

Interesting TO WOMEN

The advancement of women's clubs has often been discussed, and an editorial recently in the *Federation Bulletin* says the following:

"The women's clubs have been studying American social problems for years, and there is no part of the body politic which they have neglected. Doubtless they supposed they were casting their bread upon the waters, as most reformers do, without worrying too much about the return. But their wildest dream could not have anticipated such results as are now coming back to them. The attention which the clubs have recently attracted, both in attack and defence, has led naturally to the subjects which they were discussing until at last the sum total of interest in our doings is almost beyond belief. As Mr. Boecher once said of another kind of success, we have set the tide to moving, and now we need only stand upon the shore and see the waves come in. When the great daily papers all over the land began to be our champions and allies, as many of them have done during this particular year of grace, it was only natural that the magazines should begin to fall in line. And all of them have discovered that it is really a serious movement and one worthy of attention. None the less is this true because, as the Baltimore *American* has remarked, we have been pursuing the even tenor of our ways without paying much attention to slanders or abuse. It would seem as though the day of slander and abuse is about over for us, at least so far as concerns any source which is worth considering."

The Home.

Married people would be happier, says the Boston *Gazette*:
If home trials were never told to the neighbors.
If they kissed and made up after every quarrel.
If household expenses were proportioned to receipts.
If they tried to be as agreeable as in courtship days.
If each would try and be a support and comfort to the other.
If each remembered the other was a human being, not an angel.
If women were as kind to their husbands as they were to their lovers.
If fuel and provisions were laid in during the tight tide of summer work.
If both parties remembered that they married for worse as well as better.
If men were as thoughtful for their wives as they were for their sweet hearts.
If there were fewer silk and velvet costumes for the street, and more plain, tidy house dresses.
If there were fewer "please, darlings," in public, and more polite manners in private.
If wives and husbands would take some pleasure as they go along, and not degenerate into mere tolling machines. Recreation is necessary to keep the heart in its place, and to get along without it is a big mistake.
If men would remember that women can't always be smiling, who have to cook the dinner, answer the bell half a dozen times, and get rid of a neighbor who has dropped in, to tend to a sick baby, tie up the cut finger of a two-year-old, gather up the playthings of a four-year-old, tie up the head of a six-year-old on skates, and get an eight-year-old ready for school, to say nothing of sweeping, cleaning, etc. A woman with all these to contend with may claim it a privilege to look and feel a little tired sometimes, and a word of sympathy would not be too much to expect from the man who, during the honeymoon, wouldn't let her carry as much as a sunshade.

Women's Clubs.

and the voluminous Dolly Varden require the services of both hands. One hand should lift the back of the dress; the other must raise the front. Long evening dresses can generally be lifted with one hand, but it requires some skill. The skirt should be clutched right in the middle of the front, and the hand should acquire the trick of taking in the whole front of the skirt in a sort of double hand. With a quick motion you grab the front breadth in two different places and lift. You can now take a step upward without walking on your skirt.
Walking upstairs is splendid practice for the physical culture woman, but she must learn its tricks.
On this point a physical culturist said:
"I consider stair climbing the best exercise in the world, and it is one of the few forms of exercise which can be taken by the domestic woman without implements and without going out of doors."
"She who is going to walk upstairs, either for exercise or for grace, must learn six things:
First, she must learn how to manage her skirts; the skirts play a very important role. Unless she can lift her skirts and keep them out of her way, she cannot walk up comfortably.
"The second thing is that of position. Few women like to climb stairs, and most women actually dread it. And the reason is not on account of the exertion, but on account of the position."
"When a woman goes upstairs she bends double. She literally climbs; she never walks up."
"Most women are too tightly gownned to walk upstairs. We have a little flight of stairs but just for that purpose, and it is part of the curriculum to go upstairs for ten minutes a day.
"The pupil is made to mount and remount, and while she goes up she holds her dress in one hand and a fan in the other, or a spray of flowers, or something simple and pretty. This is to teach her grace and to give her a hint on how to perform this very simple feat acceptably.
"There are rules for stair climbing. Don't go up as though you were trying to drag a ton of lead up a hill. Go up as though you liked it.
"Practice walking with the knees, upon a level surface. Lift your feet high. Now transfer your operations to a staircase and walk upstairs the same way. You will find that it does you a world of good, this stair climbing exercise.
"There are doctors who advise their patients to climb stairs for the sake of health. The rule is to climb six flights of stairs twice a day, once in the morning and once in the afternoon.
"Don't try to climb at night when you are tired. You are not equal to it, but take the stairs during your spring hours.
"Stair climbing develops precisely the same muscles as bicycle riding. It catches you in the calf of the leg, in the knee and in the hips. You should keep on until all of these muscles respond willingly. Then you will climb easily.
"In gymnasium work we let our pupils mount a little staircase. Then we let them climb off and on a block. Then we put them through a series of stunts, such as climbing a wheel and getting up a little iron ladder.
"Going up stairs is excellent exercise. It is good for your lungs and good for your muscles. And, if you want to become lithe and strong, go up stairs frequently."—Kansas City Journal.

