

WHAT EVER WOMAN WANTS TO KNOW—THINGS THAT INTEREST MAID AND MATRON

AMERICAN GIRL vs. ENGLISH GIRL

Ellen Adair Discusses Leading Divergencies of Each

To study the deeply rooted differences and the widely divergent characteristics of the American girl as compared with her English cousin is no easy task.

As regards the American girl's early childhood, the average parent appears to advocate the easy-going principle of Laissez Faire, or Path of Least Resistance, and allows the youngster to develop a fairly strong will-power and a very large measure of independence quite unknown to the carefully guarded English child.

The latter has many restrictions where the American child has few, while the old adage that "Children should be seen and not heard," so rife in England, is not so vigorously upheld in this country.

Hence that essentially modern product, the independent and self-assured young American girl. Her personality has been given every facility for free development, and, unless too much indulgence has been given her in early childhood, she is all the better for this early freedom.

For the average American girl is calm and level headed and far more independent of the mere man than her English cousin.

The "delineating" type of woman, as the English understand the meaning of the term, is practically unknown over here. The American young woman being far too strong in the sense of her own resources to "cling" to any man for guidance or advice, for, indeed, she loves to act on her own initiative.

But in another, and far from helpless, sense, there is a "delineating" type which might well be dispensed with among American girlhood, and which vices for tenacity of grip with the octopus or possessive of "attracting" power. Yet it would be unfair to state that this is a product entirely peculiar to America, since the tenacious and mercenary young woman is to be encountered in most countries.

Still, many of the American men encourage this attitude of mind, and include their workmate in a "good time," spending far more time and money upon them than the majority of Englishmen would do in like circumstances toward their workmate.

Hence the American girl goes in for a "good time" much more than her English cousin, and, thoroughly that the cradle upward she is encouraged to do so.

The highly indulgent attitude of the average American man toward his female connections is too well known to detail. He knows hard that they may have a

"good time" and the American woman often trespasses on this ingrained indulgence on the part of husband, father or friend.

The English girl, on the other hand, has often to suppress her individuality, and her ambitions, for the sake of the male members of her family, most of the money going to the education of the boys.

She regards freedom of friendship between the sexes, the American girl has every liberty, and the result is a healthy camaraderie between the young men and girls.

The free-and-easy manners of the average middle-class American girl strikes her English cousin as just a trifle abrupt and casual. The early upbringing of the child is responsible for this, combined with the financial independence peculiar to the average American girl.

For the latter prefers to work instead of staying quietly in the monotony of home all day long. She goes to business—and enjoys it.

In England the daughter of the average well-to-do middle classes does not work, but here young women of the middle classes go to business literally in the street, and in the great department stores, in offices, and in all places of employment, the daughters of well-off parents are to be found.

The disposition and characteristics of the English girl differ from those of her American cousin. She is less worldly wise, not nearly so sophisticated. Her life is in a way more sheltered, less in the glare of the footlights, as it were.

For she has less freedom, and she has to account for her movements to her family circle in a way that the American girl would not tolerate.

The brothers and the father of the English girl show just the glimmer of a tendency toward "bosoming" her! It seems to me that in America, if there is any "bosoming" done, the daughter of the family takes the lead: Not so in England!

The average maiden of America, seen at her best, is most attractive to the English girl. I must admit that, from a personal point of view, I find both very charming!

ELLEN ADAIR.



ATTRACTIVE COSTUMES FOR HALLOWEEN

CHEATING THE DOCTOR

By G. HOUSTON GOUDISS, Editor of Forecast Magazine.

Millions of dollars are spent daily on food which has little other value than to swell the doctor's receipts.

Ninety-nine out of a hundred of us go to the doctor for nothing else in the world than to get some drug which will remove from our system the harmful or foolish enough to put into it, or for some tonic or concentrated food which will provide the indispensable nutrient that we have not known enough to take naturally in our daily meals.

And this happens because our only thought is to please the palate. Most of us know nothing about food, and values of the body are not what we think they are for the body. It was enough for us that we get what we like to eat.

This applies quite as much to the bank president who orders an elaborate lunch at his club as it does to the messenger boy who tries to satisfy his healthy mid-dle class appetite at the bank president's table. It is the two worst sinners against his own interests, because he can buy so much more rubbish to incorporate into his long-suffering system. The boy may be under-nourished, but the banker helps to make the doctor rich.

We ought to be able to depend absolutely for guidance upon the craving of the body for any one kind of food. When the taste and appetite are what they should be, the more liking and hunger for a special kind of food is sufficient proof that the body needs it in its business.

