PROPER FORM OF DISCIPLINE FOR CHILDREN—VYVETTES—LETTERS TO A GIRL PRISONER

THE MOTHER WHO SPANKS HER CHILD IN THE HEAT OF ANGER

Too Few Parents When Inflicting Corporal Punishment Do So Collectedly—The Child Should Not Be Cowed

SOME time ago in an article dealing with the training of children I spoke of proper disciplining. The mother of several obstreperous boys takes issue with me, quoting at me that to spare the rod will spoil the child. No one can pretend to pass judgment on all types of children; I do not doubt there are boys who cannot be reached in any other way than by corporal punishment. But the error so many parents make is that of punishing the child while in the heat of anger themselves, venting their wrath, no matter how justified, on their helpless offspring.

We have all seen the nervous, harried mother who boxes her child's ears, slaps his face or turns him over her knee and spanks him, more to relieve her own feelings than to correct any fault of his.

THEN, too, a child should not be cowed. The punishment should be given with a view of making him see the error of his ways and correcting it himself.

Herbert Spencer in the middle of the last century said on this subject: "Bear constantly in mind the truth that the aim of your discipline should be to produce a self-governing being; not to produce a being to be governed by others. Were your children fated to pass their lives as slaves you could not too much accustom them to slavery during their childhood, but as they are to be free men with no one to control their daily conduct, you cannot too much accustom them to self-control while they are under your eyes.

"Do not regret the exhibition of considerable self-will on the part of your children. It is the correlative of that diminished coerciveness so conspicuous in modern education. The greater tendency to assert freedom of action on the one side corresponds to the smaller tendency to tryannize on the other. They both indicate an approach to the system of discipline we contend for, under which children will be more and more led to rule themselves by the experience of natural consequences; and they are both the accompaniments of our more advanced social state.

"Lastly, always remember that to educate rightly is not a simple and easy thing, but a complex and extremely difficult thing, the hardest task which devolves upon adult life. The rough and ready style of domestic government is indeed practiced by the meanest and most uncultivated intellects. Slaps and sharp words are penalties that suggest themselves alike to the least reclaimed barbarian and the most stolid peasant. * * * But if you would carry out with success a rational and civilized system, you must be prepared for considerable mental exertion—for some study, some ingenuity, some patience, some self-control." Curiously enough Sir Herbert has made use of what to us has become a colloquialism when he tells us this is some task, which it undoubtedly is!

Vyvettes

There seems to be a question raised here—or rather a question mark—from the front of the hat. It fastens where the back has folded over to the front and buttoned.

MAUD MULLERS RAKING HAY AND DOING OTHER FARM CHORES IN NATION'S SERVICE

"Little Wakefield Farm" Out in Germantown Gives Household and Agricultural Courses, Free to Feminine Patriots — Look Fetching in "Middy" Blouses and Bloomers

MAUD MULLER on a summer's day raked the meadows sweet with hay—but in this case she did not rake it on page 999 of Whittier's Complete Poems. Instead she wielded her farm implements at "Little Wagefield Farm," near Fisher's Lane station, Germantown, under the auspices of the Women's League for National Service.

Had the Judge come riding down the lane driving his roadster he would have liked Maud. Of yore, in her "born hat" and "tattered gown" she was alluring. Her new costume, a "middy" and a pair of bloomers, is irresistible.

Maud and Maud's sisters are hoeing and weeding and cooking, too, under the tutelage of such skillful women as Miss Letitia Wright, of the Pennsylvania Horticultural Society; Miss Edith Baer, head of Home Economy at Drexel Institute, and Mrs. Peeler, the canning expert.

Monday: Canning and preserving.
Tuesday: Household economics.
Wednesday—Cooking by experts.
Thursday—Home gardens and practical farming.
Friday—Flowers and bee culture.

The burning question for Maud to decide is which course she shall select. To hoe or not to hoe! To can or not to can!

Whatever she decides upon she is sure of one thing: she will have serious training. The Women's League for National Service is not a fad. It was organized with one idea: service!

The instructors are serving by giving their time and brains free. "Little Wakefield" is the gift of Mrs. Wright. The men who do the heavy work of lifting and moving do not charge for it. Donations and supplies of all sorts are pouring in.

