

THE NAGGING HUSBAND By ELLEN ADAIR

How He Spoils Home Happiness

The average man is firmly convinced that nagging is an attribute entirely peculiar to woman. In fact, a great many men are strong in the belief that every daughter of Eve is at heart a born nagger. They regard the most angelically disposed woman as a sort of masquerader who is hiding her real, snappy disposition under a thin veneer of charm and attractiveness.

"She's only trying to catch a husband," they will say skeptically, "it isn't in the nature of womanhood to be so saccharinely sweet!"

The man who talks in this way is certainly a born nagger himself. And it is quite surprising to realize how many men are born naggers. They themselves would be most surprised of all, if the fact were brought home to them. The pity is that women are too backward in pointing out the failing.

The husband who nags is a person growing just a little too prevalent of late years. He doesn't realize how disagreeable he is, of course. If it were pointed out to him, he would probably say that it was a free country, and that surely a man had a right to express his opinion in his own house.

But that is just where the born nagger makes a great mistake. No one has a right to express an opinion if it is going to cause pain and unhappiness to others. The people who are always bragging about the wonderful power of free speech are nearly always selfish and thoughtless. For freedom of speech too often means the opportunity to be rude and overbearing in conduct and opinions.

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The husband who is always seeking to assert his authority in trifling, petty ways is a great trial to his wife. He will come poking around the kitchen at the oddest times, upsetting the temper of the cook, hindering culinary operations, throwing the whole place into a perfect commotion, and all to no purpose whatever.

"Why on earth isn't dinner ready?" he will storm. "Here am I slaving all day long down in the city so that I may have a decent, well-managed house, and a dinner waiting for me when I come home at night—and I get neither the one nor the other. Disgraceful, I call it! It's enough to drive a man to drink!"

For the nagging husband is always a bully, rest assured of that. He is never so happy as when he is intimidating some feminine thing whom he considers weaker than himself.

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Another curious fact about the nagging husband is that he is always quite pleasant to outsiders. "What a perfectly charming man Mr. So-and-So is!" is the general verdict. But ah! if outsiders only knew him as his tired, bullied little wife knows him!

CHILDREN'S CORNER A Venturesome Tulip

SEVERAL tulip bulbs were buried last fall deep down in a nice warm bed. Around and under them was rich black earth, over them warm straw and leaves and sometimes even snow. So they felt no cold winds and the ice and sleet that nipped the trees and hedges couldn't reach down to them.

Once in a while during the long winter they awakened and said a word of greeting to each other, but most of the time they simply dozed and rested, getting strength for the quick growth of the spring.

But a day came when the snow melted



When he was nearly frozen the kind gardener saw him and covered him up with leaves and carpet.

and the water, warm with the bright sunshine, seeped down through the leaves and straw.

The ground began to get moist and warm, instead of hard and cold, and the tulips began to wake up.

"Good morning," said the one who would some day be yellow, "when will you climb up to the sunshine with me?"

"I will some time," said the tulip who would be white, "but I'm not in a hurry. I am very comfortable here."

"I'll go with you in a few days," said the tulip who would some day be red, "but I think it wiser to wait and be sure about the warm weather."

"Oh ridiculous!" exclaimed the yellow tulip, "I wouldn't be so 'frisky.' Can't you feel the warm sunshine? Don't you know that spring is here?"

"Spring may be here all right," said the red tulip, "but a few days' wait will do me no harm and I'm not anxious to freeze my nose!"

"All right," said the yellow tulip, "if you both want to be so careful of yourselves you can just stay down here in the dark. I mean to get up and see something of the world."

So he set to work and made some roots and grew up tall and green. So tall that his head reached out through the straw and leaves.

"This is living!" he said happily. "How nice it is to see the blue sky, the sun, the

tulips who are waiting down there in the dark."

And he took a deep breath of sunshine and grew a whole inch that same day.

