

A LITTLE PRE-LENTEN TALK—SUGGESTIONS FOR WASHINGTON'S BIRTHDAY—OTHER HINTS

GIVE UP YOUR PET VICE WITH THE BEGINNING OF LENT

An Observance of the Forty Days' Stimulating. News of the Suffragists in the South

TODAY, the beginning of the penitential season, is a splendid time to make belated New Year's resolutions or to remake those broken resolutions...

If you have been keeping late hours with consequent loss of sleep, Lent offers a splendid excuse for a reformation. Or if you are tempted to eat those rich foods which cause indigestion and sleepless hours, put yourself on a diet.

But don't imagine that you are keeping Lent by giving up candy, for instance, when you are really much more fond of cake, as in the case of a girl I know.

Make the season one of self-denial. Give up your pet vice, be it the infamous candy, the movies, cigarettes or cocktails.

You will feel so much better for it when Easter comes.

THERE has been so much woman suffrage agitation in South Carolina just at present and recently when the bill for the referendum for woman suffrage came up in the Senate there, I am told, one of the Senators made the usual time-worn objection that has been brought up in every State when suffrage was mentioned, namely, that granting the ballot to the women of South Carolina would take their charm from them, that no man could make love to a seasoned politician and "romance would die."

Whereupon some one told a tale of a man and woman who ran against each other for the office of Attorney General in Montana. The man was elected and appointed his former opponent as his assistant. Time passed and the two were married. No romance?

If this argument held good would not the ballot make "seasoned politicians" of all men?

And then, too, note the politicians in the anti-suffrage party.

The women of South Carolina have been endeavoring to more thoroughly or-

Vyvettes



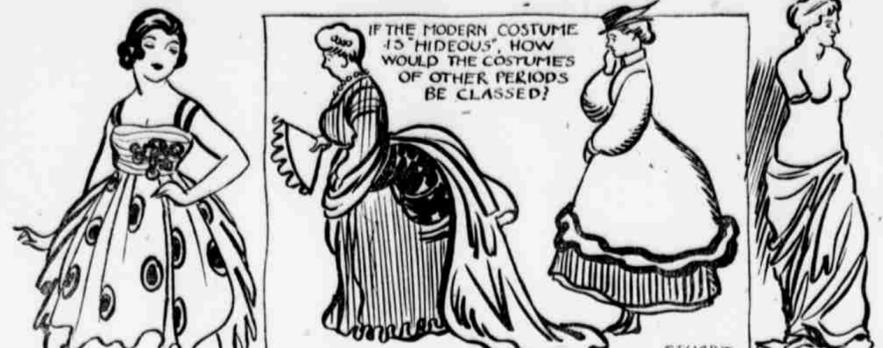
A black chapau, possessor of many blue ribbons made into little loops, peering over the edge of the brim.

ganize and systematize the suffrage work, and with this end in view a suffrage school was held in Columbia early in February.

The quality of the instruction demonstrated the splendid result of woman's patience, attention to detail, close thinking and feminine tact and intuition when applied to a cause which was to her of paramount importance.

The thought laid stress upon from the outset was that all arguments in favor of woman suffrage involve high ideas of women and of government while conversely anti-suffrage arguments mean low ideas of woman and government, which latter was amusingly set forth by Mrs. Dodge, president of the national association opposed to woman suffrage, when, in speaking of a certain table of statistics, she told her hearers that "they would probably not understand it, but could ask their men folks to explain it to them."

