

MAN TURNS TABLES, INVADES FEMININE FIELD, M'LISS FINDS

Knitting the Latest Accomplishment of Philadelphia Men—Robert Louis Stevenson Was an Adept in This Gentle Art

DAILY the howl about woman's monopoly of what the stronger sex likes to consider fields particularly its own ascends. "What are we men going to do after the war?" the cry goes up, "when we come back and find that you women refuse to let us take our rightful places in the factories, on the farms, on the trams, the street cars and in the municipal departments? Are we to become fifth wheels, useless appendages in the scheme of things? And they will pull long faces, as though they belonged to the really oppressed.

But are not the gentlemen a bit unreasonable? Only the other day as I was dallying in that most fascinating department in any shop—the art needlework—when a strong and virile specimen of the male persuasion stepped shamelessly up to the counter and in resounding tones demanded that he be served with "two pounds of Germantown wool."

"What a nice, well-trained husband!" was my instant thought; "he does his wife's shopping so capably and so cheerfully." But when the purchaser continued with a technical and absorbing discussion of the merits of the use of two needles over one and the superiority of the wooden over the steel for a shell-stitch scallop, I drew nigh to gaze upon the queer specimen.

"Queer?" the saleswoman repeated when he had departed, wool in pocket, "not a bit of it. Lots of men knit and knit well. They know how to crochet, too, and to make Irish lace. Some of them even do fine embroidery, but the majority confine themselves to simple knitting.

"Many sailors from League Island come in here for yarns, particularly right before they're going off on a long voyage. And when they come back they bring in the finished product—wonderful shawls and scarfs, with colors beautifully blended. Give them away? Not much. They make a regular practice of selling their knit goods. I have heard that some of them make almost as much as their pay.

"Firemen like to knit also. They while away the leisure time by clicking the needles industriously. I have one quiet little man as a regular customer who says that he's a novelist!"

Does this seem so very strange? Robert Louis Stevenson, if you remember, was an enthusiastic knitter. Many an hour, it is recorded, he whiled away on the Island of Samoa in this fashion. Perhaps "whiled away" is the wrong phrase to use, since doubtless golden hours of thought were spent while the master-author's slim hands wove the bright colored yarn diligently.

Knitting is conducive to meditation, and meditation, so the copybooks tell us, is likewise good for the soul. If knitting is necessary to inject some meditation into the lives of our fathers, brothers and husbands, I am not the one to decry this adoption of what is generally, and by some contemptuously, regarded as peculiarly "woman's work."

But let them not rail at our invasion of their premises. Let them remember that much of this so-called woman's work they long ago delegated to themselves, without so much as a by-your-leave. They entered the culinary and the sartorial fields. That they "made good" we neither deny nor hold against them. But we ask a like generosity.

In the meantime, do you consider knitting an effeminate accomplishment, and would you prefer your sweetheart or your husband to be devoid of it?

Gustatory Reading

Are you bored beyond endurance with life and the weather? Does the very thought of having to go down to the next meal make you wish to turn your toes up in the daisies and fade away to another world, where one could live on air, or thought, or good intentions?

If so, there's a cure. Get out the cookbook. This is the recipe suggested by an anonymous writer in a diverting little essay on "Our Wives" in a current magazine. He, or she, quotes the example of the man, desperately ill, who, having passed the crisis of an illness, needed only, the doctors asserted, an incentive to get better and live once more.

"He had had dire misfortunes and had lost all interest in living," the writer says. "Neither his business, nor his motorcar, nor his children, nor his wife sufficed to lure him back to the trials of temporal existence.

"Then some inspired relative thought of the cookbook. She put it into the hands of the sick man as he lay withering on his pillow. He turned it over languidly; then he fluttered the pages with transparent fingers; presently he asked to be propped up in bed.

"Before long he was whispering fervidly of what he was going to have to eat when he got well; those pig-hocks with dumplings, hot waffles and syrup, schnittenbohen with sour sauce. What were rissoles, and ramekins, and bun-nocks? And why had he never known about toad-in-the-hole? These were the sentiments that wooed him back to life."

