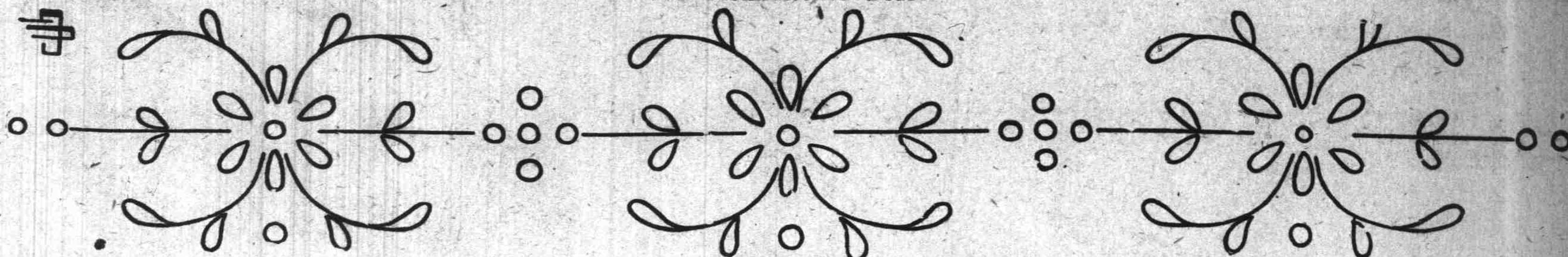
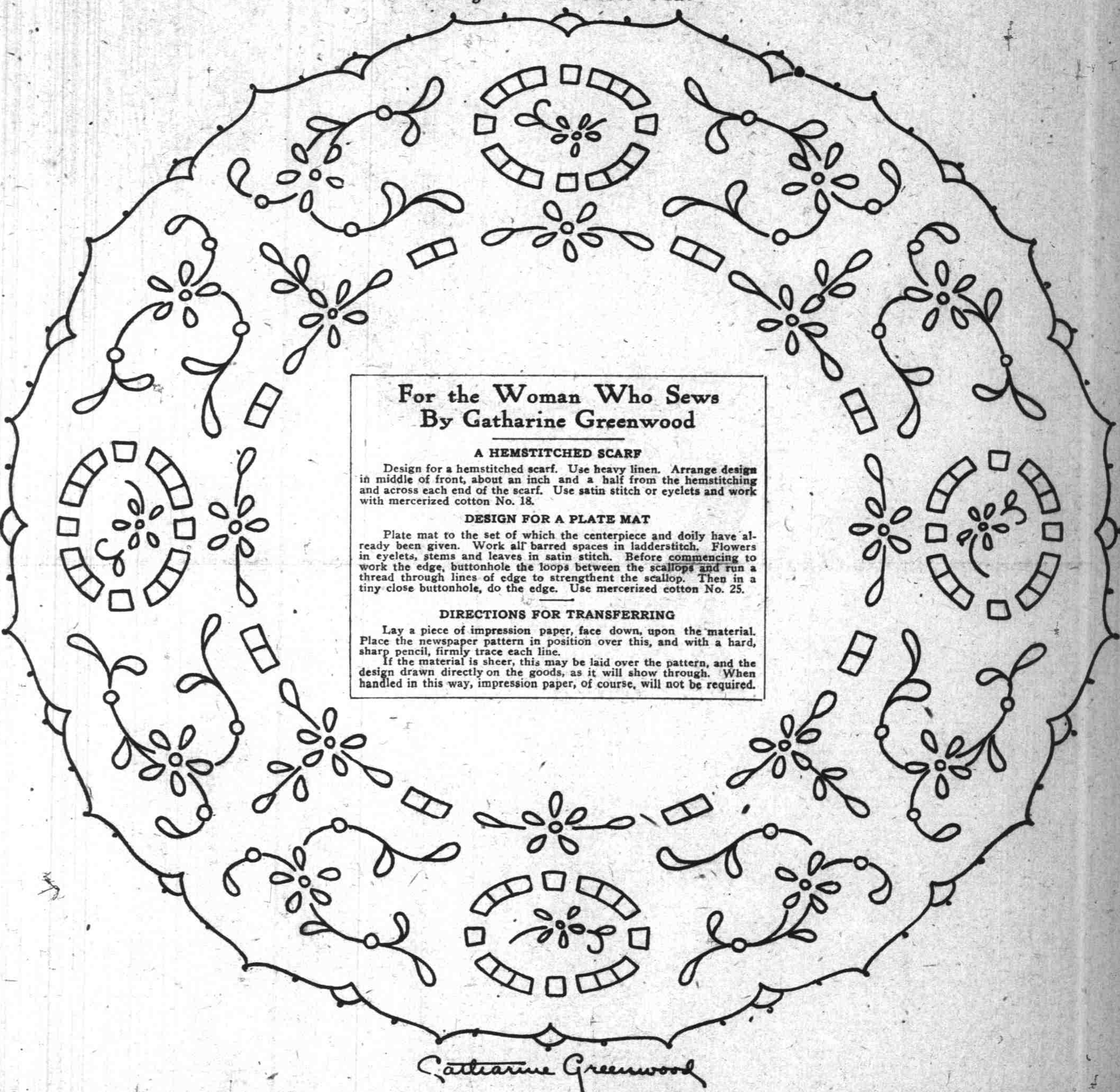


