

Reading for Women and all the family



Life's Problems Are Discussed

BY MRS. WILSON WOODROW

read the following very nice sentence in a book the other day, and immediately decided to enclose it in cotton marks and pass it along to others to enjoy:

"There is any way we can find to make life a little better, a little kinder, a little kinder, we will try to find that way."

There is always a large majority of people who are engaged in trying to make life better. They have very wise ideas about what is right and what is wrong; especially what is wrong. For in their minds almost everything that others enjoy comes within that category.

There is a painfully small minority who are at all interested in making life gentler and kinder. It is much easier to point out the faults and failings of others than it is to commend them for their struggles and their good qualities.

Most of us were taught when we were children that the world was divided into two classes—the good people and the bad people. The good people were very correct. They were always at all church services and they were very severe and solemn, and they seemed to the eyes of childhood to walk in a sort of chilling and aloof silence. The bad people were those who did obvious wrong things. They did not go to church, but some of them went to the green bay tree and had a sort of fearful fascination for the imagination of childhood.

Then as we grew older we met all sorts of queer contradictions. The good people were often anything but kind and gentle. They were harsh and censorious in their judgment of others. They were avaricious and cruel. And the bad people frequently exhibited more kind and generous and lovely traits than appeared compatible with their outrageous badness.

As we grew older we saw a world, where the good were so often good, and the bad were so often good, that it compelled a revision of judgment. But it takes time and experience to realize that there are no thoroughly good people and no thoroughly bad ones. We're all very much alike when you sift us down.

My first great realization of this was when I was in a spot far from railroads.

Bringing Up Father



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By McManus

doctors and nurses. The only person who could be secured to take care of me was a horrible old woman who drank whisky all the time and gave me very scant attention. Then the only other woman resident, who was considered a very bad person indeed, heard of my plight and walked in and took charge of me.

She stayed with me night and day. She was a born nurse, and I dimly realized the comfort of this new and soothing presence. Sometimes when I saw her through the mists of fever I thought she was an angel, and so she was. She had merely mistaken her identity, and had harbored the delusion that she was beyond the pale, when in her true self, the real self that she had never discovered, she was a ministering angel.

Admiral Sims has just given a word to the sailors on the subject of courtesy. It is a lesson that most of us might take home. There is more good feeling in the world than good manners, and it seems a pity to camouflage all that kindness of heart by a forbidding exterior. And forbidding exteriors and rough ways and harsh words certainly do not make life gentler or kinder.

Nothing can add so much to the gentleness and kindness of life as good manners.

People often say, "Oh, I am so dissatisfied. I don't seem to be doing anything."

There is one little thing every one can always do, and that is to add to the general fund of happiness, of gentleness and kindness. It costs so little, and it is a debt one owes to the world. It is like the quality of mercy; it blesses him that gives and him that takes. If you habitually smile, your reasons for smiling are bound to multiply. If you make it a point to spread cheer about you, you create an atmosphere of cheer for yourself as warming as the sunshine. But courtesy will do more for you than that. It is a protective armor that nothing can pierce. The person whose graciousness and courtesy are instinctive and who fully expresses them can not be put at a disadvantage.

It is always the master of any situation that may arise, and to be master of the situation is to be always successful.

Practical Italian Receipts

Broaden your food knowledge. Learn some of the delicious dishes which our associates in this war can so well teach us. Here are some Italian receipts which you will enjoy:

Risotto "A La Milanese"

4 tablespoons fat, 1 cup rice, chicken broth, 1-4 cup dried mushrooms, pinch of powdered saffron, salt and pepper.

In a medium sized pan, brown the fat and stir in the rice, until being absorbed most of the fat, being careful the rice does not burn. Add a cup of chicken broth at a time stirring constantly. Add mushrooms which have been soaked and saffron. As it thickens add more broth, until rice is done. This must not be too mushy. Serve hot.

Fried Peppers With Tomato Sauce

Cut peppers in slices, remove seeds, and fry in a little fat. Season with salt. When soft add tomatoes, fresh or canned, and cook until tomatoes have thickened.

Whole Stuffed Cabbage

Boil a three pound white cabbage whole in salted water until almost cooked. Drain well and set to cool. For stuffing mix together 2 beaten eggs, 1 1-2 cups of cooked spinach (drained and chopped), 2 tablespoons oil, salt and pepper to taste and 1 cup of cornbread crumbs. Add a little meat which has been browned and chopped. Loosen out leaves as much as possible placing a tablespoon full of stuffing between them. The around the cabbage with a stout thread and put in a baking pan with a little water and oil. Bake in a hot oven 20 minutes basting every little while.

Spinach Souffle

2 cups chopped cooked spinach, 2 tablespoons fat, 1 1-2 tablespoons corn flour, 1 cup rich milk, 3 eggs. Chop the cooked spinach. Put into a saucepan on the fire the fat and stir in the flour. When these are blended add the spinach and the milk. Cook five minutes stirring carefully. Then mix into this the individual dishes, and bake about 20 minutes in a moderate oven.

THE FOUR OF HEARTS

A SERIAL OF YOUTH AND ROMANCE

By VIRGINIA VAN DE WATER

CHAPTER LXIII

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It was the day of the wedding—an ideal spring day such as comes in April. The ceremony was to take place at noon, and Mr. Livingstone had not yet told his wife of the change in the young people's plans. He still felt hotly indignant when he reflected that he himself had not known the state of affairs until yesterday. He did not like to remember how angry he had been, and how he had raged and stormed about his den when Milton and Gerald explained that they had acted independently of him. It was bad enough, he had declared, for his own daughter to be a party to such a scheme—but for his niece, who had no claim on him—

Here Milton Van Saun had interrupted with a decision that astonished the older man.