ART DEGRADED BY CUBISTS AND THEIR ILK, WOMAN'S GARB VILE, SAYS LESLIE W. MILLER

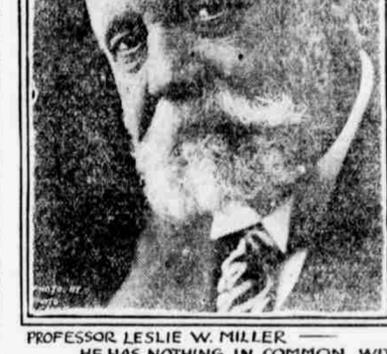


PROF. MILLER GIVES WOMAN'S DRESS AS AN EXAMPLE OF FUTURISM'S INFLUENCE

IF THE MODERN COSTUME IS 'HIDEOUS,' HOW WOULD THE COSTUMES OF OTHER PERIODS BE CLASSIFIED? LET US GO BACK TO THE LONG FLOWING ROBES OF THE GRECIAN MAIDENS

Head of School of Industrial Art Condemns Modern Innovations as "Atrocious"

By MILLER "ART," said Prof. Leslie W. Miller, "has been degraded, drugged shamefully into the mire. Futurism and cubism are a disease and contaminate everything they touch. Woman's dress is an example. Never in the history of costume has woman's apparel been more hideous. It is hideous in line and color. Short, ungainly skirts and the colors! Chrome yellows combined with vermilion! Frightful!"



PROFESSOR LESLIE W. MILLER HE HAS NOTHING IN COMMON WITH THE LONG-HAIRED IMITATORS OF MATISSE



LET US GO BACK TO THE LONG FLOWING ROBES OF THE GRECIAN MAIDENS

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 baking loaf cake a crust frequently forms on the top, this cake will rise but little. What can be done to prevent this?
2. What are some methods of testing a cake to determine whether it is baked sufficiently?
3. When preparing a boiled icing should the sugar and water be stirred while boiling?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. If no small lullion sponges are procurable a teaspoon may be used when taking soup in cups, but a teaspoon may never be used for a plate of soup.
2. One-third of the dinner napkin should be folded under and the remaining two-thirds spread across the knees.
3. Saturate a grass stain thoroughly with kerosene, then place the article in the washbasin and the stain will disappear.

George Washington Party

To the Editor of Woman's Page: Dear Madam—Would you kindly suggest a way to entertain a luncheon party of twelve boys and girls on Washington's Birthday? I would like some ideas for setting the table, and for the menu. I have a table covered with a red cloth and a white tablecloth. I have a white tablecloth and a white tablecloth. I have a white tablecloth and a white tablecloth.

Smart beret of black straw and satin.

THE beret hat is considered very smart for early spring wear. It appears in delightful combinations of straw and fabric with trimmings of plumage. This stunning beret has a full crown of black satin edged with a cording. The brim is of black lacquered milan straw turned up on one side. It is smartly trimmed with a quill of gaura.

Mexican Sardines

Broil enough large boneless sardines to allow three to a portion, lay them on a bed of hot boiled rice and turn over all a rich, smooth tomato sauce, and garnish with fried red pepper rings.

Salt Mackerel

Select a good thick salt mackerel and soak it several hours, changing the water often. If it is still salty steep in boiling water ten minutes, drain, dry and broil on a well-greased broiler.

Finnan Haddie

Select a short, thick fish, rinse it carefully, dry it and lay on a well-greased broiler, skin side down; broil about twenty minutes, add a little melted butter and pepper and serve. Smoked eels may be cooked in the same way, or either may be steamed in milk and served with a cream sauce.

Braiding

Braiding in souches and flat variety is said to be a feature of spring suits, and this trimming is repeated on many of the hats.

WOMEN'S GARB ATROCIOUS

"It is atrocious. Never have I seen such offensive, such frightful dressing. Let us go back to the Greeks, to the long flowing graceful robes of the Grecian maidens. That is the nearest to the ideal that we can imagine for a woman's costume, although there were some very beautiful costumes in the Middle Ages." Professor Miller deplored the fact that a few examples of the new art creep into the Pennsylvania Academy exhibitions each year.

Escaloped Grayfish

Take one can of grayfish, drain and break it up with a silver fork, removing all bones. Add to it a gill of melted butter, a cup of fine crumbs, a tablespoon of pepper, a level teaspoonful of salt, the juice of an onion, one beaten egg, a tablespoonful of Worcestershire sauce and the same amount of chutney. Mix well and add a quarter-cup of cream. Fill buttered ramekins and bake ten to twelve minutes.

