WOMEN'S AFFAIRS-THE BEAUTY OF LABOR-THROBBING STORY OF A GIRL'S STRUGGLE

PUTTING POETRY INTO SIMPLE EVERYDAY HOUSEHOLD TASKS

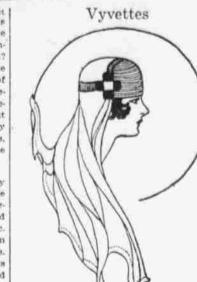
Too Many Women Regard Their Daily Work as Drudgery Instead of Making It a Scientific Study

JACOB RHS said, "Any one who can put poetry into dishwashing * * * has given the world a real boost toward the better day." Are you one of those who inject beauty into homely, everyday tasks? Or do you believe, as I heard some one declare, that "In labor lies the root of ugliness"? The man who made that statement revealed himself as sadly and woefully lacking in imagination. If one but looks for it there is adventure and variety about the simplest or the heaviest duties. whether it be in the field, the shop or the kitchen.

ABOR in the fields has its obviously picturesque side as exemplified by the paintings of Millet and his school. Largefooted, stolld peasants have been studied carefully and made interesting, romantic Just as Franz Hals has extolled the charm of the indoors among the Dutch peasants.

But American painters have a fondness for luxurious interiors, for sunlit land and seascapes; or, if they do depict toil, they most often go down into the foreign quarter for it. Probably there is more color there. Yet there is a virility about the average American workingman that is appealing, a decision and swiftness about the American "hausfrau" that is admirable. And it only remains for the Individual to create beauty there.

THE woman who goes about her daily work clad in a kimono and a "boudoir cap" (a misnomer) is certainly not a thing of beauty nor a joy forever. Her very attire proclaims her distaste for the work she is obliged to do. The little wife whose hair has a smooth twist that means business, whose morning frock was designed their other interests instead of embarking for just that, and whose apron is donned upon marriage with the fixed intention of as if it were meant to stay put and not mastering it as they would any other to be rolled up under one arm and concealed from the chance visitor, is making ing their lives. Now, as never before, a dignified profession of housework that women can make dignified the simplest to her frowsy neighbor across the way is and most unromantic tasks.



When our ladies travel these days, it is often under a blue bonnet with a red cross on it somewhere, and a long, flowing veil.

merely drudgery. One feels perfectly sure she goes to market with a basket tucked under her arm, picking and choosing carefully with her weekly hudget in view, and does not depend on the butcher and baker and candlestick maker to select the best they have in stock and "charge" it to her.

rnoo many young wives, I believe, look I upon housekeeping as incidental to lesson they may have had to learn dur-

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

TODAY'S INQUIRIES

Femaved? 2. Should the wife of the officiating cler 3. Is there any difference between baking man at a wedding is invited to the wedding?	(0) - y
and reasting ments?	10
3. When should volatile flavoring extracts be added to puddings, etc? 3. Will only one wedding invitation suffice a man, his wife and daughters or should separate invitation be sent to the daughters?	a J

lance.

ANSWERS TO YESTERDAY'S INQUIRIES

 One should never say "Pleased to meet you" upon being introduced. This is a provincial expression. "How do you do?" or "I am glad to know you," or merely repeating the name of the person introduced is sufficient. 1. People of sedentary habits require approxi-mately sisteen calories daily for each pound of their weight.

2. Beefsteak, when it is not brolled over mis or a gas flame, should be pan-brolled, not 2. It is complimentary for a girl to wear the flowers a man has sent to her when going to a

2. Simmering is cooking in liquid at about 185 degrees F. For example, corned heef, ham,

Preserving and Canning Methods

To the Editor of Waman's Page: Dear Madam -Please state how to preser spherries, also how to can beets, rhularh, car ans and pointees? R. M. R. Conterville, Fa.