Perhaps, after all, the cookbook has not received the proper literary recognition and maybe the time will come when Mrs. Rorer and Mrs. Harland will be considered worthy of taking their place with the real immortals.

May Forbid It

Apropos some words by me recently in this column on "Spanking versus Moral Suasion," there is a bill before the Massachusetts Legislature devised to prohibit corporal punishment in the public schools. From many letters that have come to me on this subject, Philadelphia mothers would hotly resent such legislative interference.

Letters to the Editor of the Woman's Page

Dear M'Liss—Pardon a passing stranger for "butting" into a Philadelphia paper's column, but many years' experience with something more than 2000 orphan children makes me believe my opinion of some value.

To say that most small boys and girls are not helped by an occasional nursery spanking is silly, and my objection to such discipline is that the one who inflicts it is so often not fitted by temperament or training to do it. It is not the use of the slipper, but the abuse that has brought this best of punishment into such disrepute, and when God picks out only wise women for mothers and the school authorities suitable teachers for our public schools, we will find that corporal punishment will have its place in the remedies for naughty children.

I have been active in having whipping abolished in the schools of my home city, not because children do not need it, but because the majority of women teachers cannot be trusted to use it.

I am not so old that I have forgotten certain private interviews with mother and the much better girl I was afterwards, and I have spanked too many disobedient boys and girls not to know the good it does; always supposing that it's done at the right time and in the proper manner and spirit.

AUNT PATIENCE.

P. S.—Gain a small child's confidence and ask it tactfully what it thinks, and you will find that he or she bears no malice, but feels that they only got what was coming to them and that it did them good.

Dear M'Liss—What is a sautoir? CURIOUS. It is a narrow grosgrain ribbon, usually black or white, with sliding ornaments of metal on it. It is worn around the neck and joined in front, usually having a watch, locket or some trinket at the end. You've seen them on many women recently.

Dear M'Liss—What shall I do with about 10 friends of my little boy, who is 14 years old? I am asking them to come to the house some evening. MOTHER.

Why not let them have a room to themselves, where they can play children's games, any of which I call tell you if you send the stamped, self-addressed envelope.

Dear M'Liss—When does Easter come this year? M. R. April 23.

SEEN IN THE SHOPS



A SMART STREET COSTUME

Marion Harland's Corner

Keeps Horseradish White

"CAN you tell me what is the powder they put into horseradish in bottling it to keep it from turning dark? I am interested in your Corner and shall be glad to hear from you. B. E. S."

I did not know that any powder is used in preparing horseradish for market. If the grated root be preserved in white vinegar I do not think it would darken. Will somebody who knows throw light upon the dark subject? By what process is grated horseradish kept white for months? C. J. MOSE."

Mercerized Crochet Patterns

"Do you know of any one wanting mercerized crochet patterns? If so, hand her my address, but not to more than one person. C. J. MOSE."

We should your address subject to the call of anybody who may wish to profit by your liberality. Meanwhile accept the thanks of the Corner.

English Plum Cake

"I am venturing to send in a recipe for real English plum cake, such as we had in English stories. Beat to a cream two pounds of butter and put into it two pounds of crushed loaf sugar, powdered and sifted. Add the yolks of 12 eggs beaten to a froth, and followed by the beaten whites. Mix with two pounds of browned flour, two pounds of raisins, four pounds of currants, two-thirds of a pound of citron, two-thirds of an ounce each of cinnamon, nutmeg and mace, quarter of an ounce of cloves. Add half a gill of brandy, beating thoroughly the whole mixture. Bake about five hours in a moderate oven. MRS. M."

I do not recollect that I ever saw another recipe for cake that called for browned flour. Does it not affect the flavor of the cake, or is the taste lost in the mixture of apples and fruit, to say nothing of brandy? We have to thank you for a novelty which homesteaders and the lookout for agreeable variety in family fare will not fail to try. M'LISS."

