

Woman's Page

How to Fight the High Cost of Living

Old Maid Makes a Home of Her Own—Hires and Furnishes Flat and Saves Her Money—Practical Baking Lessons—How to Make Delicious Biscuits—Graham Biscuits, Dixie Biscuits and Nut Biscuits—Things to Remember—Why Catch Cold?

MADE A HOME OF HER OWN.
"Editor Woman's Page: I am one of that despatched but ever growing class of so-called 'old maids' just human enough to want a home of my own. As no one overanxious to supply that want has as yet appeared, I have brought my own efforts into play and made one for myself.

"Am employed downtown at a fair average wage, and up to five years ago spent far more of my earnings than was wise on room rent, laundry bills, etc., and eating in cheap, undesirable restaurants, not being able to afford the better class of eating houses. This was costly, for I have paid as high as \$4 a week for a room that left much to be desired, never felt quite satisfied with restaurant or boarding house fare, so bought fruits and extras to 'piece out.' I also was obliged to continually replace shirtwaists, handkerchiefs, lace collars, etc., on account of the hard usage given them in the laundries and at the hands of the washerwoman.

"Five years ago I rented a small flat, for which I pay \$20 a month, kitchen, two bedrooms, bathroom and parlor, the initial cost of furnishing which was not a matter of large moment, as everything is of the simplest, yet cozy and comfortable. I was fortunate enough to rent one bedroom to a sensible young woman, employed like myself, who not only proves a most congenial companion but helps to cut my room rent to less than \$12 a month. We both get a good home out of it where we can entertain our friends as simply or extravagantly as we choose, asking favors of none, and are perfectly happy and independent. We may wallow in as much hot water as we wish in performing our daily ablutions without being subjected to that old 'bugaboo'—heating from the landlady or 'fussing' with her.

"I do all my work, evenings and Sundays if need be, getting considerable assistance from my roomer, as she enjoys and appreciates the freedom and privileges of the entire flat the same as I. Our shirtwaists are done up carefully, consequently last twice as long, and there are no laundry bills. I get my own meals and live simply, which is better for my own health and saves doctor bills. For my lunch at the office I carry a dainty sandwich and some fruit, which I find serves me far better than a lunch at some restaurant or cafeteria. At night I have a full dinner, good enough for any one—meat, vegetables, salad and dessert—anything I happen to fancy. I prefer any time a nice thick, juicy slice of roast steak at a porterhouse that has been spiced in the cooking at a second or third class restaurant. I keep healthy and plump on this diet. I dress simply and sanely, yet in good style. I walk to my work, which is economy in that it is a health saver, and there is much pleasure to be found in a good brisk walk to and from one's work.

"Having learned that the more money one carries in one's purse the more one is apt to spend, I bank all I can.



BEAUTIFUL IN 5 MINUTES

FREE SAMPLE

LADIES! THINK OF IT

A Beautiful Complexion in 5 Minutes

If you are fortunate enough to have this skin, each year you'll be one of the happiest women in the world. I will absolutely guarantee to give you a beautiful complexion in 5 minutes WITHOUT COST TO YOU. In all the history of the world's toilette there has never been any time when a woman could so easily and so cheaply have a perfect skin as now. This is the only skin preparation that has been perfected by a woman who has spent a single penny. Thousands of the most Parisian society women are using this preparation. Here's the story: I spent the last two years in Europe, and during my travels I discovered an old Parisian physician making Face Emmanuelle. I tried his preparation and was completely amazed at the result—I was delighted—I was wonderful—I could hardly believe my own eyes. From him I purchased the formula and I completely control it throughout.

DOROTHY GUILBERT
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CHICAGO, ILL.

keeping only just enough for my immediate needs. Gas, milk, and grocery bills, are paid promptly the first of each month, and butcher and grocer are paid every day as I patronize them. My maxim is, 'Any fool can spend money, but it takes some one made of different stuff to save it.' I save a tidy little sum each month, which at the end of the year looks good toward my old age.

"OUT OF TOWN SUBSCRIBER."

WHY CATCH COLD?

(Copyright 1913 by Lillian Russell.)
Every one should know, if he does not, that people who remain indoors are more liable to take colds than those who make it a rule to go out of doors for two or three hours each day in any and all kinds of weather.

Nothing is more disastrous to beauty than a cold in the head. Nothing can cause more discomfort than a sore throat. But I would prefer even that to a bad case of influenza.

The whole secret of health is the power of resistance. If the body is in good physical condition, if the digestion is perfect and the blood pure, no fear of disease need trouble man, woman, or child.