Walking Up and Down Stairs.

Do you know how to go up and downstairs properly? If you do, you have at your command one of the best exercises in the world. But if you don't know the art, stair climbing is one of the worst exercises.
Going upstairs is like riding a wheel. It is fun if you know how, and in practice, and if the going is good.
Walking upstairs is something few people do gracefully. In the first place, it requires a knowledge of the art of breathing properly. Then one must learn to manage one's skirts skillfully.
How many women have stepped on the front of their dresses going upstairs? How many women can count the number of times they have walked up the front breadths of their gowns? How many women have torn skirts and flounces and ruined embroideries and fringes? How many have fallen upstairs?
Your dress must be lifted out of your way, and lifted gracefully, and this requires deep thought and much practice. Each skirt is a law unto itself, and you must learn a library of laws, one for each gown.
The wide accordion plaited skirt



Save Tea Leaves.

Save tea leaves for washing varnished paint. When sufficient leaves have been collected steep them for half an hour in a tin vessel and then strain through a sieve. This water gives a fresher, newer appearance to varnished wood than ordinary soap and water. *hattedhrfptoc7]Encloset1 etalotain*

Removing Mildew.

Mildew is not generally affected by chemicals, though it sometimes yields to their action. It may best be treated with a stiff paste made by boiling down Castile soap shavings, spreading a thick layer of this upon the stain and scattering over it some powdered potash. Moisten slightly with water and bleach out on the grass.

Keeping Candied Fruit.

Candied fruit should always be kept in the dark to preserve its rich color and flavor. Preserved and canned tomatoes often spoil, or at least lose much of their flavor, simply from the action of light. Keep all fruits in a closed cupboard, or lacking that, wrap each can in dark colored paper. Jellies alone should be kept in a rather light place.

Washing White Chiffon.

White chiffon washes perfectly, but a better way to clean it is by a dry method. Use two quarts of finely powdered starch to one of powdered borax. Spread the chiffon on a clean muslin, and rub the mixture well into it. Shake this out, and sprinkle liberally with clean flour and borax; cover and leave overnight; the next day brush and shake every particle of powder from the chiffon. It should be found quite spotless.

An Apple Hint.

One of the most wholesome dishes is a baked apple. It is delicious at breakfast as well as at supper. In fact, apples in almost any form are invaluable. For variety's sake try peeling the apples before baking them. Peel and core them, fill the hollows with spice and sugar and bake long enough to give them a thin, crispy crust. Sometimes a bit of butter is placed on top of each apple before putting in the oven. Serve them cold with whipped cream.

Recipes.

Corn Soufflé—

Drain the water from a can of corn and stir in three tablespoonfuls of melted butter. Beat four eggs until very light and turn with a pint of rich milk into the corn. Season well, beat for several minutes and pour into a buttered pudding dish. Cover and bake thirty minutes. Remove the cover, brown the soufflé and serve directly.

Grape Catchup—

Wash two quarts of grapes, pick over and remove stems. Put in granite ware saucepan, pour over one quart of vinegar, bring to boiling point and cook until grapes are soft; then rub through a sieve. Return to saucepan, add 1-2 pounds of brown sugar, one tablespoonful each of cinnamon, clove and pimento, one-half tablespoonful of salt and one-fourth of a teaspoonful of cayenne. Cook until of the consistency of tomato catchup. Bottle, cool and seal.

Cabbage Salad—

The following rule for cabbage salad is a good old "stand-by" and excellent on the country supper table: Chop a head of cabbage very fine, using the regular meat chopper, which will cut it up into fine pieces of equal size. Soak the cabbage two hours in salt and water, then drain. Beat thoroughly four eggs, add one pint of vinegar and half a cup of butter. Let it come to the boiling point, stirring it carefully to prevent the eggs from curdling. Then add a scant tablespoonful of pepper, a heaping one of mustard and sugar to taste. Some housewives do not like as much sugar as others.