Gluten Bread

"Could you or would you send me a recipe for bread made of gluten flour for a diabetic patient? A thousand thanks for one if I can possibly get it. MRS. H. D."

Here is a recipe for gluten bread, but I cannot guarantee that it will be the right thing for a diabetic patient. I do not see why it should not agree with him. The main object in dieting him is to avoid starchy foods. Gluten is said to be almost free from the obnoxious element. Stir together one cup of boiling water and one of milk, slightly warmed, a tablespoon of pure lard and one of white sugar. Then add a yeast cake dissolved in half a cup of warm water. Beat in gradually a cup of white water-gluten, cornmeal and two of gluten flour, or enough to make a soft dough. Knead

THE CHEERFUL CHERUB



These people who hold grudges are obnoxious in my sight They make me feel so angry I forgive them just for spite. MRS. M."

steadily for 10 minutes; cover and let the dough rise until it doubles the original bulk. Work in then a teaspoon of fine salt and make into loaves. Give it the second rising and, as before, let it double the original size. Bake in a steady oven; cover with white paper after it gains its full height. Then brown. Those who have tried this find it palatable and digestible.

Blanc Mange

"Can you give me a recipe for the good old-fashioned blanc mange, such as my grandmother made? I am afraid she called it 'blank munge' and that my aunt, her daughter, called it 'blanc munge'. All the same, it was delicious far better than the stiff stuff that masquerades under the French title a fashionable supper and reception. I wish I could get hold of the recipe. 'HARRIET K. J.'"

This is what my sister made after she learned to substitute gelatin (some of the neighbors said 'gelatine') for jelly made from calf's feet. Soak a half package of gelatin for one-half hour in a cup of cold water. Put a quart of milk in a double boiler over a fire, adding a pinch of baking soda. When the milk is scalding hot stir in the gelatin and the soaked gelatin. Stir until the mixture is boiling hot, then take from the fire, strain through a fine strainer, flavor to taste with vanilla, and pour into a mold wet with cold water. Serve when cold with rich cream.

Creamed Lobster and Omelet

"I am a working girl and enjoy cooking. I have a charming dish and would appreciate any suggestion in one of your talks. I am sure many readers of your department are interested in cooking. It has afforded me pleasure to answer the request of one of your Corner-ers. 'MRS. M.'"

"Reading in the Corner of a woman having quilt pieces to give away, I should like some of them, if they are not all gone. I also should like some of the transfer patterns and books. If any are left I should be glad to pay postage on them. MRS. C."

I hesitated long before admitting this but call for quilt pieces and patterns. But the spirit of Christmas lingers in the Corner, and will not deny me more tribute to be paid to our needlewomen. They are many in number and zealous in good works.

All communications addressed to Marion Harland should include a stamped, self-addressed envelope and a clipping of the article in which you are interested. Persons wishing to aid in the charitable work of the Corner will receive more tribute to be paid to our needlewomen. They are many in number and zealous in good works. Direct with these parties.

"Cards Were Invented Foolish Kings to Please"

"I not only play my cards but I play the players," said a woman, who is considered a bridge expert. In former days one was supposed to be guided by card instinct, but card playing has become a science, and to play acceptably, one must study all the innovations and keep in constant training. The cards cannot do it all, and there's your opponent with whom you must cope.

Just Great! Deerfoot Farm Sausage with hot buckwheat cakes for breakfast.

Nutritive Value of Foods and High Cost of Living

By WILLIAM BRADY, M. D.

A fair division of expenditures for a workingman's family, or any other family, is about as follows: One-fourth of the income for rent, one-fourth for clothes, one-fourth for food, and one-fourth for education, insurance, recreation and health.

A family having an income of \$100 per month may spend not over \$25 per month for food. A good many families spend more than one-fourth of the income for food, but this is mere extravagance, usually due to ignorance of the nutritive values of different foodstuffs. The United States Department of Agriculture issues various bulletins explaining in detail the values of all kinds of foodstuffs, and these bulletins are intended for free distribution to any citizen who cares to apply to the Secretary of Agriculture for them.