# WHAT EVERY WOMAN WANTS TO KNOW

## A Hemstitched Scarf



Design For a Plate Mat



### For the Woman Who Sews By Catharine Greenwood

#### A HEMSTITCHED SCARF

Design for a hemstitched scarf. Use heavy linen. Arrange design in middle of front, about an inch and a half from the hemstitching and across each end of the scarf. Use satin stitch or eyelets and work with mercerized cotton No. 18.

#### DESIGN FOR A PLATE MAT

Plate mat to the set of which the centerpiece and doily have already been given. Work all barred spaces in laddersitch. Flowers in eyelets, stems and leaves in satin stitch. Before commencing to work the edge, buttonhole the loops between the scallops and run a thread through lines of edge to strengthen the scallop. Then in a tiny close buttonhole, do the edge. Use mercerized cotton No. 25.

#### DIRECTIONS FOR TRANSFERRING

Lay a piece of impression paper, face down, upon the material. Place the newspaper pattern in position over this, and with a hard, sharp pencil, firmly trace each line. If the material is sheer, this may be laid over the pattern, and the design drawn directly on the goods, as it will show through. When handled in this way, impression paper, of course, will not be required.

Catharine Greenwood

### Food Must Look Good

By H. Addington Bruce

It is not enough to have the food on your table "pure and wholesome." In order for food to attain fully its purpose of providing nourishment, it must be served in an appetizing form. The flowers on the table, the arrangement of the dishes, the garnishing of the food—these are not the trivial things many people seem to think them. Helping to render food pleasing to the eye and savory to the nostril, they promote the psychic state which science has proved to be essential to the proper beginning of the digestive process. Especially are they of importance when, through illness, the appetite is poor. Then, indeed, the serving of food

made tempting looking by these simple artifices may mean the hastening of a return to health which otherwise may never come. **Owed U. S. 20 Cts. For Bacon and Eggs** Unknown Contributor to Conscience Fund Sends Stamps for Food He Filched From the Government. Washington, June 26.—The secretary of war has received from Chicago a letter enclosing 20 cents in stamps with the statement that the sum is enclosed "for bacon and eggs." Mr. Garrison could not recall the transaction so he turned the letter over to the treasury department, where the 20 cents was added to the "conscience fund." It is supposed that a retired soldier during his term of enlistment ate more than the law allowed and that he now compensates the government for his meal. The conscience fund, which in reality has a separate existence only on paper, has been growing slowly since President Madison's administration, when a contribution of \$5 was received. These contributions now total nearly \$500,000. The money is really turned into the general fund and is used for the ordinary expenses of the government.

