

AMERICAN WOMEN and GIRLS DECORATED for LONG LIST OF LIFE SAVERS HONORED WITH GOVERNMENT AND CARNEGIE MEDALS. CHILD HEROINES, NINE AND ELEVEN, THE LATEST TO RECEIVE REWARD FOR BRAVERY.



BRIGADIER CAROLYN STANYON.



EDNA MAUD KING



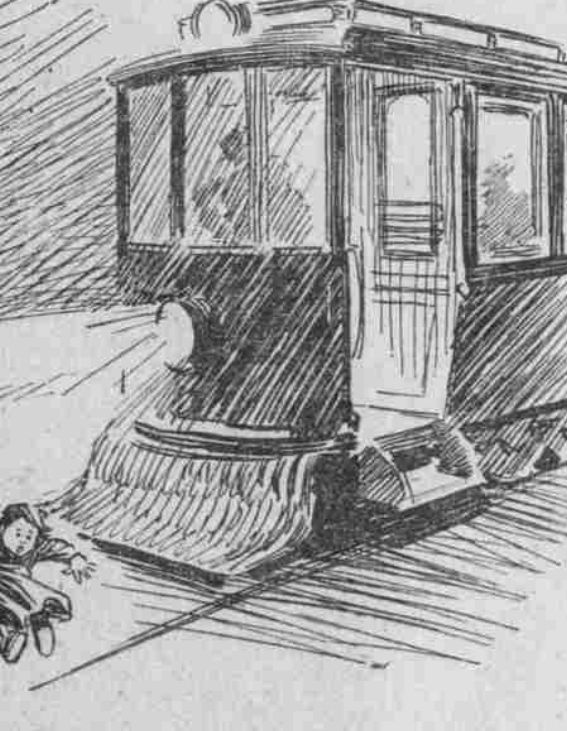
DR. MARY WALKER.



MRS. IDA LEWIS WILSON.



EDITH MORGAN, FIRST WOMAN LIFE-SAVING MEDALIST.



BY JOHN ELPHRETH WATKINS.

THE honor roll of American women and girls, decorated for great deeds of heroism, steadily grows, the Government to date having thus honored 11 and the Carnegie fund commission 17. Should these National heroes unite in a medal of honor legion all their own, here would be a woman's society of distinction, its badge standing for as much as any insignia that adorns the Yankee maid or matron.

One woman in this list has received the coveted military medal of honor, conferred only for distinguished conduct in military action, and this heroine is none other than the noted dress reformer and woman suffragist, Dr. Mary Walker, who since her services in the civil war has persisted in wearing trousers, in which she did a man's service in the Army. When the Civil war broke out she left her medical practice and went to the front, where she often spent her own money in caring for the wounded and even where shot and shell were flying thick and fast upon the battlefield she was seen at the side of the wounded soldiers. She is said to have been the first woman in the world to have done such war service in a capacity higher than that of nurse, she having the rank of assistant surgeon. While thus engaged she wore an officer's uniform, but after the war continued to wear the "American reform costume," which she had adopted some years previously, the upper part of this costume being feminine in its make-up, although supplemented by trousers. Eventually, however, she adopted full male attire, which she has since worn. She is still living at her birthplace, Oswego, N. Y.

