

TWO FAMOUS CITIES OF OLD POLAND



ANCIENT CITADEL OF CRACOW

BY THE broad Vistula river, on ancient Poland's soil, lie two famous age-torn cities, around which have centered the rise and fall of one of the mightiest nations in history. Before their gates and within their walls have been fought the battles of armies unnumbered and for a thousand years they have known the sorrow of death and destruction—and oftentimes the glories of victory. In the valley of the stream whose banks they adorn a new conflict is raging today. On the outcome of this struggle may rest their fate in the years that are yet unborn, says the Philadelphia Record.

Cracow and Warsaw, the cities are—one the capital of Poland's kings when the nation was in its prime; the second the home of that glorious hero, Kosciusko, who led the people in their bloody war for independence after invaders had seized their land. Through the centuries of their country's prosperity and the dark years of grief the beautiful old towns have nurtured and cherished the ideals of the Polish people, and today they house the only remaining relics of that once proud nation which long since ceased to exist.

One of Them Must Suffer.

Shortly after the beginning of the present European war the czar of Russia issued a proclamation, promising self-government and religious and racial freedom to the Poles within his domain in return for their support in battle. A similar pledge was made by Germany to that part of the ancient kingdom now ruled by her. Austria called on all her Poles for loyalty, pointing to the freedom and kindness accorded them in the past. Thus it was that Poles were arrayed against Poles, the followers of Russia striving to capture Cracow and the Austro-German armies aiming at Warsaw. No matter who is victorious it is certain that one of these cities will suffer. Should the Russians in the end hold Cracow, its people will be made to pay dearly for their defiance of the czar. If the Austro-Germans triumph, and Warsaw is finally theirs, she will give no less a price for her opposition to the kaiser.

While Warsaw has been the center of agitation for the restoration of Poland in late years, Cracow was a thriving city before Warsaw came into being. It is in the older city that the most sacred memories of the dead kingdom are found, for castles, church-

es and fortresses erected by some of the ancient monarchs are still in a good state of preservation. Under the rule of Austria the inhabitants have been permitted to elect their own municipal government, and Polish patriotism has run high, the people taking the greatest possible care of remaining monuments of their former greatness. At present Cracow is the center of the grand duchy of the same name, within the province of Galicia, and is among the most notable cities of Austria-Hungary.

Prehistoric Dwelling Place.

In prehistoric times the caves in a range of hills north of the spot where Cracow now lies were the oldest dwellings for the men of the limestone period. Within the precincts of the town several hills arise, among them

the ancient castle hill, called Wawel. Into these the waters have eaten deep caves, now valued as the oldest repositories of remains of human civilization in the stone age. A legend dealing with the mythical founder of the city tells how the brave Krakus delivered the people from a haunting terror by slaying a dragon that dwelt in a cave of Wawel hill—still to be seen there—and exacted a tribute of human victims for its food.

As early as the ninth century Christianity was accepted in Cracow, the seat of a bishopric being established there. About the middle of the tenth century the city was a flourishing commercial town, under the rule of Bohemia, but in the year 999 Boleslaus the brave, one of the earliest Polish warriors, won a victory over the Bohemian troops and drove their garrison from the town. Thus had Cracow received her first taste of warfare.

St. Adalbert, before he went to win the palm of martyrdom at the hands of the heathen Prussians, is said to have preached in the market place, now Central Square, where a small church, erected to his memory, is still standing. From the time of Boleslaus the Polish monarchs chose Cracow as their place of residence, and the town gained in prosperity and influence.

Famous Old Buildings.

Among the most famous of the ancient buildings remaining in Cracow are St. Andrew's church, the Wawel castle, St. Florian's gate and Barbican, Wawel cathedral, the Cracow university and the tomb of Kosciusko. The university is one of the oldest in Europe, having been built in the fourteenth century. The cathedral started building almost a hundred years before, additions and improvements being added during many ages following. The town walls and fortified gates played no little parts in the battles of Cracow and, as a result, most of them were destroyed. St. Florian's gate, however, is still fairly well preserved, and its barbican, which served as an outer fortress, is in excellent condition.

It was in 1794 that the mighty Kosciusko started the fight for Polish independence, making his headquarters in Warsaw. After a bloody battle lasting three days, the Russians were driven out of the city, and a short time later Wilna, the capital of Lithuania, was also liberated, but after a year of terrible warfare Poland's hero

was defeated and the Russians recaptured Warsaw. Within the past century the city has been the storm center of two serious revolts, in which the spirit of Kosciusko flamed forth anew in the hearts of the latter Warsovians. In late years, even under the more liberal government, many of the wealthy Poles have retired from Warsaw, giving up their business and friends, to live lives of seclusion on little farms a few miles from the city. Here they may live their lives in peace and quietude, teaching their children the ideals of old Poland and the hate for the czar. Many of the former Polish nobles, the richest families and the best educated, may be found in these farmhouses, raising such supplies as are necessary to their daily life and striving to better the hopes of their race.