Therefore, if the messenger boy had a little more money to spend on lunch, he would probably get just what he needs. It is the banker whose palate has been carefully trained to crave "high" game meats and highly seasoned meats that is the leading feature of a meal which is full of fat with rich cheese and fiery liquors.

This is the type of taste that leads straight to the doctor. Do gymnastic exercises also by the general ignorance of what food means and of what it is intended to do. Some people go to him for medicine to reduce an obesity which is hampering them to a degree that indicates a possible future spent as a stationary object. Other anxious souls beg for something which will build them up and put a little flesh on their bones.

Yet it is a part of the general pervasiveness of human nature that the man or woman who struggles under a load of flesh that would weary an elephant is sure to adore sweets, fats and starchy foods and to partake of them in magnificent quantities. The "picked chicken" type of the "picked chicken" type rubs the daintily at lean meat, likes a great deal of vinegar in salad and has an abiding passion for pickles.

A goodly proportion of the doctor's profit is derived from our national standards as regards food. Our diets are still very primitive. It makes us feel so wealthy that we are willing to pay for a square meal, with meat and all the "trimmings," three times over. The doctor would not be kept quite so busy if the laborer were the only man to eat the conventional square meal three times a day. The laborer can stand a lot of heavy feeding, because he burns up a lot of fuel in his bodily furnace.

The ideal square meal is so firmly established in our minds that the sedentary man who would force his muscles to do any heavier task than turning over the pages of a book, clipping coupons or signing a check asks upon the ingrained conviction that a light or simple meal is no meal at all.

Our pet national boast has always been that the poorest laboring man in this country could afford to eat a square meal, with meat and all the "trimmings," three times a day. The doctor would not be kept quite so busy if the laborer were the only man to eat the conventional square meal three times a day. The laborer can stand a lot of heavy feeding, because he burns up a lot of fuel in his bodily furnace.

So the doctor grows wealthy. He knows that practically the only menace to the health of most of us have to encounter is wrong eating. The doctor's counter is wrong enough to throw the soundest body out of gear. If the rank and file of the nation were to wake up to the necessity for knowing something of the kind and quantity of food necessary to keep the human machine in good condition, the majority of the doctors would have to go out of business.

It is so easy to keep healthy, if one only knows how, that it is rather a joke upon most of us that we never find out how little it takes to maintain our bodies in the best of health. We are so busy getting out of that godly portion of our income which hitherto he has regarded as his own.

THE HIGH COST OF LIVING

Mayor Mitchell, of New York, has taken one very decided step toward eliminating the much discussed high cost of living. It is undoubtedly true that nearly every housekeeper wastes money either through her own carelessness or the dishonesty of tradesmen. To counteract this, the Mayor's food supply committee prepared handbills on the subject.

These handbills are to be thrown out as advertisements. They were distributed among school children with orders to take them home.

The committee calculated to attract attention. Such slogans as "Buy for Cash," "Don't Buy in Small Quantities if You Can Avoid It," etc., contain much good advice in a few words. Another pamphlet is sent out by the same people and will be mailed anywhere by request. It is called "What the Purchasing Public Should Know."

One reason why money goes so quickly for the housewife is because of short weight. When there is only a little difference she thinks it amounts to nothing. Yet in a year an appreciable amount of money has been thrown away on "shorting." Every kitchen should have a set of scales, and weights should be confirmed.

One can get order by telephone, reads another line. "Go to the store and see what you are getting." There you have the advantage of quality and personal selection, and it pays to get the name of being particular.

There are a good many tricks of the trade women do not know. Butter is usually weighed in wooden dishes—a good idea for the tradesman. The weight of the dish should be deducted from the bill. When packages are done up in stiff colored paper—such as coffee, sugar, etc.—the extra weight of paper means so much less food.

Beware of the underpriced store. The underpriced dealer is not living under any providential dispensation that enables him to get along without profits. The excuse for this underpricing is no delivery. If you are content to go to another store and pay part of the expense of a horse and wagon, do so. But don't delude yourself into thinking you are getting "free delivery."

What Other Housewives Know HALF-PAY PUDDING. Four ounces of each of the following ingredients: Sugar, currants, raisins, bread-crumbs; two tablespoonsful of molasses, half a pint of milk—all of which should be well mixed together and boiled in a mould for three or four hours. To be served up with wine or brandy sauce if half-pay permits. It is an excellent substitute for Christmas plum pudding at small expense.

