THE HERALD'S PAGE FOR EVERY WOMAN

Edited by JULIA CHANDLER MANZ

WHEN HONOR TO PARENTS CEASES TO BE A VIRTUE

By JULIA CHANDLER MANZ.

A number of letters have come to me recently asking my help in the solution of questions of vital importance to the welfare of little children, one of which brought an ache to my heart and tears to my eyes.

This letter comes from a girl who is almost distraught with perplexity and sorrow—a girl who stands in full sight of two conflicting duties, knowing not which one it is right for her to perform.

"Do you think a child should remain dutiful to her parents when the parents are not leading good lives?" she writes.

"For instance, the father drinks to excess, giving very little money to his home, in addition to which his manner is most cruel to his family. Mother is following his example, and very often has to go to the hospital.

The Pity of It.

"There would be no question in my mind of my duty were I considering myself only, but the pity of it is that I have a nine-year-old brother and a little sister of seven.

"I have a good position, and could take them to a friend's to board, but the thing which troubles me is my parents, whom, I think, I have almost ceased to love. Would I have to continue to contribute to their support? A minister of the Gospel once told me that we owe so much to our parents that even when they disgrace us we should bear with them, and, if necessary, support them.

"And so, Mrs. Manz, I come to you for advice, because you have so often helped me before. I feel sure that you can say something to throw a light of understanding along my troubled way."

In my eyes there is but one path for this dear girl who is so unfortunately placed. Obligations to the parents they long since forfeited. The one great duty left is to the two little children who stand absolutely no chance of the proper equipment for the future meeting of their own life's duties if they remain in their present environment. All honor and all courage to the sweet, brave girl whose heart has already been stirred by the criminal injustice to her little brother and sister to pray for the light of knowledge by which to see the path of her real duty.

Ceases to Be a Virtue.

"Honor thy father and thy mother" ceases to be the duty of any child when the parents refuse to give respect to themselves and by their mode of life make the respect of even those bound to them by ties of blood impossible.

Fortunate it is for the young woman who finds it her duty of love and humanity to give the fruits of her labor to the care and support of two little children who are infinitely worse off than orphans, that the law of our land will uphold her in so courageous an undertaking.

"Honor thy father and thy mother" where honor is due. The girl who from her babyhood has been guarded and guided by the wonderful knowledge and tenderness of a true mother's love can never give to that mother a consideration too deep nor a love too great, but it has never been given me to see the obligation of a boy or girl toward the father and mother who have utterly disregarded the obligations they owe the children they have brought into the world; children to whom all the more is due because of their utter helplessness in the matter of their birth.

SIMPLE WAY TO TEST THE QUALITY OF MILK WE BUY

Here is a very simple way in which to test the quality of the milk you buy. First stir the milk with a spoon, in order to discriminate into the whole liquid the cream which may have come to the surface. Then one volume of milk is poured into fifty volumes of water—one fluid ounce to two and a half pints. A candle is lighted in a dark room. Take an ordinary drinking glass with a tolerably flat and even bottom and hold it right above the candle at a distance of about one foot from it, so as to be able to see the flame of the candle through the bottom of the glass. Then pour slowly the diluted milk into the glass.

The flame becomes less bright as the level of the liquid rises into the glass. The flame is soon reduced to a dull white spot. A little more liquid, slowly added, so as to avoid pouring an excess, and the flame becomes absolutely invisible. All that remains to be done is to measure the height of the liquid in the glass, this being most conveniently ascertained by dipping into it a strip of pasteboard and then measuring the wet part.

It should measure not more than one inch if the milk is pure. With good quality milk, diluted and tested as stated, the depth will be about seven-eighths of an inch before the flame is lost to view. A mixture of one volume of milk and a half volume of water should show a depth of one and a half inches. A depth of two inches indicates either partially skimmed milk or a mixture of one volume of good milk and one of water, and so on.

The process is based upon the close relation between the opacity of milk and the number of fatty corpuscles contained in it. Both skimming and the adding of water work in the same direction, namely, to decrease the opacity of milk. The same cannot be said of the density. Skimming increases it. Adding water decreases it, and the common test that consists in the mere introduction of the lactodensimeter in milk is worthless, as skimmed milk may have a normal density if care has been taken to pour into it a certain amount of water.

RUGS WILL LAST TWICE AS LONG IF GIVEN CARE

No matter what the size or quality of a rug, it is a mistake to shake it by the end to beat it free from dust. The force required to grasp it securely and the sharp snap and jerks are ruinous to the binding and fringe.

