

# In the Realm of the Feminine



## The College Girl and Her Wardrobe Requirements



GOWN FOR SCHOOLROOM WEAR. KNOCKABOUT COAT OF VELOURS. SERVICEABLE NAVY BLUE SUIT.

legiate life, and then, again, she may do the same stunt while clothed like the queen of Sheba.

In some of our colleges and in many fashionable boarding schools a most decided ban has been put upon too much finery, and even the richest and most influential pupils are obliged to observe this rule.

Last year at the beginning of the course of an ultra smart finishing school not far from New York city a pretty girl hid herself thither with a trunkful of modish French costumes, most them evening frocks. In a few days came a fearful letter from the new pupil to her mother, saying that Miss L., the principal of the school, was making her send back the "glad rags," and in their place she was to have some "practical frocks."

Other days, other ways. There was a time—oh, name it not—when Worth frocks and Vioux hats "went," but not in this year of grace in the fashionable school of 1913.

Clothes may still be made by the artist hand, but they must be of the extravagantly "simple" sort.

The average girl who goes to college is in neither of the classes mentioned. She is not vulgarly rich or hopelessly penniless. She is financially medium, and she will be yearning to know just now what the fall styles are to be so she can cut her cloth accordingly.

It is a bit early in the fashion game to tell exactly what will be worn by the fashion leaders, but Miss High-brow won't care if she's not just in the latest style.

Our old standby for all practical purposes, the navy blue serge suit, is again in evidence in the fall showings, more or less trimmed with buttons, braid or Bulgarian embroideries, and especially with the smart sash arranged in some distinctive way.

The traveling suit for the college girl seen among the illustrations is of navy serge made in the popular blouse style. The collar of machine embroidery adds a touch of daintiness to the creation. Such a little suit will do service when Miss Cap and Gown goes to town to a matinee or to do some shopping.

Heavy tweed and checked materials are going to figure largely next winter, and a suit of such material will be useful.

The coats to the new two piece suits are of various types and shapes. A large proportion are rather short, tender and businesslike, of silk or velvet handsomely embroidered or of some new fabric. Another style in coats is a three-quarter length that has closer lines and hugs the form more snugly than wraps have done for some time. The sleeves, too, in this model have a little fullness at the top

and are loose and almost baggy at the wrists where they are finished with ruff, deep cuffs.

For the best frock pretty models are in crepe de chine. One especially to be recommended to the college girl's attention is of a red currant shade and cut in a "soutane" shape, buttoned from top to bottom with tiny buttons of the same stuff, which are also found on the sleeves. The cut is especially new, being without any seams under the arms, a characteristic which has gained it the title of "chaussé soubria" or bats. With this frock is worn a bayadere sash of pongee, printed with an eastern design whose iridescent tones are repeated in the heavy bead passementerie which finishes off the sash ends and in the tiny bow which trims the tulle guimpe.

The knockabout coat is a necessity in the college outfit, and a good looking one is pictured of ginger brown velours montagnac, a new material that is very smart. The coat is novel in style, having an elongated peplum attached to a fitted bolero jacket. The patch pocket and sleeve trimmings are particularly noteworthy. A velvet hat trimmed with gold cord and a numidia feather is worn with the coat.

For wear under this coat and in the schoolroom is the natty little gown in the cut of a blue and green plaid. The yoke is made in vest style and buttons high up to the throat, where a little turnover collar of embroidery adds a final touch. It is smart in the schoolroom to wear colonial pumps, or suede patent leather may be worn.

The toque of velours in hunter green seen among the illustrations makes a comfortable piece of headgear for the college girl who indulges in skating and other outdoor sports. This cap sits well on the head, and its only ornamentation is a silk tassel which falls gracefully over the side.

These are only a few fashion suggestions to direct the college girl on her modish way.

CATHERINE TALBOT.

### Caring For Babies In Hot Weather

These are the death days for babies. Ten times as many babies die during the hot weeks of July and August as in all the rest of the year.