Cynthia had talked to Milton with a freedom she had not displayed to Gerald. What she told him prompted him to write to Darius Blake. His letter was so manly and straightforward that the lawyer had replied with all the facts that he had at his command. So it was with a sense of security that Milton had checked Stephen Livingstone in the beginning of his trade against Cynthia.

"Pardon me," he had said, "but, as Cynthia is your sister's child, and as, had her mother been more foresighted, Cynthia might have been fairly rich girl now, I am sure it must be a comfort to you to do the little you can to make up to the daughter for a part of the losses for which she was not to blame. It seems but just, doesn't it?"

The words had sounded innocuous, but their effect had been conspicuous.

He Changes Color

Stephen Livingstone had changed color, stammered and looked away. "Well, Stephen dear," Mrs. Livingstone sighed, still smiling, as she went back to the drawingroom. "It is over! Now we and our guests can sit down comfortably and talk about our lovely surprise wedding. It was a success—wasn't it?"

The End.

Little Talks by Beatrice Fairfax

I never see one of those mother-spotted girls—they may be any age from sixteen to forty, or older, without holding the mother strictly responsible.

Often the daughter is spoiled because the mother has never quite finished playing with dolls. Her daughter is her doll—a toy to be sewed for, fussed over, cuddled, petted, played with, never by any chance does the mother regard her as a responsible human being.

It would never do for the doll to grow up, because the mother would then be deprived of her vocation. So the daughter becomes a sort of petted product—she is neither a child nor a woman.

Frequently a mother of this type has a passion for sewing; she loves to sew, she loves to shop and match odds and ends, she loves to try to flit ideas from smart dressmakers' "openings" and then reproduce them from remnants of the bargain counter.

In these various activities, the mother expresses herself and such talents as she has given her. The daughter, who usually has a sewing streak, that has been watered and tended by the mother, unconsciously perhaps, has been given that up, and decided that as Mama's little girl it is perfectly proper for Mama to do the sewing from morning to night.

Seldom an Attraction

The mother for whom the girl represents a sort of perpetual motion machine, she could not stop even if she wanted to. Her fussy activities have gathered such momentum, during all these years, that there is no checking them. She must go on doggedly with the sewing, matching and mending, and she sometimes sometimes lover steps in and rescues the girl from the terrible fate of being killed with kindness, but is often.

Mama's elderly baby is seldom an attractive person, the excess of doting and cosseting makes for a certain weakness of character that finds expression in being peevish and irritable. She expects the world to spoil her as Mama has done, but the world has no time nor patience for this type.

The man very naturally asks himself who is going to continue the spoiling and waiting-upon processes, after marriage, naturally, the young manly above domesticating this type of ewe-lamb, and he drops out.

Curiously enough, mothers of this type are always eager to marry off their spoiled, helpless girls. Apart from their dressmaking talents that were bound to find expression, the sewing and slaving may have been undertaken, the girl's life is a life of a semi-young one content to have it thus held.

Of course a kind never has any life of her own. She is absorbed as completely as water is by the Russian Revolution. She may have all the talents in the world, but they never flourish on the thirsty soil of such maternal egotism.

But the average man shies away from this situation, a masterful old man would not let his daughter's life in a vise, and a semi-young one content to have it thus held.

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I know a mother and daughter of this kind. The husband of the mother of the pair always called them the "Vampire" and the "Vampess." They laughingly responded to the names, it was the family joke.

One day the old gentleman died and there was a question as to whether or not to let the daughter accept it. They belonged to what they proudly imagined to be one of the finest families in the world—crowned heads included.

The no daughter of the house of—well call them the Adams of Eden—had ever gone into an office to work.

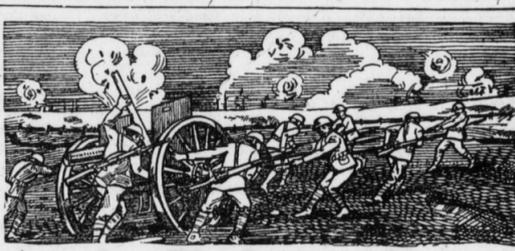
So the masterful old lady decided that while her daughter must work she had to work in secret. The form of industry she chose, was making candy for the lady for the Ladies' Exchange and certain stores—provided, of course, that no one ever found out.

Sulking About With Boxes of Candy

I can remember that poor middle-aged girl sulking about those places with her boxes of candy. She always went very late or very early, so that she wouldn't meet anyone she knew, and always she looked tired, discouraged and forlorn.

In the warehouse her three rooms where they lived—and also made the candy—the old mother still sewed, patched for, bossed and cosseted her. I've often thought about those two, and how they must have felt toward each other there alone at night after the everlasting candy boiling was over.

The mother never thought about the daughter as being entitled to an independent life. God gave that girl a soul and a mind to handle, better stronger, nearer the Master's ideal, but the old woman "broke the chain"—she needed her doll.



At the Fighting Front

It takes muscles of iron and nerves of steel—real men—men with red blood, men with the brawn to do and nerve to buck the line. Men "with a wallop," men with vim, vigor, are those who take "Ironic," a new discovery, composed of iron and herbal extracts, and recently found to be a wonderful tonic for the manufacture of red blood within the body. Dr. Pierce and a dozen physicians at the Surgical Institute in Buffalo, N. Y., have long experimented and have at last found the best blood maker and nerve tonic known today. This they called "Ironic." It's an iron tonic that puts new energy, life, stamina into the blood. "Ironic" is to be procured of almost all druggists, in 60-cent vials. If you want to try it, send 10 cents to Dr. Pierce's Surgical Institute, Buffalo, N. Y., for a trial package. You will find "Ironic," a new discovery, composed of iron and herbal extracts, and recently found to be a wonderful tonic for the manufacture of red blood within the body. 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