## EVENING LEDGER-PHILADELPHIA, MONDAY, MARCH 5, 1917

# URNISHING THE CHILD'S ROOM-BEAUTY HINTS-DAILY FASHION-QUERIES AND ANSWERS

## **ALL-IMPORTANT PROBLEM OF** FEEDING THE CHILD'S EYES

Parents Too Often Neglect the Esthetic Side. The Infant Just as Sensitive to Jarring Colors as Grown-Ups

Too often I believe parents do not con-sider the problem of furnishing their dren's aleeping rooms, a serious one, igh they may take every precaution marding their physical care. But scice is beginning to realize that even a sarring color in a room will sometimes seriously affect a child who is highly strung

The very young child spends such a rge part of his life in his bedroom that the importance of its furnishings as a factor in his life cannot be overlooked. Can you not yourself remember staring wide-eyed at the ceiling for what seemed to you hours at a stretch? Is not the pattern of the paper in those early days far more firmly fixed in your mind than in later days?

I can remember spending what should have been napping time staring sleep lessly at the ceiling and seeing dozens of grotesque figures up there. Now, happily, tastes run to plain or striped coverings; but even these will irritate sensi tive nerves unless the harmonizing note in pictures is struck.

Many parents fail to realize that it is during the first seven years of their child's existence that his character and mentality are made or marred. During this period he is more impressionable. and these early impressions go a long way toward forming his lifelong interests and desires.

From a girl who is achieving distinc tion in an artistic career comes the following suggestive letter:

"Placing the beautiful before the eyes of the child soon enough is as important as caring for its proper food. He learns as much through observation as through study and the wrong influence innocently absorbed can be most harmful.

"It is true that many mothers of today levote especial attention to the child's bedroom; that is, they fix it up, so that the visitors exclaim, 'How cute!' .'How cunning!" But few study the influence on the child's character.

"Of course, the first principle should be simplicity. The flattest tones and the stand for art. With the possibility of simplest furniture and as few pieces in buying very good reproduction of noted number as possible. In these days of artists-child interest pictures, toonoisy motors, street cars and the general there is no excuse in not giving the little hurlyburly the child more than ever needs one a beautiful start toward the best some peaceful haven.

# Vyvettes X

A straw hat with a cheerful band around it of bright worsted colors that go with the brilliant spring smock.

"Two things play the largest influence color and pictures. It is a well-known fact that color has a vital influence on every one. Most people think they are safe in dressing their offspring in pink or blue and the room in blue and white.

"A baby may be an individual infant Its eye may be more satisfied by a cheer ful yellow and white room. I know one youngster who could only be pacified by bright Hungarian cushion. The combinations of colors fascinated and enter tained it.

"However, 1 do not advise an en couragement toward barbaric taste, but a realization that the root of individualism is as keen in an infant as in a grown-up. "As for pictures, these perhaps are

most important. People are too careless in the promiscuous littering up with every kind of picture in the home, and these in a child's room permit him to grow up ni the belief that the atrocities things in life."

## 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, Philadelphili, Pa.

TODAY	S INQUIRIES
ould be observed in are to be free from	1. How can wings be cleaned? 2. How can buttonholes be strengthened with- out the trouble of working them double?
e kept? a ever be fried?	3. How can a protector for the end of a steel crochet hook be made?

## ANSWERS TO SATURDAY'S INQUIRIES

1. The touch ends of asparagus will be tender ad edible if, when preparing, the outside skin stripped off. 2. To separate the leaves of a head of let-tuce without tearing them cat the core or siten with a sharp-pointed knife. Hold the head of bittee under the cold-water fauert, allowing the

2. A girl who is engaged can visit at the home of her flance in another city if the invitation has come from the young man's mother or sister or some other woman relative.

### MY MARRIED LIFE By ADELE GARRISON

#### Why Dicky Said, "I Have a Confession to Make, Madge"

"Withs?" did your mother say to all but when I do I am about as willing a per-son to eat dirt about it as you can find." I asked the question timorously. Dicky and I were seated in the comparative sk-

clusion of a rear seat of a sparsely filled that I mentally shivered. Outwardly I elevated train. I had wished to put the m query before, but had hesitated fearing to rouse any unpleasant discussion. Dicky laughed shortly. "Well, of co

she didn't go into raptures over the affair." he said. "but I think she learned a lesson At least I endeavored to help her learn one. I read the riot set to her after you left." "Oh, Dicky ?" I protested, "that was hard-