In the effort to lessen this terrible death toll the agents of the government are carrying on a babies' health campaign through the infants' milk stations of the board of health and through private philanthropic agencies. The New York department of health has prepared a pamphlet of rules for the care of babies in hot weather. Some of them are as follows:

Milk.—Bottle fed babies must be given only good milk which is kept constantly covered and on ice. Use milk furnished by the milk depots or diet kitchens. If the milk stations are not convenient get good bottled milk which is delivered every morning. If the milk cannot be kept properly cooled it should be boiled as soon as received.

Feedings.—Prepare the feedings for the baby exactly as the doctor directs. Feed the baby at regular hours. Each feeding should be heated to a proper temperature in the nursing bottle before it is given to the baby. Taste a spoonful of the milk immediately before giving it to the baby to be sure that it has not soured. If the milk is not sweet do not give it to the baby.

Cleanliness.—As soon as the bottle used by the baby is empty it should be thoroughly washed with cold water; then cleansed with borax and hot water (a teaspoonful of borax to a pint of water). The empty bottles should be put upside down on a shelf. The bottles should be boiled just before filling for the next feeding. The nipple should be thoroughly washed after each nursing with hot water and when not in use should soak in borax water in a covered glass. The nipple must be rinsed in boiling water just before the baby uses it.

Clothing.—During the very hot days, or if the baby has fever, remove nearly all the clothing. A muslin slip or gauze shirt is enough. A baby with fever will not catch cold.

Bathing.—A baby should have one tub bath every day, on very warm days from two to four general spongeings with cool water. If the baby has fever sponge it with cool water every two or three hours and place cool, wet cloths on the head.

Fresh Air.—Babies, sick or well, must have fresh air. Keep the baby in the largest, coolest room in the house or apartment. Keep as little fire as possible. Keep the rooms free from garbage, soiled clothes and rubbish. Leave the windows open day and night. Avoid the sun on hot days. Select the shady side of the street and the shade of the park, recreation place and roof.

Sleep and Quiet.—Keep the baby quiet. Let it sleep alone and let it sleep as much as possible. Lay it on a firm bed, not on feather pillows. Keep the baby and bedclothes clean. Change the diaper and bedclothes as soon as soiled and sponge the baby with a soft cloth and cool water. If this is done the baby will not be so restless and will sleep better. Do not give soothing syrup to make the baby quiet and do not let the baby have the nipple or suck a "baby comforter."

For mending a tear in an umbrella, narrow silk ribbon is excellent. Since both the edges are salvages it is an easy matter to stitch it to the umbrella.

### Soap In the Garden

Few amateur gardeners realize the value of solutions of soap in the garden, especially when used at this time of year. The best soap for the purpose is white castile, but any mild white soap will suffice.

As an insecticide or fungicide shave an ordinary sized bar of the soap—add three gallons of lukewarm water and six drops of lemon oil. Stir well and the water is quite cool spray the plant thoroughly, not only on the top of the foliage, but under it. The liquid, besides fumigating the plants, will enrich the soil, and it is invaluable for checking mildew on roses.

To keep flowers in nice condition shave a pound of soap very finely into a gallon of boiling water. When dissolved add twenty-four gallons of cold water and use without delay. If a small quantity is wanted dissolve one-sixth of a small cake of soap in a pint of boiling water and add a gallon and a half of cold water.

Apply to rose plants, carnations, violet leaves and the like. Half an hour after applying rinse off the solution with soft clear water.

For begonias, fuchsias, ferns and all many showing bulbous plants add a third more water to the solution so that it will be about three-fourths as strong as the one mentioned above, and, again, after half an hour, rinse off with clear, soft water. Be careful always to reach the under as well as the top side of the leaves.

### OUTDOOR TOQUE OF VELOURS.

The college girl's outfit is almost as important as her trousseau, and, like the latter, the school wardrobe is subject to much elimination or expansion, the purpose of the exigencies of

the occasion regulating the output, to use a commercialism.