Rescued Thirteen From Drowning. Our next most noted heroine, wearing a United States Government decoration, is Mrs. Ida Lewis-Wilson, who, for rescuing from drowning at least 13 persons, from time to time, has received the gold life-saving medal of honor, long conferred by Secretaries of the Treasury upon persons who have manifested great personal courage in rescuing victims from the water. Her father was keeper of the Lime Rock lighthouse upon an island in the harbor of Newport, R. I., where she was born in 1841, and in early youth she became a skilled swimmer and oarsman, spending so much of her time in a row-boat, the only means of communication between the lighthouse and shore, that she was as much at home upon the water in storm as in calm. When 18 she rescued from the sea four men whose boat had capsized, and since then she has saved at least nine other lives, including those of two soldiers, who broke through the harbor ice. Her father becoming paralytic, she was appointed to succeed him, and has since served as keeper of the lighthouse, and for her rescues she received medals also from the State of Rhode Island, the Massachusetts Humane Society and the New York Life-Saving Association. In the Newport customs house, before hundreds of people, General Grant presented her with the Lifeboat Rescue, as a gift from the people of Newport, and for this craft James Flak, Jr., built her a boathouse. She was given also the Sorosis brooch, inscribed "To Ida Lewis, the Heroine," and the two soldiers whom she rescued from the ice gave her a gold watch, while officers and men of the nearby fort gave her a silver teapot worth \$100. Although still popularly known by her maiden name, Ida Lewis, she married William H. Wilson in 1870. A few months ago a new society composed of life-saving medalists decorated her with the "American Cross of Honor" and the board of governors has announced that in their estimation Ida Lewis-Wilson has rendered more valiant service in saving life than have any Americans of her sex.

refused it, believing that she deserved that of the higher grade.

Early Child Heroines. The first child heroine decorated by the Government was Marie D. Parsons of Fireplace Point, Long Island, who in 1882, when only 10 years old, risked her life to rescue a man and little girl from drowning at that point. She was given a silver medal. One of gold was presented to Edith Clarke, who, three years later, while a pupil of a convent at Oakland, Cal., bravely rescued a schoolmate who was drowning in Lake Chabot. Two Charleston girls, Edna Maude King and Mary Whitely, were together given the silver medal for rescuing three men whose yawl was capsized in the harbor of Charleston, S. C., in 1885, during a great gale of wind. These two plucky girls supported the drowning man, who could not swim, until both were rescued. The highest grant yet allowed to a heroine by the commission—\$50 for educational purposes—was given to Mabel Mason, who in 1890, at the peril of her life, rescued a man who by the wash of a passing steamer had been thrown from his boat into the Detroit River, near the Marmajuda light station. The next year Bertie O. Burr, of Lincoln, Neb., while bathing in Blue River with two young women, rescued them "with heroic bravery" and received the gold medal, which was awarded also to Mrs. Martha White, who in mid-winter the year following (1892) plunged into the icy breakers and "at the imminent risk of her life," as the official report states, rescued three sailors from the British bark Ferndale, which had been wrecked on the coast of Washington state. The recent advent of the "athletic girl" among us, no American women have in the past 16 years displayed sufficient courage in the making rescues from the water to warrant in the estimation of the Treasury authorities, even a silver medal of this category.

Eighteen Recently Decorated. But another National heroine was lately found and given the new medal of honor which Congress recently authorized as a reward for the saving of life upon our railways. The recipient of this life-saving medal was Miss Mary Gulman of Middletown, N. Y., who recently jumped into a narrow space between two railway tracks and saved the life of an aged man whom, while sharing his peril, she held in safety while two trains simultaneously whizzed by them, one on either side, and in opposition to the President Roosevelt, when proposing this new National decoration, recommended that it be awarded for "conspicuous bravery and self-sacrifice in the saving of life in private employments," and although Congress limited it to heroes and heroines of the rail, Andrew Carnegie at once transferred to a commission a fund of \$5,000,000 to be expended in medals, annuities and other financial assistance for American heroes and heroines displaying signal courage while following peaceful vocations," this last clause excluding acts of courage in war, which the great ironmaster regards as a relic of barbarism. The "Carnegie medal," handsomely stamped on silver and bronze, is conferred only for acts of courage performed since April 14, 1864, and is indebted to F. M. Wilmot, manager of the fund, for a compilation of the acts performed by the 17 heroines decorated and aided since that time.

