

# A Page of Interest for Milady

## THE MARRIAGE QUESTION How Contentment Is Found In Every Sphere Of Life.

BY MRS. McCUNE.

"Oh, Ruthie, I think you're wrong," cried the blonde. "There isn't anything lovelier than having your own home and your own family. And you can just love your home work if you want to. It means so much more than the work you do for somebody else and just get a salary for it."

"Now take me. All day long I work for Smith & Co., and make out statements and things. Well when the day's work is done, what have I? There isn't anything sweet or personal about it and I feel just like a machine without any feelings at all and nobody loving me for what I've done."

"But when I'm home, I'm doing something for somebody I love all the time, and for somebody who loves me. If I bake a loaf of bread it means that it's going to do some good for somebody that's my very own, and I don't mind washing dishes when they've held food that tasted good to my folks. And I just love to make beds, with the windows all open—it's the best kind of exercise, and I always want to sing at the top of my voice."

"I just couldn't be lonesome in my own home—there'd be so much to do and so much to think about and there'd always be little left-over reminders of anybody who lived there with me, even if they were not home. And I'd surely want some babies in my home. Why, it wouldn't be a whole home without them? It just makes me feel warm and happy all over to think of pushing my own baby carriage along on nice mornings and taking care the sun doesn't shine in my baby's eyes and seeing everybody look at him and smile at him because he's so chubby and sweet and clean."

"Well, it's a good thing we're not all made alike," remarked the black-eyed girl.

"Isn't it?" beamed the little blonde.

"I don't know about that," spoke the grey-eyed girl. "I'd just hate to be a mother. There isn't work enough to keep mother and me busy besides it's lonesome there, never see anybody to talk to, and just the cooking and dishwashing and bedmaking and such. I'd go if I had nothing else to do."

"I'd better never get married," said the blonde.

"If I get married you just bet you'll be any man's servant," stated the grey-eyed girl. "If he can't keep a maid



Neglect is Usually  
the Cause of  
Sick Feet

FRICITION WITH A ROUGH  
TOWEL WILL OVERCOME  
COLD AND CLANNY  
FEET.



SOFT TISSUE PAPER BETWEEN  
THE TOES RELIEVES PAIN  
FROM SOFT CORNS.

### BEAUTY

#### as You Grow Older

BY LUCILLE DAUDET.

**T**HE first gray hair—whose discovery is presumed to mark a tragic epoch in the existence of beauty—is not a tenth as tragic, in the opinion of the average woman, as the first wrinkle.

Woman may still be adorable with gray—may, even with snow white hair—she may still sway hearts and wield the sceptre of fascination provided her complexion retains its bloom and fairness. Gray hair on an otherwise youthful appearing woman is considered these days to be beautiful, distinguished, stunning; but wrinkles are hopeless. Not even a raven black coiffure, or one of spun gold, or chestnut brown, can save a seamed and wrinkled face from being old and uninteresting—as far as considerations of physical beauty are concerned.

Four things cause wrinkles—age, worry, climatic conditions and an animated expression. The cultivation of a placid temperament will help to keep the face smooth and unmarred; so will dwelling in a locality where dampness, and not dry winds, prevail. Englishwomen have proverbially beautiful skins and keep them until late in life, but England knows not the fierce, dry, dusty winds of America, where utmost care must be given the complexion if it is not to wither and wrinkle to the thirties.

Constant worry, as most women realize, makes provoking little lines in the forehead and around the mouth and sags the muscles of the cheeks to cause, destroying the youthful contour of the face. Sorrow does physical suffering; neither does physical suffering; but both of these rob the face of youthful curves and destroy its contour and freshness faster than years can do, by making the eyes sunken and old and by compressing the mouth into lines of age and harshness.

Much use of the muscles—even the laughing muscles—in the woman of animated nature tends toward making wrinkles—alas that it should be so!—and, though the fine lines that bespeak a joyous, sunny, humorous spirit save a beauty of their own to eyes that see below "skin-deep" prettiness, their presence is most annoying to the animated one who beholds other women of her own age—stolid, placid, stupid women, mapsh—with unblemished complexions.

Wrinkles should be taken in hand early—before they become visible at all. Thirty is none too young to begin a treatment to ward off wrinkles. By forty the little lines may have established themselves beyond repair unless the complexion has been taken in hand earlier. Wrinkles and all facial blemishes show up much more plainly if the skin is not perfectly clean and healthy fair, so a dingy, yellowish face should be guarded against assiduously. Soap should not be used on the complexion, except perhaps once a week, when a thorough scrubbing and steaming are given. Cold cream should be well rubbed in every night before retiring, and the face bathed afterward in hot and then cold water. This cold cream treatment will not remove wrinkles, but it will keep the face in such condition that they will not form as easily and can more easily be eradicated.

