# 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

Vyvettes

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 het, 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, wrap

ly give a minute's thought to the time and

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 remem-

ber, however; this state of affairs has not

nerve energy she is using.

show us," and they have.

ped in her ambition to succeed, and scarce

WHY are women expected to give their time to pleasing those of the posite sex?" writes a correspondent. continues: "I grow weary of reading in the magazines and periodicals, and en in the daily papers, what a wife ruld do; what a wife should be; how a wife should devote her time to making ome happy for her husband; how to serve him good meals; how to prevent his ing worried by domestic troubles when he comes frome. Recipes, hints for en-hancing boduty, 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 an undercurrent instruction 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, with out 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 in that remarkable play by Jerome K. Jerome, "The Passing of the Third Floor Back," that gentence 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

It is true that the clinging vine, Lydia Languish type of woman no longer exists, and some of the advice which is given td the woman of today is an insult to her intelligence, but, on the other hand, there may be extremes as well. We are in an age of enlightenment, you know, and when one delves back to the so-called Dark Ages one finds that some of our modern invention were existence centuries ago. The world es on in cycles, and we cycle with it!

BUT woman is a factor in the business world today and has proved herself hers. GIRLS ARE GIRLS' BEST TUTORS IN MORALS, WORK AND FROLIC



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 girls than any one else, says Miss made Miner, secretary of the Probationary Association, of New York, and organias its own effect. There is very little supervision over these dance bulls—and izer of the Girls' Protective League of that

been effected through militancy, but Perhaps that is why Miss Harriet L. through a sort of "Missourian" demand Goldman, chief of the Personal Service Bu-reau in Philadelphia and founder of the on the part of England, "You'll have to Girls' Protective Leagues here, can sit and talk girls for one delightful hour, never say No, the thinking woman of today is no the same thing twice and yet make re-marks that are well worth repeating. Miss longer obliged to resort to beauty hints and extra delicate dishes to keep the male

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
making practical application of these highcreature happy; she has simply to be his comrade and helpmate and-the world is 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 a horizon that is as a rule bounded by job. sofrees at cheap dance halls and occasional

sofrees at cheap dance halls and occasional trips to five-cent movies.

'This is the way it all happened," explains Miss Goldman, interviewed in her busy set of offices at 1309 Arch street. "Three years of work with the Personal Service Bureau, which has to do with the setting right of unfortunate girls, made me realize that in a way we were working at the wrong end of things. We were seeking to remedy the effect rather than the cause. "It was as a rule shown that the sirls to remedy the effect rather than the cause.
"It was as a rule shown that the girls who strayed away might have been saved had the proper influence and sympathetic understanding been brought to bear at some stumbling-block time in their lives; for instance, a quarrel at home has often made a girl despondent or sufficiently not herself to forget all about everything except that there is no one who cares or understands.
"The thing then to do seemed to be to furnish the influence and sympathy that

furnish the influence and sympathy that was so lacking. I had heard of Miss Miner's establishment of the Girls Pro-tective Leagues in New York and asked that we might co-operate with her in Philadelphia and start a nationalization of the

delphia and start a hateshalation of the movement. She willingly agreed and there you have it.
"We do so many things it would take a long time to tell them ail. We have ten branches of the league, each self-governed, but each reporting for guidance to general headquarters. Each branch adopts its own activity for the season—some of them sew, some of them have dancing classes, and so on. The girls tell on each other if they suspect anything is wrong. They report illegal factory conditions and other aspects of civic life that they have

been instructed about.
"The dancing classes I consider especially important. Here is the situation that makes them so. In Philadelphia, as in other large cities, we have many cheap dance halls

THE CHEERFUL CHERUB

ice in life,

Id better

get my

soul insured!

Will-Cyun

Im always on thin By every new temptation lured. 'Il never run from risks-but my,

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AND BRANCHES

ASK FOR and GET HORLICK'S VIDA MILHOLLAND WILL TAKE HER SISTER'S POST

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

NEW YORK. Feb. 19.—"It's my memorial to Inez."