Raspberries-Wash and pick over the berries, then to each pound of berries add one

She, Too, Is Lonely To the Editor of Woman's Page; Dear Madam-1 read with interest and sym-pathy the letter from 'Lonescine Boy' in Tues-day's Eventson Longin. In the superstation torsely, for I can't set acquainted while a slock se-ciable set. I am a young the well educated refined and very lovable, and the reach I wrate

3. The eighth wedding anniversary, while not

smally celebrated, is the bric-a-bras

LIVING UP TO BILLY By ELIZABETH COOPER

Dear Kate: I don't know how I'm going to tell you. so you won't feel too bad. Jim is dead. He sent two or three times to me asking me for money, and I wouldn't send it to him. cause I didn't have it, and when the last fellow threatened to take the kid, I told him to go to the devil, that the kid was where they couldn't touch it. Well, that night I just got home from work and had taken my waist off and was starting to brush my hair when I saw my door open eneaking like, and Jim crept in. I was paralyzed for a minit and couldn't move just stood there with the brush on my hair. He had been drinking and looked awful. I said low like, "Jim, for God's sake, Jim. why do you come here?" He said. "Where elss am I to go?" I said, "Jim, go-godon't stay a minit."

XL1

He didn't move, just stood and looked at me, "But, Jim," I said, "the police, they're watching the place." He come up to me and put his face close against mine and I backed away, and said, "Jim, get out. You've been drinkin'." Then he sort of got sore and he said, "What do you mean by sendin' me the messages you have?" I said, "I mean just what I suid. I ain't got no more

mean just what I suid. I ain't got no more money to give you," and he sneered at me-"Oh, you ain't got no money, and you ain't hauling down thirty a week, are you?" "Well," I said, "suppose I am, it's mine, ain't it?" And then he said I ought to divy up when a feller's in trouble, and at that I got mad. "Divy up?" I said. "Divy up. What have I been doin the last month but divy up. I've give you all I got, Why don't you get out of the country, you'll be pinched thi first thing you know." And then he said fierce like and with an awful look on his face, "You take it from me, Nan, they'll never pinch Jim Sheridan. If the buils git me, it'll be because I can't handle a gun." I didn't know what to do with him and I me, it'll be because I can't handle a gun. I didn't know what to do with him and I said again, "Get out, Jim, I'm seared to death you've been scen." He said, "Gimme some money. I got to have money." I seked him, "What've you done with all I sent you. I've give you enough to take you to Australia." He said, "I've had to pay for my kidin' and I got to put up some more." That kind of made me sick and I said.

Australia. The said. Tyle had to pay 157 my hidin' and I got to put up some more." That kind of made me sick and I said. "Well, you'll have to get it from some one else then, Tyle give you the last dollar Tyle got. Tyl hasted." He kind of saw it was true I think, cause he started looking around, the room, then he said. "Where's the kid?" I said. "Never you mind where he is," and he got sore again and said. "Never mind my own kid. Well, believe me, he's mine, and Tyle got an idea I want him. Where is he?" and I said. "He's where you won't get him." Jim come over to me again and stood in front of me and says, "He is, in he? Well, I'm going to have him." and then I got mad clear through and said. "Well, you can't have him. So help me God, Jim, if you try to touch Billy. Fill peach on you as sure as The alive."

try to touch Billy. I'll peach on you as sure as I'm alive." Jim laughed and said, "Yes, you will, you ain't that kind," and I said quick, "Oh, I ain't that kind," and I said quick, "Oh, I ain't that kind," and I said that it's the last trick to peach, but I'll go back on all I ever knowed, and put you behind the bars if you ever try to touch that kid." Jim kind of aneered. "What do you want of him?" he said; "he ain't no hetter off with you than with me." I said, "Perhaps he ain't. But he won't be raised with crooks and grow up feeling that crooked-ness is straight. He'll know decent people. not a lot of cheap second story men and dips. Jim laughed. "You're a nice one to talk.

old Bill Lane's daughter," And then Kate, oh 1 said awful things, and 1 remember every word and go over it all at night. J said, "Yes, and Kate Lane's sister. I know, ervers. Tye had it rubbed in enough. No one ever says Nancy Lane, they always say Bill Lane's daughter, Kate Lane's sister or Jim Sheridan's sister-in-law. Hain't I had that to fight against all my life? Hain't I lost every good chance that I ever had to work in the good places, just because I've had to buck against the reputation of my family? And then when you come in the family, I might a carried the others, but no one could carry you. Why, you dirty

