Woman's Page

How to Fight the High Cost of Living

One Dollar a Day Feeds Family of Eight—Careful Management Solves the Problem—Mothercraft Should Be Taught in High Schools—Thoughtless Marriages and Their Results—Care of the Hands—Recipes.

ONE DOLLAR FEEDS EIGHT.

"Editor Standard Woman's Page: I thought I might suggest how to fight the high cost of living. We have a large family, consisting of eight persons. We have a fair income, but by careful management, we deposit a good portion of it at the bank every month. When we buy things we buy them in large quantities, as potatoes by the bushel, buying sugar with a grocery order, that is ten pounds, you can save 10 cents on every ten pounds; buying flour by the sack and baking your own bread is much cheaper than buying it from the store, and it is more wholesome. When we buy meat we buy enough for one meal, which amounts to 40 cents a day. We have soup once in a while, too. We put up preserves in the fall, such as tomatoes, peaches, pears, plums, and different kinds of jellies. We buy less butter, for we prefer jellies. We have our own chickens, getting all the eggs necessary. We also bake all our own bakery goods. As we bake two cakes at a time, we find that the cost of a fine, home made cake is only 10 cents. Out of 10 cents' worth of apples we can bake four pies.

We either bake by coal or gas stove. We find our coal stove more economical in the winter, as we cook, bake, and have heat from it all at the same time. We have pork and beans once in a while, and we enjoy the dish. We have our own home and have a lawn in the rear and in front. Part of our back lawn is divided up for a garden, in which we raise lettuce, parsley, onions, beans, carrots, radishes, pie plant, etc., and we are supplied with these vegetables all summer, thus saving a great deal.

We do not spend much money for clothes, but still go well dressed. We buy clothes enough for one season, which we wear out, and then get new ones. We live happily and are all in good health. Our bill of fare never exceeds $1 a day, having all the things required. The high cost of living is the least thing to bother us.

If some of our readers follow some of the suggestions I think we will not have so many complaints.—Suburban Reader.

MOTHERCRAFT.

Time was, and not many years ago, when the responsibilities of women were limited to the duties of their households. To see that her house was in good order and feed and dress her children were her principal duties.

But of recent years there has been an awakening to responsibilities upon women far more vital than those which concern men.

It is a fact that, with the awakened intelligence of womanhood, the human race takes its greatest stride in progress. But this is diversion for I have no intention of discussing the "super-woman."

What I did want to touch upon is only one of those generally unrecognized responsibilities that ugliness in children is the direct result of the care administered to babies by amateur mothers.

There is a movement in various states to make it incumbent upon schools to teach mothercraft. I think the day will come when there will be such a course in all the High schools. The grade schools, to my mind, are not the place for such a serious subject, yet a foundation could well be established by study of subjects incidental to the more mature study.

Women should realize the effect upon their children of substituting artificial food during infancy. A baby will seem to thrive, but where natural care is possible there should be no artificiality.

A woman should study her infant and if she has qualified herself with ordinary learning she will see many features possible of correction. This is particularly true of features, but more vitally true with regard to slightly misshapen limbs.

She should realize that every day there is something possible for the betterment of her child; for the enrichment of physique which, in after years, means the full development of physical beauty and strength.

It is a daring assertion, but it is no doubt true, that nearly all the absolute ugliness of people in the world today may be rightly ascribed as the harvest of carelessness.

Remember: When women's possibilities are of such divine-like character they can never be neglected without heavy penalty.

CARE OF THE HANDS

When you wash your hands do so thoroughly; do not dab them into water and out again, merely grinding the dirt into them. Scrub them with a hand brush, hot water, and plenty of good soap. When you dry them do so thoroughly and carefully. It is from careless drying that the hands become chapped. Never expose your hands to extremes of temperature. Neither very cold nor very hot water is good for them. Use warm water and be sure that it is soft. If you cannot get rainwater and the tap water is hard, put a few drops of ammonia or a pinch of borax into it. This will soften it. Cheap soap should not be used on the hands any sooner than you would use it on the face. When the hands become chapped and red rub a good cold cream into them at night when retiring and then put on an old, loose fitting pair of kid or cloth gloves. This will make them soft and will whitten them. A good bleach is lemon juice. Apply it, letting it dry on the hands, then put on the cold cream.

To keep the hands and nails in good condition they must have daily care. One's hands show neglect as much as one's face does. Each night they should be scrubbed in warm water and a good bland soap, using a nail brush so as to get all the dirt out of the nails. Never use too hot water nor too cold. The woman who does her own housework must keep the hands protected if she wishes to keep them good looking. Rubber gloves should be worn when the hands are in water and when doing light housework old loose fitting cloth or kid gloves should be worn. There is nothing better for making the hands soft and white than covering them with sweet almond oil or olive oil and then putting on a loose fitting pair of kid or cloth gloves to protect the bed linen. This becomes absorbed into the skin and makes the hands very soft.