A rug sometimes becomes badly creased. To remedy this turn it upside down and wet the crease with a moistened broom until the rug is quite wet. Stretch the rug tight and let it remain overnight after tacking it with tinned tacks, which do not rust.

Here is a good way to clean carpets without taking them up—it will also clean rugs thoroughly: Sprinkle them generously with yellow cornmeal that has been well dampened in weak ammonia water. Sweep off in a few minutes and you will be surprised to see the clean and bright appearance of your carpet and rugs.

Should you accidentally spill oil or soot on your carpet, you can extract all the oil by covering the spot with buckwheat flour, allowing it to remain several hours before sweeping. Repeat again if not all removed by first application. To get rid of the soot, you will need to spread some coarse salt thickly over the spot. Let it remain a short time, and when swept off you will find the black spots removed. This remedy will not hurt the finest carpet.

When ink is spilled on carpets or rugs it should be covered immediately with salt, and keep putting on salt until there is no sign of the ink through the salt, let it remain overnight, and when you sweep it off next morning there will be no sign of the ink left on the carpet.

When taking up carpets there is no necessity for the clouds of dust that some women let loose in the air by improper management. If paper was laid under the carpet the work is easily done. After drawing all the tacks without turning up even a corner of the carpet, begin at one end of the room, and with an assistant carefully roll the carpet from one end to the other. Lift it carefully and carry it to the clothesline. Draw the papers, with the dust on them, carefully together, placing them on top of each other until all are in a pile. Fold them over to prevent the dust scattering off, and carry them outdoors to be burned. Sprinkle the floor with cold water and sweep up, then wash with soap suds, and the task is accomplished with no dust to settle on the walls.

MOST PRACTICAL METHOD OF CURTAINING BEDROOMS

Since fresh air at night has become imperative, the right way to curtain a bedroom must be studied. Every window must be raised at top and bottom, which is better for lungs and complexion than for hangings.

The specialist advises no curtains; so will most men, who rarely like the dainty draperies dear to women. Few housekeepers agree with this, even the health fanatic. Nothing furnishes a room like fresh white curtains; besides, the publicity of the uncurtained room is objectionable, not to mention the bare look of the outside of a house.

The woman who believes in fresh air never hangs at her bedroom windows curtains that cannot be laundered easily or that are ruined by dampness. Windows up the year around soon work havoc on delicate lace or colored curtains.

Double draperies are not advisable for the bedroom. Too much air is shut out, though they are lifted back each night. Where one will have them, choose denim, wash prints or heavy wash silks that will stand tubbing.

One woman fastens to the side lintels of her windows, high above the middle sash, a small hook. In a convenient place she keeps cords for each half of curtain and her maids are taught when preparing the room for the night to loop the curtains up and back, thus giving a free current of air.

The most practical method of curtaining a bedroom is to divide the curtains in two sections horizontally. A rod is run at the top of the lower sash and the lower half run on it by a narrow casing. The upper curtain is cut longer than the lower one and hung to a rod at the top of the casement so they conceal the lower rod.

By this arrangement the window can be lifted with no floating draperies to blow out the window and get stringy, yet the room has the benefit of curtains.

Homely, Yet Admired and Envied; Her Secret

The convention crowd in the lobby made a path for her, cast admiring side glances, then, with longing eyes, followed her to the elevator. It was at the Ponchartrain, in Detroit. The incident was recalled when I chanced to sit across table from the woman. What was it about her that caused all that commotion? She wasn't handsome; she was lacking in form and feature. Yet she did seem marvelously fascinating. Her complexion must be the secret. Really, I've never beheld its equal. Venturing to pick up acquaintanceship, I learned the reason.

"I know I'm not built for beauty," she confided, "but I've tried to make the most of my one charm. I've learned that men abhor make-ups and artificiality. I her cosmetics; there are just two things I ever use and they promote natural loveliness and youthful appearance.

"When my complexion begins to age, I get an ounce of mercolized wax at the drug store, apply at night like cold cream, and wash it off in the morning. This gradually flakes off the outer skin; then I have a brand-new complexion, magnetically beautiful, as you see.

"Wrinkles never bother me. At their inception I bathe my face in a solution made by dissolving an ounce of powdered saxolite in a half-pint of witch hazel. It works like magic."—Mona Morrow in Town Topics.

Cotton Crepe Frocks.

Are quite new.

And extremely practical.

They are easily tubbed.

Economy is not the least of their charms.

Many of the best models in cotton crepe are simply made.

Quite a number of these frocks are included in the wardrobes designed for Southern wear.