Stuffed Tomatoes—

The acidity of tomatoes, which is always brought out with cooking, makes them particularly welcome at this season. They may be served either with bread crumb stuffing or with a chicken forcemeat. Select tomatoes of firm texture. Cut a "cap" off the top of each and remove all the soft pulp and seeds. Pound to a paste small pieces of chicken, either cooked or raw. Measure the chicken. Add the same amount of bread crumbs to it, soaked in milk and to every cupful of the mixture add a saltspoonful of butter and an egg yolk, with pepper and salt to suit the taste. Some people may enjoy the addition of a pinch of nutmeg. Also add half a teaspoonful of onion juice and six chopped mushrooms. If the mixture is not moist enough, a little chicken stock or good gravy can be poured over the stuffing. Replace the "caps" and bake the tomatoes in a porcelain lined or enamel pieplate or baking pan. Cook them half an hour in a moderate oven. A simpler rule for stuffed tomatoes is this: delicous one: After preparing them as above, cutting off the top and taking out the inside, fill with the following dressing: To every two cups of bread crumbs add pepper, salt, a bay leaf, ground or finely chopped and a slice of onion, also chopped. Moisten the stuffing with the juice and pulp of the tomatoes, which should be freed from seeds. Cover with small bits of butter. Serve hot immediately after baking.

Fashion Notes.

Taffetas are much used with these fabrics and lend just the distinction that is needed.
The empire styles are the best of the season and some of the smartest and finest of the empire models can be seen in the imported automobile coats.
All Empire cloaks should be fastened with a very high belt of a color that contrasts slightly with the coat and matches the princess gown underneath.
With the Empire cloak, whether an auto cloak or a walking cloak, there must be worn the tight fitting princess dress, which fits the figure and does not make the waist look too big.
The automobile sleeve is the fashionable sleeve for the winter, being full, beautifully gathered at the shoulder and so arranged that it fits into the cut, making a handsome finish for the hand.
There is a desire to get hold of handwoven materials, cashmeres and camel-hair, which are still made by the Arabs in Persia and India, and which no machine has ever successfully imitated as to artistic variety and richness.

The Immorality of the Money Power

By David J. Brewer, Justice of the Supreme Court.

THE moral law remains both in the universe and in the heart of man. Without honesty and justice civil society would not hold together. And in spite of the shocking revelations of our high finance I believe that the great heart of the American people loves justice and square dealing. It looks with alarm at the influence and with shame and humiliation at the immorality of the money power. It rebels against its domination and resents its lowering of moral ideals and its debauching of the conscience of the rising generation. It yearns for a fresh baptism of righteousness. Nor does it pray merely; it will act too. It is going to protect itself against the depredations and debaucheries of the money power by breaking down monopolies, giving everybody a chance and holding all—rich and poor alike—to strict accountability to law and to a quickened public opinion.

Next to honesty I should say that justice is the cardinal virtue of society. Justice consists in giving to everybody his due. The tendency in every society is for the stronger and the better favored to get more than their due. This is the ever-present motive and argument for socialism, which contemplates an equal distribution of economic goods. But I cannot convince myself that socialism is the goal of society. Socialism, indeed, equalizes the distribution of the stock of goods on hand, but it does not, like the competitive regime, successfully provide for their increase. And worse still, socialism fails to evoke from the individual the most and the highest which the individual is capable. What we need in America is not the cast iron socialist policy of the doctrinaire, but the infusion into the present economic order of the social spirit—the spirit of fair play and mutual helpfulness. And at least one step in positive legislation is necessary. We should abolish monopolies and restriction which work inequalities in prices or injustices in the distribution of wealth. Perfect justice in the economic sphere is hard to realize in fact or even to define in thought. But it certainly is not the interest of the stronger. And laws which give artificial support to the stronger should be repealed.

The moral character of a people is the culminating criterion of its greatness. If the individual American is honest and truthful and temperate and pure, and just and brave, and kind, the American people, whatever else they may lack, possess moral greatness which is the principal constituent of any conception of greatness. And a nation composed of such citizens will bring this moral spirit and temper into all its relations with foreign government.