Of course a girl can't through colleges and walk off perhaps with honors and scholarships to boot, owning the fewest clothes imaginable for the col-

## WOMEN FARMERS WIN SUCCESS

Only 40 miles from New York, with its hurry, scurry and noise, two women, Mrs. D. G. Armstrong and Miss Helene Lowell, are running a farm and making \$10,000 a year from it, and it is not a farm of fads and fancies, either, but just a good old fashioned farm.

It is tucked away on a shady by-road on the big plateau running back from Long Island sound, at Northport, L. I., and with scarcely a hillock, there is not a square yard of the fifty odd acres that is not productive. They have a ready market for everything they have to sell right among the rich summer colony, and so famous is their produce that folk send to their door to buy it.

Only 40 miles from New York! True, there is no "purling brook in the woods." But there is a gorgeous vegetable tangle of blossoms and a riot of color, with its pansies, sunflowers, roses, peonies, bachelor buttons, and hollyhocks.

You think they might enjoy life to the utmost, with a lovely, old-fashioned gabled white house, with a wide colonial porch all overhung with wisteria, and a Dutch door, with antique knocker. It sets well back of a fine lawn lined with flowering shrubs, with gravel walks and rustic fence surrounding it. A great stately oak, directly in front of the house, is reassuring, for no ordinary farm is so spick and span as this. But, then, you remember, women are running this farm.

As we were driving from the station Miss Lowell pointed out to me the peach orchard on another farm we were passing. She said: "Just look at that orchard! Would you think a man would do such a foolish thing? How can his trees grow when he treats them like that?" For the man

## RECIPES TRIED AND FOUND VERY SUCCESSFUL BY WOMEN OF HONOLULU

- [Recipes recommended by Mrs. John Lucas, Lanaillo street.]
- FISH CHOWDER.**  
(For Six or Eight People.)  
2 strips of bacon.  
3 cups of potato.  
1 cup of tomatoes.  
2 cups of fish (boned).  
Cook in a 2 pt. saucepan in alternate layers, in the order given. Season to taste. Save fish heads and bones and boil separately in two cups of water, season with salt and when boiled add to the above. Allow all to boil 1/2 hour without stirring. Just before serving add one cup of boiled milk and one of broken cracker.
- PINEAPPLE PUDDING.**  
1 tin grated pineapple.  
3 eggs.  
1 cup bread crumbs.  
1/2 cup sugar.  
Bake and serve with cream sauce.
- CREAM SPONGE CAKE.**  
Two eggs beaten separately, one cup of sugar, one cup of sifted flour, one teaspoon of baking powder, 1/2 cup of boiling water, one teaspoon of lemon extract. Mix in order given.
- POPOVERS.**  
1 cup of milk, two eggs, a little
- When they bought the place it was badly run down. The buildings had to be repaired, the land had to be fertilized and the berry patches and orchards had to be restocked. All of this they did. In addition they directed the clearing of many acres of land.
- This farm today is valued at \$600 an acre, and with the buildings is worth nearer \$40,000 than \$30,000. It was not worth a quarter of that when they bought it.
- SHRIMP CURRY.**  
Take one large tin of shrimps. Wash thoroughly and heat through in boiling water. In a double boiler put two cups of milk and when boiling, thicken with two tablespoonfuls of cornstarch or flour. Take one heaping tablespoon of Madras curry powder and two tablespoonfuls of butter mix well together. Add a little of the above cream mixture to the latter to prevent lumps. Then mix altogether. Pour water off shrimps and let them remain in curry about five minutes before serving. Serve with slices of lemon and chutney if liked.
- DAISY CAKE.**  
1 cup of sugar.  
1 cup of butter.  
Beat the yolks of three eggs before putting in the sugar and butter. 1/2 cup of milk, 1 1/2 cups of flour. One teaspoonful of baking powder. The whites of eggs added last. Put in flavoring before putting in the whites of the eggs.
- STEAMED PUDDING.**  
1 cup flour.  
1/2 cup sugar.  
1/2 cup milk.  
2 squares chocolate.  
1 egg.  
1 teaspoonful baking powder.  
1 tablespoonful butter.  
Steam 1 1/2 or 2 hours.
- 1 cup powdered sugar.  
1/2 cup butter.  
Cream butter and sugar, add flavoring and a tablespoonful of boiling water. Whip till creamy.
- PORK SAUSAGE BALLS.**  
Take a five cent loaf of old bread, soak well in cold water, squeeze out all the water and put into a dish. Add one teaspoonful of salt, 1/2 teaspoonful pepper, 6 onions, medium size, cut very fine, 2 eggs and 2 pounds of pork ground very fine. Beat well until well mixed, then make with your own hands into flat balls and fry to a crisp brown on a slow fire.