Laborers who work of doors and people who sleep out on balconies never suffer from colds.

There is far more danger in over-heated rooms than in open air. Where there is a great strain of mental activity, as in the cases of clerks and seamstresses, with little muscular exercise, the action of the heart is made faster by the pressure of work. But at the same time there are no muscular movements to relieve the strain upon the heart by the muscular emptying of the veins and there is little or nothing to promote deep breathing to help the heart in keeping up the circulation.

The mental worker, together with the man or woman who sits all day performing monotonous mechanical acts, suffers the condition of a high blood pressure, and quite early in life the circulation is severely hindered, and many forms of disease set in unless when the day's work is ended, when some out of door exercises are taken.

When deep breathing is indulged in, either at an open window or out of doors, when the blood circulates through the veins by means of deep breathing and plenty of fresh air in the lungs, then the system has resistance against all diseases.

Catching cold is not so much a sign that there has been great exposure, as it is that the body has no resistance to even a small amount of exposure.

To avoid taking colds one must keep in good health; accustom one's self to every kind of temperature.

Suppose one does get cold, there is no danger if one never overheats one's stomach by too high living.

I am more afraid of a hot room than of being out in a severe storm.

Creash is in a cure for almost any disease. So if you are suffering with a severe attack of influenza go out into the air and walk briskly for at least an hour. You may sneeze when you strike the air, but sneezing is healthy.

Remember: A case of influenza can make the most angelic beauty look like a Bilitis.

THINGS TO REMEMBER.

Use flour and a double acting baking powder; measure materials correctly; mix lightly; cut in small shapes; use a sheet or very shallow pan; have the oven very hot. If baking on gas, oil or gasoline, bake on upper grate, use the wood or coal range, on the floor of the oven.

PRACTICAL BAKING LESSONS.

There is a growing interest in home baking, as women are coming to realize that their own making is far superior to the product of the bake shop and costs much less. To have "good luck" with your baking is altogether a matter of having the right materials, putting them together the right way, and properly controlling the oven.

How to Make Delicious Biscuits.
For biscuits let us select good flour, a good sweet shortening, Royal baking powder and sweet milk or water. Milk is to be preferred, as it browns the biscuits better. First, measure correctly and sift together at least three times, the flour, salt and baking powder. It is important to blend the baking powder thoroughly with the flour. Then with a fork or the finger tips work the shortening thoroughly into the flour and mix to a soft dough with the milk or water—just as soft as can be handled. Roll out very lightly, or better, spread and pat the dough out thin with the hands. Handle as little as possible after wetting. Then cut in small shapes for the oven, for small biscuits are very much better than large ones. If baked quickly, as biscuits should be, a large biscuit does not get the proper heat to raise and bake the center of the biscuit. A small biscuit raises perfectly, bakes better, is more palatable and is easier to digest.

Biscuits should always be baked on a sheet or in a very shallow pan, as the biscuits should be above the sides of the pan in order to have the heat get to them quickly. If baked in a deep pan the sides shut off the heat, and the biscuits are likely to flatten out and run together and have heavy centers. Never crowd biscuits in a pan, but keep them well apart, allowing a passage between them for heat. The oven should be very hot, so that the biscuits may

raise, bake and brown nicely in about 15 minutes.

Baking Powder Biscuits.
3 cups pastry flour, 3 tablespoons shortening, 3 level teaspoonfuls baking powder, about 1 cup of milk or water, 1 teaspoonful salt.

Graham Biscuits.
1-2 cups white flour, 1-2 cups graham flour, 3 level teaspoonfuls baking powder, 3 level teaspoonfuls shortening, 1 level teaspoonful salt, 1 cup milk or more if needed. (Graham usually requires more milk.)

Dixie Biscuits.
3 cups flour, 3 level teaspoonfuls baking powder, 3 level teaspoonfuls shortening, 1 cup milk; roll in sheet 1-4 inch thick, spread with butter; fold over half and cut and bake as other biscuits.

Nut Biscuits.
2 cups flour, 1 teaspoonful salt, 2 level teaspoonfuls baking powder, 3 level teaspoonfuls shortening, 2-3 cup milk, 1-2 cup chopped nuts.

Society

WHITE HOUSE TEA.

Mrs. Wilson gave her first tea in the White House yesterday with Mrs. Marshall, the wife of the vice president and the wives of the cabinet members as her guests. The first lady in the land herself presided at the tea table and practically every woman in the cabinet circle dropped in during the afternoon. Tea was served in the president's study on the second floor of the White House instead of in the Red room where Mrs. Taft and Mrs. Roosevelt held similar functions. Miss Belle Hagner, social secretary to Mrs. Wilson was the only woman outside the cabinet circle invited and according to gossip in Washington, the social program of the new administration was discussed at length over the tea cups.

