EVENING LEDGER-PHILADELPHIA, WEDNESDAY, JANUARY 10, 1917

EXCHANGE OF IDEAS ON HOUSEHOLD MATTERS-BEAUTY QUERIES-WOMEN'S INTERESTS

INJURIES INFLICTED ON THE CHILD BY THOUGHTLESS PARENT

Correspondent Speaks of the Abuses She Witnesses Every Day-Many Parents Kill the Infant With Kindness

"VOUR column reaches so many homes I am sure some mothers will take thought after reading what you might have to say on the subject of the proper and careful handling of children. I do not mean their moral welfare; that, of course, is vitally important. But what I particularly abhor is the carelessness, amounting almost to cruelty, with which some ignorant mothers lift their children. "Only this morning I was horrifled to see a slatternly woman actually lift her little girl up by one arm. If these parents could only be made to realize the injury they may infligi, and frequently do inflict, on little girl babies by this very habit! One such stretching may do the child some harm, but imagine the spinal curvatures and other deformitles which may result from continued lifting in this manneri

6 .

"Boxing the ears of a child, a 'mild' form of punishment meted out to dis- right-thinking mothers. obedient children, is also fraught with danger. The hearing of many persons has stantly being written about the baby. been permanently impaired by this display of temper on the part of parents.

"One often sees a young mother holding her ting, few-months-old infant proudly on her lap, allowing the little one | the years. to sit up during an entire journey. She gives no thought to the possible strain on the little child's back.

"And while speaking of cars, I deplore the habit some mothers have of giving this type who resort to soothing syrups their children cakes or apples to eat in for the fretful child, who believe in rock order to keep them quiet during the ride. Ing the baby to sleep, who let it such The child invariably smears it over itself on pacifiers and allow every fond and and the car seats, and after so doing puts admiring relative and friend to kiss the It back in its mouth and munches on it.' child on its little mouth.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily inderse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

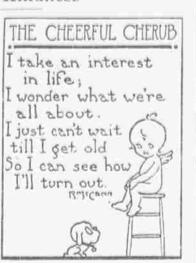
The winner of today's prize is Mrs. E. M. Bispham, of 3306 De Laurey place, whose letter appeared in yesterday's paper.

TODAY'S INQUIRIES

22	A CARLER BY AND AND A CARLEND	
	 What will make a tough beefsteak tender? How can the color of green vegetables he retained when they are cooking? 	 When a man is talking with a girl between dances, if he has the next dance taken, should be leave the girl when the music begins or remain with her rather than leave her alone?
	3. The skin of baked potatoes is usually hard and difficult to remove. How can it be kept thin and soft?	 When sending a wedding present, and the sender is acquainted with the bridegroom but not with the bride, to whom should the gift be sent?
		3. What kind of a bounnet may be carried by a widow npon remarriage?
	ANSWERS TO YESTI	ERDAY'S INQUIRIES
	1. Tarnished gold thread can be brightened by paintime with a brush dipped in polverized burnt alum.	 "Very sincerely yours" is a more correct phrase to use in sighing a letter than "very sincerely."
	3. To clean marble, mix together one part pumice stone, one part salt and two parts bak- ing sods. After slfting, make a paste of it by adding water; then apply to the marble. Wash with salt and water and rinse with clear water,	 A man may remain with a girl between dances until she is claimed by her next partner. To mend sweaters as the darn will be scarcely visible match the yarn in color and size, then with a darning wedle sew hack and

3. Truffles are a species of fungi growing in forth cross-wise on the wrong side of the garclusters some inches below the surface of the line with knitted stitches, catching the neath thread to make it firm. They are used as a sarnish and for

Two Sweetbread Recipes



FTMHIS letter, which reached me this I morning, has not been published in its. entirety, but it is interesting, and T am sure the sentiments are echoed by all

there are always new mothers and new hables, and while the fundamentals of parenthood do not change, the scientific are taking of the child is advancing with

I always feel a pity mixed with con tempt for the woman who declares that "what was good enough for her mother's.

T Know bet For while much has been and is con-

support to entre to anything muchle Forky was. He had to admit Lither Gate to my endship, although goodp sold that d been made in love with her wh ad been mailly hi

hables" will do for her. It is mothern of And here he was subling like a spolled

hild because I was going to dive with the seat friend inv mother and I had ever ind, the had been in South America for a year, out did not even know I was married. WREET A SEE YOUR

WHERE have you been?"

walk to cainy your nerves.

by the window.