So far white has been the favorite, although some of those in colors are chic.

Embroidery done in heavy silk in brilliant colorings is an effective mode of trimming them.

Macramé lace and cotton crepe is also a good combination.

Quite novel is the use of black tulle as a trimming for this material.

This is a fad that has recently come from Paris.

Many of the wash frocks will show a touch of black, we are told.

Some pretty new cotton crepes are striped in two or more colors.

The fancy for fringe seems unabated; it is everywhere on gowns, hat, and bags.

MODISH WALKING SUIT

Although designed for a young girl, this suit is a good model for any age. It has several new features, and the material used are white serge and black satin.

The coat has a wide shawl collar of the serge, with an outside collar of the satin, finished with buttons, covered with striped black and white satin. These buttons also trim the belt and sleeves.

The skirt is closed at the side front and is trimmed with loops and buttons made of the serge.

The Seven Ages of Man.

By WILLIAM SHAKESPEARE.

(Published at the request of James Barrus.)

These famous lines from Act II, scene 7, of "As You Like It," are spoken by Jacques, son of Sir Roland De Bois, and brother of Orlando, the hero of the play. "As You Like It" was first printed seven years after the death of Shakespeare. Some of the incidents of the play are derived from a romance by Thomas Lodge, printed in 1590.

The word "pard" means leopard. "Pantaloon" is the name of a character in old Italian comedies. He is represented as an old man, feeble and emaciated and wearing slippers. "Sans" is French, meaning "without," but is here pronounced as an English word. "Modern" means "common." "His" in the fourth line from the last means "its." Shakespeare used "his" most frequently for "its."

And all the men and women merely players,
They have their exits and their entrances;
And one man in his time plays many parts,
His acts being seven ages. At first the Infant,
Mewling and puking in the nurse's arms.
And then the whining Schoolboy, with his satchel,
And shining morning face, creeping like snail
Unwillingly to school. And then, the Lover,
Sighing like furnace; with a woeful ballad
Made to his mistress' eyebrow. Then a soldier;
Full of strange oaths, and bearded like the pard,
Jealous in honor, sudden and quick in quarrel,
Seeking the bubble reputation
Even in the cannon's mouth. And then, the Justice,
In fair round belly, with good capron lined,
With eyes severe, and beard of formal cut,
Full of wise saws modern instances;
And so he plays his part. The sixth age shifts
Into the lean and slipper'd Pantaloon,
With spectacles on nose, and pouch on side;
His youthful hose well saved, a world too wide
For his shrunk shank; and his big manly, voice,
Turning again toward childish treble, pipes
And whistles in his sound. Last scene of all,
That ends this strange eventful history,
Is second childishness and mere oblivion,
Sans teeth, sans eyes, sans taste, sans everything.

WHAT TO SERVE AT THE HOME BOARD

Appended Recipes Make Following of Menu Easy.

BREAKFAST.
Fruit
Poached Egg — Delmonico Potatoes
Baby Lunn — Coffee

LUNCH.
Sliced Tongue — Potato Salad
Wafers — Fruit
Cocoa

DINNER.
Beef Broth
Mutton Steaks — Sauce Bernaise
Mashed Potatoes — Beets
Raised Pudding — Liquid Sauce
Coffee

Mutton Steaks—Mutton steaks are cut from the leg; they should be fully an inch thick and from the center of the joint. Several hours before cooking brush them with a French dressing. (This makes them more tender and delicate.) When broiling sear each side quickly; then lift a little from the blaze that it may cook more slowly.

Bernaise Sauce—Simmer slowly together one-half of a cupful each of tarragon vinegar and Rhine or any white wine, one teaspoonful of peppercorns, a dash of cayenne, and two tablespoonfuls of finely chopped onion. When the liquid has almost evaporated lift off until partly cooled, then stir in two slightly beaten egg yolks. Stand over hot water and stir slowly, but steadily; as the sauce heats drop in bits of butter, using three teaspoonfuls altogether. Lift occasionally that it may not thicken too fast. When very thick strain into a hot bowl. This sauce is actually good cold.

Be careful never to use too much butter in cake. Use a scant amount rather than what the rule calls for, and it will save many a poor cake.

FRESH AIR IS GOOD FOR SHOES.

Fresh air is good for most things, including shoes. But in this instance, as in many others, the value of fresh air is not rightly estimated. At night the least thoughtful shake out their clothes, brush off the day's dust, and slip each garment over a hanger, and many garments are thrown over a chair before an open window. But how many of even the most fastidious germ-fighters think to air their shoes? Clickety-click, into a clothes closet, or closed shoe box, they go, instead of being brushed into shape and placed where the air can play freely about and through them.