150 ATTEND DANCE.

Last evening the Fraternal Brotherhood gave their monthly dance in the Eagles hall, with about 150 persons present to whom invitations had been issued.

An excellent orchestra furnished music for the dancers and delicious fruit punch was served.

MARTHA SOCIETY.

Monday, March 17, the Martha society will meet with Mrs. Adam Kuhn as hostess. The time of meeting will be 4 o'clock sharp.

FAMOUS COLORED WOMAN IS DYING

Auburn, N. Y., March 10.—Harriet Tubman, a colored woman, 95 years old, who is said to have been a friend of Abraham Lincoln and who was associated with John Brown in anti-slavery work, is dying here of pneumonia. She is an inmate of the Harriet Tubman home for indigent aged negroes, which she founded here on land given her by former Secretary of State Seward.

Harriet Tubman is said to have been connected with the "underground railway system" by which fleeing slaves were aided in eluding pursuit. It is said she herself piloted over 300 slaves into Canada.

The "underground railroad" consisted of stations in the homes of anti-slavery sympathizers, where day and night the fleeing negroes were received, given food and shelter and concealed until the time was propitious to pass them north.

WOMEN'S WALKING CLUB ORGANIZED

New York, Mar. 11.—"Colonel" Ida Craft, who walked 150 miles to Albany and 258 to Washington in the interest of equal suffrage, has organized the "Votes for Women Walking Club," to walk each Saturday into the country.

"We are going to get suffrage out into the open," Miss Craft said. "We are going to arouse the laborer by the wayside, the farmer in the field, the woman wheeling the baby carriage. We are tired of wasting our time talking to the woman in the parlor."

THOSE DEAR GIRLS AGAIN.

Clara—Rose told me that you told her that secret I told you not to tell her.

Belle—She's a mean thing! I told her not to tell you.

Clara—Well, I told her I wouldn't tell you she told me, so don't tell her I did.—Lippincott's.

Cottolene

is far superior to lard

Pastry made with Cottolene is smoother in texture, finer-grained and better in flavor than if made from butter or lard.

And Cottolene costs no more than lard, and will go one-third farther than either butter or lard.

There is as much difference between Cottolene and its imitations, as between extra good and very poor butter. Be careful, avoid substitutes.



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PATIENTS IMPROVING

First to Receive Tuberculosis Treatment Now Much Relieved

New York, Mar. 10.—The first patients in America to receive treatment for tuberculosis from Dr. Frederick Franz Friedmann of Berlin, already have begun to improve in health, according to Dr. Max Landmann, managing director of the People's hospital where the Berlin physician demonstrated his treatment last week.

Dr. Landmann said the pains in the patient's chests have been allayed greatly and their coughing nearly had stopped. He referred to the treatment as remarkable.

Dr. Friedmann left tonight for Canada where he plans to give demonstrations of his treatment. He probably will administer his serum tomorrow to patients under the auspices of the Royal Edward Institute in Montreal. He will attend a tuberculosis convention in Ottawa Wednesday and will demonstrate his vaccine there. He will treat 100 patients at the King Edward Institute at Toronto Thursday.

Gathering More Patients. Meanwhile the government officials, who are investigating the treatment will gather more patients upon whom they will ask Dr. Friedmann to treat upon his return from Montreal.

Surgeon-General Blue of the public health service announced today that Dr. John F. Anderson, director of the hygienic laboratory, who with Assistant Surgeon A. Stimson, had opened a clinic at Mount Sinai hospital in New York yesterday when Dr. F. F. Friedmann administered his vaccine to seven tuberculosis patients will not begin the government's test until his return to New York later in the week.

Experts Watching Test.

Dr. Anderson notified the surgeon general that Dr. Friedmann had not yet given him details for the culture of the vaccine, but that he expected to receive them when the latter returns from Montreal next Thursday. In the meantime Dr. Anderson and Dr. Stimson will continue to observe patients treated by Dr. Friedmann.

The surgeon general said today that the government would approach the test of the Friedmann vaccine with an open mind and that nothing would be made public regarding the experiments until a most thorough test had been made.

If the treatment is found to be good, the public will be told so; if it is found not to be good, the public will be so informed.

NOWARNEWS FROM ALLIES

Diplomacy at Stand-Still; Fall of Adrianople and Scutari Is Expected

London, Mar. 10.—Diplomacy with reference to the Balkan situation again is at a standstill and there is an almost complete absence of military news.