A FRIAR'S OMELETTE. Boil a dozen apples; as for sauce, stir in a quarter pound of butter and the same of white sugar; when cold, add four eggs, well beaten; put into a baking dish well covered with bread-crumbs, so as to stick to bottom and sides, then add the apple mixture; sprinkle bread-crumbs over top. When baked turn and dust with sugar.

For the Week-end Girl

When packing, always remember to put the heaviest things in the bottom. Evening dresses, perishable waists and all such dainty things should be put on top where you can reach them. Hang them up as soon as your trunks arrive.

A hat trunk is not a necessity. Put your hat on the top tray of your trunk and secure it with push-pins to the bottom. Unless the brim is white this will do it no harm.

Stuff the bodices of waists, light dresses, etc., with tissue paper. Roll the paper into light balls, never tightly. The result should look like an article just sent from the cleaners.

Feminine Sayings A good dinner is not to be despised as the avenue to a man's good graces.

A girl who "makes up" seldom does much else. Every man is a child at heart. He is just as restless and as hard to entertain, and reaches for every new toy.

The slender thread of "they say" has been the executioner's rope for many a reputation.

Pope says "Every woman is at heart a rake." Pope was a pessimist.

The professional optimist is the most annoying creature on earth.

Why some girls go with some men will always remain a question. "Each one to his taste," said the old lady as she kissed the cow.

Rules That Will Reduce Stout People

People who are determined to reduce their flesh will be interested in a specialist's advice on this subject. The careful following of these rules is said to insure a loss of from two to four pounds every three weeks. The wise woman gets weighed before she starts these.

Rise early in the morning, restricting the sleeping hours to seven. Take a half hour's walk before breakfast.

Begin breakfast with a ripe raw fruit, taking toast instead of bread, and tea without cream, and as little sugar as possible. Sugar and starch must be avoided.

Drink no coffee, cocoa, beer, wine, and take as little liquid as meals as possible. Drink lemonade.

Avoid pork, ham and bacon and all sweet desserts. Take a small dose of some good aperient water every morning.

Two Turkish baths a week, followed by massage until fatigued. Do gymnastic exercises for an hour before retiring. Rub, knead and pound all fleshy parts of the body, but do not injure the skin. Make all the motions of running briskly yet not moving from the spot.

The True Christian Spirit "Tommy," said a young lady visitor at his home, "why not come to our Sunday school?"

Tommy hesitated a moment, then suddenly he said: "Does Jimmy Brown go to your school?"

"Yes, indeed," replied the new teacher. "Well, then," said Tommy, with an air of interest, "I'll be there next Sunday. The Little Air Lady, which she wore for three weeks, and never knew where to find him."

What Other Women Do

Germany is considering plans for the formation of regiments of women to take the places of the landwehr troops, who will shortly be called to the front.

Mrs. Lucy Blanchard, of Los Angeles, has been elected for the twenty-second time as president of the Women's Christian Temperance Union in that city.

Although she is only 11 years of age, Miss Iola Tudor has the unique title of "The Little Air Lady," which she won by her daring aeroplane flights in England.

Mrs. Carrie Chapman Catt, the suffrage leader, is made the first residuary legatee of the \$2,000,000 estate left to the suffrage cause by Mrs. Frank Leslie.

To earn money for their church flower fund, prominent society women of Rochester, Ind., recently went in a body to a canning factory and peeled tomatoes for a day.

Ellen Grady, of Chicago, who has been in the employ of the Pennsylvania Railroad for 50 years, has just been pensioned and put on the company's "roll of honor."

Labor-saving Devices in the Kitchen The housework problem, like most others, can be solved if one can afford to buy the necessary remedies. Electricity and electrical appliances for every occasion are the last word in efficiency.

The electric wash tub eliminates blue Monday. Put in your clothes and soap, run the water in the tub and turn on the motor. In due time press another button and your wringer is working. Rain or shine is a matter of indifference— you have the electric clothes-drying closet.

Tuesday the electric iron does good service. You have no burned fingers, an even temper as well as temperature, and can iron continuously without interruption to change irons, etc.

The Cram of Cheese

There are so many delightful ways of preparing cheese these days without cooking it. The cheese cut, like a taste for olives, must be cultivated, only cheese offers greater variety.

Roquefort relish, with celery chopped fine and seasoning. Cream Swiss is a decided novelty. It is made of the imported Swiss made with the consistency of butter. This makes it on bread or crackers. Pistachio nuts are mixed with the cheese. It makes a delicious tea wafer.

Cheese salad, made with New York State cheese, pimientos, olives, nuts and seasoning is another dainty. These are all very reasonable in price.

