prominent club women in the Illinois state federation, also holds the position of instructor of parliamentary law in the John Marshall Law school.

Before assuming this position Mrs. Sherman had been lecturing to the women of the school on parliamentary law, but now she is instructor to the more advanced classes of men students, a position heretofore filled by men of national reputation.

Mrs. Sherman began the study of parliamentary law about ten years ago.



MRS. JOHN DICKINSON SHERMAN.

Five years ago she became instructor to small classes organized in some of the leading women's clubs of the city.

Mrs. Sherman is also the official parliamentarian of the Illinois Federation of Women's Clubs. In addition to her class work, Mrs. Sherman conducts a parliamentary law department in the American Monthly Magazine, the official organ of the Daughters of the American Revolution, and she is the author of a book on parliamentary law which is now in its fourth edition.

Youthfulness.

Youthfulness is a quality very difficult to describe. As often as not it proceeds from the mind rather than from appearance, and one often feels with middle aged and elderly people that they are in reality far more youthful in ideas, in the keenness of their enjoyment and in their fresh outlook than many of one's acquaintances who in point of years are mere girls.

A Graceful Hand.

The most graceful carriage of the hand is with the second and third fingers held slightly together. To acquire this carriage practice the following exercise: Holding the second and third fingers together, curve them and the thumb in toward the palm of the hand until a perfect circle is formed, then open slowly until the fingers and thumb are again straight.

Be Careful When Making a Home.

Most of us are careful when we make our wills. We should be far more careful where we make our homes. To the sensitive man or woman a place means very much. It affects the health of the body. It considerably transforms the mind, changing greatly the outlook on life.

What Women Are Learning.

The gift of commanding friendship is undoubtedly of far greater worth than beauty; but, like beauty, it can be to some extent cultivated. This is a fact not generally recognized. But then a few years ago women allowed themselves to age prematurely because they did not know of certain ways to keep themselves young both in appearance and manner.

The Girl Who Works.

God bless the girl who works! She is brave and true and noble. She is not too proud to earn her own living or ashamed to be caught at her daily task. She smiles at you from behind the desk or counter or printer's case. There is a memory of her sewed up in the silent gown. She is like a brave mountaineer already far up the precipice-climbing, struggling, rejoicing.

Plump Arms.

Physical culture will produce round, well shaped arms. One set of exercises alone should not be used; this will develop only one or more muscles at the expense of the rest of the arm. Have the exercises arranged so every muscle is brought into use.

When cleaning wall paper use dough made of flour mixed with a little soda and water.

The vinegar cruet should be put into a closed closet after each meal. Light renders vinegar tasteless and takes away its snap.

Her Unenviable Lot.

Under heaven there is no other creature so forlorn as the woman of educated and refined tastes who marries a really poor man and who must combine in her own person mother, wife, cook, seamstress, laundress and nurse. In comparison the lot of the so called working woman is idyllic ease and lux-

ury, for she at least has some hour out of the twenty-four that she can call her own and some money, however little, that she can spend on herself, whereas the unpaid household slave has none. The romantic goose of a girl who is willing and anxious to marry on nothing a year dreams of spending her life in a rose covered cottage, where she will hang perpetually over a rustic gate welcoming and speeding her adoring spouse, and it is only when it is too late that she realizes that, translated into actualities, the vine embowered cot is a 2 by 4 flat and that it is her unhappy destiny to fry Cupid to death over the kitchen range.—Chicago Tribune.

Woman's Wisdom.

Women are the inheritors of the oldest, most universal human wisdom. They have more sense than men, for the simple reason that a man has to be a specialist, and a specialist has to be a fanatic. The normal man all over the world is a hunter or a fisher or a banker or a man of letters or some silly thing. If so, he has to be a wise hunter or a wise banker. But nobody with the smallest knowledge of professional life would ever expect him to be a wise woman. She has to have an eye on everything.—G. K. Chesterton in London Daily News.

Nerves and a Milk Diet.

An entire milk diet is an excellent thing for the woman who is troubled with insomnia. It is also good for the one who is so nervous that when she does sleep she has the sensation of falling and wakes with a terrific start. When these conditions exist it is well to subsist on milk alone for some time. A grown woman should take a pint of milk as a meal, but to keep up her strength she should take four meals a day instead of the usual three. People with weakened nerves require a larger quantity of water than those whose nerves and brains are strong.

Curried Meat.