Some of the better and cheaper foods, which are at the same time very appetizing, are wholewheat or bran, peas (canned), cornmeal, rice, macaroni or spaghetti, cheeses of all kinds, apple, rhubarb or pumpkin pie, mutton, salt pork, oleomargarine.

Contrary to the popular idea, a workingman does not need meat every day. Unless his work is very heavy he is better off with meat three or four times a week, and if he cares to he may maintain perfect health and endurance on a diet with little or no meat. Bread and butter, wholewheat and nourishing, beans, rice, cornmeal—and cornmeal is mighty good eating when properly cooked—and cheese will take the place of meat in a diet. A soupstone seems to be good enough for the tables of wealthy people. It ought to be good enough for the poor. A housewife who knows the business cares for flavor, temptation and nutriment from a cheap soupstone.

Beautiful labels and pretty boxes and premiums and prize packages are penny-wise, pound-foolish things to buy. Food manufacturers might well open a campaign of advertising based upon the caloric or fuel value of their products as required to the customer. Stated in cold figures, on unquestionable authority, the nutritive value of a foodstuff would make an impression that the hackneyed advertisements, "digestible," "strengthening" and the like can hardly equal.

QUESTIONS AND ANSWERS

Backache Cured

I would like to tell you that, following a suggestion in one of your talks, I purchased a new bedspring, and it has cured my backache, writes C. A. Answer—Sagging springs and poor mattress are common causes of backache as readily curable as yours.

Cocoa as a Drink

Is there anything harmful in cocoa? Answer—Yes, theobromine, which has effects virtually the same as caffeine in coffee. But cocoa is not any more harmful than tea or coffee for adults.

Gingerisms

Love hath no fury like a woman's corns. Hell, a cough and newly acquired riches cannot be hid. Men swear by virtue, but they stand by beauty.

The bare ye have always with you. A thief may be traced, a liar leaves no tracks.

Nuf Cud

If the blues have caught you napping, And you're feeling on the blink; If the world seems full of sorrow and of pain; Just get out that treasured package, Wash with ribbon, blue or pink, And peruse that little letter once again.

What if skies are dark and cloudy? What if quizes bring dismay? What if all your cherished hopes have been in vain? There's a way to conquer worry, Chase the gloomy clouds away, Just peruse that little letter once again.

As an antidote for sadness It is never known to fail; It's a remedy that's sure to obtain; So when'er your heart is heavy Just unto that pile of mail, And peruse that little letter once again. —Penn State Froth.

All inquiries about the four dress-making scholarships which the EVENING LEDGER is offering to the public should be addressed to the Editor of the Woman's Page, EVENING LEDGER, 608 Chestnut Street.

Advertisement for Wilbur's Cocoa and Horlick's Malted Milk. Text: "The greater strength and richer flavor of WILBUR'S COCOA come solely from using the very best cocoa beans and from developing every particle of their natural qualities. H. O. WILBUR & SONS, Philadelphia. ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK Cheap substitutes cost YOU same price"

PRIZEWINNING BUDGETS SHOW HOW WOMEN CAN SAVE MONEY

Practical Suggestions for Managing the Weekly Income Are Worked Out by Efficient Housekeepers—You Can Do the Same

THE great number of worthy budgets which have been submitted to the Evening Ledger prize contest during the past few weeks convinced the committee of the awards. After careful deliberation the judges, however, have given the first prize of \$5 to Mrs. H. A., 211 North 33d street, Philadelphia, whose savings, prudence, neatness and pleasant and scientific management in general are a splendid object lesson for the woman who has only \$10 a month.

The first two sentences of Mrs. H. A.'s introduction to her budget contain, in a few words, the whole secret of how one woman makes a dollar give up every cent of its value to herself and family. She has the problem of clothes, for instance, reduced to a fine art. She aims for smart styles without going to extremes.