According to a Sofia dispatch Bulgaria is waiting for Serbia's reply, and the reply of the allies to the powers respecting mediation will not be delivered until Wednesday.

Allies Delaying Action. The belief is current in European capitals that the allies purposely are delaying matters in expectation of the speedy fall of Adrianople and Scutari, which would place them in a more favorable position for the proposed negotiations.

A strong military censorship again has been placed on the Constantinople newspapers which are forbidden to publish changes in the army or any rumors concerning the position of the military.

Fall of Scutari Imminent. An Athens dispatch to the Daily Telegraph expresses the belief that the fall of Scutari is imminent and that the allies will avoid peace negotiations until that time.

A special dispatch from Cetinje reports another unsuccessful sortie by the Turks in an attempt to raise the siege of Scutari.

THE FATHER OF GOOD ROADS

Seventy-six years ago today died a man whose peculiar fate it was to leave a name which has mingled with the dust and been trodden under foot in unique fashion—to its owner's honor and renown. Yet while every one talks of "macadam" and "macadamized" roads, not one person in a thousand has ever heard the full name name of John Loudon Macadam, Scotchman, born in 1756, the greatest road reformer of modern times.

He came of a good Ayrshire family in moderate circumstances, and when 14 years old he went to the office of an uncle, who was a merchant in New York. Young Macadam remained here for a number of years and during the revolution did a thriving business as an agent for the sale of prizes. The outcome of the war left him nearly penniless. He returned to Great Britain, where for many years he held various small but honorable county offices. As a trustee of roads in Ayrshire he turned over in his mind various schemes for bettering the road system of the United Kingdom, and afterward, when he was appointed surveyor of Bristol roads, he carried out many of his plans at his own expense.

The main feature to form a road-making process was to form a bed of fragments of hard stone, none of which should be too large to pass through an iron ring two and a half inches in diameter. This stone stratum was to be from six to twelve inches thick, covered with a finer surface material, and left to be worn into compactness and smoothness by

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Neck Bones, per pound 4 cents

WELL! WELL! NOW WE'RE GOING TO HAVE A NICE LITTLE FINISHING SCHOOL FOR BASEBALL BUDS

WHEN CHARLEY CARR STARTS HIS BASEBALL ACADEMY.



Charley Carr, a former big league ball player, says he's going to start a school for embryonic baseball stars. The cartoonist has ideas of his own as to how the school will work out.

A select academy and finishing school for young ball players. Lovely climate. Beautiful grounds. Excellent table and perfect home atmosphere. Reads like an ad. for a young ladies' seminary, doesn't it. Well, it isn't, but it's the newest thing in the way of an institution of learning. It's a baseball university, that's what it is, and they're going to teach the young fellows how not to forget to touch second.

Charley Carr, the old American league first sacker, is the prey at this pillboxer's prep school. He is going to open a "million dollar" school at San Antonio, Tex., next fall where

he will turn out major leaguers with nice, pretty little diplomas. And all they have to do is pick out which team they want to play with, flash the diploma on the manager and get measured for a uniform. A graduate of the Carr college with a grade of 90 or better in all of his "studies"—batting, base running, etc.—should be able to land a pretty nice berth in the big show and of course hold out the following spring for more money.

One hundred acres of land will be laid out into twenty diamonds. Here, of a balmy afternoon will be seen countless undergrads beating out bunts, practicing the "hook slide," or jumping with both spiked feet on

dummies in umpire uniforms. In rainy weather when the diamonds are too wet for practice, the theory and fine points will be taken up. This will include a study of the history of our national pastime, going way back to the time when ball players wore whiskers. There will be a class in "how to cuss an umpire without being chased to the bench." All inside dope will be thoroughly studied.

Carr expects to make San Antonio the baseball center of the world. He plans to make it a national training grounds for all big league teams. The baseball college, however, is the chief purpose. Whether or not there will be a correspondence course in connection has not been heard.

In the meanwhile the old corner lot school will continue to turn out recruits who if they don't know a theory will be able to lean on the pin.

the action of the wheels and hoots that passed over it. Macadam was 60 when he got his schemes fairly started, but he pushed it with such energy that before he died the whole country had adopted his system. Parliament voted him a grant of 2000 pounds (\$10,000) and reimbursed him for some 6000 pounds more which he had spent out of his own pocket in experiments. He refused a knighthood. He died November 26, 1826, in his eighty-first year.

