

Woman's World

Suffragist Worker From Denmark Visits America.



HELENE BERG.

The first words Helene Berg said when she was asked about the reasons for her coming to this country were: "I am really here on account of the war, and I hope America will not get into it too. It will only make it harder for all the other neutral nations if she does. You cannot help those who are already dead. You would only add your dead to ours in Europe. We 'little peoples' turn our eyes over here to this big country and are glad that one nation is at peace. No one here knows what war is. Europe is a madhouse. There will be an untold value in having one nation out of war when peace is declared."

Helene Berg is an academician, a graduate of the University of Copenhagen, social worker, lecturer and leader in the effort to better the condition of the abnormal child. For many years she has been eager to see what America is doing for its children—its defectives, delinquents, illegitimates, its helpless and its handicapped—and now that there is a lull in what she can achieve in her own land because of the war she has chosen this time to come here.

Also in another sense she has reached a stopping place in her life work since the long fight of women for the ballot has been successfully terminated in Denmark. In May the Danish diet passed a resolution conferring full suffrage upon women. There remained only a final ratification of the act, but this was felt to be a mere formality.

Helene Berg was also a leader in the

woman's congress which undertook to remedy the position of the unmarried mothers of Denmark. The Danish law, when it is finally passed, will give the illegitimate child the right of inheritance from its father and the use of his name.

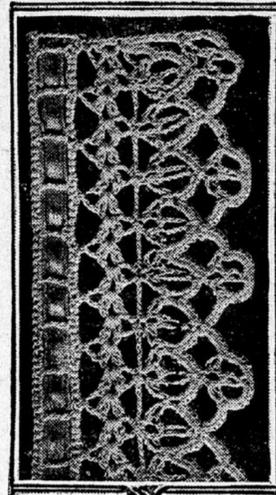
"Cora" Crochet Lace.

Abbreviations.—Ch., chain; d.c., double crochet; tr., treble.

This pattern, which measures two inches across, is suitable for trimming dainty underwear. Crochet cotton No. 30 is a good thread to use for it, and narrow ribbon may be run through the footing holes as a finish.

Insertion.—6 ch., join to form a ring, * 2 tr., 2 ch. and 2 tr. into ring; turn with 5 ch. and repeat from * (putting a group into 2 ch.) for the length desired.

First Row.—* 5 ch., 1 d.c. into loop of 5 ch. at side, 7 ch., 1 d.c. back in first, 10 ch., 1 d.c. back in first, 7 ch.,



1 d.c. back in first and 1 d.c. into same loop, repeat from * all along.

Second Row.—5 ch., 1 d.c. under each loop of chain except between trefoils, when the chain must be omitted.

Third Row.—* 5 d.c. under first loop, 5 d.c. under second, 3 picots of 4 ch., and a sl.st. into first ch., 5 d.c. under next loop, 5 d.c. under next, 5 ch.; turn—1 d.c. in first picot, 5 ch., 1 d.c. in next picot, 5 ch., 1 d.c. in next, 5 ch., 1 d.c. in first d.c. made (at beginning of row); turn and work 5 d.c. under each loop of ch., and repeat from *.

Footing, First Row.—5 ch. and 1 d.c. into each 5 ch. loop.

Second Row.—5 d.c. under each loop.

Third Row.—2 ch., 1 tr. into each second d.c.

Fourth Row.—2 d.c. under each 2 ch.

THE HUMBLE BEAN.

Also Its Stepsister, the Pea, of the Same Family.

THE LEGUMES ARE PEDIGREED

Authoritative Discussion About One of Our Commonest Vegetables and One of the Most Nourishing—They Should Be Combined With Fats and Other Vegetables.

[Prepared by the New York State College of Agriculture, Cornell University.]

Beans and other plants of the legume family are of immense importance because of their ability to furnish nitrogen to the soil, to animals and to human beings. Certain micro-organisms living in the roots of rightly cultivated legumes take up nitrogen from the air and furnish it to the plant body. The plant is then either plowed under or gathered for food. If it is plowed under the nitrogen increases the fertility of the soil. If it is used as a forage crop or a human food the nitrogen furnishes material for building tissue.

The legumes that are most commonly used for human food are the bean, the pea, the lentil and the peanut. These foods deserve an important place in the dietary because they furnish the body with material for the development and repair of tissues, they help to keep the body in good running order, and, generally speaking, they are cheaper than other protein foods. The extent to which the nutrients of the legumes may be used by the body as well as the ease with which they may be digested is influenced by the method of cooking them.

Beans and peas have been used as human food since early times. According to historical records, beans were cultivated by the Egyptians, the Greeks and the Romans. Peas do not seem to have been known to the Greeks and the Romans. They were introduced into Europe in the middle ages, but even in the time of Queen Elizabeth the English obtained them only from Holland and considered them "a dainty dish for ladies, they came so far and cost so dear." It is said that before 1600 A. D. beans were cultivated on this continent as far north as the St. Lawrence river. It is evident that both beans and peas have been cultivated by the Indians of North and South America at least since the time of the early voyages of the white men to this continent. Of local interest is the fact that in the United States beans were first grown commercially in Orleans county, N. Y., in 1839.