Dived Under a Float. A girl 17 years old was the first female recipient of this new order of merit. This was Ernestine F. Atwood, a student of Melrose, Mass., who was given the silver medal—the higher degree—for saving a coachman from drowning in Boston harbor in the Summer of 1904. From a rowboat 200 feet from shore she dived under a float where the drowning man was caught, and brought him safely to shore. In addition to the medal she was also given \$50 for educational purposes. The following December Lavinia Steele, a cataloguer of Des Moines, was skating on the Iowa River, when a young law student fell through the ice in the middle of the stream. The ice was thin and although others of lighter weight refused to venture upon it she skated to the drowning man and with a short pole pulled him out upon the ice, at great risk of her own life. She received the bronze medal. A 15-year-old girl, Maude A. Titus, of Newark, N. J., was the next recipient, and she received the silver medal for saving a woman from drowning at Yarmouth, Me., in July, 1904. They had

been thrown from a boat into Casco Bay, and instead of swimming to the overturned craft, as two others did, young Miss Titus forgot her own safety and in a choppy sea supported the drowning woman, who could not swim, until both were rescued. The highest grant yet allowed to a heroine by the commission—\$50 for educational purposes—was given to this courageous girl.

A bronze medal was soon afterward granted to Anne M. Cunningham, a trained nurse of Savannah, Ga., who, from a point 25 feet from the shore, swam 25 feet into the ocean against the tide in a heroic attempt to save a man drowning off Tybee Island, Ga. She reached him and assisted in taking him toward shore, but upon being carried under water the third time by the high waves her hold on him was broken and when they were both pulled ashore she was exhausted and he was drowned.

Sucked Venom From Snakebite. A peculiar deed of courage was that for which Lucy E. Ernst, a Philadelphia girl, has been more lately decorated. When a boy was bitten by a rattlesnake at Porter's Lake, Pa., in July, 1906, she, although having on her lip an open fever blister, into which she might have absorbed the poison, repeatedly sucked this venom from the lad's arm and thus saved his life.

A 13-year-old heroine, who in addition to the bronze medal has been awarded \$200 for educational purposes, is Theresa S. McNally, of Waterbury, Conn., who in June, 1904, swam 30 feet and rescued a 4-year-old child who was drowning in eight feet of water. Only two years older was Edith C. Pionte, of Appleton, Wis., who, in January, 1905, she bravely ventured out upon the thin ice of Fox river to rescue from drowning two girls who had fallen in. For this deed she received the silver medal, as did Mrs. Mary G. Black, of Marshfield, Or., who, in 1904, although incumbered by four skirts, waded into a creek and after pulling one child out of a hole eight feet deep swam into it a second time and, while assist-

ing another child—became exhausted. By the aid of her dog, however, who had followed her in, she succeeded in completing the rescue. The heroic rescue of a child on a street car track in Washington, in July, 1905, has resulted in the decoration of Miss Jessie K. Melson, of that city, with the bronze medal. With one foot of the track, Miss Melson grasped the child and threw him over her right shoulder to safety. But before she could escape the car struck her, knocking her from the track and fracturing her nose. A trick dared by few other than professional life-savers has brought the silver medal to Mrs. Rosa P. Schaller, of New York City, who, when she saw a girl of 17 drowning off North Beach in 1905, swam 100 feet to her side, knocked

her unconscious after a struggle and then supported her in the water until other assistance arrived. Salvation Army Runaway Heroine. Her brave rescue of a child from a runaway team has brought the silver medal also to Mrs. Caroline Stanyon, of Mount Vernon, N. Y., a brigadier in the Salvation Army. Although rescuing the little one from the path of the mad team, she was herself struck and knocked down, sustaining injuries for the medical expenses of which the commission has allowed her \$50. A brave attempt to save a suicide has brought the silver medal and \$1000 to Florence Hoove, of Chelsea, Mass. The suicide was a man 24 years of age, delirious from typhoid, and when she

