

# WOMEN'S SECTION

## RIBBON AS TRIMMING ON FROCK AND BLOUSE.

All Widths of Velvet, Taffeta and Faille Favored; Also the Dresden and Metallic Ribbons in Their Wonderful Colorings.

## FOR GIRLDES, PANNIERS, BODICES AND BANDINGS.

New York, March 30.

"Sui-vez-moi, jeune homme," gaily invite the ribbons floating from the brim of a dainty French garden hat. And "sui-vez-moi," teasingly repeat the ribbons floating from every conceivable point on the dainty lingerie, or silken frock this summer, for ribbons are the trimmings favored by Fashion for hats, frocks, blouses, petticoats and parasols. Many a frock, slightly passé, has been given a new lease of life by this ribbon fad. If hopelessly worn around the lower edge, a width of ribbon, wide or narrow, according to the need, is added, making the frock more attractive if anything, than when it was in its first youth.

### Ribbon Bodices on Evening Gowns.

The entire bodice of many of the dainty net and taffeta frocks for dancing or evening wear, is formed of wide satin, taffeta, or one of the fantastic, beautifully embroidered, or metallic ribbons. To fashion one of these ribbon bodices is

Many of the smaller hats have the ribbon crown with high loops of ribbon standing up stiffly about it. Stiff little bows or cockades of ribbon are used to trim the sport hats, which are legion, to accompany the sport suits and dresses. The straight brimmed sailor of some years back is putting in an appearance here and there, as the season advances. This is trimmed usually with a narrow band and bow of moiré, grosgrain, or faille ribbon in the same, or a contrasting tone to the hat. One sees now and then, also, a gaily-colored band on a severe little hat, of Roman striped or wool-embroidered ribbon.



Ribbon Panel and Banding on Net Dress.

A ribbon-ruche is a pretty feature of the taffeta dance frock illustrated in the first figure of this letter. It is fashioned of transparent metallic ribbon, banded through the center with a strip of the narrow velvet ribbon which trims the skirt. Wide satin ribbon forms the underbodice, and a ribbon rose adds a pretty touch to the completed dress.

Another effective use of wide taffeta ribbon is shown in the second figure; the lower edge of the net skirt is banded with the ribbon and hanging panel-fashion from the shirred waistline is a single strip, slightly gathered at the top.

Ribbon is one of the simplest, most easily applied, and most economical of all trimmings. It requires no hemming or finishing, and may be pleated, gathered, twisted, and draped in every imaginable way.

### FOOD FOR CHILDREN.

#### Practical Directions for Providing a Well-Balanced and Satisfactory Diet for the Child.

Simple bills of fare, helpful recipes, and practical directions for the preparation of foods for children between 3 and 6 years of age are contained in Farmers' Bulletin 717, "Food for Young Children," just issued by the U. S. Department of Agriculture. The bulletin, which was written by Caroline L. Hunt, under the direction of Dr. C. F. Langworthy, Chief of the Office of Home Economics, is easy to understand and should be helpful to mothers who are trying so to care for their children that they will grow up into stalwart and efficient men and women. It is issued as a co-operative contribution to the "Baby Week" campaign conducted by the Children's Bureau of the United States Department of Labor.

The author has carefully avoided the use of all technical dietary terms or systems of grouping and has so classified foods that any mother can meet the following definition of a satisfactory diet for a little child.

"A little child 3 to 6 years of age who is carefully fed in accordance with his bodily needs (as these are now understood) receives every day at least one food from each of the following groups: "1. Milk and dishes made chiefly of milk (most important of the group as regards children's diet); meat, fish, poultry, eggs, and meat substitutes.

- "2. Bread and other cereal foods.
- "3. Butter and other wholesome fats.
- "4. Vegetables and fruits.
- "5. Simple sweets."

The relation of food to the condition of the bowels is also an important matter. Grains, particularly those containing the outer or branny layers or coats, are laxative; so, too, are such mildly acid fruits as apples, oranges, and grapefruit. So far, therefore, as the important matter of preventing constipation is concerned, coarse grains and mildly acid fruits serve the same purpose. When fruits are to be obtained in abundance,

the kind of cereal served is not of great importance. When they are not, the coarser cereals should be used.

### A Quart of Milk a Day.

The basis of a child's diet should be clean whole milk—at least a quart a day. Such milk, in addition to water, contains about half a cupful of the very best food substances—butter fat, milk sugar, lime, and other materials needed by the child to make muscle, bones, and teeth. In addition milk contains a substance thought to promote growth by helping the body make good use of other foods. When good whole milk is not obtainable, clean, fresh skim milk supplies these substances with the exception of the butter fat, and is, of course, preferable to dirty or questionable whole milk. Milk, however, contains very little iron and therefore spinach and other green vegetables and egg yolks, which are rich in iron, combine well with milk.

The child should drink the milk with the chill taken off, or should consume his full quart a day with cereals and in milk toast, cocoa, milk soups and stews, in cereal puddings, egg-and-milk puddings, custards, junkets, or simple ice cream. Milk stews may be made with vegetables or fish, or to vary the diet these things can be combined with cream sauce and served on milk toast. The bulletin therefore gives a large number of recipes for the preparation of various milk dishes which will help children consume the requisite amount of milk without growing tired of this valuable food. Those for milk soups will be found particularly useful, as they give the mother an easy means of preparing many vegetables which are essentials in the child's diet.