If the face is bathed every morning in a cupful of fresh milk, into which a teaspoonful of table salt has been tossed, the muscles will tighten and sagging lines will disappear.

### GOOD THINGS TO EAT

BY ANNETTE ANGERT.

**E**VEN though meat be very high-priced, and roasts, steaks and the better cuts not for her, the housekeeper feels that a meat dish at least once a day is necessary to the well-being of her family. Not being a vegetarian myself I agree with her, and if possible I want to tell her today how to cut the meat bill without cutting the quality of her table.

In the first place, she must make up her mind to eschew the expensive cuts, except on rare occasions, and to substitute for them those lighter dishes which are usually regarded as appropriate only for luncheon or supper. She can save money also by purchasing enough meat for two meals at one time. Two pounds of hamburger steak purchased at once will go further than two separate pounds ordered on two separate occasions. A little more than half the steak may be mixed with a very little chopped onion, seasoned well, and made into a flat cake and broiled nicely, then served on a hot platter with melted butter and garnished with cream or parsley, and it will taste almost as well as a more costly sirloin.

The rest of the meat is packed away in a tightly-covered dish and placed in the coldest part of the ice box. The next day a dish of some other meat is served, and on the day following the remainder of the hamburger is used in an entirely different way. It may be mixed with boiled rice, a very little onion, seasoned and used to stuff green peppers, which, cooked in this way, will form the main dish for dinner. Or it may be made into a loaf with an egg or two and some bread crumbs or a baked hash by mixing it with an equal quantity of boiled and chopped potatoes, a little onion, and, if you have them, two chopped beets previously boiled. Of course, for the second dinner the meat must be helped out with some other substance—rice or vegetables—but it is just as nourishing and appetizing cooked in this way.

If you have served veal for the second day's dinner, and have followed the same plan of buying enough for two meals instead of one, you may chop the uncooked veal and make some very good croquettes with it for another dinner. In this way meat may be served every day without extravagance.

Of course, croquettes, stuffed peppers or baked hash may not seem quite substantial enough for a hungry man's dinner, but with so many good vegetables, all selling for little prices, a very good and a very satisfying dinner may be arranged. Especially in this time of the summer menu. In the winter there are other good and inexpensive but more hearty things to be made. These will be treated in their own good time.

Soups are very cheap and easily made. The meat soups come first, of course. A ten-cent soup bone will make enough for two days. Serve it hot one day in cups with toasted squares of bread, and, if the next day is warm, it may be jellied. The cream soups made of vegetables and milk, are also nourishing and good. A cream soup served as a first course to a dinner, the main dish of which is to be stuffed peppers, is very tasty and appropriate.



CIDER VINEGAR ADDED  
TO THE FOOT BATH RELIEVES  
BURNING TENDER FEET.

### JUST SMILE AND FORGET

BY EDNA EGAN.

**A** VERY bright girl said one day: "Oh, it is nothing but work, work, work—the same terrible sameness about everything every day. If I were only rich, and did not have to work."

I smiled. "Kitty," I said, "you've got the wrong idea entirely. Why don't you open your eyes and look around you? If you find your work monotonous, it's because you've lost interest in it. Once a person loses interest in her work, then that work becomes monotonous, and the worker discontented. You say there's the same 'terrible sameness' about everything every day. In this remark you're doubly wrong. You often ride to work. Some morning, while waiting for your car (on that particular corner) open your eyes the tiniest bit and look around you. You'll soon see that there's no 'terrible sameness' about everything—on that corner at least. Every minute in the day fresh scenes are being enacted there. Indeed, the street corners of a great city teem with dramatic situations. Tragedy and comedy, hand in hand, go hurrying by, only to be followed by fresh incidents in the great human moving picture.

"If, added to this quiet study, you adopt the health-giving practice of deep breathing, by the time your car arrives you'll be a different person."

then when you get to your office you'll open your desk with interest, and the 'terrible sameness' of your work will have gone. Perhaps for a moment you'll think of the pinched face girl you saw on the street corner. Now, in all honesty, do you think she would complain of the 'terrible sameness' of your work, if she were so fortunate as to have your position? You are strong and well fed. Your position pays a living wage. The chances are you are more fortunate than many girls you know. Then why give way to empty repining which brings you no relief, but on the other hand makes you very unhappy?