made tempting looking by these simple artifices may mean the hastening of a return to health which otherwise may never come. **Women in the Week's News** What They Are Doing. Ann Arbor, Mich.—A mother and daughter received an earned degree from the University of Michigan last week. Mrs. Louise Crandall, of this city, received the master of arts degree, while her daughter, Miss Adele Crandall, took a bachelor of arts degree. One of the most interesting ceremonies in the college world was carried out by the girls of the senior class last week. At the senior breakfast, each engaged girl of the class was in honor bound to arise, bow and eat a piece of lemon. This ceremony of acknowledging that she has "drawn a lemon" is not always comfortable, but the "guilty" girls went through the ordeal, and an unusual number this year ate the conventional sour fruit. New York.—The suffrage campaign provided in the will of the late Mrs. Frank Leslie, known as the Baroness de Basus, will reach \$1,300,000, and the suffrage leaders are rejoicing over the fortune that has come to them. The only barrier in the way of turning over the entire amount to Mrs. Carrie Chapman Catt is a suit brought by sons of the late Frank Leslie. The suffragists will get part of their campaign "barrel" at once, and every scheme for its legitimate use in furthering woman suffrage will be tested out. Washington.—The "Belle of Ecuador," Miss Maria Angelica Carbo, daughter of the late Ecuadorian minister to the United States and Mrs. Carbo, is engaged to marry a Baltimore lawyer, Willis R. Jones. The engagement has been announced by Mrs. Carbo, and the wedding will take place early in the autumn. Los Angeles, Cal.—A sensation was sprung in the State Federation of Women's clubs by the withdrawal of the Ethel club of Los Angeles, one of the largest member clubs. Charges that "political methods and trickery" had come into the organization were made by the withdrawing club, and bossism and politics were denounced by the members in voting to take this action. Chicago.—That the services of a dentist to his fiancée during the period of their engagement constituted a labor of love, and therefore payment cannot be collected, is the decision of a Chicago judge in a recent case. The dentist sued his former fiancée, who is a pianist in a moving picture house, but the judge laid down the principle that his work was done for love and not for money. Minneapolis.—This city has developed a young feminine genius, who has conquered the arts of manual training, has made a complete set of furniture for her bedroom, and now seeks new worlds to conquer. "Domestic science is no study for me," declares Miss Birdie Kraft. "I want to do something that permits you to see the results of your work." In domestic science you eat the results of your work. Miss Kraft has completed her high school course and plans to take up mechanical engineering in the University of Minnesota. Chicago.—When Miss Caryl Cody, said to be the most popular co-ed of the University of Chicago, was married Thursday to Carl Pfanzagl, she wore a wedding gown that matched the tulle hair of her new husband. All of her trousseau had been made of material harmonizing with the bridegroom's hair. The bride won honors in college, and completed a four year course in three.

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Basle, Switzerland, June 26.—Provisions in the Alsatian towns and villages are becoming painfully scarce. At Rufsch and Mülhausen, the inhabitants must now get their potatoes as well as their bread by means of carts. The staple food of the people in the villages now consists of cabbage, radishes, turnips and carrots. Many of the spring carrots, which had barely time to grow to a quarter of their full size, have already been pulled out of the ground and eaten. A 50,000-ton pulp pit is being built in the sugar beet district of Colorado.

**Alsatian Towns in Need of Provisions**

### Race Quality on Quantity?

By Dr. Woods Hutchinson, A. M., M. D.

In this article Dr. Woods Hutchinson, who, by the way, is a former Portland physician, indulges in some brain bashing about a most vital topic. His thoughts are expressed in the same vigorous manner that has made his articles so popular the world around.

The most unprofitable and astounding, but one of the busiest, industries of mankind has always been the manufacture of taboos. It is not an infant industry of modern growth, but one of the oldest and most childlike in the world. Since man first stood upright he has blattered the whole face of the universe with taboos. Every interest and every event of his life and fortune has been covered with one—birth, health, sickness, the names of his ancestors, the names of his gods, the names of his kings, his wife, his mother-in-law, his children, have been made bad form or impious to name in public.

We have got bravely over most of these silences of ignorance and cowardice, although we still "knock on wood" whenever we boast of good luck.

### Checking the Fly Menace

By Irene Weston.

By taking steps to destroy all rubbish about the house much may be done to reduce the number of flies during the summer season. It is well that all should be prepared to deal with the insects which happen to arrive at maturity, and these will be quite numerous enough, we may be sure.

