

EQUALITY, NOT INDEPENDENCE, BEING STRIVEN FOR BY WOMEN

Thus Mrs. Walter Maynard Declares in Answer to Mother Who Is Raising Her Daughter to Be a Heart-Smasher

THE modern girl's training, you say, is being modeled on the lines of her brother's. Yet like a cry from the Orient comes the news that a woman in Kansas City is confining her little daughter's education solely to man-winning.



A fluffy pin-wheel feather ornament goes on each side of this hat.

THE mother of little Elva Diestelhorst, for that is her rather prosaic name, declared in an interview published in the New Orleans Item, "The girl of good breeding, good family and fortune has to fight for her man against chorus girls, cabaret dancers, actresses, singers, adventuresses, vampires and coquettes, and the only way she can overcome these competitors is to beat them at their own game. A girl who can dance a little more daintily than another girl, with attractive grace, will touch the modern man's heart a good deal quicker than the girl who merely knows history and algebra; and the girl who can flirt her way to many conquests has a better chance of making an agreeable selection of a mate than the young woman who blushes when a strange man speaks to her. My daughter Elva is being educated upon this theory." And with this end in view the child is receiving daily instruction from four tutors.

"There is only one career to which a girl should look forward when she is young," says this unusual parent, "that is motherhood. There are restless souls among the sex, I know, that yearn for fame along other lines—art, literature, drama—even politics. But these yearnings are, when they are analyzed, mere passing ambitions or vagrant outlets for the emotionalism that has not yet found its true course—the desire for happy, contented motherhood.

"Fashions in girls have changed. The retiring girl remains retired and the clinging-vine type of wife finds difficulty in finding anything sturdy to cling to. Today the ideal of the world is girl—not the virtues of womanhood, or religious symbols, or great deeds of heroism, or valor, or mental superiority, but Girl.

"Today the young man seeks the girl other men want, and looks upon her as a sporting proposition, making bets with himself as to his ability to hold her when he captures her. My daughter will never have to read to her husband, nor correct his spelling, nor keep his ac-

counts. So what is the need of especial training along those lines?"

TO ALL of which the only logical reply seems to be that made by Mrs. Walter Maynard, of New York, who scored the Kansas City matron's conception of girlhood and wifehood, saying: "It is like hearing stories from the Arabian Nights to learn that a young girl of today is being trained to become a wife of the kind who has only in mind the gratification of the husband's every wish. And to be told that the present-day man wants a mate of that type is looking back beyond two thousand years of progress to the time when the position that woman occupied in the household was a nominal one. Woman has until later years occupied a perfectly illogical position in the world. She has not had an opportunity to make use of her powers and develop them until the present century. Now she is not striving for independence of man, as many believe, but for a position alongside him. And in the light of this new position her relation to her husband should be based on spiritual companionship. In my opinion, the education of this child ignores everything that is worth while for womanhood and ignores also woman's fight of years for equality."

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 questions upon those given below are invited, but the editor does not necessarily endorse 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. How can white argandine neckwear be given the proper stiffness without the glossy effect of starch?
2. How can articles of food that are to be pickled be made to absorb vinegar easily?
3. What kind of spoon should be used in handling pickles?
4. What kind of shoes should be worn by those in deep mourning?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. Fruit is best for preserving purposes just before it is perfectly ripe.
2. If the skins of plums are pricked in several places before cooking they will not burst.
3. Pared fruit will not turn dark if lemon juice is squeezed over it while standing exposed to the air.

Cans for Canning

To the Editor of Woman's Page: Dear Madam—Will you please tell me in your paper as soon as convenient how I can utilize hard cans and make them tight to cap fruit and vegetables, as I have a great many perfectly good and clean cans.

Maryland Biscuit

To the Editor of Woman's Page: Dear Madam—Please publish a recipe for Maryland biscuits. (Mrs.) M. K.

Blackberry Brandy

To the Editor of Woman's Page: Dear Madam—Please tell me how to make a large quantity of blackberry brandy. CONSTANT READER.

Free Canning and Drying Manuals for Housewives

READERS by sending this coupon and two-cent stamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will receive FREE OF ANY CHARGE a primer on canning vegetables and fruits. Separate two cents postage will bring manual on drying. Fill out the space below and mail, as this is a part of the personal service this paper aims to give its readers.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