IN THE MOMENT'S MODES

Side by side in the chapeau shops one finds late arrivals a mong midsummer models and early arrivals of fall styles The straw bonnet is flanked by headgear fashioned from velvet satin, heavy silk and georgette-hats with not so much as a suspicion of materials used for strictly warm - weather pur-poses. In the adjoining sketch we have a new fall model presented in the up-per illustration. Navy blue satin has gone into the making of this fascinating little chapeau. The tall crown has its base resting upon a brim tan georgette and the feather fancy matches the color of the brim. The lower model is of navy blue straw and tan georgette, with the braiding



Uncle Sam's Thrift Thought for Today

Spread the Meat Flavor

Spread the meat flavor over other foods and so economize on the quantity of meat consumed, says the United States Department of Agriculture. Here is one way spread the flavor

Meat Stew With Dumplings

Meat Stew With Dumplings Make a stew from a cheap cut of meat cut into smail pieces, potatoes and such other vegetables as are desired. Thicken with a little flour diluted with cold water. Serve with dumplings made as follows: Mix and silt one cup of flour, two tea-spoonfuls of baking powder and one-quarter tenspoonful of sail. Work in with the fingers one teasponful of butter; add gradually one-third of a cup of milk or a little more if needed. Roll out one-half inch thick and cut with a biscuit cutter or in square pieces. The dumplings may be steamed, baked like biscuits, or cooked with the stew. In the latter case remove enough liquid to permit the dough to be placed on the meat and vegetables.

Tomorrow's War Menu

1. C		
-	BREAKFAST	
	Stewed Fruit	12200-0000
	Cornmeal Mush with Coffee	Syrup
	LUNCHEON	
	Baked Beans	
Fried	Potatoes	Gingerbread
	Buttermilk	
	DINNER	
	Cream of Potato S	
	Breaded Eggplan	
Penn	Creamed Onions Coffee	Cake

₩.

THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kelloop in this space will daily pine advice as preventing medicine, but in no case will be take the risk of making diagnoses of or prescribing for all-ments requiring surgical treatment or drugs. Aralik questions will be promptly an-swered by personal letters to inquirers who inclose stamped envelopes for reply.

Use More Legumes

fants

Time for Child's Nap

but it does not do the child any bans

perhaps, to sleep for a few minutes after eating is not wise for either grown people or children who are no longer young in-

Incompetent Ileocecal Valve

Is there any remedy for food backing up has a small howel because of an incompany necesal valve? TEACHER.

Teached valve? TEACHEM, TEACHEM, Teached valve? TEACHEM, Your diet so clean and so wholesome that no great harm will come if there is a back-ing up. That is the first thing. Keep the colon so empty and in such a wholesome condition that there will be no putrefac-tion in the colon and no formation of poi-sons there to return into the small intes-tines. If the case is one that requires an operation, have the valve repaired.

Diabetes

What is the difference betwen diabetes and inestive sigcosuria? FATIENT.

(Copyright.)

LEGUMES are one of the most important classes of foods, and just now, when every penny counts, should receive the at-tention of the housewife. The legumes include peas, beans and lentils. (Peanuts are really a legume, but are popularly classed as nuts.) Should a child two to three years of are by put to bed for a nap immediately after sains GOVERNIES. It is better to take the map before sating.