"I know it," he admitted shamefacedly. "I am afraid I did rather take it out on the mater when I found you had really gone. But she desaved a good deal of it. You have done everything in your power to make things pleasant for her since the came and she has treated you about an shabbily as was possible,

"Obly not that had, Dichy," I protected again, but I knew in my licart that what he said was true. His mother had treated to most unfairty. I could not help a little malicious thrull of pleasure that he had from the had become that he had

malletons thrill of pleasure that he had finally resented it for me. "Just that had, filtle Miss Forgiveness." Dicky returned, smilling at me tenderly. My heart leaped at the words. When Dicky is in a good homor he colus all sorts of tender names for me. I knew that to Dicky our quarrel was as if it had never here.

Denti "Til give you a pointer about mother, adge," Dicky went on. "When you see r, act as if nothing had happened at all. Madg it's the only way to manage her. She can be most charming when she wants to be, but once in a while she takes one of the tantrums, and there is no living w

until she gets over it. I didn't make any comment on this mere fearing to say the wrong thing Instead, I asked a question. Did she get any sloop at all?"

"She was sound "Oh, yea?" Dicky replied. sleep when your cousin called, for which was truly thankful." nsleep.

1 felt as if my pulses had stopped for a moment before going on again. It was the first time Dicky had made the statiest reference to Jack since our reconciliation. n Mrs. Stewart's little sitting room.

When I had covered his los with my and, in protest against any rash pro-sea for the future, he evidently had flowing hand. prohibition extended to any discussion of the events of the evening.

He had smothered mo with caresses, and assured me over and over again of his love. Then he had hurried me away after the briefest of farewells to Mrs. Stewart, whose

attitude toward him was tinged with the aversion she could not help feeling. "See that you look after that girl of yours a little better," the said group as the stood looking after us from the doorway.

"Thank you, I'll do that," Dicky had hughed back, gayly lifting his hat. Then all the door closed behind her he had re-marked banteringly. "Your old friend doesn't love me any better than she used to."

I made no answer; there was none to nake, without telling a flat untruth. knew Mrs. Stewart's opnion of my mus-

But the casual reference to Jack from Dicky's hips made my heart very glad. He had never spoken of my brother-crussin he-fore without a sneer. I knew better than to refer to his words, however, if Dicky wished to speak of Jack he must do a without any encouragement of mine.

"IT'S DUE YOU" Evidently he did wish to speak of Jack and did not know just how to go about 1 for his next words were accompanied in an embarrassed flush.

of a steel "I have a confession to make about your cousin. Madge.", he began, carefully avoiding my eyes, "and I might as well get it over with before we reach home. Mother's probably asleep, but she might wake up and then there would be no chance for any talk by ourselves."

"Don't tell me anything unless you wish to, Dicky," I replied gently. "I am content to leave things just as they are without son to eat dirt about it as you can find." I never shall get used to Dicky's expres-lots. The language in which he couched

is repentance seemed so uncouth to me ule no sign, however. "When he came to the apartment." Dicky went on. "I was just about as nearly insane as a man could be. I had no idea where you had gone and I had just had the devil's own time with my mother and Katie over

With Katie !" I ejaculated, startled into

"With Katle," Dicky returned with a miniscent grin. "With Katle very much leed. Evidently she had been listening the keyhole, for when you had closed door she first rushed after you and ling to catch you came back and gave a piece of her mind.

I knew she was hot-tempered," he went "but I never dreamed she had quite much tabaseo and cayenne in her comen. 'Scound-r-r-e-et." and 'B-r-ute tere the mildest names she bestowed upor You can unagine the effect upon r who stood listening."

What did your mother do?" I breathed Ducharged her on the spot," returned by grinning, "but before she had her ge packed f had calmed down enough nin the kitchen and tell her to for-When I told her I was coming after a fell on m she's getting the fatted calf read in return about now

dun't start to tell you about switched the subject de-might as well get it off When your cousin came in and introduced himself the first tining I did was to attempt to strike him." "Oh, Ducky, Dicky," I moaned, horrifled, "what did he do?"

Dicky's lits twested grimly.