THE, I SEE YOU" the thing I saw clearly I must get Dicky to go away before I telephoned Jack's hotel or took now chance of his telephoning me. I could not risk is scene such as Dicky might make. It was errord of licky to be so ugly about Jack, I said to myssift. It would be so i leasant for me if the two men could be reach.

pleasant for me if the two name count be friends. Katie's entrance into the living room, wassa welcome relief. She came hesitating-ly into the room, as was her custom when she wished to ask a favor. "I have a cup of coffee for you; you come and drait 0 now," she add insimilatingly, "No, thunk you, Katle." I answered, "Perhaps after a while, but 1 could not drait is now." "You say you not here to dinner."

"You say you not here to dimer"" "No, we are both dimins out," I answered, Then with a sublen thought I turned to Dicky. "You are using to Mrs. Under-wood's for dimer, are you not." "I suppose so," he returned gruffly. "You care if I go out a little while? It not he my day out, but— "By all means." I answered heartily, glad of the excuse to get her out of the way if Dicky should induke in one of his wide. You need not return this evolution for supper, for we shall both be avery." "Oh, tank you soon much, Missum Ora-

knon." Katle vanished into the kitchen. Tilšky jaid down his paper and gazed at me

"Perhaps you would like me to get out, he and enseringly "Far bout from a desire to lummer any joyful (obphone ion) it selleve this friend of your youth ets you to telephone him this morning. he mit?

e cut me, but I resolved to make one more effort to make him look at Jack's irrival in a more kindly light, "Dicky," I said, going over to him, and "ploase

TODAY'S FASHION MY MARRIED LIFE By ADELE GARRISON

Why Dicky Quoted Jack

THERE have you been?" THERE have you been?" Dicky's tona was peremptory. I had I to get back from my early trip to Stewart's home before he awoke, but I entired our own door he was sitting 's window. If for a walk'' i hated myself for vasion, but I know if I told Dicky ruth that I had made a hurried trip void landlady's to prevent the poen to the set of the my shall setter to the amouncing his round to my shall setter. hoped to get Lack from my early trip to Mrs. Stewart's home before he swoke, but when I entered our own door he was sutting by the window. "Out for a walk" 1 hated myself for the evaluation, but I know if I told Dicky the truth that I had made a hurried trip to my oid landlady's to prevent the pos-sibility of her toling Jack DicketI was married herors I say him myself another scene would be the proviable result. "Homes of the result discreasely."

DICKY'S WORDS STRIKE HOME

I had showed him Jack's letter, but I had not realized before that he must have read it repeatedly. That could mean only one thing. He must be furiously jealens of Jack. For a moment I did not know what to do. I started to speak, but Dicky went "Humph" Figure powered disagreeably. I suppose you are no quise over the prop-serive arrival of that gor — that girl, read admirer of yours that you had to take walk to easily a series of the property of the pron without nothing me.

Dicky had started to say "that gorilla with the murps," which was the entitlet he had applied to fack when he saw his photograph. But evidently he remembered iny warping that if he perclided in using the physical would come to be civil to his friends. "Of course, after writing a letter like that, Jack is going to be delighted to find the realest girl has been grabbed off the Christmas tree while be was away. He'll just be dying to meet me."

Just be dying to meet me." "Don't be so nemensical, Dicky," I said sharply. "Jack Bickett is not in love with me, never was, nor I with him. If we had unred for each after we would have been married long ago, for my mother wished it, and we both knew it. You are making me very unhappy by neting this way about my meeting him. I don't want to leave you feeling angry." "Aren't you being a bit idiotic. Dicky?" I hunwered quictly us I went to my room to lay off my means. He did not answer, and when I returned

a the living reach he was reading a news-oper. He was indufing himself in a fit if the solits, , brow, but I resolved to be a good-tompored as percentils, "Have you had your breakfast" I asked, "For heaven's sake, don't get melodra-mutic, Madge," he returned disagreeably, as he went into his resen. When he came out a few moments later he was dressed for the street. He came ever to my chair and hissed my check; so perfunctory a careas that I would rather he had omitted it niswored, without raising his ermition, so I took up a back and sat