The food values of legumes are as fol-

Carbo-Protein Fats hydrates Calories per cent, per cent, per cent, per ch dried. 24.6 18 200 1635 navy. 22.5 18 20.6 1635 Lima. 18.1 1.5 05.9 1625 Lima. 25.7 1.0 59.2 1630

Beans, Lima. 18.1 1.1 0.6.9 1825 Learning Lima. 28.7 1.0 59.2 1626 Legumes are among the most economical foodstuffs obtainable owing to their high nutritive value. Prejudice against them has existed in the minds of many people on the score of indigestibility. The facts are, however, that they are by no means indigestible if care is taken to eat them in proper quantities and to remove the bulls. This can be done by running through a colander after cooking. If this is unde-sirable, they may be made fairly easy of digestion by first soaking in cold (preferably soft) water until the hulls are broken, then cooking. Spilt peas have their hulls re-moved, and on this account are very easily digestible. Beans at \$10 a bushel are cheap-er than beef at eight cents a pound, besiden being healthier. Beans contain a rich sup-ply of vitamines and lime, both of which are low in meat.

Potato Water

What is the difference betwen disbets and dissentive stressouria? BATIENT. Glycosura is a temporary condition which may be due to taking an excess of sugar or starch. Almost anybody can set gly-cosuria, which is sugar in the urine, due to taking a very great excess of sugar. Half a pound of candy or sugar in any other form will cause sugar to appear in the urine in a healthy person. Diabetes is a condition in which there is sugar in the urine even when one takes only the ordinary amount of starch or sugar and sometimes when he takes none at all. Dia-betes is usually due to disease of the panis water in which potatoes have been boiled unfit for use for preparing food. COOK. That depends. If the potatoes are boiled in their jackets the water ought not to be used because the potato skin contains a small amount of solanin which is a poison-ous substance. If the potatoes have been pared, the water is entirely wholesome and hould not be wasted.

Tobacco and Alcohol Poisons betes is usually due to disease of the pan-Is the use of tobacco more harmful than loobol drinks? BREWER,

creas. It depends entirely upon the quantity.



Fall and Summer Hats Are Now Shown Side by Side

soutache.

Cabbage

Onions Radishes

Rhubarb

Scallions

housewife.

Grapefruit

Blackberries

Pincapples

Lemons

Oranges

Squash

Peppers

Parsley Romaine

Okra. Garlic Egg Plants

Watermelons

Strawberries

Gooseberries

Lettuce Cantaloupes

What to Buy, What Not,

in City's Produce Market

Spinach

Carrots

String Beans

Lima Beans

Tomatoes

Apples

Cucumbers Cauliflower

Green Corn

Raspberries Huckleberries

Asparagus

Peaches

Potatoes

Bananas Early Harvest

Celery

Kale

Beets

Peas

ABUNDANT

Cabbage and onions continue to sell below cost-they are a drug on the market and should be heavily

and immediately bought up by the

SCARCE

NORMAL

Potatoes have advanced from fifty

cents to \$1 a barrel, selling as high as \$6 a barrel. The demand ex-ceeded the supply. This has been due to the rain which has been con-tinuous in the producing sections

since Sunday morning. Down through the Eastern Shore of Vir-

ginia and the Maryland peninsula there have been floods which pre-

Chairman Food Commission, Mayor's Home Defense Committee.

"Who Has Seen the Wind?"

Neither I nor you: But when the leaves hang trembling. The wind is passing through.

who has seen the wind?

Who has seen the wind?

vented harvesting altogether. J. RUSSELL SMITH,

pound of sugar. Put on to boil in a large preserving kettle. Add no water, the juice of the berries being sufficient if allowed to steep a short time before boiling. Cook after boiling commences for one-half hour

or more, then remove, put into sterilized glasses and seal with parrain. You will find that the raspberries will gain in flavor and consistency if you add about half as many currants as berries.

Beets canned according to directions given Beets canned according to directions given out by the United States Department of Ag-riculture—Grade for size, color and degree of ripeness. Wash thoroughly, using vege-table brush. Scald or blanch in hot water sufficiently to loosen the skin. Dip quickly into cold water. Scrape or pare to remove skin. Pack whole vegetables, slices or cross-section pieces in hot glass jars or th cans. Add boiling hot water worth full. Add level add boiling hot water until full. Add level teaspoonful sait to quart. Place rubbers and tops of jars in position, partially seal, but not tight. Cap and tip tin cans com-pletely. Place on false bottom in a vessel pletely. Place on false bottom in a vessel of hot water which just covers the contain-ers. Sterilize at bolling temperature in hot-water bath canners for vinety minutes.

