

"MA" SUNDAY MORALIZES FOR THE BENEFIT OF WOMANHOOD OTHER ITEMS OF INTEREST

"FOR WITHOUT CHARM IT AVAILETH YOU NOTHING"

A Woman Can Be as Beautiful as Hebe, Yet if She Be Not Charming Her Looks Count for Nought

A WOMAN can combine all the virtues she can be beautiful as well as brainy, but unless she possesses charm she is but a sounding brass or a tinkling cymbal...



Vyvettes A hat somewhat suggestive of the headpiece of an Indian chief—quite an American creation!

AMAN in New York, according to an advertisement I saw the other day in a periodical, claims to teach anybody how to have a personality...

HAVE you ever come into an assembly of women and amused yourself trying to pick out those who held positions of importance?

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 sender. It is understood that the editor does not necessarily indicate the sentiments expressed...

TODAY'S INQUIRIES

- 1. What is one of the most frequent causes of enamel wear cracking?
2. Is a bright or a dull day better for washing windows?
3. Should windows be cleaned on the outside or the inside first?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Plc crust will be nicely browned on top if it is brushed over with milk before placing in the oven.
2. Water in which potatoes have been boiled is best for cleaning an iron sink.
3. When a sink is coated with grease a pound of more washing soda should be put in a can or strainer, then held over the sink and having boiling water poured through it.

Lamb With Mint Sauce

Dear Madam—Will you please print directions for stuffing a shoulder of lamb? Also for mint sauce to serve with the lamb. I have had very much experience in cooking and always try to try my hand at new things...

To Cook Brussels Sprouts

Dear Madam—Can you tell me how to prepare brussels sprouts? I have seen them in the market, but hesitate buying them because I did not know how they were cooked.

Testing Butter

Dear Madam—Please publish directions for testing butter to find out whether it is pure margarine. Mrs. G. A.
Stir one-half teaspoonful of the suspected butter in enough sulphuric acid to dissolve it.

Saving on Lard

Dear Madam—I buy the beef tord and put it through my food chopper, and it makes much better shortening than lard. I use it for everything, but I always add about one-half ounce of lard to the dough when I bake pies...

Tea Rolls Made of Peanut Butter

Dear Madam—This recipe for tea rolls made with peanut butter is delicious. One cupful scalded milk, one-quarter cupful sugar, two one-quarter cups flour, one-half cupful peanut butter, one cake yeast, one-half cupful water...

One Kind of Vegetable Soup

Dear Madam—A new kind of vegetable soup will be found delicious. It is made by boiling together the leaves and stalks of celery with a quart of water for an hour...

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

"I CAN'T hold my husband," the young woman burst out. "He is not home three evenings a week! I am sure that he loves me, and I am positive that no one has come between us, but I don't know what to do! I can't very well meet him at the door with a rolling pin, you know!"

I glanced at her white, dainty hands and her pink and white complexion. "Why don't you use the rolling pin for something else?" I asked. "There isn't anything more effective for holding a husband than a rolling pin—if you know how to use it! Can you cook?"

"Of course, but I don't like to! And I detest doing dishes afterward. If we could only afford a servant!" "You have answered your own question!" I told her.

I have seen a great many husbands who have been three years without a square meal, and it wasn't because they didn't bring home enough money to run the house on, either.

The eyes of all wait upon the Lord and He gives them their meat in due season. But when a lazy woman spoils the meat that the Lord has given, I do not see how she can expect Him to be pleased with her.

There is as much chance for religion over a cook stove as over a catechism, maybe more. Christ ordered His disciples, after the feast that He gave to the five thousand hungry people, that they should gather up the fragments that remained. The Son of God Himself was willing to attend to the fact that there should be no waste, and He was willing to exercise His divine power to feed the hungry.

How many women there are who are too idle to exercise their human gifts properly to feed a hungry husband or son? And how many more there are who will throw good food into the garbage pail because they are too lazy to pick up the fragments which remain?

Satan came to tempt Jesus after He had fasted forty days and forty nights. The Bible says that the devil came to Him when he was unengaged. Hunger is a good prelude to temptation. Many a man has stolen because he was hungry, many a man has committed murder because he was hungry, and every day men are stealing from their souls and murdering their souls because their bodies are hungry.

When the devil wants to make a drunkard out of a man, he starts in by making him eat less. It is when a man has been given a poor dinner that he goes to the saloon. It is when a woman tries to live by eating candy that she finds it handy to have a bottle hidden in the cupboard.

