

ART OF MAKING HOME ATTRACTIVE—ECONOMICAL DIET TO REDUCE HIGH COST OF LIVING

PROBLEM OF THE WOMAN ON THE FARM—HER WORK UNCEASING

Even With the Sordid Realities of Her Daily Life She Keeps Her Ideals—The Reverse Side of the Picture

LAST night in speaking of the modern woman and her place in the general scheme of things I overlooked one class of womanhood, the farmer's wife. Later, in listening to a talk given by Mrs. Jean Kane Foulke, the State farm adviser, the realization came to me that this phase of life—the life on the farm—was not so sordid as the methods, could be revolutionized.

The woman on the farm may be given washing machines, dish washers, vacuum cleaners and cream whippers, but the chickens cannot be fed by machinery, her hands cannot be automatically fed, fires must not be overlooked, bread cannot be bought and no matter how prosperous the farmer the servant question remains unsolved.

The case of one farmer's wife in a county up the State was cited: this little woman arose at 4 o'clock, and in addition to her daily tasks spent many hours helping her husband and the farm hands to stick pigs, horrible work if you know what it means.

"It seemed miraculous to me," said Mrs. Foulke, "that out of that abattoir could emerge a spirit as dominant as hers. So that even surrounded with all this unpleasantness—and she was intelligent enough to realize that it was sordid—she could keep ever in her mind the hopes and plans she had for her little girl, for whose career she was striving with all that was in her."

WHEN, in contrast to this little woman whose every minute is claimed by some one else is the childless woman living in an apartment whose life is centered in the shops and shopping.

REMEMBER that no letters for the present contest mailed after tomorrow will be considered. If you have had to cope with the responsibilities of motherhood and have successfully met a crisis in the life of your child, write to the Editor of the Woman's Page and tell her about it, if you have not already done so. For the best letter received a prize of five dollars will be awarded and other letters published will be paid for at space rates. Write tonight.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only 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 can ornaments of alabaster be successfully cleaned?
2. Is there any way to remove grease from a blackboard?
3. How can a jar of preserves be opened when the top sticks?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Cream to be whipped more readily should be from twelve to twenty-four hours old.
2. Cream is more nutritious than butter, as it contains more volatile oil before than after churning.
3. Cooking utensils which have become blackened can be cleaned by placing them in a pan of water to which half a can of lye and a teaspoonful of coal oil have been added. Boil an hour or more, then rinse in clean hot water.

Curried Lamb With Rice

To the Editor of Woman's Page: Dear Madam—Please tell me how to prepare curried lamb and rice. I have a recipe for curried lamb, but I do not know how to cook it. I have a recipe for rice, but I do not know how to cook it. I would like to know how to cook both of them together. Thank you very much. (Mrs.) G. P.

Recipe for Cream Soda

To the Editor of Woman's Page: Dear Madam—Has any one furnished the recipe for cream soda? I would like to know how to make it. I have a recipe for it, but I do not know how to make it. I would like to know how to make it. Thank you very much. (Mrs.) G. P.

Vanilla Sauce Recipe

To the Editor of Woman's Page: Dear Madam—Can you give me directions for making vanilla sauce? I would like to know how to make it. I have a recipe for it, but I do not know how to make it. I would like to know how to make it. Thank you very much. (Mrs.) G. P.

Luncheon Dish for Vegetarians

To the Editor of Woman's Page: Dear Madam—To make a delicious dish for vegetarians, arrange one pint of boiled spinach in a large bowl, season with salt, pepper, butter and oil, and surround it with one and a half cups of creamed onions and two cups of creamed mushrooms. Garnish the whole with hard-boiled eggs. (Mrs.) G. P.

Removal of Petrolatum Stains

To the Editor of Woman's Page: Dear Madam—How can I remove stains from petrolatum on clothing? I would like to know how to remove them. I have a stain on my dress, and I do not know how to remove it. I would like to know how to remove it. Thank you very much. (Mrs.) G. P.

Prevention of Breakage

To the Editor of Woman's Page: Dear Madam—How can I prevent breakage of glassware? I would like to know how to prevent it. I have a glass vase, and I do not know how to prevent it from breaking. I would like to know how to prevent it. Thank you very much. (Mrs.) G. P.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

I WENT home about noon and got twenty cents out of my father's pocket for a can of sardines and a loaf of bread. When I got them I munched a piece of dog meat for Rowdy which I fried half of and it was good. Then Rowdy and I rambled.