A GLIMPSE OF WARSAW

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

(Copyright, 1914, by A. S. Gray)

PERSONAL RESISTANCE TO DECAY.

Whether the reaction of the saliva is acid or alkaline has been under discussion for a century, and men still differ so widely and so many authorities may be found on either side that the subject is involved in confusion. Without doubt the truth is that the saliva is very feebly alkaline and readily changes either to acid or alkaline with the establishment of various constitutional conditions. No two individuals can possibly be exactly alike and the constitution of the mouth secretions must vary according to time, place and the predominance of one or more of the forms of the many species of micro-organisms known to be found in the mouth; also it must vary in accordance with the individual state of health and mind, so that a physiological saliva, with the biochemical elements in a state of equilibrium, is probably very rare.

If confusion exists concerning so comparatively simple a matter as the reaction of the saliva, it is reasonable to expect difference of opinion in regard to so world-wide and vague a disease as caries, or tooth decay, and its numerous allied conditions. Because they are so very closely identified the same general confusion exists with reference to the subject of decay of the teeth as pertains to the reaction of the saliva. Hence, one authority finds caries due to acidity and another to alkalinity; another declares it to be caused by the absence of a certain element, and still another finds it is caused by the presence of that same element.

The idea that some teeth are hard and resistant to disease and some soft and easily destroyed was very generally believed by the dental profession until the investigations of Dr. G. V. Black a few years ago cleared the subject. He demonstrated that there is actually no material difference in the hardness of teeth and that the quality of hardness or of softness of the teeth has no specific connection with their tendency to decay.

When the teeth of children are seen to be decaying badly the general interpretation is that they are soft and poorly calcified. If, on the other hand, the children happen to grow up to maturity without developing decay of the teeth the interpretation is that the teeth are hard and firm and therefore resist decay. Then it has been generally observed that during pregnancy and lactation the teeth of women suffer more from caries than during other periods, and this has been so universal an experience that it gave birth to an old saying: "A tooth for every child."

It is generally held that the teeth of the mother are robbed of the calcium salts to build up the bones of the unborn infant, but this is one of those half truths that are so confusing and misleading.

Caries is essentially a disease of childhood, and childhood has epigrammatically and most truly been designated as "an extra hazardous occupation." Child bearing is an extra hazardous occupation, too; and so, measured by its mortality, is modern business hazardous. We have already noted that typhoid and other fevers frequently and quickly destroy teeth, and so does excessive physical work.

It is only within the last few years with the dawning understanding of the action of catalyzers, the enzymes, and the ductless glands of our bodies, and more especially since Funk's demonstration of the vitamins and their influence on the hormones of the ductless glands—the governors of our bodies—that the matter begins to clear. We begin to suspect that it is not solely the abstraction of the phosphorus, the calcium, the magnesium, the carbon, the iron and the fluorine from our food that is the cause of the universal prevalence of tooth and general physical decay. We begin to suspect that the loss of that part of the eternal energy by which those elements are normally welded into and held in the plants, our ultimate source of life, precipitates these troubles upon us. We know that animals can be starved on "physiological combinations" of the pure salts of these elements, and we know that they thrive on the natural constituents of the same elements.

With the single exception of the tides, the movements of which are connected with the moon, and the rotation of the earth on its axis, every motion on this earth from the beating of every individual heart to the turning of every windmill may be traced back to one ultimate cause—a sunbeam—and every form of life is a component part of a cycle continually transforming, by means of the sunbeams, dynamic into potential and potential back into dynamic energy. So far as we know man is the only species with sufficient presumption to break the cycle, and the price we pay for our arrogance is loss of our normal resistance to decay.

Caps for the Autoist in Winter



FURS and plushes and other warm-keeping fabrics help to make it possible for the devotee of the touring car to face ordinary winter weather and keep comfortable. Coats with broad collars of fur that can be fastened up close about the neck, caps that stick to the head and are soft, shaped to protect the eyes and not to catch the wind, with veils that cannot come off—all have been planned for her. Fur-lined gloves for the maid that likes to drive, and the coziest of overshoes, encourage her to defy the weather.

Here are two caps that are thoroughly practical and at the same time have the compelling virtue of being good-looking. They are modeled after the jaunty jockey-cap type, but have full, soft crowns and can be pulled down over the ears.