Just put out his hand and caught my arm, saying with that caim and quiet voice of his I shall not return any blow you may

give ne, Mr. Graham, so please do not do anything you will regret when you re-ouver yourself." realized his strength of body and the

he had on my arm, and even my crazed brain recognized the power of his spirit I came to apologize, and we had a jour talk that made me realize what a thundering good fellow he must be. "Ton't new why you never fell in love with him." Dicky continued. "He's a better man than I am," he paraphrased half

In the shelter of the scat I slipped my

hand into Dicky's and pressed it timidy. "But I love YOU," I whispered. Acress Dicky's face, even as he returned the pressure of my hand, there fell a studiow. I realized that it was not the answer hesexpected, that thoughtlessly had wounded nim

(Constight )

can't get culturedday by day I plod through large Why is it when I aim so high My mind just hates to be improved? R.J.CAN 6.00)



TODAY'S FASHION

A smart mushroom sailor of lacquered straw.

THE mushroom sailor of medium size is L being worn with smart tailored suits. It is woven of rough straw with a lacquered finish. The bowl-shaped crown is encircled with a band of velvet, the ends of which are tied in a flat how at the side. A narrow facing of velvet to correspond with the band finishes the under brim.

#### The First Fisherman

Beside a yast and primal sea A solitary savage he. Who gathered for his tribe's rude need The daily dole of raw seaweed.

He watched the great tides rise and fall And spoke the truth-or not i Along the awful shore he ran A simple pre-Pelasgian

A thing primeval, undefiled, Straightforward as a little child---Until one morn he made a grab And caught a mesozoic crab

Then told the tribe at close of day A bigger one had got away From him have sprung (1 own a blas To ways the cult of rod and fly has) All fishermen-and Anantas

- Patrick R. Chalmers



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## HOUSEHOLD HELPS

#### What Is the Truest Economy?

What is the interval A DIET squad being fed on 25 cents a day." The housewife shakes her head despairingly when she reads of the experi-ments being carried on in several of our large cities, where volunteers allow them-selves to be experimented on in an effort to test the cost of necessary foodstuffs to feed adults. Perhaps, she reflects, it is possible to feed experimenters on twenty-five cents a day, but in many households it seems impossible to feed even the children on twenty-five cents per meal at the present cost of necessaries. rooms at sixty cents a pound seem to height of extravagance, while, as a main of fact, they are more economical da many of the cheaper vegetables. This is they contain more protein than any size they contain more protein that any size they contain the size of the size o cost of necessaries. Admittedly, everything has gone up. But

used. Instances upon instances can be plied a but the thinking housewife can see for he self in her daily purchases where she pur dearly for shell and waste when she buy some of the foods with a cheap per pene Admittedly, everything has gone up. But this is just one more reason why it is es-sential to study before buying, and to find out what nutritive foods are still within reach of the daily food allowance which your income provides Many a housewife who prides herself on her thriftiness would find to her amazement that she is stinting. but, nevertheless, wasting because of her selection of foods, and that she would ac-tually provide the table with more nutritive

and less costly foods if she bought some the things which seem, on the surface, to be downright extravagance.

For example, in buying fish, she may cast longing glances at halibut, but at twenty-five or thirty cents a pound she decides it is extravagance, and she buys the hum-ble haddock at about tweive or fifteen cents the pound. As a matter of fact, if she weighed separately the head and hones and waste portions of both these fish she would find that because of the prenter would find that because of the greater waste in the cheaper fish there is much less edible matter left. And so the halibut at almost twice the cost would be the more economical "buy." because it contains more edible portions, and, consequently, fewer pounds need be bought.

or per quart price. One housewife once made a very inte-esting test to compare the actual cost of porterhouse to pens. She hald twenty side cents a pound for porterhouse and twenty cents a quart for the pens. But after ne moving the hone and fat from the pens-house and also removing the shells from a peas, she found that the edible portion of porterhouse cost about fifty cents a pend but that edible peas, at that rate, cost shy cents per quart cents per quark. If you want to make an experiment a your own family to see on how little per person you keep a wholesome table it was not be necessary to usher in an era e starvation. All you need do is to she your food enrefully when you market a that you pay the least possible amount for waste. Don't buy the vegetables require much peeling or trimming, nor man a which the waste of bone and trimming amounts to much. Therein lies the way of the ample but economical table. cents per quark

DIRECTIONS:-Boll sugar and water until it spins a thread and add to the stiffly beaten whites of eggs, beating until the mixture is cold. Sift together three times, the Bour, sait and baking powder, and add alternately to the white mixture with the yolks of the eggs beaten stiff. Add is cup cold water and flavering Mix lightly and bake in moderate even about one hour.

This is also true of vegetables. Mush-1 of the ample but economical table.