"If you get through with your romants curdon in time twichtone me at Id?s." he ald. "If we're not there, we'll leave word

whill, "If we're not there, we'll leave word where you can reach us. So home." He walked to the door, opened it, and furned with the buob is his hand. "I really believe you are going to meet this chap with the loss that he is a similar-pure plotonic admirer of yours," he said. "But, you muck my words, you'll find out, before the day is over that his brotherly at-titude will come off." Ele shut the door and hurried away. I felt as if I had been structed he as unset when the set of the shift seem arms y when he would that my matterner want not not quite orally enough to Miss timper, the beauti-ging whom he issue that Alivrin, and one thekey and consider in a model. He is also provided to mental her in her art

T and hurried away. felt as if I had been stunned by an unex-Twice during the morning I had heard this nertifying thought voiced, once veiled by Mrs. Stewart, now openly from Dicky's

Jack in love with me? Preposterons! But the diorght that Focky and Mrs. Stewart believed it made me very uncomfortable (Constraint.)

(CONTINUED TOMOBROW)

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Orchods have always been considered as the aristocrat of flowers, and while multi-rudes have admired their beauty, compara-tively few know that one of the most comfrom of the flavoring extracts is obtained from orchids. Thy this is must not be taken for granted that all exclude are vanilla producings Of the 15 000 different species, only one produces the extract.

Cottage Pie (Original)



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ORDER AT THE UNUSUALLY LOW PRICE OF \$45.

HOW YOU MAY IMPROVE THE APPEARANCE OF YOUR ARMS By LUCREZIA BORI

The Farnous Spanlan Frima Loona

sorbed.

Fur

superfluous flesh. To improve the texture of the skin cover-ing the arms, when it is rough and coarse, wrub vigorously with a bath brush or min-

with cold cream or the following lation:

When the chows are rough, massage them gently with aimond oil, coera butter or a stin food. Use the pairs of the hand and manipulate over the joint until an muga

grease as the skin will take has been ab-

Perhaps the most unsightly blemiah of

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below cost of manufactur-

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THERE are some things which mar beauty | soaked in hot vinegar will melt away the L of person that are beyond the power of the most ardent beauty seeker to remedy, but this cannot be said of the arms. No seculi vigorously with a path brush or mit-ten until the surface is pink and glowing Warm white, to which twenty drops of the-ture of benzoin has been added, and a pure roap should be used. After the arms have been dried with a Turkish towel, rub then

Q matter if they are thin and shapelges or of too ample proportions, you can mold them to conform to the artist's ideal of the perfect 6 6

ö

The you handle to be you should begin a course of treatment that will pad out the angular outlines or reduce the size of your arms. Then you should strive to soften and whiten their aufface coverine. for no arm can be considered pretty unless the skin is smooth and velvety to the eye and touch.

Perhaps the most unsightly blemish of the arms is superfluous hair. This can be made less conspluenus if bleached with veroxide of hydrogen and aminonia. A hal tempoonful of ammonia to an ounce of peroxide is the correct proportion. When the growth of hair is unusually heavy, us a reliable delipatory, carefully following the directions given with the preparation. When arms can be made beautiful it means to put that more women do not possess lovely arms, for it is possible to acquire them without much work. (Contribute) The woman whose arms are painfully The woman whose arms are painfully thin must exercise to develop the muscles, and nourish the tissues with olive oil, ecoca-butter or almond oil. First prepare the arms by mopping them with warm water from the wrists to shoulders for ten min-utes. This will cleanse and soften the skin so that it will absorb the oil more readily. When the olive or almond oil is used it should be slightly heated. Rub the oil into the skin with a gentle rotary movement. When the slip has chemical on much oil mon man man man

When the skin has absorbed as much oil when the skin has absorved as much of as it can, dip strips of old lines into the liquid and wrap them about the arms, allow-ing them to remain on during the night. It is well to have these wrappings about four inches wide. The muscles will be developed if you

will indulge in outdoor sports, such as ten-nis, rowing or swimming. If none of these exercises appeals to you, then resort to in-door exercises such as these: Stand with the heels together, chin up

Stand with the bells together, ehin up and body erect, and stretch the arms out at the sides on a horizontal line with the shoulders, palms up, but with the fingers closed to form a flat. Now describe a vertical circle with each arm, being care-ful not to bend the elbow, but allowing the shoulders to move. Continue this movement until you feel tired. Now stand in the same position with arms

Now stand in the same position with arms outstretched horizontally at the sides, shut the hands quickly: open and stratch the fingers as if trying to touch something. Close again, open and stretch. Continue until the muscles are fatigued. When the arm is too fat

Great Sale.