People who are leaving town are placing their gardens at the disposal of the League, and Mrs. James Starr, the chairman, has given perhaps the most necessary donation of all time.

Next week fifteen embryo Mauds are coming to live on the farm. They will stay two weeks. These girls are training with the idea of obtaining positions this summer. There is a great demand for the "farmers" and "gardeners" turned out by the League, for the project has the approval and supervision of the Department of Agriculture in Washington.

The best feature of the "Farm" is this: Whether you are a "rich repiner" or a "household drudge," the course is free to you. All women who wish to serve are eligible. Last week twelve cooks from as many Germantown households took a cooking lesson side by side with a score of debutantes. One of next year's most promising "buds" was discovered on Saturday whitewashing the barn. In her pink waist and green skirt she looked like a dainty rose; but there was nothing dainty about the way she had applied the whitewash. It was slapped on in true masculine style.

For the best thing about Maud is this: She has determined that no one shall erect a tablet over the grave of her young hopes bearing the inscription, "It might have been." She may wriggle at the sight of potato bugs and tomato worms. She may scald her fingers and blister her nose. She may long to lie in bed until 10 o'clock and have Marie "bring up her breakfast" rather than rising sleepily at 6; but

She will prove to her country that she can serve, and serve well.

LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

XV

Dear Kate:

Say, but I am having a good time. And what do you think? I am having my picture painted. Some artist people blew into the cafe the other night, and after I had danced a couple of times they talked to the manager, then they asked me to come over and talk to them. I set down to the table and they were awful nice to me, didn't get fresh, but asked me a lot of questions about myself and where I learned to dance. I told them I could dance ever since I could walk, that I danced as a kid at Coney Island, and Miner's Theatre had got in trouble twice with the Children's Society because of me. I laughed and said, "Why, I never *learned* to dance, I just *danced*." The artist man said he wanted to paint my picture. It is a funny idea, it seems to me. He wants to paint me in this dirty cabaret with the tables all around me and the bum men setting around and me a dancing in the center with the lights on me. He said he is going to call it "Youth." He said to one of the men that was with him, "Can't you see it, Philip; can't you see it? That pretty girl, the very spirit of youth, with her gold hair around her face and her wonderful body swaying to the time of the music and all those bloated beasts looking up at her through the smoke?" I don't see how he is going to paint the picture, but that is his business. Mine is to go to his studio every day at 10 o'clock.

Do you remember Will Henderson, who used to play in the orchestra in the Grand Opera and who lived next to us when we was at 129? Well, what do you think? He is playing the piano in this joint here. Isn't that a comedown? He got to taking coke and he couldn't be trusted to keep his dates and he lost all his good jobs and now he can only get a place in the joints, but he does play wonderful! And when he is not too dopey he sets down at the piano and makes music that draws the heart right out of you.

He won't touch his violin cause it makes him remember, he says. It is a lucky thing for me in a way, as he likes me and he has wrote some music for me to dance by. He wrote a piece for me called "The Poppy," and that artist chap who is painting my picture got me a dress made for the dance, and oh, Kate, it is grand! It is red chiffon, and over it green chiffon like the leaves of the poppy, and I wear red slippers with pale green silk stockings that are so thin I can hardly get them on, and he had my hair all fluffed out and piled on top of my head, where it made a "golden halo," whatever that is. Him and Will explained to me about the dance. It seems that opium is made out of the flower, and they wanted me to show by dancing all the beautiful dreams that come with opium, and then sleep afterward. I have known a lot of people who hit the pipe, and I don't know as they have ever had many beautiful dreams, but anyway the dance is awful pretty. The artist gave a party the other night, and had me come and do it. All the lights in the room was turned off and a greenish light was thrown on me and I danced fast at first and then I went slower and slower until at last I dropped down on the stage and the lights went out and I run away in the dark. Everybody was crazy about it, and one of the big restaurants on Broadway is going to have me give the dance every night at midnight. Do you see, Kate, I told you if I got a chance I would get away from Seventh avenue. I begun at Fourteenth street, and I am working up. I am up to Forty-second and one of these days, I tell you, I am going to be dancing at the Winter Garden. I don't see why I shouldn't. I can dance as well as any girl in New York city, and now that Jim and your gang ain't around to queer me, there ain't no reason why I shouldn't be in the best places in town. I have had to stick to a lot of bum joints just because the managers of decent places din't want to have a person who was mixed up with the crowd that I was in around their place. Keep well,

NAN.