tried to prevent his deed he choked her and threatened her with death. She then pursued him, and, although he again molested her, she continued to follow him through the "house" and made a heroic but futile effort to prevent her plunging from a window. Two Fire Heroines. One of two fire heroines recently decorated is Mrs. Thelma McNece Guttland, of Dayton, Ohio, who, in 1905, when only 17 years of age, and shortly before her marriage, bravely saved two small children from an apartment-house fire in Boston. While the building was burning fiercely she made her way to the roof and thence to the apartment where the children were locked in a room. After seizing them, she brought them safely down, through the dense smoke, to the street. Two posthumous decorations have recently been conferred upon heroines by the commission. The first of these was conferred in memory of Mrs. Sadie L. Crabbe, of Avon, Va., who, in February, 1906, while attempting to pull a colored youth from a hole in the ice, herself broke through the treacherous crust and lost her life. The other posthumous medal has been conferred in memory of Miss Jewel H. Reed, aged 17 years, of St. Louis, Mo., who, in January, 1906, while bravely trying to save two elderly women from burning. Through fire and smoke she ascended a stairway to the second floor to reach the two victims, but was cut off from escape and burned with them.

Decorated This Summer. The most recent decorations have gone to the youngest of all these heroines—two little girls, aged respectively 9 and 11 years, and hailing from different states. Each was awarded the highest honor—the silver medal—by the commission at its last meeting a few weeks ago. The first of these, Miss Marce Y. Trevor, of Marion, Ill., on December 30, 1906, when only 9 years of age, saved a little boy of 7, who had fallen from a bridge crossing a creek, running high and swift. This brave little girl, although she could not swim, jumped from the bridge into the creek, and after seizing her imperiled playmate, caught hold of the bridge, and with great danger to herself, held on until both were lifted out. The other little heroine decorated this Summer is Miss Marjorie E. Coast, of Iowa City, who, in June of last year, when only 7 years of age, saved from drowning another little girl, aged 10 years, who had fallen into the Iowa River. Marjorie, also unable to swim, jumped from the dock, and after seizing her helpless companion, managed to get her to a floating plank. Then by paddling she reached it herself. Washington, D. C., August 8.

enough; but as long as he could keep on his pins he kept looting' to get in just one on me; so I finally had to drop him with a stiff one behind the ear. Course, if we'd had ring gloves on he'd looked like he'd been on the chopping block; but with the pillows you can't get hurt bad. Inside of 10 minutes I had him all washed off and up in a chair, looking not much worse than before, except for the eye swelling. And what do you guess is the first thing he does? "Say, McCabe," says he, "shoovin' put his paw, 'you're all right, you are." "So?" says I. "If I thought you was any judge that might carry weight." "I know," says he, "anybody like me." "Oh, well," says I, "I ain't rubbin' it in. I guess there's white spots in you, after all; even if you do keep 'em covered." He pricks up his ears at that, and wants to know how and why. Almost before I know it we've drifted into a heart to heart talk, he's been on a half hour before I would have said couldn't have happened. Langdon ain't turned cherub; but he's a whole lot milder, and he takes in what I've got to say, as if it was a bulletin from headquarters. "That's all so," says he. "But I've got to do something. Do you know what I'd like best?" "I couldn't guess. "I'd like to be in the navy and handle one of those big 12-inch guns," says he. "Why not, then?" says I. "I don't know how to get in," says he. "I'd go in a minute, if I did." "You're as good as there now, then," says I. "There's a recruitin' office around on Sixth avenue, not five blocks from here, and the Sergeant's something of a friend of mine, is it a go?" "It is," says he, nodding. "Hanged if he didn't mean it too, and before he can change his mind we've had the papers all made out." In the mornin' I phoned Pemfroke and he comes around to lug me up while he breaks the news to maw, for he says she'll need a half hour before I would be lookin' for nothin' less than cat fits, too. But say, she didn't even turn on the sprayer. "The maw's a sassy she," says he. "Why, how sweet! Oh I'm so glad Won't Langdon make a lovely officer!" "I don't know how it's goin' to work out; but there's one sure thing, it'll be some time before Langdon's been pestered any more by the traffic cops." And, now that the stateroom's engaged, you ought to see how well Pemfroke is standin' the blow. (Copyright by the Associated Sunday Magazines.)