Now that was all very well while the sun shone. But the next day clouds covered the sky and old Mr. North Wind blew black to see about something he had forgotten.

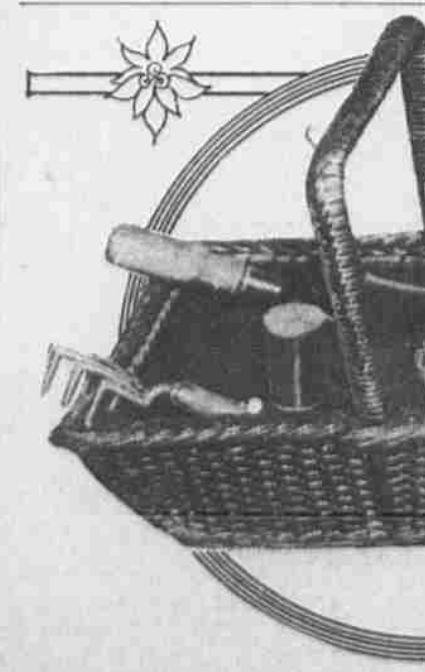
Then the venturesome yellow tulip was cold, oh! so cold! He wished a hundred times that he was back down in the ground. But he couldn't go back! That's one queer thing about living—neither people nor flowers can ever go back and start over!

So he stood there and shivered and didn't grow a speck.

Along toward evening when he was nearly frozen the kind gardener saw him and covered him up with leaves and carpet.

"Ugh! that feels good," he exclaimed as the warm coverings protected him, "if I ever live through this, I'll never start again, never—never—never!"

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New Gardening Baskets

Mildred is getting ready to do her spring gardening, and naturally she likes to do it in the way which saves her pretty hands. The gardeners' basket does this to perfection. All the necessary articles are in this compact little basket—shovel, pruning knife, diminutive rake, etc.—and all she has to do is to stick the long end of the basket in the soft earth, and her implements are right at hand. That is for the baskets which have a pointed sort of tail attached to the bottom of the receptacle. The plain baskets must be carried on Mildred's arm, and they look very picturesque. If the proper person is at hand to appreciate it.

Tennis, slips and everything which you need when you are working in the open can be put in the flat open basket. As it is just these little things which are lost most frequently the amateur gardener will enjoy the feeling of having her tennis right at hand when she has them all together.

PRIZE SUGGESTIONS

PRIZES OFFERED DAILY

For the following suggestions sent in by readers of the Evening Ledger prizes of \$1 and 50 cents are awarded.

A prize of \$1 has been awarded to Mrs. S. Jacoby, 2730 George street, Philadelphia, for the following suggestion:

A good, serviceable tray for the sick room can be made of an old picture frame. Take the picture out of the frame and put a mat of flowered cretonne in its place. The frame can be stained mahogany color or gilded. The glass is put back, and a lovely serving tray is the result.

A prize of 50 cents has been awarded to H. M. 1433 Tasker street, Philadelphia, for the following suggestion:

Any one having a discarded round or square piano stool can use it to good advantage at the sewing machine instead of using a chair. It can be raised or lowered to suit the height of the sewer, and one can swing around without effort to reach for materials, etc., without rising or having a chair back to hinder. When not in use the stool can be placed close to the side of the machine out of the way.

A prize of 50 cents has been awarded to Anna Greenhut, 203 North 30th street, Camden, N. J., for the following suggestion:

Many people blame the needles when they get rusty. Oftentimes it is the flannel leaves in the needlework which cause them to rust. The sulphur in the flannel will cause a steel needle to do so. If the leaves are made of linen the needles will remain bright. Rusty needles can be made bright by running them up and down in said.

A prize of 50 cents has been awarded to Mrs. J. L. Bower, 720 North 23d street, Philadelphia, for the following suggestion:

I have found the following to be very efficient in preventing rust spots appearing on white clothes when washing them: After the clothes have been put in the boiler to boil I always place a newspaper or plain wrapping paper against the under side of the lid before putting same on the boiler. This has always prevented rust spots from showing on the clothes.