Marshall Field and His Honorable Fortune

By the Editor of the New York Post.

MARSHALL FIELD'S case in the best answer to those who say that all objections to all rich men are born of the nearest motives. The denunciation of certain men with vast possessions is sometimes said to be only a manifestation of jealousy; the insensate rage of the Have-Nots against the Haves. But we do not think so poorly of human nature. If anything, we believe the natural tendency of ordinary people is too easily to assign all sorts of virtues to men eminent for wealth; and when, on the contrary, we see them attacked and discredited, there is always a reason for it. Sometimes the cause is personal—something in the character of Sir Gorgias Midas, but ordinarily it is the sense of social justice asserting itself. Men resent wealth or power of any kind acquired and used without scruple and without remorse. They will cry out, we are glad to say, when they see greed grown great by the ruin of the helpless. It is, whether mistaken or not, the belief that one man's riches mean another man's wrongs, which leads to the general contempt in which certain very rich men are held. Against wealth, as such, we see no unfair advantage of one's fellows, or by securing special legislation, or by disregard of the laws intended to secure equal rights for all, there always has been, and always will be, prejudice amongst right-thinking people in a democracy. It was against the "interdicted gains" of "bread-taxed trade" that Elliott, the "Cora-Law Rhymer," protested.

Beneficial Results of the Insurance Investigation

By Harry A. Guiremand.

NOW that the active part of the insurance investigation is over, it is well to consider the beneficial results it has brought about.
Its greatest benefit will be the lesson it gives to all men, rich and poor. In this age when men want to have a different code of morals for business and for the church, where men who want to be considered honest, Christian gentlemen throw their religion away when it comes to business, such a disclosure as this presents vividly the error of such a state of affairs, whether the man be rich or poor. For it has shown the harmful results of yielding to temptations that are common to all humanity, such as making money in a way that cannot legally be proven to be dishonest, although it is necessary to quiet the conscience; using foul means when it would be difficult to use fair, lying when it is hard to tell the truth, and any number of those petty dishonesties which are so difficult to overcome. This all suggests itself to the general public in reading over this inquiry, for, after all, the shortcomings of these gentlemen are so human that in the deepest conscience of every man who has or would have done things of the same kind the judgment of the public in this case will be a conviction to him.

Then, too, this investigation has produced some material results. It has caused many of the men who were guilty of these irregularities in high places to resign under pressure of public opinion, although there was no legal conviction made. What a triumph for the public at large. These men, so arrogant and self-righteous under examination, who used every resource of their resourceful intellects to vindicate themselves on the stand, at last found it necessary to resign from their powerful and profitable positions. Another material result is that the men who have taken the places of those who have resigned have found it necessary to make great reductions of expense, and in some cases to cut their salaries in half.

We all should thank God for the insurance investigation and its results at present and to come.

Dr. Osler Talks Simple Nonsense

By Gen. Roger A. Pryor.

D R. OSLER has arbitrarily fixed a certain period, sixty years, at which a man becomes old and therefore incapable of effective action in the conduct of life. The proposition assumes, correctly enough, that old age is such a decay, if not paralysis of the faculties as renders a man impotent, and hence useless to himself and to society; and involves, as a postulate, that at a specified time he is in this sense and to this effect an old man.

The fallacy of this reasoning was long since exposed. Time is no agent in reality does nothing and is nothing; it is in fact only a compensatory cause in action, no change takes place in any lapse of time. (Archbishop Whately's *Announcement to Bacon's Essays*, Students' Edition, pp. 229-248).

Whether, therefore, a man be old in the sense of senility depends not upon the years he has lived, but upon the health and strength of his faculties of body and mind. If these be unimpaired and unaffected, he is not an "old man."

To ascertain, then, whether a man be competent to the exigencies of life we must look not to his years, but to his actual condition. And as that condition varies according to the agencies which have operated upon it, we observe that some men at eighty are really younger, i. e., more efficient, than others at fifty.

It is obvious, therefore, that in his prescription of the so-called "old man" Dr. Osler talks simple nonsense.

His remark, too, is not only silly, but inhuman; inasmuch as it tends to justify and aggravate that contempt for age which is a characteristic of the strenuous American life of the present day. The student of history will instruct him that from ancient Greece to modern Japan communities have been prosperous in proportion to their respect for the counsels of experience.