A window sill is an excellent shoe airing rack, and is convenient for all. Shoes placed there for an hour or so after wearing each day will not only prove refreshing to the feet but will harbor no foot odors, and the dampness from feet warmth and weather conditions will evaporate, leaving leather and lining renewed to resist the day's wear.

Reveals Secret of Woman's Charms

The woman who always has a smooth, velvety complexion that reflects youthfulness never uses powder. The best thing for beautifying and preserving the complexion is a lotion made with 4 ounces of spurmax dissolved in ½ pint witch hazel (or hot water), with 2 teaspoonfuls of glycerine added. This does not show when on and is unequaled for correcting an oily, shiny, sallow skin. It gives the skin a charming freshness that lasts.

The much-admired lustrous hair of many society women is a matter of mere care. It is no trouble to have bright, fluffy, growing hair; simply keep the scalp clean by proper shampooing, using a teaspoonful of cantbrox in a cup of hot water. This cleanses perfectly, dissolves dandruff, and stops scalp irritation as if by magic. The hair then dries quickly without streaking, and will be ever so brilliant, soft, and easy to do up.

REFORM OF CONDUCT SHOULD BEGIN AT HOME

By DOROTHY DIX.

There was once a maid who was young and charming, but who was afflicted with an ingrowing conscience that caused her much pain. It also made every one with whom she came in contact very, very weary, for she felt it her sacred duty to police their conduct and tell them what poor, weak creatures they were, and how they misused their great opportunities.

Notwithstanding that she was so top heavy with virtues, such was the pulchritude of the maid that she ensnared the affections of a nifty young reminder who conned himself into the belief that her moral attitude was merely a side line of talk that she thought attractive to men, and that she would drop when she got married and took to bridge whist.

Unfortunately, however, the maid's conscience, instead of being a false alarm, was the real thing. She was that most fearsome object in nature, a reformer, and no sooner was she safely wed than she began to put her theories into operation on her husband.

"Alas," she would cry as he lit a cigar after dinner, "do you not know that the use of tobacco is a disgusting and injurious habit, and that if you would save the money you waste on cigars, in the course of a hundred years you could buy an apartment house?"

"But," replied the husband, "think of the trouble and annoyance with janitors and tenants I am saved by not owning an apartment house! It is only those who have nothing who do not have to worry over the Stock Market."

He Was Discreet.

Now the man was a discreet fellow who never toted too much with the boozo, but no sooner did he open a bottle of beer than his wife was on him with both feet.

"Miserable creature," she cried, "I see your finish in a drunkard's grave if you had not had the good luck to marry a wife who knew how to down the demon rum and reform you of your vices."

"I perceive," said the Man to himself when he had stood so much Interference in his Ways that it made him Sore, "that it is the Dog Collar and Jumping through the Hoop for mine unless I make a Stand Right Here for my Liberty. So it is up to me to Bat in with some sort of Counter Play, for I opine that the Reason Females are so Hot on Reform is because their own Little Games are never Raided by Men."

Thereupon the Man went to his Wife and thus addressed her:

"I perceive," he said "that you are Right and that it is our Duty to Pass up the Frivolous Pursuits we have been following and lead the Higher Life. However, I do not feel that it would be Kind for me to Monopolize All the Virtues and Sprout Angel Wings while you merely have a Few Pin Feathers. I desire, therefore, to return some of the Good Advice you have been Handing me, and help you to Overcome some of Your Faults as you have Assisted me to Correct mine."

At this the Wife looked surprised, but her Husband continued:

"I suggest," he said, "that you Commence on your Vanities, and Pass Up your High Heeled Satin Slippers for Wide, Comfortable, Durable Leather Boots."

"But," exclaimed the Wife, "do you not know that I am possessed of a No. 1 Foot that it would be a Shame to Hide?"

"That is true," replied the Husband, "but you should not indulge yourself in such a Weakness as Caring how you look, for only the Good are Truly Beautiful. Then you should leave off your Stays, which are Unhealthful and Prevent your Breathing Properly."

"Not on your life," cried the Wife, "for I have a Straight Front Figure that makes all of my Friends Green with Envy."

"You must also abandon Frizzing your Hair," continued the Husband, "for it is Wrong for a Creature with an Immortal Soul to Waste so much time on the Curling Irons."

She Objects.

"What!" screamed the Wife, "and go out with my Head looking like a Peeled Onion? Not if I was Dead."