THINGS SAID OF WOMANKIND.

They say that the best counsel is that of a woman.—Pedro Calderon De La Barca.

Twice is a woman dear, when she comes to the house and when she leaves it.—Anonymous.

A woman, if she be really your friend, will have a sensitive regard for your character, honor, repute. She will seldom counsel you to do a shabby thing; for a woman friend always desires to be proud of you.—William Rounseville Alger.

It is women's way. They always love color better than form, rhetoric better than logic, and flourishes better than figures.—Anonymous.

THOUGHTLESS MARRIAGES

All the world loves a lover. Girls in particular are enamored with them. When a young man commences to call regularly on a daughter the parents are not wont to trouble themselves at the outset of the affair. They consider that it's only a fleeting admiration which each has for the other.

The young folks consider their romance in a different light altogether. They are uqite sure that they fell in love with each other at first sight. They are sure, too, that during the following month in which they have seen each other every day that they are so much in love that they simply could not live without each other.

This is considered to be love's delirious stage. Under its influence young men ordinarily sensible have been known to throw prudence to the winds, to propose marrige to the object of their admiration while out for a walk, declaring that they surely will not survive unless the wedding takes place at once. There are whispered words of undying affection huskily spoken. The girl listens, her heart rules instead of her head, and she allows herself to be cajoled into an immediate marriage then and there.

Of course there is consternation in the home. Perhaps the young man has wed on a very meager salary. Thus he has not enough saved up for his own keep, let alone for that of a wife.

Once in a while these thoughtless, hasty marriages may turn out well. But as a rule the glamour is quickly dispelled if the girl's folks refuse to forgive her, and she is obliged to turn to hubby for support.

The young fellow may love her devotedly. But in no possible way can he stretch out his slender salary to twice the amount. He wakes up suddenly to the realization that marriage brings with it many obligations; that he should not have plead with a sweet young girl to marry him without having a home to bring her to, or having made some arrangements for her future.

Few maidens are philosophical enough to meet the situation, put their shoulder to the wheel of circumstances which faces them. Both realize when it is too late that the thoughtless marriage was imprudent. Besides it lost them the pleasure of the sweetest occasion in life, a year's courtship, during which they could be planning and saving for the event. Young people cannot help loving, but they can help, when they are unprepared, the rushing into matrimony.

There is nothing that is as solemn in this world as marriage; no step which needs more consideration and earnest counsel. The parents of the girl, those who have given the best part of their lives in rearing her, have a right to be consulted. If he loves her sufficiently he will wait for her.

No girl ever lost a lover for refusing to marry him upon short acquaintance and on the spur of the moment. The young man who insists is doing an injustice to the girl. Of course she is taking him for better or for worse; but no one wants the "for worse" to commence immediately.

The girl who would take such a foolhardy step will not prove the best wife in the world for a poor man. She will not make the best of managers, and assuredly is not one to look and plan ahead. There's truth in the old saying: "Marrying in haste is repenting at leisure."

RECIPES.

Filling for Layer Cake—For the chocolate cake filling: Put four ounces of unsweetened chocolate, broken into bits, in the inner vessel of a double boiler and melt to a soft mass. Into the unbeaten whites of two eggs stir a cup of powdered sugar and beat until it begins to whiten, then add slowly another cup of the sugar or enough to make the mixture thick, beating steadily until white. Add a few drops of vanilla, and whip in the melted chocolate. Spread at once on the cake layers. To make filling for cream cake: Heat a cupful of milk and stir into it two teaspoons of cornstarch rubbed smooth in a gill of cold milk. When this mixture begins to thicken add gradually and beating all the time, one egg beaten light with a half cup of sugar. Stir until thick, flavor with vanilla, take from the fire, and set aside to cool before spreading between cake layers.

Eggs With Brown Butter—Melt three tablespoons of butter in the blazer, cooking it until it is a dark brown. If you like the flavor of onion you may put eight or ten drops of onion juice with the butter. Break as many eggs as you wish or as the chafing dish will hold, side by side, putting each one in a saucer by itself so that the yolk and the white may not mix, and sliding it from the saucer into the blazer. Dip the butter up with a spoon and pour over the eggs. Just before you take up the eggs, after they are set, add a small teaspoonful of vinegar to the sauce sprinkle the eggs with pepper and salt, and serve on toast or crackers.