The Wife

I could have stemmed misfortune's tide, And borne the rich one's sneer, Nor shed a single tear. Have braved the haughty glance of pride, I could have smiled on every brow, From life's full quiver thrown. While I might gaze on thee, and know I should not be alone—Anna Dinnies.

The Kids' Chronicle

I WAS outside today waiting for sum of the fellows to turn around, and run of them did, and I went in the house and was in the parlor talking to sum lady about peepily dyes and different things, and I sat there a while listening to them and then I went back in the kitchen and Nora was back there mashing puttatiz with a puttatiz masher, being a wooden wun to hit them with instead of a wire wun to skewer them with, and I stood there watching her a while and listening to the puttatiz skwash, and I sed, Is it fun doing that, Nora.

Wat is it, sed Nora.

Is it fun doing that, I sed.

I can imagine a lot of things a site moar enjoyable, sed Nora.

And she kept awn hitting the puttatiz with the puttatiz masher and I kept awn watching her, and after a while I sed, How lawing do you haft to do it.

Do wat, sed Nora.

Hit them, I sed.

You sertainly ask the reedickilus kwestions, sed Nora. I dont do this by rules and reggerlayshins, I do it by instinct.

And she kept awn hitting them and I kept awn watching her and listening to them skwash, and after a while I sed, Well, it looks as if it wud be fun doing it.

Looks as deseeveng, sed Nora.

Well will you let me try it a while, I sed.

Go lawing with you, do you think I wunt my hole kitchen splattered up with puttatiz, sed Nora.

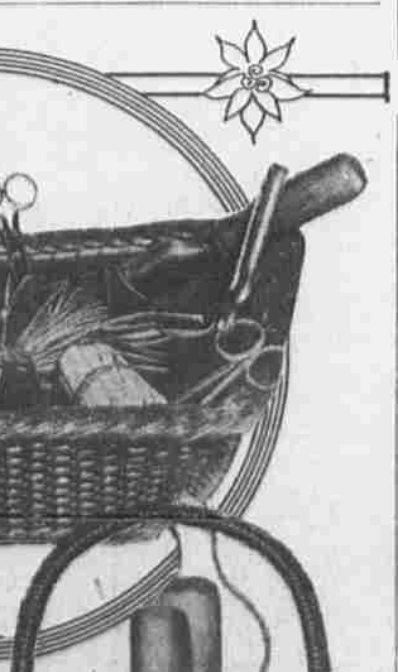
I wont splatter it up, sed Nora.

Just let me try it for a minute, I sed.

Away with you, sed Nora.

Jest let me give them 3 hits with it, I sed.

Try this awn yure plan, sed Nora. And she not awn hitting the puttatiz awn the end of a fork and throo it at me, and it hit me rite awn the end of my nose and stuck there, and I scraped it awf with my finger and ate it, and then I went in the parlor and lissened to the lady talking sum moar, and then I went out in the street seen and who was out there but Puds Simkins and Skinny Martin.



Oranges as a Beautifier

Do you have the juice of an orange for your morning meal? So many people realize the great benefit of oranges as a tonic that the sale of this fruit has increased enormously in the last few years. No breakfast is complete without it. Even milk and eggs are dividing their honors as a health giver with the orange. And the best way to take a raw egg is to break it in a glass half full of orange juice.

The newest arrival in the household goods world is the orange press. Its up-rights are attached to a sturdy wooden base, the orange is placed in a squeezer in the centre and is pressed by hand. Underneath is placed a cup to catch the juice, which is strained as it goes out of the fruit by a small sieve. The price of this press is \$1.



LEGHORN, CHIFFON AND ROSES SEEN IN THE SHOPS

Pichus are back again, even on young girls' dresses.