(CONTINUED TOMORROW)

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Tomorrow's War Menu

BREAKFAST
Malt Cereal
Fried Tomatoes — Marmalade
Toast — Coffee

LUNCHEON
Baked Potatoes with Cheese — Radishes
Tea — Popovers

DINNER
Irish Stew — Wheat Bread
Fruit Salad
Sponge Cake — Coffee

Concert on City Hall Plaza

The Philadelphia Band, under the leadership of Silas E. Hummell, will play tonight on City Hall plaza. The program follows:

1. Overture, "Mignon" ..... Thomas
2. "The Dance of the Serpents" ..... Boccalari
3. Selection from comic opera, "Sweethearts" ..... V. Herbert
4. Ballet from "La Reine de Saba" ..... Gounod
5. Fantasia, "Gipsy Life" ..... Le Thiere
6. Contralto solo, "Gay Ottana" ..... Lover
   Bertha Brinker d'Albites soloist
7. Concert waltzes, "Adlin" ..... Hall
8. (a) Indian intermezzo, "Alsha" ..... Lieder
   (b) "March Popular" ..... Feist

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

TODAY'S INQUIRIES

1. What kind of receptacles should be used for holding jellies and preserves, owing to the shortage in glass and tinware?

2. What does the word "macedoine" mean as applied to salad?

3. How can the white ivory handles of table knives be cleaned?

1. Should the maid or matron of honor or the flower girl precede in a wedding procession?

2. Is it necessary to write a letter of appreciation to one's hostess after returning from a visit?

3. What exercises can be taken to reduce the size of the waist?

ANSWERS TO YESTERDAY'S INQUIRIES

1. Bureau drawers which stick can be made to slide easily by first rubbing over the edges with sandpaper, then soaping them.

2. A garment that has had an overdose of bluing may be whitened by boiling.

3. Brown sugar can be substituted for white in pickling.

1. Although not necessary it is a graceful thing to do to send a little remembrance of some sort to one's hostess after a visit. But any suggestion of its being in "payment" of the hospitality should be avoided.

2. To develop the upper arm raise the arm, then clasp and unclasp the fist, making the muscles of the upper arm tense, also twist the upper arm a number of times.

3. Cotton stockings are better for children's wear than lisle.

Recipe for Rhubarb Wine

To the Editor of Woman's Page:

Dear Madam—Please print a recipe for rhubarb wine. J. K.

Cut the fruit up into pieces two inches in length and to one gallon of the fruit add one gallon of water and three and a half pounds loaf sugar. Fermentation will soon begin. Stir up twice daily and when the pulp ceases to rise wring out one quart at a time in a piece of thin canvas. Cork the liquid down in a stone bottle or cask. Ease the cork twice daily the first week to allow for any after-fermentation. The wine will be well seasoned in about six months.

How to Make Tomato Jelly

To the Editor of Woman's Page:

Dear Madam—Will you tell me how tomato jelly is made? (Mrs.) R. R. K.

Use these ingredients: One-half box gelatin, two and one-half cupfuls cooked tomatoes, one-half cupful cold water, one-half teaspoonful salt, slices of onion, celery, bay leaf, two cloves, dash of tabasco sauce.

Dissolve the gelatin in cold water, cook all the other ingredients together for fifteen minutes, then stir in the gelatin and cook until thoroughly mixed. Strain and pour into a mold. When turning out immerse the mold in warm water then with the point of a knife loosen the jelly around the edges.

Peanut Butter Biscuit

To the Editor of Woman's Page:

Dear Madam—Can you tell me how biscuit or muffins are made out of peanut butter and whether they are a success? SUBSCRIBER.

I am told these recipes are very successful if the directions are carefully followed. They have been tested:

Peanut butter muffins—One egg, well beaten; one tablespoonful butter, one cupful flour, one-quarter cupful sugar, two tablespoonfuls peanut butter, two teaspoonfuls baking powder, one-half cupful milk, one-half teaspoonful salt, little nutmeg if liked.

