

JUDGING ALL MEN BY ONE MALE OF THE SPECIES—TRIALS AND TRIBULATIONS OF MARY

MARY MAY BE CAREFUL BUT NOT TOO AWFULLY CAUTIOUS Folly of Imagining All Men Knavish Because of the Backsliding of a Few Members of the Sex

A BOOK which has only recently been published under the suggestive title of "Oh Mary, Be Careful!" deals with the unbending attitude taken toward all mankind by one disgruntled old spinster, Aunt Myra by name, and of the stern provisions of her will, whereby her niece, who had been brought up to regard all men as coarse and vile, would lose the estate should she smile on one of the ill-favored creatures.

I don't know whether Mary disregarded the warnings or not, but I prefer to think she did not follow in the straight but altogether too-narrow footsteps of her maiden aunt.

I should hate to go through life believing that because a few men or even many men were weighed in the balance and found wanting there were not just as many more good men and true in this world.

One young woman I know crossed the continent last year with a number of persons, among whom were the wife and daughters of a noted divine. The former considered her mission in life to be that of warning other mothers' daughters of the perils they would surely encounter and hour after hour, at the slightest provocation she would hold forth on the subject.

The girl at first listened with respectful if not altogether approving attention to Mrs. A's exhortations, but finally after a week of it she could contain herself no longer and gave vent to her opinions by saying, "Mrs. A—my father was a good man, so are my brothers. Have you never known any good men? What, may I ask, is the matter with Doctor

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 endorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. When boiling sauces or custards, constant stirring is necessary to keep the liquid from burning. What will take the place of stirrer? 2. When storing a quantity of potatoes, how can they be prevented from rotting? 3. When the color of a garment has been destroyed by acids, how can it be restored?

ANSWERS TO YESTERDAY'S INQUIRIES 1. The best way to freshen lettuce that has become wilted is to cover it with slightly warm water and subject it to a very cold temperature. 2. Rice should be stirred very slowly into rapidly boiling water and the water kept at a brisk boil if the rice is to be flaky and not mushy. It should be stirred lightly with a fork rather than a spoon, as the latter will crush the grains.

3. When there is a suspicion that fish is slightly tainted, it should be steamed for a short time in a weak solution of permanganate of potash. This will destroy the tainted particles, should there be any, and will leave the fish sweet and wholesome.

Cap From Angora Collar To the Editor of Woman's Page: Dear Madam—With Angora \$1 a ball and hard to get as that, what was I to do for a cap for "Miss Major" the baby? I thought myself for some time until I hit upon a brilliant idea. How about the white Angora collar on my last summer's sweater? Why not make that double service? I got out the sweater and found that the collar and cuffs were made by hand, so I ripped 'em out. The collar was a straight piece of fabric, and the cuffs were also straight and gathered one long and tightly with heavy cotton. I made a cap, which I lined with my collar, and it made a nice, snug and loose. These I overcast to make it fit into the neck in the back. I turned it into a band around the face to make it more becoming. It was too long around the front, so I laced it in under at each side up to the nose, as I did not want to cut it. This does not show, and the wool is so soft it is not bulky.

Every one admires my baby's fuzzy bonnet, and when asked whether I knit it myself I laugh up my sleeve and say that it was made by me. When spring comes and heavy caps are packed away this one will undergo another metamorphosis, and will again become the collar and cuffs of my pink sweater. Truly a penny saved is a penny earned. W. W. G.

Toothsome Marmalade To the Editor of Woman's Page: Dear Madam—I am sending an excellent recipe for home-made marmalade, which is easily prepared and quite delicious. One grapefruit, one orange and one lemon, cut up fine and put in a bowl. Then add twice as much water and let stand overnight. The next morning add one pint of sugar for each pint of liquid and boil for three hours. Pour in glasses and when cold cover with paraffin. This will make about seven glasses. M. M.