As we went up the street there were only two people told me I needed a spanking, which shows that I am getting better or that folks are getting careless. I went a whole day once with nobody telling me they should think my mother would turn over in her grave.

I saw two men fight on the street and they used half a brick and a stick and a can of corn and a loaf of bread and a bag of sugar and a side of bacon and one got his face rubbed on the pavement and the other got his coat torn and the petroleum wagon came and took them both and it was very exciting and satisfying. I wish Old Maid Tompkins had seen it for she was good to me. I hid the side of bacon till I came back.

Then we went out to the very end of the street and turned off down to the river and it was very warm and there wasn't any wind and we walked beside the river until we were gone quite a way and then we came to a place on the bank where there was a lot of clothes and a lot of boys in swimming. They were Wilbur Carpenter and all the boys on our street and they were splashin' and divin' until they saw me and then they sunk into the water until only their chins and ears and noses and eyes and hair were out.

They said, "Go away from here." I said, "You ain't my boss." Then I said, "You kids know your mothers do not want you to go in swimmin' in that river." Then Wilbur Carpenter said, "What's it to you?" I said, "I will show you what it's to me. You kids come right out of that water and put your clothes on and I ain't stir a step away from here till you do." They wouldn't do it and I remained there several hours, but they were stubborn.

At last I told them that I should get some stones and bounce off their heads and I went to do it, but there were no stones, though I kept looking and going for a long way and didn't find nothing but some pieces of dried mud. I went back with them, but the boys had got their clothes and gone and the water looked so good that I went in and Rowdy went in too and we paddled around and it was fun. Then I came out and dried my clothes in what was left of the sun and we rambled for home.

The bacon was all covered with red ants when I got it, but they hadn't eaten enough of it so you could notice it. I brushed off the ants and the bacon was all right. As Rowdy and I went down the street every body called their kids up on the porch except Old Maid Tompkins, and she waved her hand at me.

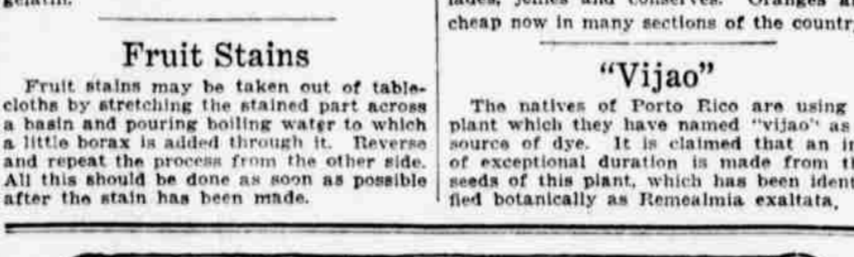
My father had gone to his night watchin' and I fried a piece of bacon, though I couldn't cut it very thin, and it went good with what was left of the bread and sardines and Rowdy ate what was left and we went and rambled to town, where it was all lit up and stood and looked at the pitchers in front of the movie shows and wished we had a nickel, but we didn't.

So we went home and the clock struck twelve and when I said my prayer I said "God bless my father and my mother and Old Maid Tompkins and God bless Wilbur Carpenter, nothing Amen." Then I went to sleep, and it had been a very nice day and I shall go swimmin' every day except 'Sundays and maybe then if nothing happens to me the first time.

The next adventure of Patsy Kildare will be published in tomorrow's Evening Ledger.

HOUSEHOLD ARTS

The Latest Color Scheme



A very modern bit of color elegance was shown in the arrangement of a fish bowl. Only a consummate artist could have made it furnish the balancing color scheme essential to that part of the room in which he placed it. Just far enough away from a friend's window to escape the sun, and yet near enough to catch and benefit by its light, he placed the fish bowl on a pedestal and then seated a crystal and deep wine color. You wondered why these hues seemed just the right ones until you glanced at the draperies on each side of the window, and there you saw the same colors forming the color harmony that made their pattern rich and beautiful. Then you realized that these were the colors employed in the decorative scheme of the room itself, in dull, rich, subdued and restful tones, and that the bowl alone furnished as it were the gemlike rainbow prism that gave the keynote to the color scheme. Again your attention traveled back to the fish bowl, where the delicate tendrils of the water plants fashioned a gracefully foliated arabesque, and the animal and overhanging sinuous curves of the goldfish flashed a fanciful color note of surpassing elegance and loveliness. This subtle and poetic handling of color is far more potent in its power to please than is the most dazzling splendor of Pompeian gorgeousness, for of it you never tire, and it should be above all else a place for restful enjoyment.