In each of them the veil is held in place by narrow straps made of the same material as the cap. These straps are sewed at one end to the cap and fasten at the other with snap fasteners. This allows the veil to be brought down over the face and wound about the throat, or to be fastened up off the face or wholly detached.

The cap at the left has a stiff visor covered with cloth and lined with silk.

Caps of this kind are often made of the same material as the coat.

The cap at the right is made of mottled plush with a narrow, flexible brim that takes the place of a visor. In it the crown is not quite so full as in the cloth cap, because the fabric is heavier and looks much like fur. The floating veil is long or short, of more or less heavy chiffon in a washable quality and color. Caps of this type are inexpensive and altogether dependable.

JULIA BOTTOMLEY.

A Test for Linen.

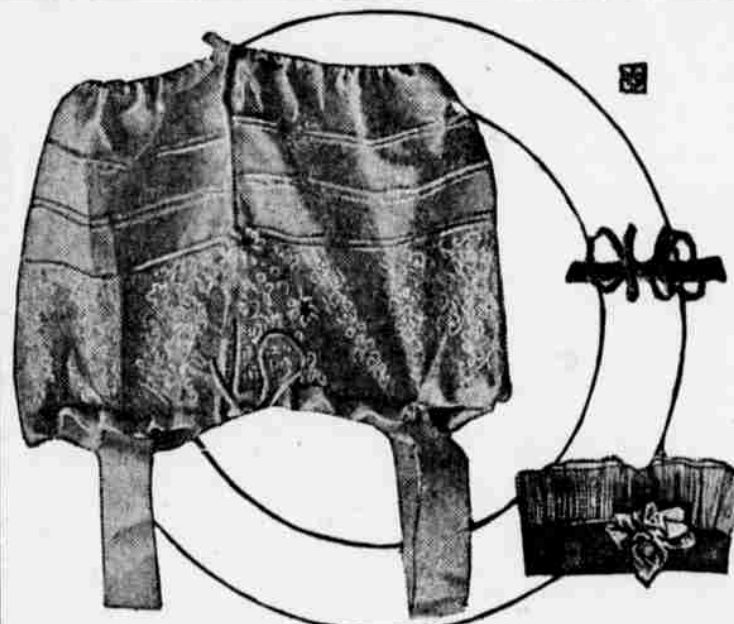
Everything that's labeled linen isn't linen. It may be part cotton and part linen, and it may be mercerized cotton with a very small portion of linen in it.

To test the material you buy for linen, drop water on the goods. If it is all linen the moisture spreads rapidly and dries quickly. On cotton the fabric will remain moist for some time.

Glycerin is considered a better test than water. It causes linen to appear transparent.

Another test for linen is by breaking the yarn. If cotton the ends will curl up, if pure linen the ends remain smooth.

Dainty Dress Accessories



EVERY woman likes to possess prettily and dainty accessories of dress, no matter how fragile and short-lived their glory and freshness may be. Here are three of the new things that have considerable durability to their credit and are indisputably attractive, and therefore popular.

At the left is a corset cover of pale pink crepe de chine and shadow lace with shoulder straps and decorative flowers of satin ribbon. The same model may be bought in any of the light shades and in white, at so modest a price that almost anyone may gratify a taste for "just pretty things" by buying it. A little can be saved by making it at home, when the price will be something less than a dollar for the material.

In making such small garments there is a saving usually in making two at one time. The width of the silk and lace is sufficient when the length required is purchased to make two corset covers like that shown here.

A straight strip of the crepe de chine is decorated with three groups of tiny hand-run tucks and hemmed up along one edge. The other edge is stitched—by hand, if possible—to a strip of shadow lace of the same length as the silk. The upper edge of the lace is bound with satin ribbon, and shoulder straps of the same ribbon are sewed to place.

Three small ribbon daisies or flat roses with pale yellow centers are sewed to the front, and baby ribbon is run through the binding at the top and the hem at the bottom, in order to adjust the garment to the figure.

At the right is a neckband of velvet ribbon bordered with knife-plaited lace and fastened with hook and eye un-

der a ribbon rose set in millinery foliage. This may be worn with the ruche upstanding and is a very simple affair to make at home, as the lace plaiting comes ready made.

The little bow made of wire covered with narrow velvet ribbon that is wound over it, finishes a neckband of velvet which fastens at the back. These bows, unattached to the band, are worn over standing ruches to support the lace or malles of which they are made.

JULIA BOTTOMLEY.

Lace Novelties.

