

Reading for Women and all the Family

Little Talks by Beatrice Fairfax

Dear Miss Fairfax: I have been reading your articles for some time, hoping to find suggestions which would help me solve a problem I find most perplexing.

I have been married two years and was engaged for a year and a half, which was the happiest time of my life.

During my engagement I received every possible attention, courtesy and evidence of generosity. All of which stopped with the last quarter of the honeymoon.

My husband makes more now than when we were married, but I have actually had to sell my wedding presents to pay for necessary things, like laundry work. He never takes me to a theater or a "movie," never has given me even a field flower, and yet he is most lavish with his friends. I hear accounts of lunches downtown, poker parties with stag supporters, long motor trips given by my husband to his friends and sometimes their wives.

When I remonstrate he says these are given for "business reasons" and that he can't afford the extra expense of taking me. I would go home to my own people but there are two unmarried girls at home and it does not seem quite fair to them.

I wish you would answer this letter, as you don't know either of us, and a little personal advice given by you is very welcome. Yours sincerely, MARY G.

I am afraid, my dear Mary G., your husband is only one more illustration of that cynical joke regarding men of his type: "Why run when you have caught the car?"

He has caught the car and he regards the transaction as finished. It never occurs to him that he might lose what he took so much pains to acquire. Or that he has lost the best you have to give—your faith and respect.

No woman, no matter how hard she tries to be loyal, can idealize a selfish, stingy man who indulges all his generous impulses away from home.

Something Wrong

There is something wrong with him, some blight in his make-up, a dropped stitch in his knitting—to

Bringing Up Father



By McManus

NURSING AS A CAREER FOR WOMEN

Nursing the Best Preparation For Home Life
By Jane A. Delano
Director of the Department of Nursing of the American Red Cross

The trained nurse who marries and gives up her professional work for home and family life, finds that her hospital training has given her rich assets as a homemaker.

This is not true in her knowledge of children and of dietetics and of how to care for the sick, but in her attitude toward housekeeping and her attitude toward life. Her understanding of the "why" of things lifts the small, tedious things of housekeeping, whether it be the cleaning of a room or the sterilizing of milk bottles, to a plane of interest and dignity. And her contact with all kinds of people in the hospital broadens her sympathies and her outlook, adds that much insight and inspiration to her relation with her children and her husband and her community.

No woman is so well prepared to meet the sudden emergencies of accident or sickness that occur in every home as the woman who has had the training of the nurse. In fact, to every detail of the health, care of her family and the hygienic care of their homes, the hospital training contributes something that is useful or precious.

More and more the hospital training is regarded as a splendid foundation for all kinds of public service in which women are engaged, and more and more it will be deliberately planned as a preparation also for home life.

A greater number of young women are entering training schools now than ever before. This is naturally true because of the war, but without doubt the training schools will have to continue to enlarge their facilities for students in the years immediately following.

The American Red Cross, the United States Army and Navy Nursing Corps and the Council of National Defense are all urging the young women graduates of to-day to enter schools for nurses.

Iowa Women Talk German Over Phone; \$100 Fine

Davenport, Ia., June 15. — Four Davenport women were summoned before Chairman White of the Scott County Council of Defense, yesterday, charged with talking in German over the telephone, in violation of Governor Harding's proclamation.

The defendants were ordered to pay fines ranging from \$50 to \$100 into the treasury of the Red Cross.

LIFE'S PROBLEMS ARE DISCUSSED

By MRS. WILSON WOODROW

I have never been a father. Any estimate of mine upon the ethics or proper engagements of that condition would of necessity be academic, lacking in the flavor of personal experience.

Consequently, when a woman wrote me the other day for an opinion on her husband as a parent—she had apparently no other ground of complaint against him—I promptly sought advice from an expert. Each of them had an especial understanding of and an special appeal to childhood. As Riley says of Longfellow:

"Awake, he loved their voices,
And wove them into his rhyme;
And the music of their laughter
Was with him all the time."
"And it was as true of the man who wrote the lines as of him about whom they were written. They both spoke the language of childhood. They both knew and could express the heart and the mind of the child. They both were adored by children. Yet Riley was a bachelor his whole life long."

The reason then why so many men fail at the job, he went on, "is because they have not the natural gift of fatherhood, and either will not or don't know how to cultivate it. Most men who marry expect to have children, and are full of theories and plans as to the raising of them, but when the child actually arrives, and they find all their ideas and suggestions overruled at first by feminine authority, and later by the self-willed, autocratic mite itself which they are proposing to train, they speedily become discouraged."