Imitation Pearls

Very clever imitations of pearls have been made by filling thin glass bulbs with a solution of fish scale nacre. An easy way to detect them is to note the spot where the bulb was sealed. Artificial pearls are also made by another method. The glass bulb is coated on the inside with 10 per cent gelatin solution, allowed to dry only partially, and then a small amount of sodium phosphate added, and the coating dried very slowly. The iridescence is an extraordinary optical effect caused by minute wrinkles, parallel, formed on the gelatin.

Home Calendar

If weather permits, have marble steps, vestibule and other exterior house decoration cleaned. Stains on marble can be removed by making a paste of benzine and powdered soapstone and spreading it over the marble and leaving it remain there overnight. Wash it off with warm water. It may be necessary to give more than one application.

Fruit Stains

Fruit stains may be taken out of tablecloths by stretching the stained part across a basin and pouring boiling water to which a little borax is added through it. Reverse and repeat the process from the other side. All this should be done as soon as possible after the stain has been made.

IN THE MOMENTS' MODES

An Easily Made Frock Illustrated



UNCLE SAM AND HIS NIECES

Cheese Economical Diet, Insist C. F. Langworthy, Ph. D., and Caroline L. Hunt, A. B., United States Government Experts in Nutrition

CHEESE properly prepared and used is not generally a cause of physiological disturbance, according to C. F. Langworthy and Caroline L. Hunt, Government experts, and it may easily be introduced into the bill of fare in such quantities as to serve as the chief source of nitrogenous food and may be made a substitute for other nitrogenous foods when such substitution is desired. Cheese is of importance because of its high nutritive value, particularly its high percentage of protein or muscle-forming materials, because of the ease with which it can be kept and prepared for the table and because of its appetizing flavor and the great variety of ways in which it can be served.

Judged by the kind of nutrients it supplies, chiefly nitrogenous material and fat, and the proportions in which they are present, it resembles such foodstuffs as meat, fish and eggs, which means that, like them, its rational use in the diet is in combination with other staple foods to form well-balanced meals.

Experiments have shown that when eaten either raw or carefully cooked, cheese is as thoroughly digested as other staple foods and is not likely to produce physiological disturbance. An ounce of cheese, roughly, is equivalent to one egg, to a glass of milk or to two ounces of meat.

Although uncooked cheese resembles meat in composition, cheese dishes prepared after ordinary recipes, with milk and shortening, are likely to contain more fat than the usual meal. If little fat is ordinarily used, this may be an advantage. If a great deal of fat is ordinarily used, it may be desirable to lessen the amount in the cheese dishes. This can readily be done by omitting the shortening and using skim milk or water in the preparation of such dishes, a change which also lessens their cost.

The fact that cheese, like meat, contains neither starch nor cellulose suggests that, like meat, it should be combined with bread, potatoes and other starchy foods, with vegetables and with sweets. The concentrated character of cheese and many cheese dishes suggests the use of succulent fruits and vegetables with them. The high percentage of fat in cheese suggests the use of correspondingly small amounts of fat in the accompanying dishes.

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Thousands of pairs of beautiful Easter shoes for women, in boots, pumps and oxfords, in the most fashionable styles, leathers and colors, at \$4.45, \$5.00, \$6.00, \$6.50, up to \$10.00 and \$12.00. All at an actual saving of \$1.00 to \$3.00 a pair, because we bought before leather prices soared.

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A hundred wonderfully beautiful models of Georgette and other fashionable materials at Sport and tailored models for wear with our Easter Suit, which would be priced at least \$5.00 or \$6.00 in other stores. Here, they are \$3.00

My opening day was such a success that I am delighted and so encouraged. And I am sure that everyone who visited my little shop was pleased with it. I know truly that such lovely blouses cannot be bought in other shops at anywhere near my price, just \$3.00.

The first luncheon, not counting the flowers, may be procured within twelve dollars, the second about seven, and the second could be made less expensive by substituting lamb chops for the broiled chickens.

Scientific for Handpicks

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