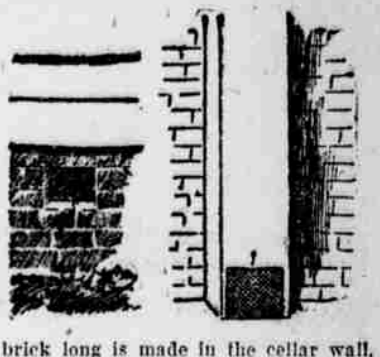
The Farm

A Question to Think Over.

One of the farm papers asks the following question: "Are you keeping your poultry or is your poultry keeping you?" Providing that they think it over well that little question ought to be the means of doing a great many poultrymen a lot of good. Look into the matter for yourself, and, if "you are keeping your hens," endeavor to make such changes as will turn the thing about. If the "hens are keeping you," see to it that they are well repaid for their trouble and use every means possible to enable them "to keep you" better in the future than they have in the past.—Weekly Witness.

Washing Milk Pails.

The milk pails should never be allowed to stand after being emptied. If it is not convenient to wash them at once they should be filled with cold water, which will prevent the thin film, composed of the solids of the milk, forming on the inside of the pail. Once this film is allowed to dry on the pail it is almost impossible to remove it. A frequent mistake consists in pouring hot water into the pails before they have been rinsed out with cold water. The effect of this treatment is to cause the film to adhere more firmly. Rinsing with cold water is always the first process in the cleaning of metal milk vessels; then follows the washing and sealing. Wiping is unnecessary, as the heat of the vessel, after the scalding water is removed, is sufficient to dry off the surface. Always leave pails so that the sun can shine into them. When buying tin pails see that the seams are well filled with solder; they will be easier to clean, and there will be no lodging place for germs. A half-inch flange is also desirable, thus preventing the bottom of the pail from coming into direct contact with the ground.—American Cultivator.



fruits and vegetables as well as for the other purposes for which cellars are generally used. In order that perishable articles may keep in them to the best advantage the cellar must be capable of ventilation, but at the same time must be frost-proof. This latter can be brought about by the proper protection of the walls, banking up with soil will generally accomplish this, as well as the spaces around the windows. No better method of cellar ventilation can be devised than that here described. Build an air-shaft of two-inch planks which are about a foot wide; they must be long enough to reach from the floor to near the ceiling of the cellar. Cover the upper end with a piece of plank. A hole two bricks wide and one

brick long is made in the cellar wall, and a hole of corresponding size is cut in the plank of the air shaft, directly opposite the hole in the wall. Then, at the bottom of the shaft, next to or near the floor, cut out another piece about a foot square. Cover all the openings with wire netting, set the air shaft close to the hole in the wall and secure it in position. In the event of an unusually cold streak of weather, boards may be placed over the opening in the bottom of the shaft, or, better still, a number of newspapers may be folded and wrapped around the bottom of the shaft. The illustration shows the plan clearly, so that any one can readily put it in operation.—Indianapolis News.

Cattle Feeding Experiment.

The following from some careful cattle feeding experiments of one of the experiment stations will be found very interesting to cattle feeders:

"In the second trial a lot of two-year-old steers on alfalfa and alfalfa hay made an average daily gain in 188 days of 1.58 pounds per head. The gain made by a similar lot fed wheat hay and cured sorghum in addition to green alfalfa and alfalfa hay was 1.56 pounds per head per day, and by a lot fed some rolled barley in addition to alfalfa fresh and cured, wheat hay, and cured sorghum 1.87 pounds.

"The third test was made with two lots each containing eleven yearlings and covered 485 days. The lot fed principally alfalfa made an average daily gain of 1.21 pounds per day, and the lot fed a ration of sorghum hay, wheat hay, etc., in addition to alfalfa 1.26 pounds. In the fourth test, which covered 522 days, four steers fed alfalfa as a soiling crop, hay or both, in the different periods, made an average daily gain in the whole test of one pound per head, as compared with 0.98 pounds in the case of a lot fed alfalfa supplemented principally by sorghum hay. In connection with this test one lot of four steers was kept on alfalfa pasturage to compare this method of feeding with the data obtained by the use of alfalfa as a soiling crop or hay. In 518 days there was an average daily gain on alfalfa pasturage of 1.01 pounds per head. From the data included in the bulletin the conclusion was drawn that the combination rations containing alfalfa were about equal in feeding value to rations of fresh and cured alfalfa.