HAVING resolved to enjoy the heat of summer, and so adjusted our mind to exert its low-speed control upon our circulation, let us see what we can do, or not do, to keep cool. We can often begin our day with the first light of dawn. By the time the sun is fairly up, many of our regular duties may be done, leaving the midday free. At all times much work can be put aside until cool evening hours. It is a mistake to have a "hard and fast" system whereby certain things must be done at just such a time though the alacrity fall. There are essentials, but the nonessentials are in the majority and it is the nonessentials about which people are usually most rigid. In summer time relax and do even necessary things more leisurely and so save nerve energy and lessen the "wear and tear" of living. More sleep is needed in summer than in winter because of the relaxing and depressing effect of heat. Eight hours at least should be allotted for sleep. If an hour is lost at night, make it up by a nap before dinner. After-dinner sleeping is not good. No one need suffer from excessive heat, even in the hottest weather, unless compelled to endure exposure to the sun's rays. The neutral bath is a panacea for summer heat. In a bathtub with the water at a temperature of 90 to 94, one may defy the hottest of hot waves, and one may stay in such a bath as long as he likes. A tepid bath over three times a day is a fine hot-weather measure. The free perspiration induced by summer heat necessitates frequent, almost daily, cleansing baths for which soap or soda is needed (a pound of washing soda in a tubful of water). Swimming is a most beneficial summer sport, one of the best of all forms of exercise. A right selection of food is of highest importance. Meats and eggs are heating, fats lessen appetite and cause the condition commonly known as biliousness. The best foods are juicy fruits, fresh vegetables, cereals in moderation and a modicum of fats. All the fresh, canned and dried fruits are good, but the seasonal fruits are especially beautiful. The green, succulent vegetables should be eaten at each meal. At least eight glasses of water should be taken daily. To satisfy one's thirst, water should be swallowed slowly. Cold water and cool fruit juices will quench thirst quite as well as the iced drinks of which most people are so fond and do not upset the digestion. For sedentary people the "two-meals-a-day" plan is a sane rule in summer. At noon a fruit meal is often sufficient, with a meal of meat, vegetables and eggs. To avoid heavy eating, to drink plenty of pure water and to have three bowel movements daily are the most important requisites for keeping cool. Avoid overexertion in hot weather, move slowly. In tropical countries everybody moves slowly. People who live in temperate climates get so used to the hustle and bustle of the city that they forget to slow down in hot weather. Such people soon wear out in countries where hot weather prevails the while on the right side, offering you his left arm, through which you put your right one. When you reach the altar the bridegroom and his best man come forward from the sacristy door, and your uncle steps back and the bridegroom offers you his left arm, which you take with your right. You then advance to where the priest is standing, the bridesmaid at your left and the best man at the bridegroom's right. If you are to be married at a nuptial mass the bridesmaid and best man go back and kneel in the front pew, while you and the bridegroom kneel on two prie-dieu which are placed inside the sanctuary. The priest or sexton of the church will tell you before hand when to rise and go forward for the special prayers at a nuptial mass. After the ceremony you and your husband lead the way down the aisle and are followed by the best man and bridesmaid. Your uncle has simply to walk up with you, and having delivered you to the bridegroom steps back and goes into one of the pews until the ceremony is over. If, however, you have no bridesmaid and your uncle is to take the part of best man, he simply walks to the right side of the bridegroom after taking you up the aisle and stands beside him during the ceremony.

Do Not Encourage Strangers

To the Editor of Woman's Page: Dear Madam—I live in a suburb of the city and I have a very busy day on the train. Several times I have noticed a real nice looking man sitting on the train. One day last week I dropped my paper and he came over and picked it up for me and I thanked him. Since then he bowed to me every morning and yesterday he came to my door and asked me to go to the store with him. He said he was in town for supper, I said no, and now I don't know what to do. He means no harm. When I meet him tomorrow do you think I could take my decision? W. ACCORD.

Officers' Reserve Corps

EDWARD S.—Apply at the registration office, Fifteenth and Chestnut streets, for full particulars.

Uncle to Give Her Married

To the Editor of Woman's Page: Dear Madam—The bride I married very quietly in the Catholic Church and will be given away by my uncle. I would appreciate it if you would advise me what the duties of my uncle, also how we should stand at the altar. Do I enter the church with my uncle? A STEADY READER.

Partial Nasal Obstruction

Why is it so often a person can only breathe through one nostril? D. E. Perhaps because the vomer bone, a division of the nose, is bent toward one side and obstructs the nostril or because there are enlargements in one nostril. Consult a nose and throat specialist.

Hair Oil

What is the best hair oil? LEWIS B. O. The oil that the scalp makes is better than any other. At the root of each hair there is a little fat-secreting gland the business of which is to oil the hair. If the glands are inactive they may be stimulated. A good remedy is to massage the scalp with a little cold water and the fingers in cold water and rub the scalp vigorously for five minutes several times a day. The effect will be to stimulate the flow of blood through the scalp and cause the glands to secrete more oil. A very little vaseline may be applied if necessary.

Food for Child of Two Years

What should be the food of a child two years old? S. T. C. Fruits, grains, a moderate allowance of pure cream and cow's milk and vegetable purees. Purees of spinach and other "greens" are particularly good. (Copyright.)

THE CHEERFUL CLUB

I love to look in little children's eyes; They're pools of quiet in the city's din. It's strange to think their happy childhood world is all around us and we can't get it in. Mrs. Cloud

IN THE MOMENT'S MODES

Motor Coat of Palm Beach Cloth



"MA" SUNDAY'S INTIMATE TALKS

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

The Too-Unselfish Woman

MRS. CHALMERS is a woman of unusually beautiful character. She makes a habit of showing her husband about dinner, show him that his appetite is capricious because he has grown accustomed to expecting perfect cooking, which is not always a possibility. Let him see that he is not pleasing you or making you happy. Remember, God expects us to carry our own burdens, but he does not want us to take away those which legitimately belong to others. I think, if I were you, I would find myself a little under the weather, in need of a change. Spend a week with your sister, leaving John to his own device, and you will discover a different man when you return. Be unselfish, but not too unselfish, in the future.

