

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 I cut it into one and one-half width. I took one cuff which was also straight and gathered one long and tightly with heavy cotton cord. It made a nice, made the center back of the cap, to which I sewed my collar. I turned it inside out and loose. These I overcast to make it fit into the neck in the back. I turned it into the neck around the face to make it more becoming. It was too long around the front, so I laced it in under at each side under the bows, 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 "no, 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. L.

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—One quart dry one-half cup milk. Melt one-quarter pound chocolate in a bowl and put the milk 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 dates. Roll sugar balls into cylinder and press them into the spaces from which the dates seeds were taken. Cherry cream—Buy one-quarter pound red candied cherries. Cut each cherry into halves 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.

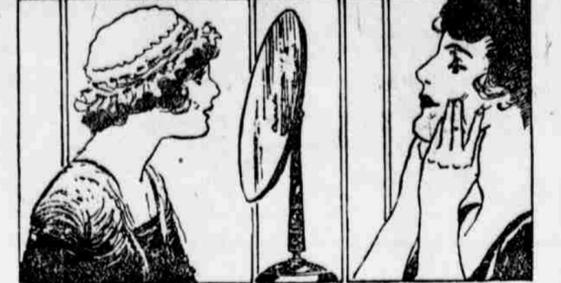
Delicious Southern Dish To the Editor of Woman's Page: Dear Madam—Chow-chow, one-quarter pound salt pork (unsmoked) into fine dice, put into a scotch pot or steel frying pan and fry the fat out thoroughly, being careful not to burn. Add one pint of tomatoes and one-half pint of canned corn. Salt and 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. K.

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 cup onion, one-half cup tomato catsup, one-half cup vinegar, one-half cup sugar, one-half cup molasses. Boil in one quart water, add one cup of beans in one quart water, add one cup of beans in one quart water, add one cup of beans in one quart water. Add the other ingredients and bake in a casserole oven from eight to twelve hours. The cooking should be done in a rich flavor and a dark color. Tomato jelly—One tablespoon gelatin, two cups cold water, two cups tomatoes, dash onion, one-half cup sugar, one-half cup vinegar, one-half cup catsup. Boil the gelatin in cold water, add the tomatoes and onion, and boil until the gelatin is dissolved. Strain through a cloth and add the sugar and vinegar. Boil for five minutes and pour into the glasses. Three glasses will be made. 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 something different than to distinguish the matron from the debutante, nowadays.

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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.

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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.

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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.

One pound of whole meal, one pound of white flour—two pounds of all white or brown flour—six ounces of sugar, four ounces of margarine, half a pound of moist sugar, a quarter of an ounce of bicarbonate of soda, half a pint of milk, a quarter of an ounce of volatile. Mix the flour together, rub the margarine and sugar in finely, beat 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.

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 pound eight ounces of sugar, six eggs, a little essence of lemon. Sift the powders, arrowroot and cocoanut together, cream up the sugar, margarine and eggs; add the es-

sence of lemon, then mix the flour, etc., in to make a firm paste; no liquid is needed. Roll it out thinly, cut out with a two-inch cutter, put upon tins, wet the tops, dredge with cocoanut and bake in a moderate oven. These are very nourishing, and can be made plain or with fruit.

One pound of whole meal, half a pound of white flour, half an ounce of cream of tartar, a quarter of an ounce of bicarbonate of soda, half a pound 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.

Remember that this is "an age of youth" and that it is every woman's duty to remain young. Copyright.

Full weight and measure, full value and satisfaction are found "Where Your Money Goes the Farthest" Childs' Pure Baking Powder

It's ABSOLUTELY PURE and recommendable in every way. Has no trace of that bitterish, disagreeable baking powder taste; and retains its strength indefinitely.

Use it in your biscuits, cakes, muffins—in all your baking—and you'll certainly be delighted with results. It sells for about half the price of the ordinary powders; and a fair trial will establish it in your home.

A Full Pound Can for 15c

New Dried Fruits Particularly luscious, with Nature's full, ripe juice and flavor. Our enormous buying enables us to price them very low; and they're really the kind you don't always get.

Prunes, 13c lb. Peaches, 10c lb. Apricots, 20c lb.

New Finest Quality Pure Leaf Lard 17c lb.

New Rolled Oats No healthier cereal food; and these oats are of the very finest quality. By buying in bulk you see just what you're getting, and you're saving the cost of packing and extensive advertising.

"Auto" Brand Lemon Cling Peaches, 15c can

Fancy Quality "Blue Rose" Rice, 5c lb.

Cafe Blend Coffee 19c lb.

Princess Blend Tea 35c lb.

Many people judge it as a twenty-five cent grade. We advertise it as very unusual value for the money. It's a distinctive blending of our own; and there's satisfaction in every cup.

Full-Gallon Stone Jug of Choice Vinegar, 28c

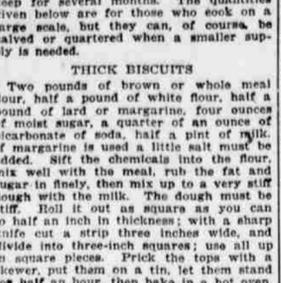
Childs' Own-Brand Soap, 3 cakes for 10c

The cheapest Recommendable Soaps offered to-day. Your choice of NAPHTHA or LAUNDRY.

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