Rhubarh-Select only choice stalks of rhubarb; wash them, but do not remove the skin. Cut the stalks to the height of the jar below the neck, put as many in the sterilized jars as will conveniently fit, then fill to overflowing with cold water, adjust new rubbers and the covers and set aside in d place. This is the cold-water method which is used for rhubarb.

Corn, beans, tomatoes, according to the one-period cold-pack method-If you use a wash boiler provide a false bottom of a wash boller provide a false bottom of wooden lattice work or coarne wire netting for it, then fill with clean water, so that when bolling it will cover the tops of the jars or cans. Begin heating so that it will be bolling violently by the time the contain-ers are packed. Too much stress cannot be laid on the importance of absolute steriliza-tion of jars. Itds and new rubber rings. Wash and sort carefully the vegetables, throwing out all those that are slightly marked and if possible can them the same day they are picked. Blanch the tomatoes by placing them in bolling water for from three to five minutes, then removing, plungthree to five minutes, then removing, plung-ing quickly into cold water, the colder the better, and draining immediately. Prepare the beans and corn as for cooking. Work quickly and as each article is prepared pack it directly into the scalded jars or cans as rolidy as possible, but without bruising or mashing. Fill the containers to overflowing with boiling water to which a little salt has been added. Place rubber rings and screw tops down, then place in wash boiler.

Let the tomatoes process for twenty-two minutes at 212 degrees Fahrenheit, which is the boiling temperature reckoning from the time boiling is resumed. The beans should process for two hours or 120 minutes and the corn (off or on the cob) for 180 minutes. At the end of this time remove the contain-constitute survey down the lids and caractully screw down the lids and d them upside down in a cool place. No it should be allowed to strike the hot . Store in a cool, dry place.

To Keep Mosquitoes Away

Editor of Waman's Page: Madam-Oan you tail he of any way a measuriteen from a room without put-mella squard I think its odder is so di-a that the cure is simont worse than the BUBECHIETER.

BUBBCRIBER, bu can apply oil of lavendar as you id citronella. I have also been told that bottle of oil of panyroyal is left un-ind in a room overnight not a mosquito be found the next morning.

having lived i that 1 father been o n diffe am a ait now that I am set led in Philadephila. with set my father and so that. I hone, yes, crave, wimanionshib, for I am uiterly sick and thred going places all sione, and I can't settle at an coount of the desperate blue spells at come on. What is a person to do? I have eysthing except real friends of my own age-good home, leving parents, and all that, but i for a little meighburly love. If only i could us in contact with "Lonesome Boy" I am re Hie would be mere worth living for both us, for our circumstances are so much alke severe. I suppose that is impossible, and I all just have to keep on in this monotonous uine. Fr I am loo proud to tell others of r lack of friends. So. "Lonesome Boy." you syou af not the only one who is all alone. oud that I could help you pass away the urs, for I am a very ____ toxicut GIRL."

Letter of Thanks

To the Editor of Women's Page: Dear Madam—A society of which my uncle was a member seet a wreath in his memory for his funeral last week. It was besulful, and I of the society or to the president for each member of the society or to the president for each member of the society or to the president for each member of the society or to the president for each member of the society or to the president for each member of the society of the the second of the society of the society of the society of the society of send a card on so ich is written "Many thanks for sympath," to those who have sent you cards or short notes, but letters and flowers especially deserve more notice. Write to the president and say that it was very kind and thoughtful of the society to send the wreath, and through him (the president) you want to thank the members for their sympath, and gift. The note need not be long, but it should sound cordial and appreciative. To the Editor of Woman's Page:

and appreciative.

Formula for Almond Milk

To the Editor of Woman's Page: . To the Editor of Woman's Puper, Dear Madam-Kindly publish a recipe for making atmond milk? Do you use bitter oil of almonds or sweet oil? Is sweet cream good for the face? How should it be used? ANNA K.