The sleeves on the newest spring coats are long and fairly tight, but easy at the shoulder.

Chiffon and lace gowns are greatly improved by a velvet girdle, either of the same or a contrasting shade.

White satin blouses are very fashionable just now. When worn with one of the military suits they look stunning. They have a high soft collar and dull gold buttons up the front.

If you want to give your new spring costume a vivid and rather bizarre look, have a two-toned striped waistcoat made and wear it with a full skirt.

Cream, white and buff are the most popular colors in linen dresses, and many are seen in the South with flit lace trimming.

A pendant which hangs from the neck by a black moire ribbon, with a narrow white edge, is a very chic with a lace blouse.

All the new gowns for formal wear have the square-cut neck with a standing ruff at the back.

A very attractive blouse seen recently had a deep V-shaped shoulder yoke of broderie Anglaise over rose chiffon; the rest of the blouse was just plain white voile.

The stock collars shown in a Chestnut street shop have a narrow band of color just beneath the wide fluffy flit.

In the Kitchen

Oatmeal is the commonest and most abused of all the cereals. Nothing could be more nutritious than oatmeal, as it contains more fat, protein and mineral matter than any of the few starch products. These serve to supply good firm bone structure, red blood corpuscles and stimulate the activities of the system.

You should have three objects when you cook, if you cook in a scientific manner. First, to sterilize the material, to improve the flavor and appearance, and to produce changes in the structure so that the digestive juices will act upon the nutrients themselves.

All cereals have a thick coating of cellulose or fiber, under which the nutritive qualities are to be found. This thick coating is ordinarily impervious to the action of the digestive juices, unless in some manner it is removed. The only satisfactory way to do this is by long and careful cooking. The effect is to break down these hard little shells, and the starch grains, too, thus aiding the digestive processes.

If it can be managed—even by going outside the kitchen—have the oatmeal steamed, not boiled. Eight hours at least should be allowed for cooking all cereals, if the result is meant to be digestible.

A great many manufacturers advertise the fact that they have crushed and steamed their cereal. This is not enough. Some day try adding from one to two hours on to the 22 minutes recommended on the package and note the difference in flavor.

Don't serve your cereals as if they were soup. They should be firm, so that each cell can expand to its greatest capacity. Measure the boiling water and put it over the fire in the double boiler. Then add the required amount of salt, and when the water is boiling, add the oatmeal. Cook this directly over the fire for five or ten minutes, until you find your substance is thickening. Never stir cereals, it makes them mushy. A scum will not form on the water if you cover the dish while it is cooking. Remember that the more crude fiber there is in the cereal, the longer it must cook, and that whole grains require more time than cracked ones.

Here are the proper proportions for cereals:

	amt. cereal	in use	mt.	water
Whole Oats	1 cup	1 1/2	1 1/2	4 cups
Boiled Oats	1 cup	1 1/2	1 1/2	3 cups
Flake Oats	1 cup	1 1/2	1 1/2	3 cups
Double boiler—Boil 5 min., then overnight, 8 hours.				
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"Forty Winks"

By an Experienced Matron

If we only realized the value of the afternoon "40 winks" we should be better in health—and looks. Of course, for the girl in business an afternoon nap is out of the question, but there are thousands of busy housewives who could snatch a few minutes' rest when the hardest part of their day is over.

A famous physician once said that if it was only realized how valuable an afternoon sleep was, legislation would be introduced to enforce it. This, of course, is an extreme view, but that a few minutes' rest in the afternoon has a beneficial effect cannot be denied. It allows the brain to rest and the muscles to relax.

There is one young matron of my acquaintance who always looks charmingly fresh and healthy. I asked her one day for her recipe, and this is what she told me:

"When I first married," she said, "I used to keep on with my work all day long, and if I was not busy in the house I was out visiting. The consequence was that I 'ran down' and was always pale, so I paid a visit to the doctor. He explained everything to him, and he told me that I had been working too hard, and that the best thing I could do would be to rest every afternoon for half an hour. I laughed at the advice, but when I told Jim he insisted that I should carry out instructions."