"In all cases the shrinkage when steers were dressed was taken into account, and the conclusion was reached that although the differences were small, yet this factor was slightly greater with the lots fed alfalfa combined with other materials than on alfalfa alone.

"Since alfalfa, where conditions are favorable for its production, yields the most abundant and cheapest forage grown in the Southwest, the high percentage of protein may be disregarded, although theoretically a carbohydrate feed, such as sorghum or grain hay, should be fed with it to secure a more thorough utilization of the protein of the alfalfa by the animal. In situations where alfalfa can not be produced to advantage, as with scant water supply and on excessively alkaline soils, carbohydrates rations may often be grown, especially of the sorghum class, which in combination with alfalfa gives results about equal to those from the alfalfa rations. Sorghum rations alone are undoubtedly inferior to alfalfa alone and in combination with alfalfa yield greater gains than when fed alone.

"The quality of the meat from alfalfa fed steers appears to be about the same as that from animals fed on the combined rations used. Animals finished with barley yielded meat of distinctly better quality, but the slight advance in price obtained did not make return for the barley fed.

"Assuming the approximate average and representative character of the forage used, the yields obtained, and the animals employed, the results of these experiments indicate that under Southwestern conditions, where alfalfa may be fed or pastured all or nearly all the year, this forage is the most abundant and the cheapest feed available, giving as good gains of as good quality as can be economically produced."—Indiana Farmer.

Overcropping of Soils.

It is safe to say that every farmer whose soil is not virgin soil, has had the experience of wearing out some strip of soil by overcropping, too little fertilizer or wrong methods of rotation. Some men need to be taught this lesson but once, and as soon as a bit of their soil begins to show wear they build it up. Men who are in a position to know claim that the natural supply of potash in the soil is almost limitless, and we know that by the use of legumes we can add nitrogen to the soil at small expense. It is claimed, therefore, that phosphoric acid only need be bought, and hence the cost of building up or rebuilding the soil is reduced to a minimum. This is doubtless so under normal conditions, but how many men so crop their soil that the plant foods are preserved in it in the proper proportions so as to be available for the growing plant.

We do not know for a certainty, except under chemical examination, whether or not we are getting the proper proportion of potash to the plant by cultivation, nor can we tell about the nitrogen, except as we may judge from the growing plant. Possibly the result in the following crop, when we think we shall have done all that is possible for the best results, is a complete disappointment, and we begin to scoff at the scientist's theories. That we are gradually wearing out our soils can not be denied, and it is certainly a question worthy of consideration that each of us look more closely into how we are treating our soils and find some way of applying the remedy if we are abusing them.—Indianapolis News.

Alfalfa For Horses.

Professor Melville, of the Utah Station, says that in comparing alfalfa and timothy as roughage for horses, the results of six tests, under varying conditions of work, show that it is not as difficult to maintain the weight of horses on alfalfa as on timothy. The cost of maintenance was greater in every case, except one, on timothy than on alfalfa. The appearance of horses in every comparison of alfalfa and timothy was in favor of the alfalfa fed horses by long continued alfalfa feeding. Attacks of colic and other digestive disorders can be prevented by a judicious system of feeding. The amount of hay fed on most farms could be reduced one-half. It may be economical to reduce the amount of hay and increase the amount of grain fed to horses. It is evident from a study of the experiments, during four periods in which bran and shorts were used and during one when oats made up the grain ration, that bran and shorts may be substituted for oats when the horses are fed alfalfa and timothy. Twenty pounds of alfalfa a day maintains the weight of horses weighing nearly 1400 pounds when at rest. At heavy work, 32.62 pounds of alfalfa a day was barely sufficient to maintain the weight of the same horses. It is evident that there is a tendency to use all the protein, when horses are fed timothy, and no apparent waste of nitrogen when fed alfalfa. This waste is not considered serious here, as protein is not an expensive part of the diet. These results were those of a direct trial, but the surface indications of an indirect trial; it may be that the conclusion is not well founded. Since red clover hay does not differ materially in nutritive value from alfalfa, it seems probable that the first might be substituted for the last, and with similar results, provided the first is well cured, sweet and free from must or dust. But if it must be fed, shake out all the dust possible and moisten the hay.—Weekly Witness.

For the Winter Cellar.

In many cellars in the country the space must be used for the storage of

As many as 4061 muscles have been counted in the body of a moth.