That's why Miss Vida Milholland, concert singer and manager of her father's farm, has chosen to throw herself heart and soul into the suffrage cause. That's why she will lead a delegation of Congressional Union workers to the White House on March 4 over the streets which her sister. Inez Milholland, rode four years ago at Inez Milhelland, rode four years ago at the head of a great parade.

"Deeds were what Inex always wanted—deeds!" cried Vida Milholiand yesterday at her home. 247 Fifth Avenue. "Talking doen't count. I must prove my devotion to her. I cannot sit around moping be-cause she is gone; she would have hated that. I must just do."

that. I must just 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

"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 wen operatic triumphs in England, and which will some day sine leading roles if

which will some day sing leading roles it

the critics predictions come true, will figure in The Woman's Marseillaise. Mashington and elsewhere. She is to be the suffrage singer. will not give up her profession for suf-frage work, because "singing's my job, and I've got to make my living." She's the daughter of Mr. and Mrs. John Mil-holland, but she believes in self-made lvings.

She and her sister had always been singularly devoted. She accompanied Mrs. Boissevain on the trip West last fail 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 aprift that actuated Inez that I want to work with them."

work with them."

The vote doesn't mean so much, Vida Milholland thinks. It's independence that counts—that and being "loyal to Inea." She hopes that all those 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 macafor but one birthday present—all the maca-roni 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-

## 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 box behind her meat 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

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 cuta" are to be purchased only when the farally exchequer demands an immediate curtailment of the meat bill, and so an ago of "made dishes" is ushered in, and the inexpensive cut disguised as much as possible.

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

CHEAPER CUTS OF BEEF Rump. Roasting braising stewing Chuck ribs (lat and 2d). Roasting, or as steak
Chuck ribs (last 3) . Stewing, braising.
Plate Soup, atew, rolled
Brisket . Corned, pot-roast
Skirt steak . Rolled, stew
Plank steak . A la mode, rolled, stew.

CHEAPER CUTS OF MUTTON

CHEAPER CUTS OF VEAL CHEAPER CUTS OF VEAL.

The best way to handle most cheaper cuts, if you desire to reast or stew or cook whole in any way, is first to harden the fiber by pouring on boiling water, or heating the meat so that the outer surface is "seared," that is, closed, and the inner jutces prevented from escaping. 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

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 BOUILLI

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 easserole. 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 tab-lespoonful 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"

steak can be used for this dish. Trim a

One cupful of bread crumbs, one chopse onion, one-half teaspoonful of sait, one saltaposa of pepper, one tablespoonful of melted better, one-quarter cupful of milk.

Then roll the steak together and take ends firmly. Melt two tablespoonfuls butter in a saucepan, brown the meroil in this, then add two cupfuls of he water and simmer for two hours.



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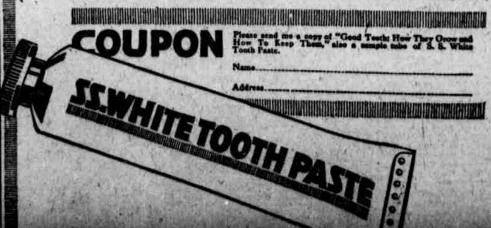
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## THE WOMAN'S EXCHANGE

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

TODAY'S INQUIRIES How should bulbs which are planted on | 1. She eating?

8. What is the best way to dry and polish

3. Shell the almonds and drop them into 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

## Inexpensive Polish

Inexpensive Folian

To the Editor of Waman's Page:

Dear Madam—A plane desier recently told me
how to make the polish which he uses to clean
and dust all the planes he has in stock. It is
made of equal parts of bensime and paraffine
oil. This is very inexpensive, a gallon coeting
about thirty-five cents, and has proven better
than any prepared polish I have ever dard for
all kinds of furniture, as well as on the oil mop
to polish varnished floors, and at a fraction of
the cost of ready-mixed polishes.

(Mrs.) H. W. D.

## Removing Candle Grease

To the Editor of Woman's Page:

Dear Madam—Will you kindly let me know how to remove grease shots made by melted way or tallow having dripped on a damask covered chair? I would like to know also if black lawn dreases can be washed, and, if so, how can they be made to look right without starch, as stared shows white on black or dark show.