"And I did," she continued. "In quite a short while I felt ever so much better. I lost that tired, languid feeling, and felt brighter and happier."

"Have you any special rules?" I asked her.

"No," she replied. "I simply throw myself down on the bed and allow my body to assume an easy, restful position. If I feel sleepy I doze off. If, on the contrary, I feel like reading, then I read. But rest I always get, no matter what happens."

I can vouch now for the truth of what she told me, because I follow out the plan myself. Not only has my health benefited, but my looks also. The tired-looking lines have disappeared from my face, and I put the improvement solely down to my "40 winks" in the afternoon.

Love's Kiss

Kiss me but once, and in that space supreme My whole dark life shall quiver to an end, Sweet Death shall see my heart and count my breath.

That life is crowned, and in an endless gleam Will fix the color of the dying stream. That Life and Death may meet as friend with friend An endless immortality to blend;

Kiss me but once, and so shall end my dream, And then I have heard me and bestowed his kiss, And straight I cried to Death: I will not rebel!

Earth is so fair when one remembers this: Life is but just begun! Ah, come not yet! The very world smiles up to kiss the trouble may follow.

And in the grave one may forget—forget.

HELEN HAY.

Soup Secrets

Soup cannot be made in a hurry. All remnants of meat, bones and places of every description should be used to make stock, which is the foundation of all soups.

Stock must be frequently skimmed during the early stage of the process.

Never allow stock or soup to cool in the saucepan. The liquid should be poured off and strained into an earthenware bowl.

The bones should be boiled for two or three hours and all the scum removed before the vegetables are added, which should be simmered until tender.

Do not overboil soup, as this spoils the flavor.

HEINZ Spaghetti COOKED READY TO SERVE

You ought to try this new food. Not merely Spaghetti, but with tomato sauce and cheese added, properly seasoned—a delicious dish requiring only heating.

Before serving put the can in boiling water fifteen minutes.

ONE OF THE 57

A SMART GIRL'S DIARY

New Millinery

We are still having a perfectly delightful time down here, and the weather, of course, is everything that could be desired. Elinor and I are leading quite a strenuous existence, playing tennis and golf every day and dancing every afternoon and evening, besides a hundred-and-one other things that fill up every odd moment.

We have got to know a number of interesting people, and made several real friends. The worst part of visiting a place for only two weeks is that by the time one has just become friendly with all one's neighbors it is time to go home again!

My Irish friend is very entertaining. He plays golf magnificently, and is giving me valuable lessons every day. Elinor makes fun of his accent (he has the richest Irish brogue I ever heard in all my life), and she says his hair is the reddest thing she has ever beheld; but he is such a thoroughly nice fellow that one soon gets over these small disadvantages. In fact, once you get accustomed to the brogue it becomes quite fascinating; and, as for this color of his hair, it suits his style of looks and disposition exactly.

"You had better be careful, Dorothy," said Elinor, laughingly, "for I'm sure your Irishman is falling in love with you! He follows you around for all the world like an Irish terrier!"

"He is very useful, anyhow," answered, "But, to change the subject, you know that we are invited to a noon garden party at 4 o'clock today, and I must go right out now and buy a hat for the occasion?"

"You really are extravagant, Dorothy," said Elinor. "But let's get off at once and buy the hat, as I know your mind is set on it. I can make a pretty good guess as to the one on which your heart is set. It's that rose and chiffon thing we admired the other day."

She was right in her surmise, and the hat was soon in my possession. It is exceedingly pretty, very light and airy-looking. The brim is of soft tulle caught up at the right side, while the crown is formed of masses upon masses of pale blue chiffon, piled high like fern fronds.

