

AN INTERESTING PAGE FOR WOMEN—A WIFE'S STORY SELF-TOLD—FASHIONS OF THE DAY

UNSELFISHNESS IS BASIS FOR HAPPINESS IN MARRIED LIFE

A Mutual Giving Saves Many a Home From Destruction—Woman's Success in the Business World—Is Considered Man's Equal

WHY are women expected to give their time to pleasing those of the opposite sex? writes a correspondent. She continues: "I grow weary of reading in the magazines and periodicals, and even in the daily papers, what a wife should do; what a wife should be; how a wife should devote her time to making home happy for her husband; how to serve him good meals; how to prevent his being worried by domestic troubles when he comes home. Recipes, hints for enhancing beauty, household secrets are all imparted, too, that once having captured him, she may do her utmost to keep him in a good humor. And, though the advice is always for the wife, there is usually an undercurrent insinuation which delicately points out that the maiden would do well to learn how to act in the future, once he, the Prize, is won. Why is it?"

Do you not think you exaggerate a bit? Perhaps something or some one has "got on your nerves." After all, without losing any of her force or mental attainment, is it not rather the part of a wife to please her husband quite as much as it is his to please her? You remember that remarkable play by Jerome K. Jerome, "The Passing of the Third Floor Back," that sentence which the lodger utters in regard to matrimony: "marriage is giving," he says, and that seems a right view. Perhaps if there were a little more giving on the part of both husband and wife one would not read the long lists of "divorces granted" which so often confront one. The happiness of married life depends largely on unselfishness; mutual love asks mutual sacrifice and mutual sharing of joys and sorrows.



The ribbons from all around this hat are of the same mind, and have but one goal (a high one), and that is to meet in a large knot atop the hat, and rise from there to independent heights.

In many cases as capable as man. She has worked shoulder to shoulder with him, and demonstrated that she can do as much and, in fact, even more work and quite as efficiently. It has come to be generally acknowledged that a woman has greater powers of endurance; she will work conscientiously and steadily, wrapped in her ambition to succeed, and scarcely give a minute's thought to the time and nerve energy she is using. There is little reason to doubt that this very thing, her intelligent endurance, which has been proved in England, where in so many instances she has replaced man since the war, will bring about that suffrage for which she has been working for years. There is one thing to remember, however; this state of affairs has not been effected through military, but through a sort of "Missourian" demand on the part of England, "You'll have to show us," and they have. No, the thinking woman of today is no longer obliged to resort to beauty hints and extra delicate dishes to keep the male creature happy; she is simply to be his comrade and helpmate and—the world is hers.

GIRLS ARE GIRLS' BEST TUTORS IN MORALS, WORK AND FROLIC

There is drink served in them, they are smoke-filled. By midnight there is a stimulated atmosphere or a deadening one that has its own effect. There is very little supervision over these dance halls—and none of the sort that is really needed. What we want is women with the social conscience and vision to oversee the festivities.



MISS HARRIET L. GOLDMAN

Miss Harriet Goldman Tells of Kind of Service Protective League Is Performing in Philadelphia—Prevention Not Cure

GIRLS can tell more real things about G girls than any one else, says Miss Harriet Goldman, secretary of the Probationary Association, of New York, and organizer of the Girls' Protective League of that city.

Perhaps that is why Miss Harriet L. Goldman, chief of the Personal Service Bureau in Philadelphia and founder of the Girls' Protective League here, can sit and talk girls for one delightful hour, never say the same thing twice and yet make remarks that are well worth repeating. Miss Goldman is just a girl herself.

Not so long ago she was a student at Barnard College, making a specialty of sociology and economics, with a view to teaching practical application of these high-sounding subjects to the big, broad field of human beings who know nothing of their true meaning. Today the young lady is scarcely the big sister, but rather the "just plain sister" to hundreds of girls who are making their living in shops, factories, stores and all the other places where girls may work. She is teaching them to lift their eyes above the horizon that is as a rule bounded by job, stores at cheap dance halls and occasional trips to five-cent movies.