Egs Poached in Milk—Heat a cup of milk in the chafing dish over hot water, and when it is scalding slip eggs into it as directed in the foregoing recipe, breaking each egg into a saucer. Baste the eggs with hot milk and cook until the whites are set. Then take out carefully and lay on slices of hot buttered toast. This may be moistened with a little of the milk in which the eggs were cooked. An added touch of savoriness is given to this dish by spreading each piece of toast lightly with anchovy paste. When this is done use no salt on the eggs.

Fricasseed Eggs—Fry half a teaspoon of minced onion in a tablespoon of butter in your blazer, stir into this a tablespoon of flour, and pour upon it a cup of soup stock or gravy. Stir until this blends with the butter and flour in a smooth sauce. Have ready three or four eggs which you have previously boiled hard, and cut into quarters or into thick slices. Lay them in the gravy until they are heated, sprinkle with pepper and salt, and serve with or without toast or crackers.

POPLIN AND MOIRE COMBINED.

This costume displays a favorite grouping of colors and materials. The greater part of it is of the poplin in mole grey with vest front, cuff edges and made buttons of ivory white moire.

The back of the coat is rather plain, trimmed on the lower part with groups of the buttons. The front is smartly cutaway and crossed by a brilliant cerise crepe sash, which passes through openings made in the small, fitting darts. The end is fastened inside the coat, the sash itself extending only a seam's width past the opening underneath.

INDIA WHERE VULTURES EAT BODIES OF DEAD

(Continued From Page Ten.)

to Puri each year for the religious festivals is said never to fall below 50,000 and sometimes amounts to 300,000. These deluded people are induced to make these pilgrimages from their distant homes by pilgrim guides sent out from headquarters to roam the country and work up a religious fanaticism among the believers of the faith. It is said that at least 3,000 of these men are devoted to the work constantly.

They hoodwink the people into making every sacrifice possible in order to make the pilgrimage. In the old days before railroads were introduced the journey had to be made by foot and thousands died of exposure and privation during or following the trip.

The climax of the annual festivals comes when the three images are conveyed in their cars from the temple to their "summer places," about two miles distant. These cars, which are rebuilt each year, are enormous vehicles, the highest being 45 feet with 16 great wheels to support the weight, which amounts to many tons. The cars are drawn by 4,200 coolies who occupy rent-free lands in the neighborhood for performing the service. These are assisted by as many of the pilgrims assembled as can obtain hold of the ropes and the fact that in former years old or feeble worshipers occasionally fell or were trodden under foot in the crush and then passed over by the cars gave rise to the common belief that fanatics frequently threw themselves beneath the wheels as a personal sacrifice to the gods. There are a hundred disgusting details connected with this Juggernaut worship which might be told and possibly should be told in view of the number of supposedly intelligent Americans who are espousing this heathen religion without being aware of what it is "at home." A large party of well-to-do converts from America recently journeyed to Puri to "worship at the feet of the great Juggernaut" and whether their enthusiasm over their newly adopted creed was increased by what they encountered in the dismal old temple, reeking with foul-smelling sacred oil and infested with its army of licentious, soul-robbing priests and their "dancing girls" is not recorded.

From Puri one can journey leisurely southward toward Madras, stopping at several points where there are interesting things to be seen and after leaving Madras it is advisable to again stop off at Madura for a second glance at the wonderful gopuras of the temple.

Returning to Colombo, several days should be spent in visiting the excellent museum and other points of interest, and then one should proceed to Kandy where there is possibly the most beautiful and complete botanical garden in the world. All the freaks of plant life are to be found there, such as the cannon ball tree, double-cocoanut, a palm tree which blooms once in 30 years, and then dies, needle palm, travelers' palm, sandlewood tree, elephant ear plants, Mexican creeper, monkey cup plant, wax palm, papyrus plant, cobra creeper, monkey tails, leopard plant, etc.

There is also the famous temple of the Tooth at Kandy and 70 miles to the north is Anuradhapura, where are located the "buried cities of Ceylon."

Of the people of India little has been said in the present article, but it is an extensive subject. The women cover themselves with jewelry, wear enormous rings in their noses, slit the ears till they can almost insert the hand, load their toes and ankles with heavy ornaments, tattoo their faces and bodies, wear little clothing, carry their babies astride of one hip and are generally ugly after the age of 25. The men are even less interesting and the priests and sacred bulls are apparently the only specimens of the animal kingdom that really thrive. There is a striking similarity between them.

The Story of America in Pictures

The Discoverers

"Learn One Thing Every Day"

No. 6. HENRY HUDSON

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One day many, many years ago, some Indians were out in a canoe fishing on what is now the Hudson river. Suddenly they saw a strange apparition coming toward them up the stream. It appeared to be either a big canoe or a wonderful wigwam. Quickly they paddled for shore, after seeing that there were people moving on this strange contrivance, and informed the rest of their tribe. Everyone thought that it must be a number of Manitous (gods) come to visit them. So they dressed themselves in their gayest skins and beads, and went down to the shore to greet the visitors.