Making Chocolate Creams To the Editor of Woman's Page: Dear Madam—Here are some candy recipes which will be liked by the kiddies: Chocolate cream—Put one cup dry one-half pound of chocolate in a bowl and put the balls into it in turn. Lift each ball out with a fork and place on greased paper to harden. Walnut cream—Open English walnuts carefully that the kernels may not be broken. Press the halves into opposite sides of a sugar ball. Bake cream—Remove the seeds from sugar. Roll sugar balls into cylinder and press them into the spaces from which the date seeds were taken. Cherry cream—Buy one-quarter pound red candied cherries, wash each cherry very carefully and press into the opening a small ball of the sugar mixture. Lemon or orange cream—Take one teaspoon of white of egg and mix with one tablespoon of lemon or orange juice. Add enough sugar to make a dough. Roll it into balls and let it harden. French candy—White of egg, one-half teaspoon vanilla, two tablespoons cold water, two pounds confectioner's sugar. Beat the white of egg and add to it the vanilla and cold water. Stir in gradually enough sugar to make a stiff dough. CATHERINE M.

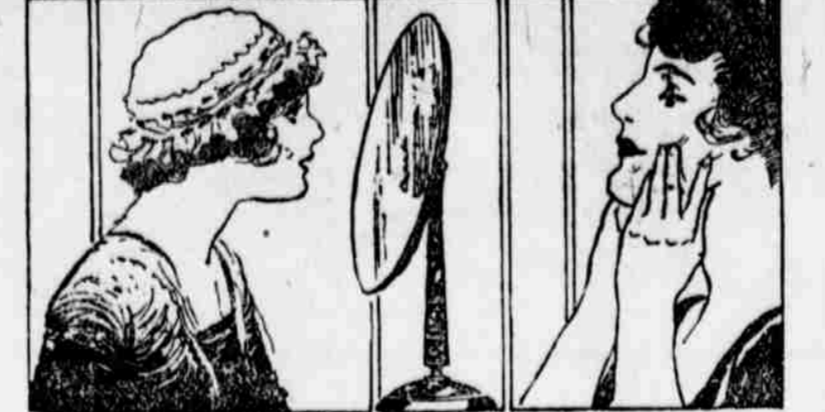
Delicious Southern Dish To the Editor of Woman's Page: Dear Madam—Chow-chow, one-quarter pound salt pork (unsmoked) into fine dice, put into a scotch pot or steel frying pan and fry the fat out thoroughly, being careful not to burn. Add one pint of tomatoes and one-half pint of canned corn. Salt and pepper suitable. To better required. If desired to be richer add more butter. The tomatoes should be completely drained the taste of the pork fat. A. B.

Baked Beans, Tomato Jelly To the Editor of Woman's Page: Dear Madam—Here are some recipes which will be appreciated: Baked beans—Dry cup beans, two tablespoons cooking oil, one-half teaspoon salt, one-quarter teaspoon mustard, one tablespoon molasses. Boil beans in water until tender. Drain. Add the oil, salt, mustard and molasses. Heat the beans in a saucepan and bake in a moderate oven from eight to twelve hours. The beans should be cooked in a rich gravy and a dash of sugar. Tomato jelly—One tablespoon gelatin, two cups cold water, two cups tomatoes, dash onion powder, one-half teaspoon salt. Boil the tomatoes and onion powder. Strain the tomatoes through a cloth. Add the gelatin and water and stir until dissolved. Strain the mixture and pour into the jelly mold. Let it stand until set. W. W. G.

Nationality of Minor To the Editor of Woman's Page: Dear Madam—If an Englishwoman who has a young son marries an American would the son be considered as being a citizen of the country of his mother or of his father? W. W. G.

THOUGHTFUL CARE THE PRICE OF RETAINING YOUTHFUL BEAUTY

By LUCREZIA BORI The Famous Spanish Prima Donna.



Keep youth with you by taking daily care of yourself.

THIS is the age of youth. Unlike the days of old, when preparations for advancing age was a common topic of conversation, today every one is trying to stave off the years and keep youthful. The great-grandmothers of the present are no older looking than the grandmothers of the past, and it is sometimes difficult to distinguish the matron from the debutante, nowadays.