When the arm is too fat, vigorous mas-sage, supplemented by active exercises, will reduce if. I have been told that bandages



WERE fortunate in making large advance purchases months are on staple lines before the late advances took place in the silk markets of the world; therefore following our usual custom of offering new and staple silks of wanted kinds at absolute cost in our ANNUAL JANUARY CLEARANCE SALE as well as all discontinued lines, odd pieces and remnants from our current stock, regardless of cost, should make this sale doubly interesting to any one contemplating the purchase of silks, now or later in the season. The savings to you are positive. We are sure you will be interested to know that our parent Silk Store in Boston has just moved into their new and greatly enlarged store, comprising four buildings connected by beautiful arcades and archways, extending an entire block. The Opening and January Sale took place last Tuesday and more than doubled any previous day's business in our history, and we are determined to make a new high record in Philadelphin if values count for anything. We quote below only a few of the hundreds of values offered in this

We quote below only a few of the hundreds of values offered in this

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Alled



Afternoon frock of black velvet trimmed in ermine.



is faced with white sain. Ermine is of-fectively used for the collar and cuffs. The The long deeves are ent-in-one with the bodice, and are full above the wrists Copyright 1

Blanched Almond Cake

Four cups sugar, three cups flour, one-all cup milk, two eggs, two tenspoonfuls tenapeonful peach extract baking powder. baking powder, trasprontul peach extrat. Beat sugar and eggs to a cream, add milk. Then add gradually the four, into which you will have sifted the baking powder. Add peach extract. Bake in a moderate oven for three-quarters of an hour. Frost with blanched almonds prepared as fol-lows: Blanched almonds—Soak in cold white the second second second second second second second to a smooth paiste in a mathie mottar, adding at intervals a little rosewater, then add enough thick cream to make a fine white icing.

Kitchen Knowledge

In peeling or slicing onlong it is easier to start from the bottom instead of the top. They are not so bitter then. Kerosene will make tin tea kettles look much brighter when applied. Find can be acaded much easier by dip-

ping into boiling water one minute. If the hands are badly stained from peeing vegetables, rub them with a after of lemon and the stains will instantly disap-Dear.

Scotch Cake

Cottage Pie (Original) Line bailing dish with numbed potatoes, Fill with chopped incat of any kind, after nensoning with onion, sail and pepper. Over this opread a layer of any cooled vogstable Cover with buttered cranker crambs and hake in moderate oven about one-half, hour.

1 we Sweetbread Recepts To the Editor of Woman's Paos: Dear Madam-I am inclosing several asset-bread rectors which will be found good. Baked Sweetbreads we baking data seven sweetbreads in a considered baking data seven this slices of for sell pork baking data seven this slices of for sell pork bake in a bot oven, basing with far organizative and slice the asset minutes remove the purk and let the asset breads howen.

minutes remove the pork and let the aware-brands brown. Bauted Sweetbreads. Cut in two-hach pieces and satisfy in her freing pan. Spread nices of toast with grated Parman others multiwhed with whipped tream. Arrange a piece of the sweetbread upon was pieces of toast, season with salt and peller, we tailsepone of the ream of lakers, saiding to tailsepone of the several hale read and the piece of the several hale as the piece of the same the covered hale as a stating the same and have in a moderate own about ten minutes. Ferve in baking dishes.

Catsup From Canned Tomatoes To the Editor of Wommi's Page:

To the Editor of Woman's Page: There Madami I am sending a recipe for cat-mp made from canned tomisteer add in two ratiosances and the sender of the two ratiosances and the sender of the sender bases of the sender of the sender of the sender bases of a ported in kills, and three tablesponts brown bases of a ported in kills, then strain through a bases of a ported in kills, and two tablespoons presents ground mustard, one tablespoon each present of a ported in kills, and the tablespoon present of a ported in kills, and the tablespoon present of a ported in kills, and the tablespoon present of a ported in the tablespoon each present of a ported with the sender of the sender. Watch and strain of the sender sententing. Send then while het and it will keep to years. for the children invoir he any better, him, as he will have to say better, persons? The I have to take that small simului, persons? The I have to take that small simului, or would my hashed have to pay more if we expected to live apart? Shull I keep this farter up? What dyite ean rue give me? I shall weiceme anything you any. A DEVOTED HEADER.