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Hearing Destroyed by Use of Quinine

If the hearing be destroyed by the use of quinine, can it be restored? JANE W. Cases are rare in which hearing is actually destroyed by quinine. Sometimes quinine in large doses impairs the hearing, but at the present time physicians are sufficiently acquainted with the possible evil effects of large doses of quinine so that it is very rarely used in such doses as to cause deafness. Probably the deafness referred to is really due to something else. Consult a good ear specialist.

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PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

The New Ribbon

MY FATHER had eaten his pancakes and gone to bed when I woke up and there wasn't any batter left except on Rowdy's nose, which made me think that Rowdy got tired waiting for me and helped himself, which left me with an empty stomach and my mick on my hands. So I went to my father's pockets and got some money and he having quite a bunch of it I took a dollar besides the money for my mick. Then Rowdy and I rambled just then and sat wagon came by and I hopped it and sat on the back seat. It was fun, but the water that dripped down my back seemed colder than usual. I rode a while and ate some ice.

Once when he stopped I asked the man what time it was. He said, "Eight forty-five." I said, "Whereabouts is that to nine?" He said, "Pretty damn near." So Rowdy and I hit the high places and got to school just as the lines were going. I was very late, but when it was nearly noon and Miss Grouty was asking me the name of a letter on the board just as a trick way know it herself, which is a pretty way she has, she said, "Patsy, you are very late." I said, "That's funny, for I didn't wash my face this morning." She said, "Don't you feel well?" All the time I was laughing and I told her I had a piece of forgotten breakfast and I told her I had ice." She held up her hands and said, "Is that all?" I said, "Yes, ma'am." She said, "Nobody should eat a cold breakfast." I said, "That was a joke, for they all laughed again. Then she said, 'You may go home, dear, and get your mick.' I went to the store and told the man that I wanted three nickels' worth of food. He said, 'What kind of food?' I said, 'The kind people eat.' He said, 'The potatoes food?' I said, 'Yes.' He said, 'Is bread food?' He said, 'Yes.' So I said, 'Then give me a pickle and an apple and some cheese.' He said, 'How are you feeling?' I said, 'How's it to you? Did you find some money on your back yet?' He looked surprised and said, 'How much money?' I said, 'A dollar and three nickels.' He said, 'How did it get there?' I said, 'I forgot it and left it there when I was riding.' He laughed and gave it to me and said, 'You are some kid.'

So I went and got the ribbon for my hair and then a man in a store door said, 'Little girl, I will give you a nickel if you go to the delicatessen around the corner and get me a ham sandwich with mustard and a sweet pickle.' So I did and he did and then I went and got me a ham sandwich with mustard and I don't know when anything tasted so good. I went home and my father had gone and I brushed my hair till it was dark—not my hair was dark, but the night. Then I tried to make a bow but couldn't, so I put the ribbon on and knelt down beside Rowdy and prayed. 'Dear God, holler by thy name, I am glad you made me a little girl, not a dog, for where could a dog be a ribbon? I am glad my father had a dollar and I am glad Miss Grouty let me out and that I caught the ice wagon. I am sorry I left the money on it, but that was not your fault. I am glad the ice man was honest and that I'm not behindhead, what would I tie the ribbon on if I was in heaven to try a ham sandwich with mustard and a sweet pickle. It's great. I have certainly got a lot to be thankful for. Please put it into Old Maid Temp's hands and get up early tomorrow, for I shall need her. Thank you very much for a good girl, Amen.'

Opportunity

Master of woman destinies am I! Fame, love and fortune on my footsteps wait. Cities and fields I walk; I penetrate Deserts and seas remote, and passing by Hovel and mart and palace—on or late I knock unbidden once at every gate!

Tomorrow's War Menu

- BREAKFAST: Cantaloupe, Eggs, Coffee, Stuffed Tomatoes. LUNCHEON: Iced Tea, Cheese. DINNER: Baked Beef's Liver, Creamed Onions, Cucumber and Endive Salad, Coffee.

Safe Milk for Infants and Invalids HORLICK'S THE ORIGINAL MALTED MILK Rich milk, malted grain, in powder form. For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged. More nutritious than tea, coffee, etc. Instantly prepared. Requires no cooking. Substitutes Cost YOU Same Price.

MI-KITA Superfluous Hair Remover The only treatment which will remove permanently all superfluous hair from the face, neck, arms or anywhere on the body, leaving no mark or blemish on the most delicate skin. No electric needles, burning caustic or powders used. Originator. Sole owner and used exclusively by me. Dr. Margaret Ruppert's MI-KITA Beauty Secretions. 3115 Chestnut St., Philadelphia, Pa. Suite 10-12-13. Est. 22 yrs. Phone Walnut 7091.

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