Many women have come to me and told me that their husbands were unreasonable, but I have found the women just as unreasonable. They are quite ready to say they love their husbands, but they want to escape the labor of doing anything to show it. It is all very well to have faith, all very well to tell a husband that he is loved, but he ought to be convinced of that faith by works. The Apostle James says that faith if it hath not works is dead, being alone. Let the faith of a woman's love be shown in the works over her cook stove, and our homes will be happier and God will be better pleased.

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IN THE MOMENT'S MODES

A Smart Set of Chapeau and Parasol



Pussy-willow twigs are among the very smartest of the midsummer chapeau trimmings. One of the millinery fashion conceits of the moment is to combine these with clusters of red and green cherries. A very attractive set, of chapeau and parasol, is shown in the accompanying sketch. The hat is of hunter's green Wenchow straw. The brim is bound with grosgrain ribbon in pongee color. On a knot of the same ribbon ends in the center front is a bunch of pussy-willow twigs and a cluster of black and red cherries. The stick of the parasol is enameled in hunter's green and the silk is natural-color pongee bound with the green. The parasol when opened is scarcely larger than the hat.

WILL ASK HOOVER'S AID IN MILK SITUATION HERE

Congressmen Requested to Discuss Prices in State With Food Expert

Herbert C. Hoover, favored by President Wilson for the post of food director, will be asked to interest himself in the milk situation in this State.

To Clean Bronze

Dear Madam—Please give me directions for cleaning bronze ornaments. READER.
Wash bronze with a soft brush in hot, weak borax water; dry quickly, wet warm, and rub all over with a clean cloth wet in turpentine, with just the barest suspicion of wax, not enough to melt it. See that it is thoroughly dry before setting away.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

MANY persons, when they give up the use of meat, complain of acidity of the stomach and conclude at once that starchy food does not agree with them. So widespread is this incorrect opinion that many persons are led to adopt a diet containing as little starch as possible and suffer great injury from so doing. Starch is one of the most important of all our foodstuffs. It is the fuel of the body and supports the action of the muscles, including the heart. This element is also necessary to enable the body to destroy poisons and to defend itself against disease.

The trouble is not that starch is hard to digest or that it disagrees with most persons, for the writer in his entire experience has known of not more than five or six persons with whom starch disagreed. Starch is the most easily digested of all foodstuffs—so easily digested, indeed, that it is impossible to demonstrate that any energy whatever is utilized in its conversion into sugar. The process begins in the mouth, it continues in the stomach and is accelerated in the small intestine, so that at every stage of its journey through the alimentary tract the starch is brought into contact with juices that have the power of digesting it.

Now with most persons the difficulty is not with the digestion of starch, but with the excessive production of hydrochloric acid in the gastric juice. Hydrochloric acid makes a capital disinfecting solution, and Dame Nature orders large quantities of it for the disinfection of beefsteak. And it is a big task at that, for nothing needs disinfecting so badly as meat, unless it be limburger cheese, oysters and a few other outrageous articles of diet. When a person eats heartily of a meat diet year after year, Nature grows accustomed to producing this disinfecting solution in larger and still larger quantities, until the thing becomes habitual. And then when it is discovered that meat is doing harm or must be discarded, the diet is changed to the stomach continues to produce enormous quantities of hydrochloric acid for which the system has no need and which creates the feeling that something is wrong with the starch-digesting apparatus. In these cases one will do well to add to his starchy foods a quantity of fat, butter, cream or olive oil, for fat encourages the stomach to make smaller quantities of the hydrochloric acid.

Sweets for Children

To what extent is it safe to indulge the child's desire for sweets. Such as candy and ice cream.
Teach the children to take natural sweets like raisins, prunes and other fruits, and especially teach them to chew thoroughly. Honey is a wholesome sweet and may be given to children occasionally with whole wheat bread. If the child has a well balanced diet he will not have an abnormal desire for sweets.

Closed Tear Duct

Can a closed tear duct ever be cured? C. V. Z.
It depends upon whether the lining membrane of the duct has been destroyed. Even in such cases something may be done to relieve the situation. You should consult an oculist.

Fats Make One "Billious"

If fats make one "billious" how can he keep up his weight and keep well? T. T. Y.
He should eat very little fat. One does not need a large amount. From an ounce to an ounce and a half a day is really necessary.

Hard Work Without Meat

Can a laboring man do hard work without eating meat?
Certainly. He can do the hardest kind of labor on a fruit, vegetable and cereal diet. The ox does hard work without eating meat, so does the horse, so does the elephant, and man can not only subsist but he may be strong and well on a diet from which meats are altogether excluded. The strongest, longest-lived and most enduring nations are those who subsist upon virtually a fleshless diet.