Recipe for Eggs Susan

Recipe for Eggs Susan state Editor of Women's Paus The Susan of thousand this reside where the many mass and a thousand this reside minist be the sum mass and a thousand this reside minist be the sum of the substant of the substant second second the substant of the substant second s ELLA Q.

Breakfast Dish

Break Belitor of Woman's Paysi Dear Madam-Esse cooked in this way are deligniful for breakfast or lunchcourt, A is consease-Piace in a frying pake a Consease of builter and when hot add a our familiar dried beef, a cur of tumintoes, here, when of builter and when hot add a our of the prated cheese, and sait and prose. When our reated cheese, and sait and prose to a fram. GRACE P. H.

Use of Dried Corn

Bedfor of Womon's Passi Madam-Many bousekeepers do not part drich or evaporated corn as it is by some is vasily better in favor than orn. It is asked overnight, then as if it were fresh erro, and is per-dicious, tasting exactly like the fresh it makes good corn puddings or fritres. <u>ETHEL</u> M. ETHEL M.

Charlotte Russe

Des Editor of Woman's Page: Des Madam Please schlieb an easy recipe an chashette russe, and oblige MAUDE C.

Dese Madam - Fisse rulling da esty recipe in chanter must and colling datUDR C. One tablespoon gramilated gedating on quarter cup cold water, one-third cup malded ersam one-third cup portgined segan three and one-half compound vanilia, whitped, one and one-half tempoon vanilia, its lady fingers Soak the gelatino in cold water, dimolvo in acalded cream Strain whitped, one and one-half tempoon vanilia. Set water in pass of cold water and vanilia. Set water in pass of cold water and stir con-tantly until it begins to theicen then fold in waterood cream, adding one-hild at a fincting calcular water and again cool institution over hot water and again cool institution of the last water and again and

Neglects Wife and Children To the Editor of Woman's Page: Desr Madam-Acalinat the wishes of my parents, I nurried when hollow of its wate of many two have begg particle server rears and have two children. I had money of me own at the children, I had money of me own at the time of matriage, so we started in famines.

nuch want you to be friends with Jack The second off my hand with a muffled exand started toward the door of obstine I'd have of being friends

a control of a fixed of being friends act, he infinited up time perfectly, area, Jons will just be ready to great a foing but brother when he hears use. I wish you by in your job of Juck you have a bushead at home." "Why, Dicky," I gasped. "What do you

All Sizes

"Telephone me no 1 can see you as soon

mean"," "Oh, of course, you don't know, Miss In-neence" he relevant, "You'd better 're-fresh your memory, as the lawyers say, from your dear friend's letter."

D

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merchandine

To the Editor of Woman's Page: Imar Madam-I am a young man elutition years of ago and am in love with a young hafs generates years of age. The girt thinks that I don't care for her, so she is africit to an out with me and acts very quest't to me, but I know she thinks a great deal of me. She has no father and is left alone in the world with har mother. They are very hour. Plane bill the what shall do. I have no intention of set-ting married before I am twenty the proof \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the set of the time married before I am twenty the proof of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the \$40.000 deal and the set of the set of the set of the set of the \$40.000 deal and the set of the set You can surely be good friends with this young girl without expecting her to fail in love with you. Be nice to her, but not silly and sentimental. A love affair at your age would be very unwise, and the girl probably realizes this.

If you should decide to leave your hus-

If you should decide to leave your hus-band and his income warrants his giving you more than 55 a week he cat, be oblight to give more. This is a very serious prob-iem, and one on which I am afraid I can give you little advice, as you know best just how unfairly your husband has treated you and should be the one to decide

Lovelorn Youth

you and should be the one to decide.

To the Editor of Wannan's Page:

Sought-After Maiden

During the second secon

for ms. H. A. L. You probably don't care enough for any of these man to think seriously of marrying one of them. A girl of your evident attrac-tions will no doubt find the right man some time in the future.

Fruit Doilies

To the Editor of Woman's Page:

To the Editor of Woman a Proce. Dear Madam-When fruit is served as a frat course at lunchestor is it necessary to use fruit mapsime-that is dollies of a colored damage which are supposed not to stain? I would like to anow your opinion on the subject, as I con-tampade giving a function and making the dret course fruit cop. HARA.

which are composed not to stain' I would like to ensw your origination on the subject, as I com-mutate string a tunchesin and mailing the drat causes truit cas. For a formal function colored damasks dollies would not be in good taste. Fruit sup, when property served and catan, annual out require flagst how of or dolly other than the tunchesin haplane provided har us, suite than