This formula for almond cream (Crem This formula for almond cream (Creme d'Amandes) is given by the Scientific Ameri-can Cyclopedia of Formulas: Two hundred and twenty parts pure fresh lard, 120 parts of solution of potassa, containing twenty-six degrees of caustic potash, ten parts, sixty degrees alcohol, oil of bitter almonds, q. s. Triturate the lard and potassa solu-tion in a porcelain or wedgewood mortar and let it stand a few hours, then add the alco-bel and sufficient oil of bitter almonds to give the proper flavor. Finally mix until

hol and sufficient oil of bitter almonds to give the proper flavor. Finally mix until the mass is uniform and resembles mother of pearl. I do not believe there is any particular virtue in the use of sweet cream on the face. If you will bathe your face every night before retiring with buttermilk, allow-ing the buttermilk to remain on overnight, the skin will be kept soft, white and velvety.

Remedy for Perspiration

Memedy for Perspiration M. B. P., Germantown-Prepare the fol-lowing powder to be applied to the hands and feet or sprinkled inside the gloves or stockings: Twenty ounces prepared Venetian ialcum, ten ounces powdered orris root, five ounces oxide of sinc, five ounces powdered tartaric acid, five ounces powdered boric acid, two and one-half ounces salicyclic acid, one-quarter ounce menthol, one-quarter ounce oil of eucalyptus.

To Reduce Swollen Feet

To the Editor of Woman's Page: Dear Madam-Can you tell me how to reduce swellan feet? PEARL M. This trouble must be caused by some in-ternal disorder: I would advise you to con-suit a physician. The feet after much standing sometimes become slightly swellan and aches. This can be remedied by bain-og them in water to which Pages attring them in water to which Eps have been added.

to New York, and I've had to work in cheap shows and dirty cabarets just because of you always coming and queering me when 1 got started. Look at the crowd 1 go with." I said, "Do you suppose I'm crazy about them? But I have to go with that kind, the kind that don't fall dead, when they find out who I am." Jim looked at me a minit, then he said, "You're getting me a minit, then he said. "You're getting dam nice lately, what's the matter with you'?" I thought a minit and then I said. "Yes, I'm different, I know it, but I've had most two years of not havin' to be scared to death, not having to look over my shoulder for fear a cop was following me to find out about some of you. I've been able to read the papers without being scared I'd see some of our names in it, and I've been allowed to work in peace. "And I've done good work too, I've been able to leave the rotten joints and I'm

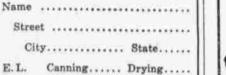
able to leave the rotten joints and I'm workin' up, and I'd get to the top if I was left alone. Why the only peace I've had in all my life has been the last year when you and Dad and Kate was all in jail. I been able to sleep nights knowing where you all was and that you couldn't be doing nothing to get in trouble."

(CONTINUED TOMORROW) (Copyright. All rights reserved.)

Free Primers for Housewives on Canning and Drying Food

READERS by sending this coupon and two-cent rtamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will re-ceive FREE OF ANY CHARGE a primer on canning and drying vege-tables and fruits. Indicate which is desired. Send two two-cent stamps if both are desired. Fill out the space below and mail, as this is a part of the personal service this paper aims to give its readers.

readers





OPEN EVENINGS Except Tuesday and Wednesd

Neither you nor I But when the trees bow down their heads The wind is passing by -Christina Georgina Rosetti.

that keeps me from

shirking.

cant waste

time working.

(1) Marcand

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and white and black; not af

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and felts now ready.

lyrol

Wool

Ladies'

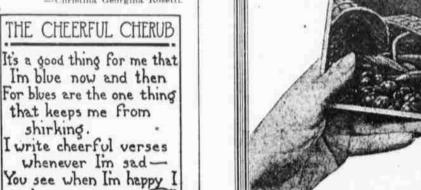
and

Misses

Tailored

Suits

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It will show you how to Prepare against food shortage by Preparing appetizing canned fruits and vegetables, preserves, jellies and jams for your table next Winter. All the newest methods, such as drying vegetables and fruits in the gas range, cold pack process, etc., described in detail, so that you should have success even without previous experience.

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