

In Woman's Realm

This Page Will Be Devoted Exclusively
to Subjects of Interest to Women

Woman In a State of Servitude

Tourists, traveling through Italy, Austria, and parts of Germany, finds there is much abuse of the Horse. Much of it is unnecessary through thoughtlessness and ignorance. These cruelties exist principally in those parts where the Humane Society has not penetrated. However the traveler will be more deeply impressed in passing through the countries named by the awful burdens placed upon woman and girls. This is most conspicuous in the country districts. Although it is bad enough in many of the cities. These poor women and girls look very haggard and worn, seem to have lost hope, and struggle on with their handships seemingly realizing themselves little better than beast.

The Italian woman and girls work as hodcarriers and coal heavers. Barefoot women plod in the Austrian fields with harrow and plow. Almost inhuman creatures in the form of woman sweep the streets of Munich. A cityboasting of schools and high intelligence. In cultured Dresden the woman is hitched with the dog pulling a heavily loaded cart, while the man barely lifts a hand behind the load to help it along. There seems to be little choice, as to which woman in these countries is farthest down, under the pressure of an environment, which thus far seems to neglect her. There is no good reason for this oppression of woman. Of course as long as the man, so vivile and strong, is taken out of society as a producer, and placed in the ranks of the soldier as an idler and non producer, so long must we expect the heavy work of the producer, which the man should perform to be placed upon the woman, debaring of her rights and mistress of Her own actions.—Contributed by a valued "Press" reader.

A Wife's Allowance

We heartily approve the suggestion of an eminent female fellow citizen that every husband should pay his wife a salary—whether she earns it or not. Every wife ought to have her own money for her own needs, not in spasmodic and irregular doles from her husband but in the form of a fixed and regular allowance that she could regard as her own by right, to do with as she pleased—quite as the husband regards the salary he receives from his employer or the profit he derives from his business. Moreover—and this is the milk in the cocoanut—she should be required to live within her income as regards personal expenditures. In many households the wife is the chancellor of the exchequer, managing the whole family income, with a modest allowance to the husband for pocket-money. We are decidedly of opinion that in those households, as an almost invariable rule, the income is better managed than where the man holds the pocketbook; but many wives have no regular sum of money to handle. Consequently they have no training in the management of an income. We have often said that no married-man has any right to go

without life insurance unless he has made some other sure provision for his dependents in the event of his death. It is equally true that the wife should have some practical notions of what to do with the money that is left her at her husband's death. The best beginning in that direction is to give her a regular sum to manage.—Saturday Evening Post.

The Tight Clothes Habit

First among the menaces to beauty stands the tight clothes habit. Health, too, is sacrificed to this false notion of form that seems to obsess so many young girls as well as women.

The principle of tight lacing as a health and eventually a beauty enemy is so simple the wonder is it has not presented itself to its followers long before. "Pulled in" clothes crowd the flesh, press upon the arteries until they are half closed, and thus retard circulation. Poor circulation means a blotched skin, a pasty complexion and serious affection of individual parts of the body.

You have heard the girl of wasp waist and narrowed hips complain of racking headaches. Perhaps you know a girl whose hands are always cold and red and who can't take off her shoes for fear her feet will swell so she can't put them on again. If her waist is out of proportion to the rest of her figure, you may be sure the trouble is tightstays.

Another and more evident evil is the red nose, which mars the most perfect face. This is an invariable cause and effect—the squeezed in waist and the red nose. The girl who

deliberately chooses clammy hands, cold feet and a red nose rather than a natural waist line has a poor idea of the requirements for a beauty ensemble.

Among the injuries to health caused by "lacing" are backache, weak spine and indigestion. Constant pressure in the hollow or "small" of the back irritates the delicate nerves centered in the spinal column. These wires are impeded in transferring messages to the brain and the entire nervous system is thrown into disorder. Depression, sick headache and hysteria often originate in the tight waist.

The Advantage of Rugs

It ought not to be necessary to point out wherein rugs have the advantage over carpets. Tacked down floor coverings are no longer countenanced by thoughtful people.

"But" somebody may object, "the cost of replacing carpets by rugs is too expensive an item to consider." Perhaps so, if attempted all at once, but if brought about gradually it will not seem a heavy burden. There are substitutes for the more costly rugs for sale at moderate prices.

The washable cotton rugs for use in the bathrooms or even bedrooms will appeal to the woman of modest means. While combining practicality and cheapness, they are attractive at the same time.

The so-called "grass" coverings should not be overlooked in this matter of desirable floor furnishings. Nearly all the department stores carry them, and the larger firms have a mail order department always at the ready service of the out-of-town customer. A 9 by 12 grass rug can be purchased for approximately \$10.

Again, handsome and durable rugs may be made of odds and ends of old carpets. This work can be placed in the hands of certain manufacturers who make a specialty of it, or the weaving can be done at home.

Just a word in regard to one objection brought against rugs of light weight—namely, their tendency to curl up around the edges. To counteract this difficulty there are rug fasteners—compact little devices consisting of flat-headed pins to be nailed to the floor, with corresponding metal hooks which are slipped over them after being attached to the rug.

The subject of kitchen and bath room linoleums is an important one, says the Woman's Magazine. Get as good a quality as your purse will allow; it will pay in the end. The in-laid variety, in which the pattern remains intact as long as there is anything left of the linoleum itself, will give far better service than the printed kind, which looks well only as long as the surface remains in fair condition. As a good preservative, two coats of good floor varnish may be given the linoleum.

Care of the Hair

A girl should do her hair in a way that suits her face, and if the fashion of the moment is not becoming to her she should refuse to follow it.

The prettiest heads are those which are the most simply dressed. Marcel waving and curling with hot tongs have an injurious effect, causing the hair to grow dry and brittle and to fall out.

If curling must be done, use soft leathers or rags. The hair should be well brushed and combed out every night—a duty which must never be neglected, for it is necessary that the day's dust and grime be removed.

The best brushes to use are those with strong, uneven bristles, and although quite expensive, they last for years. Avoid sharp toothed combs, as they injure the scalp.

After a shampoo dry the hair thoroughly, for it tends to rot the roots. When washing the hair do not use too much borax or ammonia. A little of each is excellent, but too much will do a great deal of harm.

IF YOU SHOULD DIE WOULD YOUR WIFE BE HELPLESS ?

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