A Hunch for Langdon
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Romance of a Marriage Ring

THE old Roman wedding ring was usually of iron, symbolic of the enduring bond, which perhaps explains the supposition of some authorities that it, in olden times, indicated the submission of the wearer, as did the iron ring worn about the neck and ankle. There are many tales, romantic, quaint and amusing associated with marriage rings of all nations and all ages. Those interchanged between Martin Luther and Catherine von Bora were of silver gilt, with a figure of Christ upon the cross. And it has been stated that a certain Lady Cathcart, on marrying her fourth husband, had inscribed upon her wedding ring: "If I survive." I will have five." Among Hebrews the wedding ring is sometimes ornamented by an elaborately carved temple fixed on a hinge, and when opened discloses a tiny representation of the Ark of the Covenant. Very interesting, too, is the lore of the engagement ring, now generally worn after marriage on the third finger of the left hand as a guard to the plain golden wedding ring of modern preference. A pretty fancy, not common, though not new, is to have this ring set with stones, the initial letters of which will spell the name of the wearer or the giver. The keeper given to our present Queen by the then Prince of Wales on their marriage is set with precious stones, the initial letters of the names of which stand for the royal husband's pet family cognomen, "Bertie"—a beryl, emerald, ruby, turquoise, jacinth and an emerald again. The custom of giving mottoes to engagement rings possibly originated with the Romans. "Good luck to you" is Roman, and perhaps "Love me, and I will love you" is Roman also. The trite "When this you see remember me," that may be found in the autograph albums of almost every school girl, was used for this sort of motto more than 200 years ago and is declared to have been not original even then. The modern engagement ring must be of gold, of any shape except that of

Fruits Are the Best of Medicine

HERE are the prescriptions of a celebrated physician: Eat fruit for breakfast, for dinner, for supper. Shun hot rolls, hot biscuits and buttered toast. Eat whole-wheat bread. Refuse rice pudding. Decline potatoes if they are served more than once a day. Do not drink too much coffee or tea and very little beer and whisky. Walk several miles each day. Take a bath every day in Summer and every other day in Winter. Brush the teeth and wash the face in warm water every night just before retiring. Sleep eight hours. Here are the fruits to be eaten: Apples, grapes and bananas at any time, day or night, but not too many at a time. These are the three healthiest fruits and the habitual eater will require no medicine. Peaches are good for the clearing of a muddy complexion. Peas are healthy raw, but better when cooked. Strawberries are good for rheumatism. Oranges are good for dyspepsia, but pineapple is even better. Lemons are a fine fruit tonic and a few drops squeezed into half a wineglass of water each morn-

Romance of a Marriage Ring

ing or night will act more beneficially on the system than purgative pills or salts. Perhaps. Oh, perhaps you think the city doesn't have a welcome sound. When one comes back from the country, very rested up and browned; And perhaps you think the subway and the trolley and the "L." Don't make a pleasant scene. I've been away from old New York a spell. Oh, perhaps the crowds of people and the miasma and the lights. Don't look great to one who's gone to bed at 7:30 nights. And the bustle and the tumult and the "highway" melody. Oh, perhaps you think that doesn't make an awful bit with me. Happily, maybe, peradventure, it may chance, and so say perhaps she. You can't be that one who's sorry when one has to leave the yaps—wishes one might travel back tonight. Oh, perhaps you think you've been away from old New York a spell. And perhaps—O gentle reader, you have guessed—New York Evening Mail.

Fruits Are the Best of Medicine

Little Loren had watched the rain pour down all day. Finally, when the clouds began to break away, he said: "Mamma, do you suppose those clouds will ever be fit to use again?"—The Delineator.