

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 aforesaid 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

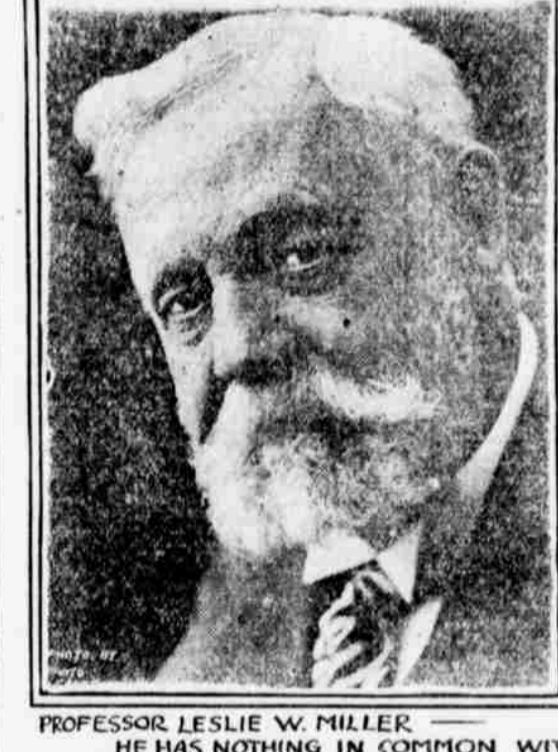


PROF. MILLER GIVES WOMAN'S DRESS AS AN EXAMPLE OF FUTURISM'S INFLUENCE

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. Sauce is cooked in its own fat. No butter or lard should be used in the frying.
2. To remove paint stains from a tiled floor, dip a flat-ended steel knife in turpentine and slide it gently under the paint spot, which should come up easily. The floor should then be scrubbed with sand soap or soap powder and water.
3. Dip a piece of ordinary cheesecloth in kerosene and hang it up in the air for forty-eight hours. This will make a very satisfactory duster.

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.

Cheesecake Pie

To the Editor of Woman's Page: Dear Madam—This recipe for cheesecake pie is generally liked. Make a rich pastry and line a deep pie plate with it. Grate a cupful of cheddar cheese and beat light with the yolks of three eggs, four tablespoons powdered sugar, smooth cornstarch. After it is smooth turn in a lump of melted butter, the grated half of a tart apple and the stiffly beaten whites of the eggs. Turn the mixture into the pie dish and bake for three-quarters of an hour. If liked, some currants can be sprinkled into the pie when it is half done. (Mrs. J. J. C.)

lima Bean Soup

To the Editor of Woman's Page: Dear Madam—I am a regular subscriber to the Evening Ledger and find the Woman's Exchange interesting and instructive. I have come to you for information as to what will take black ink out of oilclothes. I was told immediately after the accident it was held under the cold-water spout and rinsed off, but the stain remained. Do you think the cold water has set the stain? While I am writing I will give you a recipe for a lima bean soup for those who like the flavor of smoked meats. After washing thoroughly one pound of lima beans, cover them with lukewarm water three inches above the beans to allow half a teaspoon of baking powder. Let stand overnight. Next day, when ready to cook them, hull each bean by squeezing slightly between thumb and finger, when the hull will slip off easily. It takes about half an hour to hull them. Then have a half-pound of either smoked neck or the end of a ham truss dry; then slice, cut in half and add to the beans, which have been rinsed after hulling. Add a small onion, sliced. Cover with water three inches above the beans, cook two hours, when nearly done, add potatoes and the dash of pepper, and if not salt enough, add salt. Some times it is stirred to prevent scorching, as it settles in cooking. (Mrs.) K. E. C. daily.

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 milk to form a medium consistency. This is excellent, but can only be made with fresh rhubarb. Never stir it up, as they are now taken away the sugar rich flavor. Can any one tell me why a canary bird sits on its feet in its mouth, and what can be done to avoid it? (Mrs.) A. E. L. Can any reader give Mrs. L. advice regarding the bird?

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 a white fabric with a bloodstain on it. I have a white fabric with a bloodstain on it. I have a white fabric with a bloodstain on it.

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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.

TODAY'S FASHION



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. (Copyright.)

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.

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 cream and broiled potatoes.

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 tablespoonful 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.

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

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HOUSEHOLD HELPS

Candies You Can Make at Home

ITS fighting against the tide to try to stem 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.

Then there are a number of very simple candies that children like which can easily be made at home. Gelatin can be made into the Turkish paste form, and gelatin is not only a sweetmeat made in this way but actually has food elements which are valuable in body building.

Another simple delicacy is the so-called "iced fruit." Use sections of orange or pineapple cubes or any other fruit. Put 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."

Coconut balls or peanut balls can be made by grating the nut, dipping a teaspoonful into white of egg, forming into little balls, dipping into powdered sugar and baked in the oven for a few moments.

Here are a few other simple candies which can be made at home, and if you let the children help in making them their winning to home-made store candy will be that much more certain.

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 water, then add the sugar and the remaining water, then add the sugar and the remaining water, then add the sugar and the remaining water.

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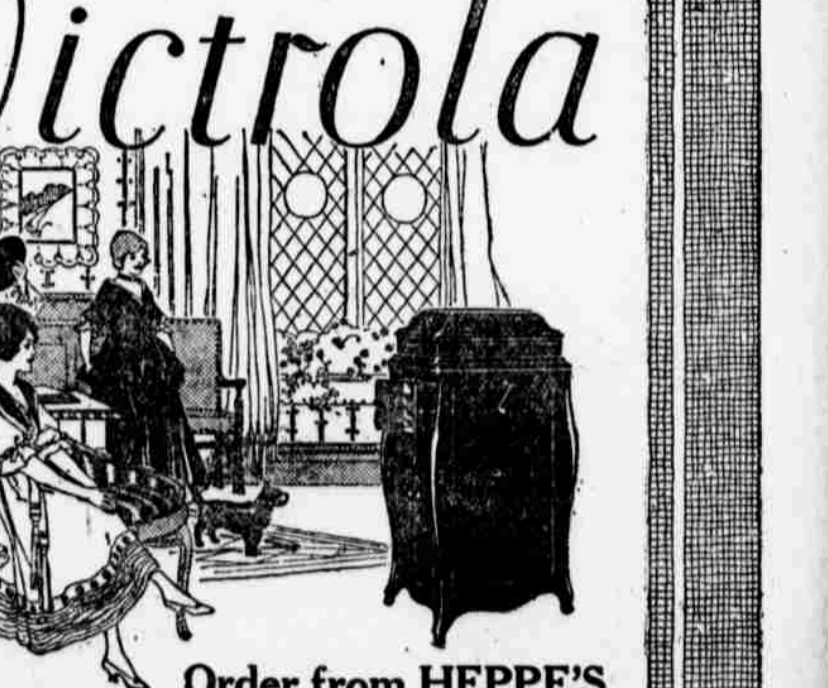
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