Ever true is the saying, "A woman is as old as she looks," and since it is possible for a woman to appear younger than she really is she should exert every effort to preserve her freshness and good looks. Another saying that is often quoted is, "A woman who always loves never grows old," so keep love singing in your heart no matter if you have passed the halfway milestone on the road of life.

In addition to this youthful mental attitude you must keep your physical being in a perfect condition. "To keep young you must keep healthy." Then you must assist nature in her building-up process by devoting a little of your time each day to giving yourself the personal attention necessary to preserve your beauty. The woman of thirty-five must be on the alert for the slightest sign of approaching age and use every particle of knowledge she possesses to counteract the withering touch of time. At this age the hair is apt to lose its youthful color and luxuriance and to grow gray about the temples; the complexion is inclined to grow ashen or sallow and its satin-like texture become coarse and rough; the figure will become stout or of waith-like proportions. In fact, at thirty-five there is a "shadow cast before" of the sort of old woman you will be.

You can coarsen or refine with age according to the care you take of the beauty with which Mother Nature has endowed you. Guard the loveliness of your skin, the childlike brightness of your eyes, your graceful figure and the regularity of your features. Make sure that the muscles of your face are firm and the tissues are well fed, so that there will be no danger of the facial skin sagging. The cheek muscles are usually the first to show signs of sagging. When a profile view of your face discloses bags of loose flesh hanging about the jaw it is high time that you set about correcting this unlovely sign of advancing age.

Massage the sagging muscles upward, beginning at the point of the chin and working backward and upward. This gentle yet firm pressure will stimulate circulation and renew the strength of the muscles. Then take a smooth piece of ice and press it firmly against the cheeks and chin, holding it in the same place as long as you can bear the cold. Then iron the sagging muscles, using only upward strokes, with the ice. Wear a rubber band or a band of muslin to bind up the muscles during your sleeping hours. Draw this band about the chin and cheeks and pin or clamp it on the crown of the head. This will hold the muscles in place, for they are inclined to sag in sleep. Then watch yourself closely that you do not form any of the habits which encourage sagging muscles. Make sure that you do not sleep with your mouth open. When the mouth is open the lower jaw drops and the muscles sag to accommodate the open mouth.

Ordinarily, because of rigid State inspection and pure food laws, the cleanest and best milk is consumed in the big cities. The inferior, left-over milk goes into the ordinary kind of butter. Up in the country at Meridale Farms, only the cleanest and best milk goes into MERIDALE BUTTER.

It is churned from milk that comes from the most exacting Board of Health regulations—more, it complies with the Meridale Standard, "Only the richest, purest milk that healthy cows can yield." AYER & McKINNEY (Makers of Meridale) Bell Phone, Market 3741 Keystone Phone, Main 1783 Look for the "Meridale" wrapper—air-tight, dust- and odor-proof—at your grocer.

Some Breakfast, Mother! You'll hear that cheery call after the first mouthful tomorrow—if you will give him Cream of Barley. It is not a mere excuse for cream and sugar. It is real food—because it is made by a wonderful new process from the most nutritious and digestible of grains—from barley. It is "some" breakfast. For tomorrow buy from your Grocer.



CHILD'S OWN BRAND SOAP, 3 cakes for 10c

Notice the tricks of your muscles in speech. Do not twist your mouth and cheeks into unnatural positions; in other words, do not "make faces" when conversing. Many persons have the unattractive habit of using the lips too much. The lips should be passive in speech and not thrust forward or drawn into a tight little bunch. Practice talking before your mirror until you make sure that you have corrected any of these bad habits you may have acquired. To preserve the youthful beauty of your hair you must frequently massage it with a nourishing oil or tonic. Olive or almond oil or vasoline is an excellent food for the scalp and hair. If age is bringing pounds of superfluous flesh you will have to exercise systematically and pay more attention to your diet. On the other hand, if you are losing weight eat more nourishing foods and massage the body with olive or almond oil or cocoa butter. Rub the fattening oil well into the muscles and before long you will notice that the angles are rounding out into youthful curves. Remember that this is "an age of youth" and that it is every woman's duty to remain young. Copyright.