Again, she speaks of taking advantage of the special sales, the seasons and all the opportunities which are at our elbow, but too frequently overlooked. Her budget spells system and a real understanding of financial intricacies of insurance and sick benefits, which usually cause women to flounder.

This is her budget: Budget Editor Evening Ledger: Sir—The question of the high cost of living every housewife is seriously interested in, but in solving the problem we are not to draw the line too close upon some of its phases. The most important to my mind, and the ones we try to follow are, firstly, adapting oneself to present conditions, systematizing the household and general working conditions, using good judgment in all buying and buying little or nothing on credit.

We save a large amount by taking advantage of the sales: carpets at January sales and furniture at August sales, coal at April prices, winter clothing as the season has far advanced, summer clothes likewise. Would you believe a family of four could save \$150 per year in this item alone? (Household clothes not included, but good styles).

As to hired help, I would not have any do so unless absolutely needed to it. Do your own laundry; if you are not strong, send the large pieces to the laundry at 20 cents per dozen.

By all means especially in living-room or reception halls take up rugs in the spring, beat and air them thoroughly, place camphor in them, fold and wrap in newspaper and lay them away until fall, buying new rag rugs, which are clean, light and inexpensive.

Buy potatoes by the bushel; plenty of milk as nothing is so cheap or wholesome; bake your own bread, cakes, pies, etc. It is foolish to pay 40 cents for butter and 10 cents for margarine. Substitute for this a vegetable fat, which is cheaper and wholesome.

Wholesome is all right, but you must know where to draw the line; don't sacrifice your health and happiness to get the dollar in a "savings bank," or, in other words, don't get money mad. Do not misunderstand me about saving, for I live in reality and save more money than me out of a \$20 weekly wage.

Every family should carry life insurance, but the 20-year endowment policy is the best, which expires in that time, giving \$1000 back with dividends making about \$1200 in all, and your family has been protected all the while. By making each payment yearly in advance you also save 6 per cent. The best sick benefit societies are the ones that break up each year, reorganizing anew, dividing all moneys equally among their members; this costs about 3 cents per week, instead of 15 cents, paying \$5 per week sick benefits.

Two prizes of \$1 each have been awarded to Marie U. R., 3022 D street, Fox Chase, and Mrs. A. Carr, 257 North Marshall street, Philadelphia, for the next best budgets.

Advertisement for Ayers' Fashionable Fox Sets. Text: "Ayers' A Sale of Fashionable Fox Sets. Designed by Ayers. Red, formerly \$55, now \$35.00. Black, " \$55, " \$50.00. Cross, " \$115, " \$65.00. Sitka, " \$100, " \$65.00. White, " \$125, " \$80.00. Blue, " \$140, " \$80.00. Gray, " \$150, " \$100.00. The Famous Silver Fox A Scarf, \$450; Reg. \$700. At a time when fox furs are advancing beyond reason, the exceptional opportunity afforded by this sale will be obvious. H. H. & A. Ayers 1330 Walnut Street"

Comic strip titled 'MILLIE AND HER MILLIONS' and 'MONTY SPENDS A HILARIOUS EVENING'. Characters include Monty, Aunt Brigantina, and Millie. Dialogue includes: "BY JOVE! I WISH I HADN'T PRETENDED TO BE ILL LAST NIGHT THAT CASTOR OIL THEY GAVE ME MADE ME AS SICK AS A DOG", "WELL, THERE'S ONE GOOD THING ABOUT IT. I DON'T HAVE TO SPEND THE EVENING WITH AUNT BRIGANTINA", "WELL, OLD BOY, HOW'S THE PATIENT TONIGHT?", "MUCH BETTER, ANGEL. I'M GOING TO GET UP.", "NO INDEED! YOU'RE NOT GOING TO GET UP.", "DON'T LET HIM THINK OF GETTING UP, MILLIE, HE MIGHT HAVE A RELAPSE.", "NO INDEED, AUNT. HE LOOKS AWFULLY PALE.", "I'LL COME UP IN A FEW MINUTES, MONTY, AND READ THE BIBLE TO YOU.", "BUT I SAY—"