Roast Ham A roast ham has a finer flavor than boiled ham, and will keep longer. Soak the ham thoroughly for 12 hours, wipe dry and cut away rusty parts. Cover the ham with a flour-and-water crust, making care that it is of sufficient thickness to keep in the gravy. Place in a steady oven and bake for four hours.

If You Would Have a Love y Skin Good health is the only lasting prescription for a good skin. Cosmetics and lotions will do no good if the real trouble is lack of exercise, sluggish liver or a disordered stomach. One must feel well before one can look well, for nature is not a deceiver.

In the first place, avoid indigestion. Your stomach will very soon inform you of the foods it cannot dispose of if you take them often. Be very decided about avoiding them. Don't form the habit of taking something which disagrees with you "just this once." Tea and coffee should be forewarned entirely; but if this is too rigid, twice a day is the maximum. Do not take these too hot, as this is very bad for the stomach.

Many girls lunch daily on a dish of ice cream or some candy. A sallow, muddy complexion is the inevitable result. You should make every meal as substantial as possible, and do not eat between times. Women who form the habit of getting up late, then rushing off without any breakfast, or none to speak of, will soon show the results of this in their faces. The midday meal need not be heavy—a salad, a patte, a light dessert, a glass of milk is enough.

Eating before you go to bed, if it is an every-night occurrence, is also an injurious habit. Besides keeping you awake, it makes the stomach work over time to some cases an unpleasant process. A glass of warm pure milk taken directly before retiring is a healthful and sleep-producing substitute. The general condition will show the effects of good care in a very short time.

Ginger Pudding This is a delicious recipe and requires no sugar. Take one-half pound flour, four ounces suet (chopped very fine), one teaspoonful of ground ginger, one teaspoonful of baking powder, a pinch of salt. Mix these together, then add four ounces of golden syrup and a teaspoonful of milk. Stir well, then turn into a buttered pan, add dripping salt and pepper. Boil the bone, carrot and turnip in nine breakfast cupfuls of water for three hours, then strain. Wash the liver, dry it and mince it up into small bits, cut up the onions also. Put the dripping into a saucepan to get smoking hot, and then put in the liver and onions, and fry till a nice brown; shake in the flour and stir well. When well browned add the salt, pepper and stock and a little ketchup. Stir well till it boils, then put on the lid and let it simmer two hours.

PRESENT PRICES OF VEGETABLES

Snapshots in the Market The latest prices of vegetables are as follows: Corn on the ear sells at 25c. to 30c. a dozen. Eggplant differs according to size, and costs about 10c. or 15c.

Potatoes are much cheaper by the bushel than the market. Your market should have Hubbard squash in and costs from 15c. to 40c., according to the size. Spinach costs 50c. a peck.

Tomatoes are 35c. a peck, half-peck. Green peas sell at 50c. a half-peck. Yellow string beans, 30c. a quarter-peck. Green peppers, per dozen, 30c. Lima beans, per half-peck, 35c. Celery stalks are 10c. a bunch. Silver onions, 20c. per quarter-peck.

To Make Candied Lemon Peel Prepare a brine of water and common salt strong enough to float an egg. Remove the lemons lengthwise of the fruit (some prefer them quartered as well) and remove all pulp and throw the peels into the brine, in which they are to be allowed to soak for six days. Then place them in fresh cold water for one hour, after which put them into the preserving pan with as much cold water as will cover them, and let them boil till they are quite soft.

To test when they are boiled enough use a silver fork. When you find it penetrates easily turn the peels, out on a sieve to drain. While they are draining prepare a syrup by boiling in proportion of one pound of loaf sugar to one quart of water; continue boiling till the mixture forms a thin syrup. In this place the drained peels and boil for about half an hour, or until they look clear.

Now make another syrup much stronger, using for it as much sugar as the water seldom allows. You must calculate the amount you will require of this, according to the amount of peels you have to candy, so that you may have enough to quite cover the peels when they are put into the preserving pan. Boil the peels in this thick syrup until they begin to candy; then take them out and let them drain, and before they are quite dry place them in large dishes. Spread them out and shake a little finely sifted white sugar over them and place the dishes in some warm place for the peels to dry. They are then ready to be stored for use.

Use a wooden spoon for stirring the syrup when boiling, and stir continuously. The above recipe may be used for orange peel, the only difference being to cut the orange crosswise when halving, to cut them lengthwise to quarter. The pulp of the lemon or orange may be utilized to make excellent marmalade, allowing one pound and a half of sugar for lemons and one pound for oranges to every pound of juice and pulp.

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