Creamed Smoked Sturgeon

Take a half-pound of smoked sturgeon and steep it in boiling water for five minutes, then drain it and have ready a rich cream sauce to put it in. Serve with toast speckets for a garnish. The sturgeon is also good broiled. Smoked salmon may be used in the same way.

Broiled Salt Cod

Put a good-sized piece of salt cod cut from a whole fish into cold water and let it soak overnight, throwing off the water two or three times if convenient. Drain and dry the fish and put it on a buttered grid-iron to broil. Serve on a hot platter with a little butter, pepper and a tablespoonful of cream over it. Garnish with fresh peas and broiled potatoes.

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HOUSEHOLD HELPS

Candies You Can Make at Home
LITTLE JOHNNY'S preference for candy over nice fresh fruit or a home-made cookie. For children have a natural and unconquerable taste for sweets, but it does not follow that the sweets must always be absolutely sugar and nothing else.
The intense sweetness of dates and figs, or even the humble prune if it is candied so as to be exceedingly sweet, will go a long way toward directing into wholesome channels the inordinate craving for sugary substances. If you can keep a stone crock filled with dates or figs, perhaps stuffed with peanut butter or raisins or half a walnut, or dip the dates in some melted chocolate, it will prevent the unwholesome habit of buying cheap candy.

Another simple delicacy is the so-called "iced fruit." Use sections of orange or pineapple cubes or any other fruit. Dip the white of egg dip the fruit first into the egg, then into the powdered sugar. Place in the refrigerator over night and in the morning you will see them appear lightly "frosted."

MALTED MILK NUT DAINTY
Two cups of malted milk, two and a half pounds—five cups—of sugar, one quart—four cups—of water, one-half cup of nut meats, one-half cup of raisins, one teaspoonful of vanilla extract, one-half cup of sugar.

Yes, the price is a little higher, but MERIDALE BUTTER costs more to make and is worth more. On our own 2000-acre farm, all the cows are pure-bred Jerseys. We buy some milk, but only the richest and purest and all comes from cows whose health is vouched for by New York State Veterinarians and our own inspectors.

MARINELLO SHOP
Endorsement
by the medical profession is indeed a splendid tribute to Marinello, nationally famous treatments.
Not only are we specialists in all diseases of the skin and scalp, but we offer preparations scientifically adapted to the treatment of individual cases.

Wrinkles
SPECIAL REDUCTION
From February 19th until April 1st, we will reduce the price of our famous Wrinkle Remover 25%.

EDWARD DILLON
Formerly with TIFFANY & CO. THE LATEST FIFTH AVENUE STYLES IN Wedding Invitations Marriage Announcements Social, Professional, Business Cards

Concerning a Canary Bird

To the Editor of Woman's Page: Dear Madam—I noticed Mrs. D.'s request for rhubarb pie, and offer the following: Two cups raw rhubarb cut up, one cup sugar, one large tablespoon flour, beaten together, mix with water to form a medium consistency. This is the best recipe I have ever seen for rhubarb pie. Never stir it, as they are now taken away the sugar rich flavor.

Removal of Bloodstains

To the Editor of Woman's Page: Dear Madam—Please tell me how to remove bloodstains from a white fabric. I have tried many things, but nothing seems to work. Please help me.

Furs of Quality Unusual Designs
Some articles of exclusive merit offered at interesting prices, as we carry no goods over the current season.
FUR GARMENTS
1 Model Leopard Coat, skunk-trimmed, formerly priced..... \$300-\$350
1 Raccoon Motor Coat, formerly priced..... \$225-\$375
1 Model full-length Hudson Seal Coat, formerly priced..... \$600-\$875

HEPPE Victrola
Records or Victrolas will be delivered (all transportation charges prepaid) to any point in the United States. Every Record is guaranteed to be new and perfect. The Records used in the salerooms are never sold. Write or phone us your Record orders, and if you need a Victrola, we offer the following:
Heppie Outfits
VICTROLA IV.....\$16.00
6 10-inch Double-face Records..... 4.50
Total cost.....\$20.50
Pay \$1 down, \$3 monthly.

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