Wide flouncing, with a very narrow design along the edge, is one of the peculiarities of this year's laces. This is new and can be used in the gowns where the skirt is a series of overlapping silk and lace flounces. Among such designs is the "Boule de neige." The narrow border which outlines the deep scallop is a vine dotted by little round balls of the thread. Another novelty, fur lace, has so thick a chenille design that it looks like fur. A deep flouncing with a double row of scallops with this extremely narrow border is for the foundation skirt, that is unlined and covered to just about the ankles with satin or velvet over-tunic. The ankles show through this lace flouncing.

Mats for the Table.

Very useful, inexpensive table mats may be made from thick brown corrugated packing paper. Cut out size and shape required, and use two thicknesses, placing the smooth surfaces back to back. Sew them firmly together at the edges, and cover them with muslin or any other washing fabric. The covers may be removed and washed when they become soiled.

HER SILVER SHOWER

HOW GIRL GAVE FRIEND A LESSON IN ECONOMY.

Stopping of the Little Financial Leaks Accomplished What Seemed to the Careless One to Border on the Marvelous.

"It is the finest idea I ever heard of," said Lucinda Grey, as she looked compassionately at her pale little friend just out of the hospital. "I'm tired to death of restaurant fare, and I haven't forgotten your cooking, Alice Benton! But are you sure you are strong enough to do it?"

"For two of us—in this place?" The pale girl laughed derisively. "It will be like play, and the best possible occupation for me."

"Very well, it is settled, if you are certain it's not too much for you. You'll find my purse in the bottom bureau drawer in a little tin box; use what you need for supplies and things."

"All right, but I am going to bear my half of the expense, remember."

"And do the work besides? I call that an unequal arrangement," protested Lucinda. She knew what must be the condition of her friend's purse after her long illness.

"My month in the hospital made quite a hole in my savings," Alice admitted, "but I need not be a burden to my friends."

"You mean you have money saved from your salary?" asked Lucinda, in astonishment. "Will you kindly tell me how you have done it, O wise young person? I've never been able to save a cent, and it worries me more than I can tell. I'm sure I try hard enough to be economical."

"Perhaps we shall find some of the little leaks later," said her friend, with a smile.

Two weeks had passed when, as Lucinda was dressing one morning, she called across to the little kitchen. "Now, Alice, you've mended this old corset cover. I told you it was not worth—"

Her voice died away into astonished silence. From the folded garment something fell with a thud to the floor. It was a silver half-dollar wrapped in a piece of paper, on which were written the two words, "Five Minutes."

Lucinda slipped the silver into an empty box in her bureau drawer, and put on the mended garment thoughtfully. As she was leaving for the office she paused to call back, "Do you mind telling me what 'Five Minutes' means?"

"That was the time it took to mend it," said Alice quietly.

Almost daily after that something was added to the contents of the box; silver half-dollars for each pair of neatly mended stockings that Alice had found discarded in a rag bag in the bathroom, and varying amounts for the undergarments and waists and neckpieces that she freshened and restored to usefulness.

"I'd like to know what she will do with a pinned-out collar," said Lucinda, a little vindictively, one day, as she put three of them into the rag bag. When the laundry was returned Lucinda found the three collars on her dressing table. A jaunty bow pinned on the front of each completely concealed the devastation the heavy brooch had made.

"You are certainly hard to circumvent, Alice," she said, with a laugh. "You needn't do any more, if you please. I've counted the money in my box, and I've learned my lesson. I'll never again see a partly worn garment without seeing also the money it would cost to replace it, thanks to your 'silver shower.'—Youth's Companion.

Activities of Women.

Women cooks in Norway are paid from \$6 to \$13 per month, while housemaids get only \$5 per month.

A regiment of girl scouts are now being drilled in military tactics in a New York army.

Woman carpet weavers in the Firth, Eng., carpet mills earn an average of \$5.47 a week.

The former Anna Gould, now a French countess, has opened a workshop in Paris to give employment to needy women who have been made destitute on account of their husbands going to war.

Miss Ruth Clair of Philadelphia is an authority on football and secretary to the rules committee.

When the women of Pasadena, Cal., go to the polls to vote they push baby carriages before them.

When Arabian women go into mourning they stain their hands and feet with indigo for eight days, and during that time they will drink no milk on the ground that its white hue does not harmonize with the mental gloom.

Look Ahead!

There are some persons who ride all through the journey of life with their backs to the horses' head. They are always looking into the past. They are forever talking about the good old times, and how different things were when they were young. There is no romance in the world now, and no heroism. The very winters and summers are nothing to what they used to be; in fact, life is altogether on a small, commonplace scale. Now, that is a miserable sort of thing. It brings a kind of paralyzing chill over life, and petrifies the natural spring of joy that should be forever leaping up to meet the fresh new mercies that the day keeps bringing.