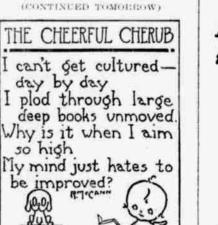
## Saves Eggs

Royal Baking Powder makes it possible to produce appetizing and wholesome cakes, muffins, cornbread, etc., with fewer eggs than are usually required.

In many recipes the number of eggs may be reduced and excellent results obtained by adding an additional quantity of Royal Baking Powder, about a teaspoon, for each egg omitted. The following tested recipe is a practical illustration:

SPONGE CAKE 1 cup sugar 16 cup water 3 eggs 2 teaspoons Royal Baking Powder 1 cup flour 1 teaspoon salt Is cup cold water I teaspoon flavoring The old method called for 6 eggs and no baking powder





leaves will part perfectly.

g doughnuts if they

2. Where should flour be

8. Should steaks or chop

3. The quickest way to dry lettuce after washound several times. This will effectually the water out of the leaves.

## Fish Dishes for Lent

Find Disnes for Lent To the Editor of Woman's Page: Dear Madam-Just now the market is plenti-mily supplied with sea foods, and the house-temper who wishes to economize would do well to buy more fish. Here are several good recipes: Halibut en Casserole. Flake one and one-half cups cold cooked halibut. Meit two talle-poons butter in a saucepan. blend with it two ablespoons flour and one cup milkt when thick add the yolk of an ess: milt and pepper to tende the yolk of an esser milt and pepper to tende the yolk of an esser milt and pepper to tende the yolk of an esser milt milt be through the plut into individual casseroles sprinti-tende the yolk of an esser and brown in hot """.

The Omelet Beat the yolks of four eggs, add salt, flour, one-half cup milk, the whites of the eggs stiffly beaten and, hast, one cup of cold cooked fish. Cod, haddock or salmon may be used. Mait one tablespoon butter in a succept, and when hot turn in the mixture and cook as you would an ordinary omelet. This a delicious and quite a departure from the usual ways of serving fish. (Mrs.) E. McC.

#### Suggestions for Sandwich Fillings To the Editor of Woman's Page

Dear Madam—Can you give me several st pretions for fillings in sandwiches—somethin aside from the ordinary? EDNA K The following combinations are good: Olives and almonds; cream cheese, currant felly and pistachio nuts; curried egg and systers, cucumbers and lettuce.

#### **Barbecued Ham**

Barbecued Ham Te the Editor of Woman's Page: Dear Madam-Please publish a recipe for har-becued ham, to be prepared in a chaing dish, WYNCOTE. Fry four good slices of ham in the blager. Add to the fat one teanpoon sugar, one teanpoon mustard, one-quarter teanpoon paprika and six tablespoons vinegar. When amoking hot pour over the ham.

#### **Cleaning Trimmings**

o the Editor of Woman's Page: Dear Madam-Can you give me directions for teaning some solied trimming, including braids and fringes? ALICE. Dip them in gasoline, changing the gaso-line several times, until they are clean; then hang them in the air, smoothing well, and when dry press under weights, or else rell in a damp cloth for an hour and press in the wrong side with a warm iron. Braid hould be wound around spools over night. Comb out fringes and wind these on card-ward.

## **To Freshen Upholstery**

Bditor of Woman's Paget is Madam-is there any way of cleaning ners at home? ANXIOUS READER. olstery can be dry cleaned with and whiting sifted together and ap-thickly. Allow it to stand for a day sup, if possible; then brush off slowly horoughly. Any particularly grimy mould be wet with alcohol before the r is applied.

## ne-Made Jigsaw Puzzles

ar of Womon's Page: Indam—The popular jisraw putates. Desuantly expensive, can be made an a simuly. I save the more ornate orner, then, after mounting them an orner, then, after mounting them of the same set of the same and satisfy the same set of the same at large love to make these them-M. L.

Since of Firms

3. It is not proper for a young girl to go to New York for the day with a young man to whom she is not engaged.

Lenten Games

To the Editor of Woman's Pape;

Dear Madam Can you print a few sugges-tions for games for a Leaten social? The girls first sew, and then have a little diversion. They are about eighteen years of age. ANNETTE. The Mary Dawson Game Book gives the following suggestions: Tangled Webs,-Give the words Tcolh-

cask Onmde, Ochal, Uslo and Cenetepin, which, when properly turned around, mean Sackcloth, Demon, Sheol, Soul and Peni-

Give each player a stick of red scaling Give each player a stick of red scaling wax and a tiny candle no thicker than a matchstick. The object is to soften the scal-ing wax by holding it near the candle. A prize can be given for the most lifelike little devil formed from the wax. See who can think up the most synonyme for the words World. Firsh and Devil.