"As a matter of fact," he said soberly, "they are essaying the hardest, most thankless task in the world with practically no schooling or preparation for it. The father, as most households are constituted, is the source of supply. His time, his energy, his whole mind must be given up to his business. His brief hours at home, when he is tired out and his mind still engrossed with business problems, hardly give him an opportunity to become acquainted with his children, much less to establish that rapprochement and spirit of mutual understanding which is the ideal relationship between parent and child."

"He, too, is unfairly made the po-

lice power of the family, at once the tribunal and the officer of correction. I'll tell your father on you when he comes home, is a threat constantly held over the child, and although he may doubt the justice of the complaint and may believe the testimony against the offender garbled, he dare not for the sake of domestic peace fail to inflict punishment. Thus he is made a bugbear to his children, and they learn to regard him with a rankling sense of injustice.

"In short, he sees himself slaving his life away for the benefit of offspring who take it as a matter of course, and give him neither thanks nor consideration in return. His heart may yearn toward them, but between them and him there is a great gulf fixed. He does not share their interests, nor their his.

"He is the 'Old Man'—an autocrat to be wheedled or cajoled for favors and to be more or less feared, but never a comrade or pal. And so the fatherhood which should be a blessing to a man—the beneficent influence of his life—becomes a blight.

"The lady who writes to you says," he referred to the letter, "that her husband is a man in moderate circumstances of good habits and with a kindly disposition, but that he seems to lack a natural and proper interest in his two children, one six years old and the other eight. He desires them to have every advantage possible, and is in no way cross or unkind, but does not extend the sympathy and companionship that she thinks a father ought to give. He never plays or frolics with them in the home, and always objects to taking them anywhere with him on the plea that they would be too much bother.

"My advice to this wife and to all wives, my friend paused thoughtfully to hold up the absent husband to the children as a model of all the virtues and as a person to be loved. Never let him be criticized or called to account before them. Never let them be threatened with him. Paint him as all that is good and noble and generous. Make them love him. And since love always begets love, and there is nothing so irresistible as the love of a child, the hardest, most selfish or self-centered man in the world can be made into a real father.

"There was a letter published recently in an editorial in the Hearst papers which I wish every father and mother in the world could read. It was from a father whose only son had fulfilled his every hope and is now a splendid boy of twenty-seven and a college graduate. The writer made it plain that this result had been attained wholly through an absolute loving co-operation between himself and his wife.

"Then you consider," said I, "that the making of good fathers is a matter that is up to the mothers?"

"I do," he answered. "Don't you?"

"Maybe, in some cases," I answered cautiously.

Use the Whey From Cottage Cheese

The whey left from cottage cheese should always be saved and used. Whey Bread—Use whey instead of water. Whey Lemonade or Punch—Strain the whey and use instead of water. Sweeten with corn syrup. Whey Ices — Strain through a

NAPOLEON ONCE SAID

"A Footsore Army is an Army Half Defeated." Men in Training Camps, in Cantonments, in the Army and Navy, suffer from blisters and spots on their feet. Every "Comfort Kit" should contain one or more boxes of Foot-Ease, the antiseptic powder to shake into the shoes—it freshens the tired, aching, stinging feet and heals blisters, sore spots. The Plattsburg Camp Manual advises men in training to make daily use of Foot-Ease. Sold everywhere, 25c.

Relief from Eczema

Don't worry about eczema or other skin troubles. You can have a clear, healthy skin by using a little Zemo, obtained at any drug store for 35c, or extra large bottle at \$1.00.

Zemo generally removes pimples, blackheads, blotches, eczema and ringworm and makes the skin clear and healthy. Zemo is a clean, penetrating, antiseptic liquid, neither sticky nor greasy and stains nothing. It is easily applied and costs a mere trifle for each application. It is always dependable.

The E. W. Rose Co., Cleveland, O.

cheese cloth. Add corn syrup and any crushed fruit such as berries, peaches, shredded pineapple, or lemon juice, and freeze.

Other Receipts

1 cup whey,
½ cup corn syrup,
Mix whey and syrup and boil the mixture until it is of the consistency of strained honey. This syrup will keep indefinitely if properly bottled and is delicious for spreading on waffles or pancakes. Used a little thinner it makes an excellent pudding sauce. Since it requires no thickening, it is the easiest possible sauce to make.

Whey Jelly

1½ tablespoons gelatin soaked in ¼ cup water,
½ cup sugar.

Juice and grated rind of one lemon or orange,
1 pint whey strained through cheese cloth,
Soak the gelatin in the cold water. Dissolve gelatin by setting cup in pan of hot water. Add gelatin, sugar, lemon juice and rind to whey. Turn the mixture into a mould or sherbet cups. Serve with crushed fruits, soft custard, or whipped cream.