VIDA MILHOLLAND WILL TAKE HER SISTER'S POST

Enters Suffrage Work as Memorial to Mrs. Boisevain, Martyr-Leader

NEW YORK, Feb. 19.—"It's my memorial to Inez," cried Vida Milholland yesterday at her home, 247 Fifth Avenue. "Talking doesn't count. I must prove my devotion to her. I cannot sit around moping because she is gone; she would have hated that. I must 'do'."

She was not going to try to take her sister's place in the cause, Vida Milholland said, vehemently. "She was a great, great woman. I don't think any one could take her place. I know that I couldn't; but I must do my bit. I can't even make speeches. But I am ready to picket or help in my tiny way wherever the opportunity affords."

No one would agree with Vida Milholland that it was a "tiny way." The voice which won operatic triumphs in England, and which will some day sing leading roles in the critics' predictions come true, will figure in "The Woman's Marseillaise" at Washington and elsewhere.

She will not give up her profession for suffrage work, because "singing's my job, and I've got to make my living." She's the daughter of Mr. and Mrs. John Milholland, but she believes in self-made livings.

She and her sister had always been singularly devoted. She accompanied Mrs. Boisevain on the trip West last fall that cost her life.

"I saw how hard she was working, but I could do nothing," Vida Milholland said. "I was wild about the work the women were doing, and I couldn't know how it would turn out, of course. The women of the Congressional Union are just wonderful. It is because I think they have the same spirit that actuated Inez that I want to work with them."

The vote doesn't mean so much, Vida Milholland thinks. It's independence that counts—that and being "loyal to Inez." She hopes that all those who have loved her sister will "stop talking and go to work to win her fight."

A Tuesday Dinner

There was once a little girl who asked for but one birthday present—all the macaroni and cheese she wanted. Remembering her and all the other macaroni-and-cheese enthusiasts, we will serve this popular dish with buttered, diced, boiled onions, and there will be a date pudding with whipped-cream sauce for dessert.

HOUSEHOLD HELPS

How to Use the Cheaper Meat-Cuts

NOT long ago a housekeeper who enjoys a reputation for exceptional thriftiness showed me her little card catalog of recipes which she had tried and found satisfactory. Suddenly I noticed that she had one section of the book behind her mast recipes marked "cheaper cuts." And in this division she had listed all the so-called cheaper cuts of meats, what they were best suited for and a number of especially good recipes.

It seems to me that this is a decidedly helpful plan to follow, and an aid to getting away from the idea that the "cheaper cuts" are to be purchased only when the family exchequer demands an immediate curtailment of the meat bill, and so an age of "made dishes" is ushered in, and the inexpensive cut disguised as such as possible.

There are many of these less-costly cuts of meat which, if correctly cooked, will vie with porterhouse. Indeed, the delectable flavor of these coarse cuts is often much superior to the high-priced joints which may be more delicate in texture, but lack the flavor, nevertheless. Here is a list of some of the cheaper cuts and suggestions for their best use:

- CHEAPER CUTS OF BEEF: Round, tri-tip, brisket, flank, etc. CHEAPER CUTS OF MUTTON: Neck, shoulder, etc. CHEAPER CUTS OF VEAL: Rump, etc.

The best way to handle most cheaper cuts, if you desire to roast or stew or cook whole in any way, is first to harden the fiber by putting on boiling water, or heating the meat so that the outer surface is "seared," that is, closed, and the inner juices prevented from seeping. A long, slow cooking thereafter will make the meat tender, but will retain the flavor in it. A fireless cooker provides an excellent means for giving a cheap cut the long slow cooking it needs without adding to the expense of the dish the cost of extra fuel.

BEEF BOTTLE: Remove the bone from the rump of beef, wash the meat, pour one cupful of vinegar over it. Dredge with flour, and put into large pot or casserole. Pour about one and one-half quarts of hot water over it and let it come to a boil. Then add to the beef the following vegetables and seasonings, vegetables being cut in small parts: Potatoes, carrots, cabbage, turnips, one or two small onions, one sprig of sweet marjoram, one tablespoonful of pickled capers, two tablespoonfuls of salt, one tablespoonful of pepper.