When a number of their fair-skinned guests had landed, he who seemed to be the Chief Manitou of all poured something from a bottle into a bowl and passed it to the Indian chief. This one solemnly smelled it and then passed it to his neighbor. He also merely smelled this liquor with the pleasant odor. And thus it went around the circle of braves. Finally, when the bowl reached the last man, he resolved to taste the liquor. He thought that it would probably kill him; but he was not afraid to die for the honor of the tribe. He raised the bowl to his lips and emptied it. Soon he began to sway from side to side, and finally fell to the ground and lay like one dead. After some hours, however, he revived and declared that he had had a fine time, and wanted some more of the strange liquor. This encouraged the rest of the braves to try it, and soon the entire tribe was intoxicated.

That is the Indian legend of the discovery by Henry Hudson of the great river that has been named after him. It was in September, 1609, that the little Half Moon sailed into the mouth of the Hudson river, and its navigator landed on Manhattan Island. But Hudson never dreamed that only three hundred years from that time this small wooded bit of land would be part of the second greatest city in the world—New York. In fact, he was not there to found a city. He had but one idea—to discover a northwest passage to India.

Contrary to the belief of many people, Henry Hudson was not a Dutchman, but an Englishman and a citizen of London. He was born there in the latter part of the sixteenth century.

Hudson made his first voyage in 1607, and his second in 1608. It was on his third voyage, in 1609, that he explored the Hudson river. The surrounding country was seen to be pleasant and fertile and full of game. They found few hostile savages and did a great deal of profitable trading with the peaceful Indians.

On his fourth and last voyage Hudson sailed from England in the Discovery to seek a northwest passage. He did not accomplish his purpose; but he did discover the great bay that now bears his name. The provisions on the ship ran low, and his crew mutinied under the leadership of Robert Juet. Finally, Hudson was thrust into an open boat, together with his little son John, and seven sick sailors, and the boat was cut adrift. Thus he perished on a midsummer's day of 1611 in that great waste of waters which is "his tomb and his monument."

Every day a different human interest story will appear in the Standard. You can get a beautiful intaglio reproduction of the above picture, with five others, equally attractive, 7x9 1-2 inches in size, with this week's "Mentor." In "The Mentor" a well known authority covers the subject of the pictures and stories of the week. Readers of the Standard and the Mentor will know art, literature, history, science, and travel, and own exquisite pictures. On sale at Spargo's Book Store. Price ten cents.

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MUSIC IN THE OGDEN SCHOOLS

Miss Marilla Hunter is supervisor of music of the public schools and is in direct charge of the operetta, "The Pioneers." The success achieved by her a year ago is sufficient guarantee that this year's performance will be well worthy of seeing. Last year there were hundreds of people who were unable to secure seats. Several efforts were made to have the performance repeated. This year, the same number of performances will be given and from the way Miss Hunter has worked, it is a safe prediction that the opera will outclass the one that was presented last year.

The music in the Ogden public schools follows a carefully graded course from the kindergarten to the High school. In the first grade the first work is rote singing, that is, songs learned by imitation. From these songs new problems are developed and sight reading is begun in the second grade. The first work in sight reading is the Congdon Primer, a book of nursery rhymes, set to simple tunes, and illustrated to charm the childish eye.

In the third and fourth grades two part singing begins, the children reading both parts interchangebly and often singing words at sight.

Much attention is given to marks of expression and shading and an artistic finished production is the constant aim. The pure, sweet, soft tone of the child voice is carefully conserved and no harsh loud tones are permitted.

Part singing is continued through the grades and in the Junior High schools the bass staff is studied and four part choruses are sung.

Graphanolas are used in each school with splendid effect. The library of records contains some of the greatest oratorios and operatic selections sung by famous singers as well as the great folk songs and our own national airs. These graphanolas were purchased with money obtained from the production of the "Princess Chrysanthemum," a three-act operetta, which was produced last spring by the music department, with a cast of 600 school children. Another operetta is being rehearsed for production the 20th of May. This is called the "Pioneers," and will be given by 600 children chosen from all grades from the kindergarten to the Junior High schools. The operetta depicts life in the early days and will show some spectacular effects in Indian and frontier life. The costumes to be worn by the Indian chief have been imported from the Wind River reservation and are the actual clothes worn by the Washakie chiefs.

Much interest is being aroused and the crowds who are planning to attend bid fair to outrival last year's record breaking numbers.

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