### Bread and Cereals.

Well-baked bread and thoroughly cooked breakfast cereals are both good for children, and with milk should make up a large part of the diet. Bread and cereal mushes are to a certain extent interchangeable, but neither can take the place of milk, meat, eggs, fruits, and vegetables. An ordinary slice of bread is equal in food value to about half a cupful of flaked or puffed cereal. Different kinds of bread may be used for variety.

The yeast-raised bread given to young children should be at least a day old or should be toasted or twice baked. Hot breads are likely to be swallowed in large pieces and are therefore not desirable. Hot breads which are almost all crust, like thin tea biscuits or crisp rolls, are best of the hot varieties.

### Meat, Fish, and Eggs.

Under the heading "Meat, fish, poultry, eggs, and meat substitutes," the author states: "In some families children do not get enough meat and eggs; in others they get too much. A good general rule commonly followed is to give



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a child 2 years old or over an egg every other day and about the same amount (two ounces) of meat, fish, or poultry on the intervening days. Where meat is omitted care must be taken to see that other suitable foods take its place—preferably an extra amount of milk and eggs."

Fried meats should not be given to a child, because they are likely to be overcooked and tough, and also because the fat may be scorched and thus changed in composition. Scorched fat is almost certain to be hurtful to children.

Meat is best given as broiled chop meat or in simple meat stews combined with vegetables. Poultry may be boiled and served with rice. When roasted, only the tender portions should be fed. Highly seasoned stuffing or rich gravy should not be given to a young child.

Dried and other fish, and oysters, may be used in milk stews. Well-boiled fish is good for variety. Eggs must not be overcooked or they are likely to cause indigestion. The best way to cook eggs is to poach or coddle them. Scrambled eggs may be served occasionally, provided care is taken not to scorch the fat or to overcook the eggs.

### Fatty Foods.

Fat is an important part of the food of children. There is more than an ounce of fat (at least 2½ level tablespoonfuls) in a quart of whole milk. If the healthy child is given a quart of milk, has butter on his bread, and meat or an egg once a day, he gets enough fat, and that which he receives is in wholesome form. It is well, therefore, not to give such fatty foods as pastry, fried meats and vegetables, and doughnuts or rich cakes. If the child is constipated, the occasional use of cream or salad oil is desirable, for fat in abundance is laxative.

Bacon or salt pork cut very thin and carefully cooked, may be given occasionally. It is very important not to burn the fat.

### Vegetables and Fruits.

Vegetables and fruits are grouped together because they are similar in that both supply iron, lime, and other mineral matters, and also mild acids. Vegetables are an important but often a neglected part of the child's diet. They should be served at least once a day, as they help to keep the bowels in good condition. Fruits are important for their flavoring, for their laxative effects, and doubtless for other reasons, and should be served in some form at least once a day. Fruit juices and the pulp of cooked fruit, baked apples and pears, and stewed prunes, are the safest. The child should not be allowed to eat the skins unless they have been made very tender by cooking.

### Simple Sweets.

Sweets are a desirable part of the diet provided it is given in simple sweets and not allowed to take the place of other foods and spoil the child's appetite. Simple sweets are such things as lump sugar, maple sugar, sirups, honey, and plain candy, and those foods in which sugar is combined in simple forms with fruit juices (in lemonade, water ice, jelly, etc.), with flour or starch, as in plain cakes (cup cake, sponge cake, cookies), and with fruit, as in jams, marmalades, and similar things.

### CANNED VEGETABLES FOR SOUP.

For the canning club members who do not find it practicable to procure soup stock during the summer canning season, and who would like a supply of vegetable soup during the winter, the specialists in charge of boys' and girls' club work, North and West, suggest that the vegetable portion of the soup be canned separately. Whenever the soup stock is available during the winter the preparation of the soup is a simple matter. Mixed vegetables for the purpose may be canned according to the following directions:

Soak 6 pounds of lima beans and 4 pounds of dry peas over night. Boil each one-half hour. Blanch 16 pounds of carrots, 6 pounds of cabbage, 3 pounds of celery, 6 pounds of turnips, 4 pounds of okra, 1 pound of onions, and 4 pounds of parsley for 3 minutes and dip in cold water quickly. Prepare the vegetables and chop them into small cubes. Chop the onions and celery extra fine. Mix all of the vegetables together thoroughly and season to taste. Pack in glass jars or tin cans. Fill with boiling water. Partially seal glass jars. (Cap and tip tin cans.) Process 90 minutes if using a hot-water bath outfit; 60 minutes if using a water-seal outfit or a 5-pound steam-pressure outfit; 45 minutes if using a pressure-cooker outfit.

### THE AMENITIES OF WAR.

(London Daily News.)

The following is vouched for by M. Millerand, former French minister of war. A French scout came suddenly one day upon a German scout. The German was standing by his dying horse. "Why do you not shoot it?" inquired the Frenchman. "I have no pistol," replied the other. The Frenchman drew his and was about to shoot the horse when he said: "But you would sooner shoot your own horse." And handed the weapon to the German, who gravely bowed, shot his horse and returned the pistol and then gave himself up as prisoner.

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