covered with mayonnaise dressing. Remember when slicing these salads to use a warm knife.

For tomato salads the pulp is utilized, after sifting to get rid of seeds. The water contains many of the potash salts and should be saved to mix with it. Place over a slow fire, season with a bay-leaf a couple of cloves, some salt and cayenne pepper. Boil 30 minutes, strain and add half a box of gelatin soaked in cold water, pour into a wet mold and chill. Serve on crisp lettuce leaves, dot over with mayonnaise and garnish with sliced hard boiled eggs.

The spiced jelly is especially appetizing and desirable for decorating meat dishes and is easily made. Soak a boxful of gelatin in a cupful of consommé for a couple of hours to soften it, then bring the liquid to a simmer, and add a cupful of tarragon vinegar, two tablespoonfuls of any kind of fruit juice, two of lemon juice and a teaspoonful of salt. Cook slowly for five minutes, stirring all the while, then strain through a cloth and stand in a cool place to congeal.

For mint jelly pour two cupfuls of boiling water over a bunch of freshly bruised mint leaves, then steep, closely covered, for 30 minutes. Strain, and to a pint of liquid add one package of currant, lemon or other good patent jelly, or half a package of gelatin that has been soaked in a little cold water reserved from the amount measured out from the tea. Add sugar to sweeten and lemon juice to make as acid as desired. Stir until dissolved and set away to cool. As it begins to thicken stir in two tablespoonfuls of capers, pour into molds and set away to harden. When cold, turn out and garnish with tiny sprigs of mint.

Aspic jelly is served either alone or over other mixtures. Take three large tablespoonfuls of powdered gelatin, half a teaspoonful of salt, one small carrot, onion and turnip, two sticks of celery, several sprigs of parsley and chervil, the fine end of juice of a lemon, a bay leaf, a blade of mace, a dozen white peppers, the

whites and shells of two eggs, three cupfuls of cold water and a gill of mixed vinegar. Place all in a cold porcelain-lined saucepan and whisk with an egg beater until it boils; simmer two minutes, then settle and strain through a hot jelly bag into a wet mold.

Russian salad in aspic is a luscious medley and can almost be made of leftovers. A can of salmon, a dozen anchovies, half a can of mushrooms, three eggs, one boiled beet, one boiled carrot, one boiled potato, a head of celery, a cupful of boiled peas, two tablespoonfuls of capers, two chopped gherkins, half a can of caviar and a cupful of aspic jelly.

Chop all the vegetables fine; place in a mold in a pan of ice and pour into it a layer of aspic; arrange the anchovies and chopped vegetables in this with the gherkins, then a layer of mushrooms and one of fish; continue in this way until the mold is filled, then pour over the aspic, which should be cool. Stand overnight on ice. When ready to serve scoop out a place in the top and fill with the caviar, with one egg on either side; serve with mayonnaise dressing.

### FEMININE CHAT

Chin ties are seen on some of the extreme summer hats.

Watteau pleats are introduced on day and evening costumes.

Broadened crepe Trianon is a material recently launched by a famous manufacturer.

A single band of colored velvet ribbon is often the finish at the waist line on a simple lingerie gown of white or marquisette.

The marine ruffs, whether two-toned or not, are used not only for the waist, but are extremely modish for evening hats.

The rather hot, many ribbed material, especially when covered with the plain colored silk, is modish. Often the ribs are gilt striped.