Cut into dice two cupfuls of cold roast beef, veal, lamb, mutton or chicken. In a frying pan melt three tablespoonfuls of butter, and fry in it a sliced onion. Take out the onion and stir into the butter two tablespoonfuls of browned flour mixed with a tablespoonful of East India curry powder. When well blended, pour in a pint of stock and stir to a smooth brown sauce. Now add the cold meat, which should have been seasoned with salt and pepper. Toss and stir until heated through. Serve with boiled rice. It should be accompanied by bananas.

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THE PUZZLER

No. 269.—Diagonal.

1. A hanging resting place. 2. As much as the hand can hold. 3. Concord of musical strains differing in pitch and quality. 4. With weight. 5. Wife of a peer. 6. Object to be accomplished. 7. To hinder. Diagonal names a busy season.

No. 270.—Illustrated Letter.

Illustrated letter puzzle with words like 'PERHAPS AS U', 'HAVE U FOR', 'WE, U & E', 'TELL U', 'U HAVE UP', 'IN. WE', 'UNCLE N.', and 'St. Nicholas.'

No. 271.—Metagram.

1. To murmur. 2. A small channel. 3. A swift sailing vessel. 4. An oily substance. 5. To dawdle.

No. 272.—Hidden Word Square.

I make the choicest chocolate creams. They're sweet as love's young dreams. I eat them to the very last. And have no toothache when they're past. Poor Kate cannot indulge like me. Her every tooth rebels, you see. And so we never have them when she comes to stay with me and Ben.

No. 273.—Rhomboid.

Across: 1. A flower. 2. A word in law signifying small. 3. Doctrine. 4. A fruit usually eaten raw. 5. A kind of vessel having one mast only. Down: 1. A letter. 2. A preposition. 3. Allow. 4. A separate particular. 5. Language. 6. To number. 7. An adverb meaning "also." 8. A word of denial. 9. A letter.

No. 274.—Anagrams.

[Two of the United States.] This state is such a timid maiden That at trifles she will quail. She can never crush a spider. Kill a bug or TOUCH A SNAIL. All the fair New England sisters Well filled rapiers have, not small. MASH WHEN RIFE the golden pumpkin For a pie which pleases all.

No. 275.—Triple Beheadings.

Triply behead a curious tropical plant and leave concealed. Triply behead to go over again and leave to consume. Triply behead harmony and leave a measure of wood. Triply behead to wander in search of food and leave epoch. Triply behead tan and leave to scorch. Triply behead a city of India and leave a small gulf. Triply behead to terrify and leave the whole quantity. Triply behead the edge and leave a machine for separating the seeds from cotton. Triply behead a Swiss lake and leave a feminine name. Triply behead a bulwark and leave a portion. Triply behead a spicy seed and leave at a distance.

No. 276.—Triangle.

1. A city of Michigan. 2. Wandering. 3. Hackneyed. 4. Degree. 5. A number. 6. A pronoun. 7. A letter.

No. 277.—Word Building.

1. A preposition; two letters. Add one letter for each change. 2. The seventeenth part of one-third of fifty-one. 3. A sound sometimes, but not always, musical. 4. A hard, useful mineral substance. 5. Just and upright; fair in dealing with others; truthful.

No. 278.—Nature Puzzle.

1. The wood that is a fish. 2. The wood that is a brilliant color. 3. The wood that is a favorite flower. 4. The wood that is a domestic animal. 5. The wood that is a downy substance. 6. The weed that is a mild fluid. 7. The root that is a weapon. 8. The berry that is a wild bird.

Key to the Puzzler.

- No. 269.—Floral Arithmograph: Poly-anthus. No. 261.—In the Woods: Oak, pine, spruce, maple, hemlock, cedar, larch, yew, fir, ash, dogwood, poplar. No. 262.—Postman's Puzzle: Lover, glover, pet, poet, pauper, paper, dunkard, drunkard. No. 263.—Disguised Vegetables: Artichoke, Parsnip, Carrot, Asparagus. No. 264.—A Flight of Stairs: 1. SOD 2. SODDEN R 6. 3. DENTAL O 4. TALMUD 7. 5. MUD. No. 265.—Illustrated Puzzles: Newport Steamer. No. 266.—Arithmetical Examples: D-aunt, M-end. No. 267.—Geographical Acrostic: Torquay, 1. Texas. 2. Ontario. 3. Rouen. 4. Quebec. 5. Uri. 6. Arno. 7. Yangtsiang. No. 268.—A Basket of Fruit: Peaches, Oranges, Pears, Grapes.