Mix butter, peanut butter and sugar, add beaten egg and salt, then milk, lastly flour and baking powder sifted together. Bake in deep muffin tins in a quick oven. (Half bran may be used if desired.)

Peanut butter biscuit—Two cupfuls flour, one heaping tablespoonful peanut butter, one heaping tablespoonful butter, two teaspoonfuls baking powder, one-half teaspoonful salt, milk to make a soft dough.

Turn on a well-floured board, pat out lightly, cut in shapes, place on well-greased pan and bake in rather quick oven.

Removal of Tar From Silk

To the Editor of Woman's Page:

Dear Madam—Please tell me how tar or pitch stains can be removed from a silk dress and oblige. JANE K.

Try benzine or ether.

To Enamel Brass Bed

To the Editor of Woman's Page:

Dear Madam—In reference to the inquiry of "Virginia T." in Monday's EVENING LEDGER I would like to state that she can enamel her worn brass bed by smoothing down the rough spots, sandpapering if possible, then applying one good coat of shellac and allowing it to dry thoroughly, then two coats of flat white undercoat, allowing the coats to dry, then finishing with a good bathtub enamel and she will have a fine white enamel bed. C. A.

Many thanks, C. A., for your very satisfactory answer to Mrs. T.'s request.

Cleaning Pearls

To the Editor of Woman's Page:

Dear Madam—How can pearls be cleaned satisfactorily? (Mrs.) J. E. C.

Care must be observed in cleaning them. First soak them in hot water in which bran has been boiled with a little cream of tartar and alum, rubbing gently between the hands. When the water is cold renew the application until any discoloration is removed, rinse in lukewarm water and lay them on white paper in a dark place to cool.

Letter to Man

To the Editor of Woman's Page:

Dear Madam—In writing to a man friend for the first time, which is the proper way to address him, "Dear Jack," "Dear friend Jack" or "My dear Jack?" IN DOUBT.

"My dear Jack" (if you know the man well enough to call him by his first name) would be the correct form. "Dear Jack" is a little more familiar. Never use "friend" in a letter.

Girls and Slang

To the Editor of Woman's Page:

Dear Madam—Is it ever permissible for a girl to use slang in conversation? W. W. D.

Strictly speaking, slang should not be used, but there are certain types of slang expressions which are permissible. Any expressions which are rough or suggestive of a want of refinement should not be used by girls. So many words are considered slang these days or are made slang by ill usage, it is not possible to draw a well-defined line.

Write at Once

To the Editor of Woman's Page:

Dear Madam—(1) I have been ill in a hospital and have received many beautiful flowers. I am able now to return home and want to know if I should write to the friends who so kindly sent me these. (2) I am about to announce my engagement and would be glad if you would tell me of an informal way of writing notes to my intimate friends before announcing it in the papers. JANE.

(1) Yes, write to your friends and thank them for the flowers as soon as possible. It would have been better to have had the nurse or some member of your family acknowledge them as soon as they were received. As this has not been done, do not allow any more time to elapse before doing so, as your friends might think they had not been appreciated.

(2) Just write a short note, saying:

My dear ——: My engagement to Mr. —— will be announced next week and I want you to know it before the formal announcement is made. We are going to be at home next Sunday afternoon for tea. Don't you want to drop in and let me introduce my fiance to you? With best wishes, yours affectionately, JANE.

Bachelor Dinner

To the Editor of Woman's Page:

Dear Madam—Will you tell me who should give the bachelor dinner before a wedding, the bridegroom or his ushers? JOHN.

This is an optional matter. Usually the bridegroom gives the dinner, but if the ushers wish to give it to him it is perfectly correct for them to do so.

To Train Youth's Hair Flat

To the Editor of Woman's Page:

Dear Madam—What is the best thing for a head of stubborn and stiff hair? I have a son seventeen years of age whose hair is light, but he cannot comb it on account of it being so stubborn and stiff. When he combs it he wets his hair so it will comb easily.

Is there any cure for bashfulness? I have a son who is very bashful and awkward. M. C.