In the home, poisonous solution must be absolutely barred, but there are one or two safe concoctions which are better than the average fly papers. Take a quarter of an ounce of quassia chips and throw this into one pint of water; boil for 10 minutes, and then add about a quarter of a pound of kresol. Flies will come from all parts of the house to drink this mixture and it very soon kills them.

Another good mixture can be prepared by adding a teaspoonful of well-powdered black pepper, and two teaspoonfuls of brown sugar to four teaspoonfuls of cream. House flies seem to be greatly attracted to this concoction, but the pepper seriously affects their wall being and they never live long after the feast.

When flies are dead lose no time in seeing that the bodies are burned. It should never be forgotten that though the insect may be no more, the disease germs which it is carrying are still in an active state. Dead flies should never be allowed to lie about.

Certain plants are very obnoxious to flies, and these might be used with good effect. A young eucalyptus near the window makes passing flies hesitate before entering, seeing that they hate the odor of this plant.

This will keep gnats and mosquitoes at bay as well; and, seeing a specimen can be purchased for about 25 cents, the investment is one worth making.

Tomato plants also have a similar effect, and a couple of these in front of a window is a good protection against all kinds of winged insects. Hardly any insects like to go into a room in which there is a good-sized bowl of the bracken fern. The smell of the fronds, while not unpleasant to human beings, is detested by many flying and crawling creatures.

about this complaint. It is one of the oldest in recorded history. We—our sort of people—our families—the real people—that have made and sustained the country, and filled the offices, and furnished the work and dodged the taxes—have always been dying and declining, according to our own story. It is perfectly unobscured, but colossal, in its consequences.

"Surely we are the people and wisdom shall die with us!" as a representative of one of the first families of Palestine wailed 3000 years ago. **Always New "Paperers."**

The lamentation has a certain amount of truth behind it, for it has been one of the commonest characters, one of the most invariable habits of the superior people—good families—nobilities, royalties and other aristocratic stock—to die out and leave no trace.

Only 70, for instance, of the 600-odd English peers who are members of the house of lords date back more than about 150 years, although their titles and family traditions run back to King Solomon's stud and even to Adam.

But the consoling feature of it is that their place has always been taken by other superior people and families just as good and, if anything, better, who have sprung from the ranks, from the sturdy bosom of the great masses of the people, and those born aristocrats themselves, in the first place, did. There was sound biological truth as well as poetry in Omar's "Tentmaker's famous lines:

"And fear not lest existence, closing Account and mine, shall know the like no more; The Eternal Saki from the Bow has poured Millions of bubbles like us—and shall pour."

Besides, in the present day, the firm determination to bring into the world no more children than can be properly fed and educated and equipped is spreading through all ranks of society at such a rapid rate that we'll soon all be on the same level, all under the same handicap, so far as small families are concerned.

Careful students of racial problems are decidedly of the opinion that there is no race or class of modern society above the level of the 3 to 5 per cent of born defectives, feeble-minded, degenerates, vagrants, prostitutes, etc., which can be regarded as unfit or undesirable parents of the next generation, provided that their children are given good food, good homes and a good education, a white man's chance generally.

**Fewer Births, Fewer Deaths.** Two things always go together, the world over—a high birth rate and a high infant mortality. Fewer births mean fewer short coffins, fewer little bodies reeking with disease, crippled by disease, poisoned by rotifer.

Four interests profit by a high birth rate—purveyors of patent medicines; the exploiters of child labor, whether parents or employers; the emperor who wants cannon fodder, and the prophets and preens of false religions who want dupes and the payers.

When once we have admitted the rightness of rational birth control in and for the interests of the child (who is the only person worth considering) among normal human beings, there will have the right and the means to insist upon similar control in the inferior and abnormal among the inferior and abnormal and the defective. When birth comes under due and intelligent control, with all the other forces of nature, we shall have a new earth, and no heaven needed.

**The "Best Families" Bugaboo.** But in spite of this huge increase in numbers we are assured that a danger threatens us, and that is that the really desirable classes—the "best families," the more intelligent groups and classes, the old New England families, etc.—are really diminishing and dying out. And as their place is being taken by recruits from the inferior classes, by awarms from the precincts of stupidities, by the drift of the riffraff over our border, the nation is really being recruited from the least intelligent, least desirable elements.

There is nothing whatever new