Tomorrow's War Menu

- BREAKFAST: Stewed Prunes, Uncooked Wheat Cereal, Scrambled Eggs with Parsley, Cream, Coffee.
LUNCHEON: Biscuit of Appasgus Soup, Cottage Cheese, Marmalade, Tea.
DINNER: Baked Filled Liver, Spinach with Eggs, New Potatoes, Strawberry Short Cake, Coffee.

Years

Years, many part-colored years. Some have crept on, and some have flown since first before me fell those tears I never could see fall alone.
Years, not so many, are to come. Years not so varied, when from you One more will fall, when carried home, I see it not, nor hear adieu.
—Walter Savage Landor.

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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.

Dear Kate: Well, I am back at the old work and it is all right. I have been dancing in the best restaurants in New York, and what do you think, Kate? I am going to dance at the Winter Garden. The manager there saw my poppy dance the other night, and he is giving me a dance. I can still come back and dance at 12 o'clock in the restaurant. Fred Kelly, my dancing partner, is crazy glad. Will Henderson nearly cried. He said, "You have got your chance, Nan; you have got your chance." I offered to give him part of my salary because if he had not thought out all the pretty dances, him and the artist chap, I never could have piped them out myself. But he won't take a cent. He is dead square and not a half bad fellow, and I have been trying to get him to take the cure.

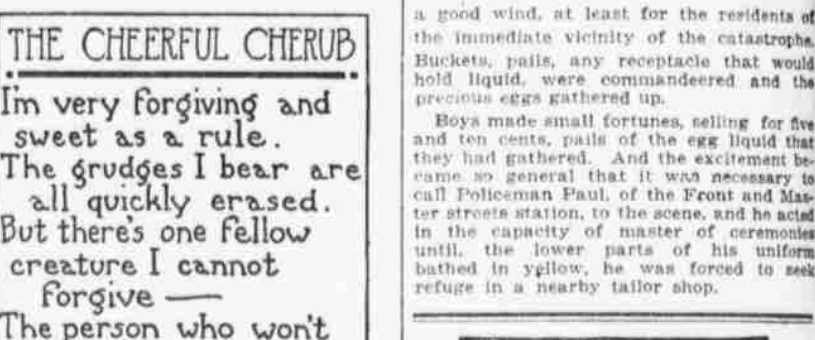
I offered to pay all expenses if he would go up to that dope-cure joint at White Plains, and sometimes he says he will, then again says he won't. You can't trust a person who takes dope. Sometimes he shows up every night and plays just beautiful, but again he does not show up for ten days. Fred Kelly is so tickled at this chance to work in the good places, that he has braced up and seems a different fellow. He used to drink a lot and one time when he was tanked up, he had to throw me from one arm to the other in the dance, and he let me fall and hurt my back so bad, I could hardly move for a week. It gave me an awful scare and I had a good heart-to-heart talk with him. I told him he either had to cut out the booze or cut out working with me, cause you can't do the two things and do both. Oh, I am glad that I have left the joints and I am proud of myself. I have worked awful hard and something inside of me has always said I would "rin out" and it is winning out, because there ain't no bigger thing in my line than dancing at the Winter Garden. They are going to advertise me, Kate, and they call me Billy. Nature grows accustomed to producing this disinfecting solution in larger and still larger quantities, until the thing becomes habitual. And then when it is discovered that meat is doing harm or must be discarded, the diet is changed to the stomach continues to produce enormous quantities of hydrochloric acid for which the system has no need and which creates the feeling that something is wrong with the starch-digesting apparatus. In these cases one will do well to add to his starchy foods a quantity of fat, butter, cream or olive oil, for fat encourages the stomach to make smaller quantities of the hydrochloric acid.

It was nice to see you, Kate, and you are looking real well. You have got the only soft snap there, but I can trust you for getting anything that is laying around easy. I am off to work, going to try a new dance on tonight. NAN.

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THE CHEERFUL CHERUB

Im very forgiving and sweet as a rule. The grudges I bear are all quickly erased. But there's one fellow creature I cannot forgive—the person who won't put the lid on the paste.



DROP IN EGGS AIDS BOYS TO MAKE EASY MONEY

It's an ill wind that does not blow somebody good, notwithstanding the high cost of living. And the absolute fracture of 750 dozen eggs is bound to revert to the consumer in some manner. The fracture occurred at Second and Thompson streets. A heavy autotruck, the property of Swift & Co., Ninth street and Girard avenue, was loaded with twenty-five cases of eggs. In some unaccountable manner the chains holding the crates in position broke, and exit—250 dozen eggs ran in rivulets through the streets. And here is where the ill wind becomes

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