A Valentine Announcement Of cardboard, cut two hearts, joined at the top. Fold so that they will stand on the points. Put one at each plate. The names of the engaged couple are written upon the inside of the hearts. The outside of one may be used as a place card, the menu being written upon the other.

Birthday Cake for Boy Place a small toy train in the middle of the cake and a very tiny grip beside it. Put in the grip little bonbons to correspond to the number of years of the boy's life.

Ham Croquettes One cup finely chopped boiled ham, one cup breadcrumbs, two cups hot mashed potato, one large tablespoonful of butter, three eggs and a speck of cayenne pepper. Beat ham, butter, pepper and two eggs into the potato. Let the mixture cool slightly, then shape into croquettes. Roll in bread crumbs, dip in the third egg, beaten, then in crumbs. Put into frying basket and plunge into boiling fat. Cook two minutes.

On Chapeaux The flat, nondescript ornaments continue to thrive upon hats.

Advertisement for Meridale Butter, featuring a picture of the butter and text describing its quality and availability.

HOUSEHOLD HELPS

Four Luncheon Biscuit Recipes HERE are four recipes for substantial biscuits and cakes which are especially suitable for lunch or dinner. They are nourishing and acceptable fare and will keep for several months. The quantities given below are for those who cook on a large scale, but they can, of course, be halved or quartered when a smaller supply is needed.

THICK BISCUITS Two pounds of brown or whole meal flour, half a pound of white flour, half a pound of lard or margarine, four ounces of moist sugar, a quarter of an ounce of bicarbonate of soda, half a pint of milk. If margarine is used a little salt must be added. Sift the chemicals into the flour, mix well with the meal, rub the fat and sugar in finely, then mix up to a very stiff dough with the milk. The dough must be stiff. Roll it out as square as you can to half an inch in thickness, with a sharp knife cut a strip three inches wide, and divide into three-inch squares; use all up in square pieces. Prick the tops with a skewer, put them on a tin, let them stand for half an hour, then bake in a hot oven. These biscuits, containing fruit, are of a richer kind than the other, but will also keep for a long time.

COCONUT BISCUITS Three pounds of flour, half a pound of arrowroot, half a pound of fine cocoanut, half an ounce of cream of tartar, a quarter of an ounce of bicarbonate of soda, one pound four ounces of margarine, one finely chopped pint, three eggs, three gills of milk, a quarter of an ounce of volatile. Mix the flour together, rub the margarine and sugar in finely, heat up to a stiff dough, adding the fruit last; it should be fairly stiff. Roll it out to half an inch in thickness, prick all over with a skewer, cut into three-inch squares, put on flat tins and bake in a moderate oven.

One pound of whole meal, one pound of white flour, half an ounce of cream of tartar, a quarter of an ounce of bicarbonate of soda, half a pound of margarine, a pinch of salt, half a pound of sugar, half a pound of currants, one pint of milk. Sift the chemicals into the flour, rub the fat and sugar in finely, add the currants and mix up to a paste with the milk. Let it lie a little while, then roll out to a quarter of an inch in thickness. Cut out into any shape, put on tins and bake in a moderate oven. Whole meal bread should never be baked in an oven that would bake a white loaf, as a crust is not desirable upon whole meal bread. In the above recipe those who like currants omit the chemicals and use four or five eggs, mixing up to a paste. Currants may be taken in baking, and the cakes may be rolled out thin. (Copyright.)

Tripe in Batter Make a batter as for clam fritters, have the tripe washed, boiled and drained, cut in two-inch squares, dip each in the batter and fry brown. Serve with a little vinegar which has had cold, sliced corns and a bit of mace boiled in it for flavor, then strained out.

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