"That will be about all," said the Husband, "for I see that you are Steering me up against a Bunco Proposition that you are not willing to Back Up yourself. You want to Sacrifice all my Little Sidestepping, but when it comes to giving up your own Indulgences you are not in it. There is not enough Reciprocity in this thing to suit me. Hereafter you lead the Reform Procession and I will String into it somewhere along the Road, but I do not Propose to play a Lone Hand at Being the Family Model."

And that settled the Lady, who was so afraid that she would be called on to give up a Few herself that she ceased to Knock Her Husband's Faults, and they lived together in great Peace and Harmony.

Moral: This Fable teaches that there is nothing Mutual in Reform.

GOOD DINNERS FOR AN ENTIRE WEEK

Menu for Each Day Is Simple and Inexpensive.

SUNDAY.
DINNER.
Roast Beef with Gravy, Browned Potatoes
Apple, Celery, and Lettuce Salad.
Peach Pie.
Black Coffee.

MONDAY.
DINNER.
Hash of the Cold Beef
with Raw Potatoes and Onion.
Stewed Tomatoes.
Baked Apples.
Tea.

TUESDAY.
DINNER.
Sliced Roast Beef Cooked in Gravy
with the Addition of Tomato and Onion.
Mashed Potatoes.
Apple, Celery, and Lettuce Salad.
Peach gelatin.
Coffee.

WEDNESDAY.
DINNER.
Lamb Chops.
Creamed Fresh Turnips. Potato Balls.
Prune Sauce.
Tea.

THURSDAY.
DINNER.
Pork and Sauerkraut.
Boiled Potatoes.
Apple Tapioca Pudding.
Tea.

FRIDAY.
DINNER.
Fish Fried in Bacon Fat.
Mashed Potatoes.
Baked Bananas with Lemon Sauce.
Rice.
Coffee.

SATURDAY.
DINNER.
Macaroni with Cheese and tomato Sauce.
Fresh Biscuits.
Prune Gelatin.

Household Hints.

A splendid shoe polish can be made by mixing a little milk with ordinary blacking. After rubbing a small quantity on the leather very little "elbow grease" will be required.

Should you spill hot fat on the floor or on a wooden table, pour cold water upon it at once. It can then be more easily scraped off, not having had time to sink into the wood.

Freshness of eggs may be tested by putting them into water. A fresh egg will remain at the bottom, one not so fresh will float a little higher, and a bad one will rise to the surface.

Instead of always folding tablecloths and sheets lengthways it is an excellent plan to sometimes fold them the other way, as they are less likely to wear out if the folds be occasionally changed.

Jam which has been laid aside long and has got hard and sugary and unfit for use can be made quite as good as when new if it is put into the oven for a little while till the sugar melts, and then left to cool.

LOCAL MENTION.

EXCURSIONS TO-DAY.

Steamer Charles Macalester for Mount Vernon and Marshall Hall leaves Seventh street wharf at 10 a. m. and 1:45 p. m. daily, except Sunday.

Norfolk and Washington Steamboat Company's steamers from foot of Seventh street for Old Point Comfort and Norfolk daily at 6:45 p. m.

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LOYD

ESSENTIAL POINTS OF THE BUSINESS LETTER

Brevity and courtesy are two essential elements of a note writen to business folks.

The former is more than desirable, for the reason that busy men and women have neither the time nor the patience to give to reading lengthy communications.

Many requests are ignored that might have met with success had they not been so long drawn out.

Also, any eccentricity of writing, either as to actual chirography or manner of placing the words, should be avoided for the same reason.

If a woman's hand is not very clear to read it is the part of wisdom to have typewritten notes soliciting contributions.

Should this be used, the signature should be put in by hand, but the church or society for which the individual writes should be typewritten, that it shall be so clear as to prevent any error on the part of the person reading.

Once it is understood that the writer is a responsible person, her name is unimportant as compared to the society she is representing.

This writer's home address should be given, and when she is a married woman the name of her husband should be put beneath here, that the recipient of the letters may have no difficulty in looking her up should he choose.

In the original note the name of the society and church should be written in full, and if the writer is not an officer the word "member" should be substituted for the former.

EXCURSIONS.

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Before washing homemade net curtains having a straight-hemmed edge, run a string of common white grocery twine along the hem, measuring the exact length of the outer edge of the curtains. Whether you iron or stretch them they will always be as even as before laundering.

It is often disappointing when cutting a nut cake to find that most of the nuts have settled at the bottom. To remedy this sprinkle the nuts thoroughly with flour. The nuts will stay in place after they have been stirred into the cake.