Pink roses are set at intervals around the hat, and the whole effect is really lovely. Elinor and I had a delightful time at the garden party. It is so nice to see that one is wearing a really pretty hat!

Hints for a Spring Costume

Here are a few hints for the girl who would look her best at all times. So many girls complain that they are always buying clothes, and yet they never look well. The fault lies not so much in the clothes themselves, as in the way they are worn. Some women could buy a new gown every Monday, and in less than 24 hours, it would look as if it had been worn for two seasons. They just don't know the first principles of good dressing, and if you happen to be one of these, and know it, have follow the hints may show you where you make a mistake.

The first precaution is for the stout woman. She should be careful not to overdress. Long, plain lines are best for her, with very little drapery, and that placed in the proper place. Don't affect the fluffy pleated collars, even if you are young—they will make your neck look dreadfully thick. A long shawl collar, which lies smoothly on the shoulders and hangs in a long end in front, will look better.

If you are inclined to be at all sorrowful, don't try to wear any of the sad or putty shades. It will prove most unsatisfactory, as those shades require an almost perfect complexion. Few women take this into consideration, and the result is a useless and that most discouraging sensation—the knowledge that you are wearing something which spoils your looks. If you are buying a suit or gown for long service, choose a conservative, dark color. If you are fashionable in cut as your purse will allow, but you will soon get tired of it if you choose an extreme color.

If you are inclined to be short, don't adopt styles which run around like the hoops of a barrel, or big, glaring plaids. You can imagine the result—but many women wear them just the same. Plaids and stripes are better on the tall woman, but they have a tendency to make the short woman look shorter.

Another slight which is frequently seen on the streets today is a woman with a broad, fat face, wearing one of these little round hats tipped rakishly and ridiculously on the front of her forehead. The height of the ridiculous is attained when she affects a stern bow and coquetish streamers in the back. It may sound exaggerated, but watch the streets when you go out again. A rather large hat, trimmed high, will look better on the stout, short woman, if she happens to be tall and stout, she should wear the high trimming. A broad, low effect is better.

A Supple Figure Exercises at Home

These are some of the exercises which are being practiced just now. They are ever so good for your health and figure, and a few minutes given to them each day is time well spent.

One of the exercises is to go round the room pretending to pick imaginary flowers, first with the right hand and then with the left. This is very good for the muscles of the waist, and the action is a graceful one.

Like all exercises, it is better practiced in loose attire. After your bath is a good time for it, either morning or evening.

Another, a stretching exercise for a young girl who wishes to grow taller, is to go round the room on toes, attempting to pick fruit from trees higher than she can reach.

One that many people use for the neck and waist muscles is to lie flat on the floor, raising the body up from the waist while the feet and legs are kept perfectly still.

Don'ts for Mothers

Don't forget that the average mother is laboring for her hire. The mother for love is the exception, not the rule.

Don't send your year-old son or daughter to the "Land o' Nod" by packing a floor. The day may come when you will be physically incapable of so doing, and trouble may follow.

Don't hide every article which the toddler may reach for because he may cry for it. Teach the difference between justice and injustice.

ALL THAT YOU GET HERE IS FRESH

W.A. Bender BUTTER, EGGS AND POULTRY READING TERMINAL MARKET Phila. 605-608-610

TRAIN YOUR HAIR AS AN ACTRESS DOES

No class of people devotes so much time to beauty study as do actresses, and naturally no class must be so careful to retain and develop their charms. An inquiry among the actresses of the information that they find it dangerous to use a shampoo when shampooing, but always use preparation made for shampooing only. You can enjoy the best hair known for about three cents a package by getting a package of Dandruff Throx from your druggist; dissolve a teaspoonful in a cup of hot water, and your shampoo is ready. Always use the hair dries rapidly with form color. Dandruff, excess of dirt are dissolved and entirely removed. Your hair will be as soft as silk. It will look much better than it is. Its lustre and softness will delight you, while the scalp will be kept healthy and your hair growth.