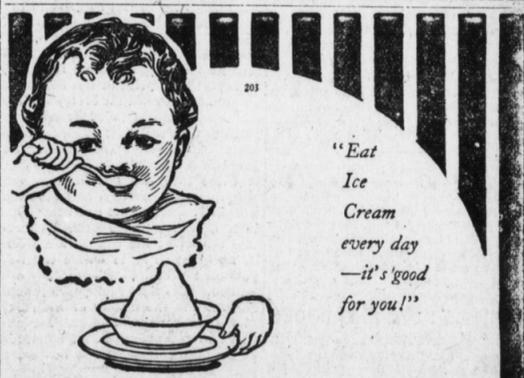
Whey Salad Dressing

Mix in top of double boiler 1 teaspoon each salt, sugar and mustard, a few grains cayenne, and 1½ tablespoons rice flour, add 1 egg and mix again. Add 1½ tablespoons clarified chicken fat, ¼ cup whey, and ¼ cup vinegar. Cook over boiling water until mixture thickens, stirring constantly. Strain and cool.

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The food drink without a fault
Made of high grade cocoa beans, skilfully blended and manufactured by a perfect mechanical process, without the use of chemicals. It is absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

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Ice Cream is the SAFE sweet for kiddies. The purest of pure Ice Cream is—

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SAUER'S

Pure Flavoring Extracts

Conserve food by using Sauer's Extracts in your left-overs, such as Rice, Stale Bread, etc., which can be made into palatable puddings, desserts, etc.

Sauer's Pure Flavoring Extracts Have Won 17 Highest Awards and Medals For Purity, Strength and Fine Flavor.

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32 distinct flavors that will please you—Vanilla, Lemon, Strawberry, Orange, Raspberry, Almond, Peach, etc. Order SAUER'S EXTRACTS from your dealer—accept no other. Prices 15c, 25c, 35c, 50c and \$1.00 packages.

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HARRISBURG, PA.

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When you carry your money around or keep it in the house "waiting" to put it in the bank you are losing every day a part of the earning power of your dollars—money that you can never get back.

Just as soon as you have a dollar to spare, deposit it to your credit in this strong institution where it will be absolutely safe and will draw 3 per cent. compound interest.

Every dollar deposited makes it easier for you to save the next.

3% PAID ON SAVINGS ACCOUNTS
CAPITAL AND SURPLUS \$600,000.00

Advice to the Lovelorn

AREN'T YOU MAKING ADVANCES?
DEAR MISS FAIRFAX:
I am in love with a young man two years my senior, employed in the same office. However, I am aware of his interest in a girl near his home, and he makes no secret of the fact. I don't think he is playing the game fairly.

H. L.
It seems that he is interested in you—and yet you know of his interest in another girl. I wonder, dear, are you playing the game quite fairly and squarely, either by yourself, the man or the other girl? The young man fascinates you, you do not seek to hide your feelings, you are interested in the same office with him. To propriety you add admiration and emotional interest—this is likely enough to get some response from any but the strongest of men. The boy probably does not want to hurt you, to snub you. And yet he still makes it evident that he cares for this other girl. I think you ought to cease all your advances—for it was probably you who instigated the invitation to go out with him. It is you who are making his loyalty to his avowed sweetheart difficult. Don't you see that now? And don't you feel that if any one is "playing the game unfairly" it is you?

NO ADVANCE IN PRICE

SORE THROAT

or Tonsillitis—gargle with warm, salt water then apply—

Keeps a Little Body-Guard in Your Home

VICKS VAPORUB

25c—50c—\$1.00

This pattern will be mailed to any address upon receipt of 12 cents in stamps. Address your letter to Fashion Department, Telegraph, Harrisburg, Pa.

FASHION'S FORECAST

(By Annabel Worthington)

This good looking sailor dress is in the regulation style which is so popular with high school and college girls that it may almost be called their uniform. The dress shown in No. 8884 consists of a middy which slips over the head, and a separate two or three gores skirt. The blouse may be made with or without the applied yokes. The set-in sleeves are joined at the drop shoulders and they may be full length or shorter. The long ones are gathered or tucked into band cuffs. The skirt may also be made with or without the applied yoke. The skirt is fitted without fulness, and may have either two or three gores, the latter with a tuck closing at centre front.

The lady's and miss' sailor dress No. 8884 is cut in six sizes—16, 18 years and 36 to 42 inches bust measure. Width at lower edge, two yards. The 36 inch size requires 3¼ yards 36 inch, with ¾ yard 36 inch contrasting material.