Your son can use a pomade on his hair to train it down. One for blonde hair is made as follows: Melt together two parts yellow wax to one part castor oil and one part Venetian turpentine. Add just the very smallest drop of etheric extract of annatto it is possible to use and perfume with oil of lavender or any other desired perfume. Let him pour a few drops of this mixture on the palm of his hand, rub it over his hair, then brush the hair down flat. This will not harm the hair, as constant wetting is apt to do.

Your son is probably at an awkward age. Do not allow other members of the family to tease him, as this will only increase his shyness. Try to have him meet outsiders constantly and in a few years he will outgrow it.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the role of making diagnoses of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

The Laxative Habit

ONE of the most unfortunate consequences of constipation is the drug habit which it often induces. Constipation, in fact, sometimes produces a whole series of drug habits—first drugs to move the bowels, then drugs to relieve the poisoned and irritated nerves. There are many substances, of course, that bring about action of the bowels with much promptitude, and with such evident relief that the sufferer follows the same remedy through the next attack, without stopping to inquire whether the drug might not be equally dangerous with the disease. The chances are he does not stop to consider the matter one way or another, but falls an easy victim to the habit of drug taking.

One of the most vicious of these substances is cascara, which contains irritating poisons, among them a substance known as anthracin, which is extremely poisonous, and which may, if used for a long time, produce colitis.

Years ago the writer discussed this matter of constipation and the drug habit with one of the most eminent of European physicians, and when we asked him his method in cases of constipation he said, "I regulate the diet, nothing more. Nothing is so bad as the chronic use of laxative drugs."

Most people are suffering from the effects of constipation, many being unaware of the fact. The fact that the bowels move every day is no evidence that one is not constipated. Normally the bowels should move at least three times a day or after each meal. Although the bowels may move daily, or even several times a day, the colon may be full all the time. The bowel movements in such a case are belated. The movements which occur each day should have occurred the day before or the day before that. Not only is it necessary that the bowels should move regularly, but that the colon should be completely emptied daily and kept as nearly empty as possible. Normally the food spends four hours in the stomach, four hours more in the small intestine and reaches the colon at the end of eight hours. Certainly not more than four hours more should be required for the dismissal of the indigestible and unusable residue which is deposited in the colon from the small intestine. The work of digestion and absorption is practically completed in the small intestine, so the colon has little to do with the food except to dismiss the unusuable residues.

Climate for a Nervous Person

What climate would you advise for a nervous person—high or low altitude? R. S. McT.

Persons who are very nervous generally get along better in low altitudes. A high altitude seems to cause an increase in nervousness and sleeplessness in a person who is neurotic. But by proper care the effects of climate can be overcome. It is not so necessary to change the climate as to change the diet. A person who cannot sleep well in a high altitude will find that by taking a bath at ninety-two degrees Fahrenheit just before going to bed, for half an hour, the sleeplessness will disappear. A nonstimulating diet, that is, a diet consisting of fruits, vegetables and cereals, will also materially lessen nervous symptoms.

Tasting of Food After Eating

Does the tasting for some time after eating a certain food indicate that the food has disagreed with one? G. P. O.

No. You probably did not chew it thoroughly.

Bran

What is bran? F. L.

Bran is the outer husk or coat of a kernel of wheat or other cereal. It consists for the larger part of cellulose, and is lacking in nutritive qualities, although it contains some carbohydrate material and certain valuable mineral salts. Throughout the digestive system it retains its bulk, and so encourages bowel movements. For this reason, bran, either in the form of porridge or made into biscuits, is valuable in constipation. Graham flour differs from ordinary white flour in the fact that the bran has not been removed.

Food for Strength

What kind of food gives the most strength? C. Z.

The carbohydrates which include starches and sugar are the most strengthening foods.

Black Spots Before Eyes

What is the cause of black spots floating before the eyes? R. N. A.

That is one of the symptoms of autointoxication and means an unclean state of the blood.

(Copyright.)

THE CHEERFUL CHERUB

I hate to wait upon
my Fate
As down the years
I travel.
I like to pull the
strings myself
And help my life
unravel.

Temple Garlands

There is a temple in my heart
Where moth or rust can never come,
A temple swept and set apart,
To make my soul a home.

And round about the doors of it
Hang garlands that forever last,
That gathered once are always sweet;
The roses of the past!

—A. Mary F. Robinson

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