This should be kept cooking slowly for about five hours, and the meat turned over frequently in the pot. BEEF ROLL: Either the "plate" or the flank or "skirt"



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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. How should bulbs which are planted on problems be treated? 2. What kind of cheese gives the best flavor when used for baking with cauliflower or macaroni? 3. What is the best way to dry and polish window panes after washing?

- ANSWERS TO SATURDAY'S INQUIRIES: 1. Boil a slice of raw potato in fat which has been scorched or has a burned taste and the flavor will be restored. 2. A loaf of stale bread is said to contain more nutrition than one that is fresh. 3. Shell the almonds and drop them into a bowl of boiling water. After five minutes take them out and the skins will slip off easily if the almond is pressed lightly between the thumb and forefinger.

Inexpensive Polish: Dear Madam—A piano dealer recently told me how to make the polish which he uses to clean and dust all the instruments he repairs. It is made of equal parts of benzine and paraffine oil. This is what I mean by a "cheap" polish. It is not only cheap, but it has proven better than any prepared polish I have ever used for all kinds of furniture, as well as on the oil to polish varnished floors, and at a fraction of the cost of ready-made polishes. (Mrs.) H. W. D.

Removing Candle Grease: Dear Madam—Will you kindly let me know how to remove grease made by candles by placing heavy brown paper over the places stained and ironing with a hot iron until the grease comes through the paper and is entirely removed from the chair. Be very careful not to scorch the damask. Black or dark blue dresses of lawn may be washed in salt and water and some pure soap. They should be ironed on the wrong side of the goods, when still very damp. This gives the goods the firm finish of new material.

Economical Sweets: Dear Madam—I have been much interested in your column and am sending you an excellent, butterless and milkless cake recipe which is nice, also two simple but delicious desserts which can be made very quickly when you are pressed for time. The latter I make with an apple and a banana. Two cups granulated sugar, two cups water, one cup lard, one-half pound seedless raisins. Put on stove and boil three minutes. When entirely cold add one teaspoon cake soda, two teaspoons cinnamon, one-half teaspoon salt. This will serve three or four persons in a shallow glass pie plate. Bake one hour in a moderate oven. Chocolate Fudge: One pint of milk, remove cream and put on fire. Mix one tablespoon cornstarch, three tablespoons sugar and one tablespoon cocoa together. Fry in the hot milk on the stove, stirring all the time. Remove when thick, add one teaspoon of vanilla. This will serve three or four persons in a shallow glass pie plate. Bake one hour in a moderate oven. Serve with plain or whipped cream. S. F. G.

The Nourishing Banana: Dear Madam—I always buy brown, ripe bananas for frying, and to slice and be eaten with whipped cream and cake for dessert for luncheon or supper. The brown, dead ripe ones are the best. They are more digestible than when green. I bought a dozen today for lunch and my cook will also have a little for lunch tomorrow. There are such many uses for this fruit. I have seen all kinds of recipes and am considering the one in the South. You may very well read the recipe in the South. I have seen all kinds of recipes and am considering the one in the South. You may very well read the recipe in the South. I have seen all kinds of recipes and am considering the one in the South.

Advice for Luncheon: Dear Madam—Will you kindly advise me how to remove the shiny look from a black silk dress dissolve one tablespoonful of cooking soda in one quart of water and sponge the silk, wringing out the sponge as dry as possible. Then take one quart of water and add two tablespoonfuls of household ammonia and sponge the silk again. Another simple menu might include Little Neck clams, with cocktail sauce; bouillon in cups, breaded French chops, asparagus tips, rice croquettes, apple and celery salad and crackers and cheese. Individual ice cream meringues, cakes and candies; coffee afterward.

THE CHEERFUL CHERUB: I'm always on thin ice in life, By every new temptation lured. I'll never run from risks—but my, I'd better get my soul insured!

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Baked Fillets of Halibut

Cut halibut into small fillets, sprinkle with salt and pepper, put into a shallow pan, cover with buttered paper and bake twelve minutes in hot oven. Arrange on a rice border, garnish with parsley and serve with Hollandaise sauce.

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