Stone crushers and steam rollers have supplanted his more primitive methods. Yet the nineteenth century and the present as well owe to Macadam those solid principles of country-road building which hardly more than 100 years ago began to offer relief from the incredible joltings and bemoirings that made travel by road a horror in "the good old days" —New York World.

GIRLS AS BOOKBINDERS

Among the trades which appeal to girls and in which they may rise to the more artistic departments if they have special training for the first work is required, and for that reason it may be easier for girls to take it up than a trade for which preparation is needed.

In the busy season learners are taken on for some of the simpler processes such as hand folding and inserting. If they prove capable and will find opportunity to learn other processes which are more interesting and which command a higher wage.

The majority of girls begin such work when they are about 16. A bright girl, neat and industrious, is the type wanted and no knowledge of the higher branches of education is required. It is important that the girl be strong and healthy, especially in the work of hand folding or tithering, for the first calls for vigorous exercise of the muscles of the shoulders and the latter for constant walking. Sometimes such work is done by machinery.

The work of this trade is almost wholly piece work, that is, the girl is paid according to the number of units she is able to turn off. Therefore her skill, speed and the amount of work she is able to get regulate the amount of her wages.

As is the case in many other trades, the capable and industrious girl is the one who advances. If she shows her ability in one part of the work she may be transferred to another and gain better wages. Extra girls are often called for in the higher parts of book finishing. This may be temporary work, but the observant girl has chances of learning the details of each department and some time when there is an opening in the higher branch she has learned how and is there to take it.

USE OF ASPHALT IN ANTIQUITY

That asphalt was known to the ancients is a well-attested fact, its use as a binder for masonry in Babylon being in point, but of its use other than this we know nothing. Strabo tells us that as early as 2000 B. C. the streets of Babylon were paved, and so, too, presumably were the great roads leading out from the many gates of that city. Babylon was situated in the alluvial plain of Mesopotamia, and its building material was almost entirely clay, either as such or in the form of bricks. It seems rather doubtful that these latter were used to pave the streets at that early date, as asphalt was abundant and much used in building operations, and it does not

CAN CONSUMER HELP HIMSELF?

For all these comforts, conveniences and luxuries, performed as they are by the middleman, the consumer must pay.

"It is about time for him to stop playing the part of a man with a grievance," says Mr. Holmes of the department of agriculture. "Nearly all the grievances that can be corrected can be corrected by himself. He can buy with greater economy through co-operative efforts, and by paying cash, and also with greater economy in forms, preparations and varieties of things."

If consumers are willing to go to market instead of expecting the market to come to them, if they are willing to carry the purchases home, and on way and tie the bundles themselves, then they may fairly claim the profit which now goes to the middleman.

Let the women buy as their mothers used to do. Let them send their own crock to the grocer's for lard, and bring back for 65 cents what will cost them \$1 in a can which they will throw away or ruin in the opening. Let them buy their crackers from a box by weight and they will get 60 to the pound, instead of about 40 in a pretty package for the same money. Instead of buying package outs at the rate of 1-2 cent per ounce, let them buy in bulk and get 10 cents worth for 7 cents. Instead of buying sliced bacon in a glass jar, let them buy a "side" and cut it as wanted at half price.

But will women buy as their mothers did in those days when their interests have become so much greater and more diversified? Have they the time? And for fancy packages, probably they are more sanitary than the old barrel. Milk in bottles is more expensive than in the old tin can, but who wishes to return to the dirty can? The waste of many delivery wagons, expensive locations and extension of credit are the natural result of competition. Ordering by telephone and by means of servants are merely time saving devices, and while they cost a great deal of money, this is a time saving age.—Albert W. Atwood in Review of Reviews.

OUR BARGAIN LIST

For this week is a money-saver. These cash prices can't be met much less fast.

Best young shoulder beef, lb. 10c
Best domestic Sardines, 8-5c
Mustard Sardines, 4 10c cans. 25c
9-5c boxes parlor matches. 25c
20c cans Cane Syrup, 2 for 25c
Wooden Jacket Cane Cane Syr. 80c
New pack best Cove Oysters, 2 cans 15c
20c cans Cove Oysters, 3 for 40c
Fine pink Salmon, 20c tall cans, 2 for 25c
4 pound cans Cottolene, each. 55c
5 pound pure Lard 65c
Ogden made Flour, one sack High Patent \$1.00
10 pounds dry Onion 15c
3 pkgs. fresh Quaker Oats 25c
8 bars White Laundry Soap 30c
Denison's Coffee, pound, 45c, 40c, 35c and 30c
Best Nebraska Corn, 2 cans 15c
Per case \$1.65; per dozen 95c
4 full pound pkgs Raisins 25c

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