The percentage composition of the legumes is influenced by the form in which they are used. Thus the forms in most common use are (1) in the pod, such as string beans; (2) shelled, such

as green peas and green lima beans; (3) shelled and dried, such as navy beans, kidney beans, lima beans, peas and lentils. In a given weight of these three forms there is the least amount of water in those that are dried; consequently the percentage of protein and other nutrients is higher than in the case of fresh legumes. The added amount of carbohydrate contained in the pods also tends to decrease the percentage of protein in the fresh unshelled legume, such as the string bean. This concentration of nutrients is shown in the dried bean, for example, which contains 22.5 per cent protein in contrast to 2.3 per cent contained by the fresh string bean.

Fat is often combined with the legumes in such dishes as baked beans and pork and split peas and bacon. This gives a dish in which protein, fat and carbohydrates are well represented. Since, as is often mentioned, fat tends to retard the digestion of protein in the stomach, a meal in which the two are combined will tend to postpone the feeling of hunger and consequently is especially good when one wishes food that will "stand by" him, as when there is strenuous outdoor work to be done. Also fat, as well as vegetables of pronounced flavor, such as onions and tomatoes, improves the flavor of the dried legumes, which are flat.

Beef à la Mode.

Procure six or seven pounds of lean beef. Melt one tablespoonful of butter or beef fat in an iron kettle, add an onion and fry to a light brown, skim out the onion, put in the beef and let brown well on all sides, cover with boiling water, add a small turnip and a small carrot (cut in dice), a tablespoonful of vinegar, nine white peppercorns, a stalk of celery, two small bay leaves and the fried onion. Cover tightly, let boil rapidly for five minutes, remove all scum as it rises, then reduce the heat and let simmer very gently for five hours. Add a tablespoonful of salt one hour before the meat is done, and if it is to be served cold let it stand overnight in the liquor in which it was cooked.

Stuffed Pork Tenderloins.

Two large tenderloins are required for this dish. Cut them down the center lengthwise, about halfway through, then spread them open and flatten down with a rolling pin. Spread one of the tenderloins with a good dressing made of breadcrumbs seasoned with butter, pepper, salt and a little sage. Lay the other tenderloin over this and sew the two together along the sides. Dredge with flour and place in a roasting pan with a cup of boiling water. Cook slowly about one hour, longer if necessary. Serve on a hot platter with a brown gravy made of the drippings in the pan.

Old fashioned winter is a blessing from nature's point of view, and its blasts cannot be tempered to suit a generation of molluscoides.

FOR YOUNG FOLKS

Little Belgians Not Forgotten at Holiday Time.

HAPPY ON ELLIS ISLAND.

Waifs From the War Zone Made Glad by Gifts of Dolls, Toys and Clothing. Good Folks of New York Make a Joyous Day For Small Wanderers From Across the Sea.

When the holidays came there were a number of folks from across the sea detained for a time at the immigrant station on Ellis Island, New York harbor. Among them were a number of children, most of them from Belgium, from which they had come to escape



Photo by American Press Association.

LITTLE BELGIAN REFUGEES.

the awful warfare now raging in their country. Last year in their native land they had no holiday presents and were glad to have enough to eat. This time, however, they had a great surprise. Of course they expected that Santa Claus would forget all about little folks who had no home. There's where the surprise came in. Kindly people in New York, on Christmas eve, made a journey down the bay to Ellis Island. They carried with them great bundles of Christmas cheer. Of dolls, toys and clothing they had enough and to spare to give every child a joyous Christmas. You can imagine the pleased surprise of the little ones.

"Here I Break."

A very interesting game to play is "here I break." One of the players must stand in the middle of the room. The others join hands and surround her. Their aim is to prevent her from getting out of the ring, touching the hands. At the first hands she says, "Here I bake;" at the second, "Here I brew;" at the third, "Here I make my wedding cake," and at the next, "And here I mean to break through."

With these last words she makes a dash to carry out the threat. If she succeeds the player whose hand gave way first takes her place in the middle. Otherwise she must persevere until the ring is broken.

"Doesn't Like Peas."

A game called "the cook who doesn't like peas" will furnish lots of fun at a party. One of the players commences the game by saying to his neighbor: "I have a cook who doesn't like peas (p's). What will you give her for dinner?"

The person addressed must avoid the letter "p" in his answer. For instance, he may answer "onions," "cabbage" and "carrots," but he must not say "spinach," "asparagus" and "potatoes." The question is then asked to the second player, and so on until all have replied. If a player mentions a word containing the letter "p" he has to pay a forfeit.

Jumping Letters.

Jump the first letter backward to the end of the word.

1. Jump a favorite pastime of young people and find the means by which the birds beat them easily at the same game.

2. Jump a snare and find ecstasy.

3. Jump feed for hogs and find important documents of human beings.

4. Jump to talk and find the tops of mountains.

Answers.—1, swing—wings; 2, trap—rapt; 3, swill—wills; 4, speak—peaks.

A Costly Flag.

Recently a collection of embroideries was sold at auction at Windsor castle, one of the homes of King George of England, and the proceeds were given to the British Red Cross society. Among the pieces was a United States flag. It was made of white silk, and the stars and stripes were richly embroidered on it. The owner of the collection had purchased it a few years ago for \$35, but at the auction the first bid was for \$150, and Queen Mary finally purchased it for the large sum of \$1,250.

Charade.

My first you will agree with me is silent as a thing could be. My second, though it's not a sin, it surely makes an awful din. My whole, now all is said and done, is found in a gymnasium. Answer.—Dumb, bell—dumbbell.

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