#### Birthday Rhyme for March To the Editor of Woman's Page:

Thear Madam is there any particular rhym bour birthdays in March? Also, whet birth tone belongs to thus month? FitED. Your second query is answered by VCTR4:

Who on this world of ours their eyes In March first open shall be wise: In days of peril firm and brave. To wear a bloodstone to their grave.

To the Editor of Woman's Proge: Data Madam-Will you help main a little matter of eliquette? Nome time areo I met a foreign lady and gentleman, who are coming to star in my native city in a week or so. They will stop with percents who are strangers to me. Is it proper to call on them at this house, where is have never visited? Also if I invite them to lunch with me what should I do about their nosis, who are, as I say, perfect strangers to me? FEG. FEG.

me? PEG. You should call on your friends a day or two after they arrive in the city, asking also for the hostess. You should also invite their hostess to lunch with you when you ask them.

#### Clothes for Spring To the Editor of Woman's Page:

Dear Madam-Can you give me your advice? I am a young girl of seventsen years, medium height and rather thin. I am underided whether to huy a dark blue braided broadoloth auit for spring or a sports suit of green stockinstic, Also, which do you think would go well with either of these suits. Tawn-colored high laced boots or tan boots? BLUE EYES, Your choice should deneed on the use to

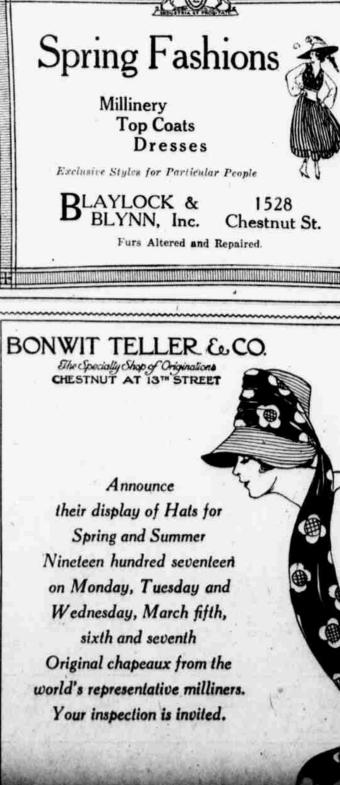
boots or tan boots? BLUE EYES. Your choice should depend on the use to which you will put the suit. If you only want it for "dress-up" occasions and have another suit for every-day wear the braided suit would be very pretty, but if you expect to wear it constantly, and particularly if you are employed, by all means choose the sports suit. The tan boots would be in better taste.

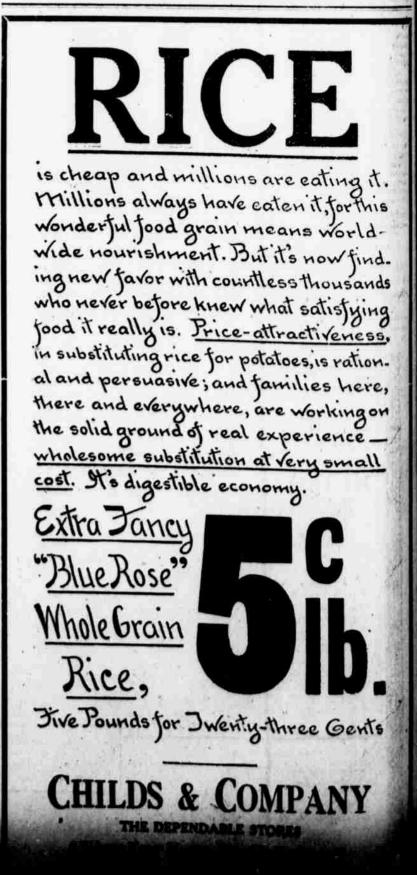
### **Eruptions** on Face

To the Editor of Woman's Pape. To the Editor of Women's Page: Daar Madam—Can you give me a remedy for my face? It is broken out all over and I am pertectly miserable. K. N. C. I hesitate to advise any treatment. You should by all means go to your family doc-tor, who will probably prescribe internal treatment. You may be sating too many sweets, or your blood may be in an im-poverished condition—in fact, there are a rreat many causes for this condition. By thing daily battes and serupulous care of



AT ROAT ST





Invite Friends' Hostess