You should be able to remove wax or tallow spots from the damask by placing

tallow spots from the damask by placing heavy brown paper over the places stained and ironing with a hot iron until the grease comes through the paper and is en-

grease comes through the paper and is en-tirely removed from the chair. Be very careful not to scorch the damask.

Black or dark blue dresses of laws may be washed in salt and water and some pure soap. They should be troned on the wrong side of the goods when still very damp.

This gives the goods the firm finish of new

### Economical Sweets tor of Woman's Page:

## The Nourishing Banana

3. How should hair be dried after washing?

ANSWERS TO SATURDAY'S INQUIRIES Boil a slice of raw potato in fat which has a searched or has a burned taste and the at one side of the plate when it is passed for a avor will be restored.

2. A loaf of stale brend is said to contain over nutrition than one that is fresh.

second portion, if there are no bread and butter plates on the table. If these are used the silver may rest on one. The kuife and fork should never be held in the hand while the plate is being passed,

> 2. A minister should never be spoken of Rev. Brown. Call him the Zev. Mr. Brown if your friends do not know you are speaking of your minister, but it would be necessary to say so only as a sort of explanation. Otherwise refer to him as Mr. Brown, or Dector Brown if he is entitled to the degree.

3. To remove the shiny look from a black 3. To remove the sainty look from a black slik dress dissolve one tablespoonful of cooking soda in one quart of water and sponge the slik, wringing out the sponge as dry as possible. Then take one quart of water and add two tablespoonfuls of household ammonia and poore the silk again.

Advice for Luncheon

To the Editor of Woman's Page:

Dear Madam—Will you kindly advise me how
to go about cliving a function for twelve,
igits shout sighteen years of age? Should I
write formal invitations? If so, how should
they be worded? What would you suggest for
favors and how many courses should I have?
Would five or six be too few? Perhaps you
would suggest one or two menus. K. M. L.

1. I think I would write the invitations
as follows: as follows:

Miss K- M- L-· Miss M— J— K— 's company at luncheon on Thursday, March the first, at half after one o'clock. 2. Pretty little old-fashioned bouquets of

tiny flowers in lace holders make charming favors, or a corange bouquet of sweet peas and maidenhair fern would be equally at-3. Five or six courses would be quite sufficient for a luncheon. How would this do? Fruit in cups; consomme; broiled chicken, peas, potato balls, hot rolls; to-mato mayormaise salad; vanilla ice cream in sherbet cups, served with a hot chocolate saves and cake and candies. Coffee in

sauce, and cake and candles. Coffee in demi-tasses should be served after the des-Neck clams, with cocktall 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 candles; coffee after-

For luncheon the table usually presents a well-appointed appearance if no cloth is used, but in this case dollies must be placed under each plate, each bread-and-butter plate and each tumbler or gobiet. A enterpisce of lace or embroidery to match the dollies is used in the middle of the table, topped by a graceful yase or bowl of flowtopped by a graceful vase or bowl of flowers. Have the flower favors laid on the table at each place. The custom of writing the guests' names on pretty place cards and putting one at each place adds much to the appearance of the table.

## Preparedness Classes

IALTED MIL

and vision to oversee the festivities.
"To counteract this evil of the dance halls we have gone into competition with them. We have light refreshments, we have dancing teachers, and above all we have some-thing that is surprisingly appealing—we have 'etiquette'. Introductions are insisted upon, there is no cutting of dances, and a young gentleman must always see that a lady is being taken care of before he sets forth on his hunt for a new partner. "We publish a paper and we have famous people come from town and out of town to

lated 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

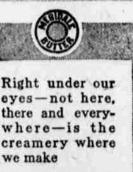
tell us about the wonderful things that are happening all over the world. The objects of our league read: To protect girls from moral danger; to promote moral education; to encourage right thinking and clean conversation; to improve conditions of work for girls; to obtain wholesome recreation for girls, and to stimulate faith in the possibilities of life.

"And all that means that we are begin ning to realize what once pleased us will please them. The little teas and things that made us happy in college can make these girls equally happy out of college. We are bringing opportunities for service to our members, that they may help them-selves and help others."

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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