GOOD BREAD.

The Way to Have Loaves That Will Be Satiny and Elastic.

Put four tablespoonfuls of shortening, either butter and lard mixed or one of the good fats on the market; two tablespoonfuls of sugar and a tablespoonful of salt into a bread raiser and pour over it a quart of boiling water. Place a yeast cake in half a cupful of lukewarm water and stir with a teaspoon till dissolved. When the water in the bread pan becomes lukewarm pour in the yeast and stir thoroughly. Add five cupfuls of sifted flour, beating it as it goes in with a wire whisk. When it becomes too thick to move with the whisk use a slitted wooden spoon and stir thoroughly, so that the flour and wetting may become well mixed. When it is spongy, but not dry, turn it out on a well floured moulding cloth and knead. It can hardly be too well kneaded. It is the kneading that gives it the satiny smoothness and the elasticity which are invariable tests of good bread. It ought even during this process to begin to show bubbles in its texture. Knead them out as much as possible. When dough is put back in the pan to rise with bubbles showing here and there it will be full of holes and poor of taste after it has been baked. After the kneading is finished and the dough feels as smooth as silk wash the bread raiser and dry it; then rub well inside with butter or lard before putting the dough back again for the second raising. If this plan is followed the bread will slip out so clean after it has risen that the pan will scarcely require washing.—Good House-keeping.

EXERCISE FOR BABY.

Give the Infant Freedom to Kick and Roll and Grov.

Tiny infants need exercise as much as other human beings do. They have a natural instinct for it. Watch even a very young baby as it lies in your lap with its clothing removed and see how it will twist and wriggle and move its little arms and feet. As soon as it is able it will toss them about, draw them up and thrust them out, often uttering little squeals and noises of contentment. His little efforts at original gymnastics should be helped, and he should be given a special chance each day to stretch his small muscles. A daily airing is not enough, and from the first the long skirts and bandages should be loosened regularly and his body given full freedom.

Put him on the bed at first and let him lie there and kick. Of course the room must be warm, so that he will not feel the lack of his skirts. Five or ten minutes of this fun will do his body a world of good. When he is several months old he can be put down on a rug after warm weather has come, but this would not be advisable during winter, for floors are drafty.

He will not have enjoyed the rug on the floor so very long before it will be seen that he is learning to get about in some sort of way. His efforts probably will make creeping motions, or it may be that he is beginning to roll from place to place.

Some babies have been known to hitch themselves about seated on the floor. However he makes his progress, it really doesn't matter, for any of the movements is giving him the exercise he needs, and that is the main thing.

CULINARY CONCEITS.

Lamb chops are delicious if dipped in lemon juice just before broiling.

If onions are strong, change the water several times while they are boiling.

Potatoes will bake more rapidly if a pan of water is put into the oven with them.

Some cooks soak salt ham overnight in milk before broiling for breakfast. Salt mackerel is said to be improved by soaking in sour milk.

All starchy foods require long cooking. Albuminous foods, such as eggs, oysters, etc., must be cooked at low temperature or they will harden.

The novice should memorize this rule: White meats well done; dark meats underdone, except in fowls, which should always be thoroughly cooked.



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DON'T YOU SEE IT.

"Although there has been a decline of \$1,000,000,000 in the exports of breadstuffs from the United States this year, other exports, especially manufactured articles, will make up the difference. The increasing demand for the work of American artisans is one of the most promising industrial signs."

So says one of our republican exchange. Such a decline in our export of breadstuffs is no cheering news for farmers. The "increasing demand for the work of American artisans" is simply the output of the trusts that sell their goods in foreign countries for far less money than they do to our own American farmers, hence the home farmer is being ground between the upper and nether millstones of the tariff protected trusts. Don't you see it?

Tramp Gets Just Deserts.

A tramp called at the Dietz bakery Lock Haven, and demanded something to eat from Mrs. Fred Randecker. She stated that dinner was over and that she had nothing to give him. He refused to leave and became insolent. Mrs. Randecker's husband, who was lying on a sofa in an adjoining room, made his appearance and after a few words with Mr. Tramp, the latter made an attempt to attack him. Mr. Randecker then picked up a solid wood chair and hit the impudent visitor on the head, inflicting a scalp wound. Chief of Police Lannen was on his way up town from dinner and being informed of the fracas arrested the tramp and placed him in jail.

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