"The world is filled with bruised hearts. Yours is not the only one, and, after all, what does the world care for troubles? Why recite our woes to a listener who is, perhaps, already bending beneath her own weary load, but who has the good sense to keep it to herself. You will find as you go through life that the more heavily burdened a person is the quieter she is about it. 'Oh, yes, the world's a fine place. I'm feeling O. K.' she will tell you, when in reality she is tottering on the brink of ill health and failure.

"You take away with you the memory of her hearty hand shake and see again the laughter dancing in her eyes. She made no complaint about people

### CHILDREN

**I**T seems to me that girls are degenerating," remarked a woman who has been a successful teacher in the public schools for some eight years. "The modern girl seems to be lacking in a sense of duty. She shirks responsibility. I think the fault lies largely at home. A girl should be made to bear certain home duties and responsibilities as a part of her moral training, if for no other reason.

"We seem to have been training our boys and girls to think that their supreme right is to have a 'good time,' no matter what the cost to others—or to themselves ultimately.

"It seems to me that the only training a great many girls get is in the school room. We teachers do our best, but we cannot do it all. Often what we are able to do is undone in the home.

"Parents are so lenient that the girls soon believe they are a law unto themselves. They take freedom that soon becomes license, and they early learn to defy all authority—anything that tends to curb a 'good time.'

"It appears to me that many parents are actually afraid of their children! Perhaps you do not understand my meaning. But children have learned to threaten. Many a well-meaning but weak-willed parent is cowed by the threatening or superior attitude of a son or daughter.

"It is a common threat for a boy—or girl—to declare that he will leave home if he doesn't get what he wants or isn't allowed his freedom to come and go as he pleases. Also, the youngster of today is apt to impress upon his parents that he is far in advance of them socially, educationally and morally. This applies to both girls and boys."

"The modern boy is by no means equal to the boy of a generation ago, according to the findings of investigators in the big cities.

or things. She looked the world squarely in the face, with a smile playing about her lips.

"Be thankful you have work to do, and take an interest in it. Work is God's best gift to man. Do your work so well that it will attract the attention of your employer and co-worker. Give the girl who sits next to you a helping hand now and then if she needs it, and notice the grateful, happy light that will come into her eyes. A pleasant 'good morning' or 'good night,' adds to our coming or going. A kind remark to the elevator boy or scrubwoman will make them feel the world's a good place after all, and you the best girl ever."

## ODDS AND ENDS

is the custom of many housewives to use handsoap for scouring and cleaning almost everything in tin or agate in their kitchen. This is a great waste of handsoap. A bottle of ammonia and a bottle of kerosene are useful for cleaning some of the articles which will not stand such rough rubbing.

**C**OMBS and hair pins continue to be used in the well-coiffed head. Large assortments of these fancy pins are made in the shops made of amethyst or jet and crystal, thus bringing out the rage for black hair. The craze for white fox has made every variety of fluffy hair popular just now. One sees fine ruffles of malle as well as back pieces of ostrich feathers may be had in practically any color, of course, the smartest are combinations of black and white.

**C**ROSS-STITCH embroidery, always suitable for marking linen, is not a weave, the threads of which may be easily counted. A satisfactory way is to baste a old-fashioned foundation canvas in the section to be marked. Mark your cross-stitch letters the holes of the canvas, being not to stitch through the holes of the canvas. Draw your moderately tight and when the work is finished pull the canvas thread by thread. This is enough work, but it must be carefully, so as not to pull the threads.

**P**RETTY scrap basket is made from the white pasteboards which come in cracker boxes and which can be obtained in any quantity. Take four of these, narrow at one end and on each, with a strip of tape. Burn a bunch of color the roses a deep red and burn a natural green and burn the pasteboard very dark. Draw of holes on each side and the bottom of each piece. Cut of the pasteboard for the bottom all together with leather which can be bought very cheaply.

**W**ASH your dress skirt shows wear at the bottom. Remove the braid and clean thoroughly. On the wrong side, just at the stitching of the hem or facing up a tuck sufficiently deep to hold the hem in place. The hem of the skirt instead of at the bottom. Sew this tuck in, taking care to have it true all around. This will make the skirt, say, one-half inch shorter. Flatten your new hem with a warm iron; also press or steam the tuck which you have formed on the wrong side of the hem. Put the skirt as far as will look like new. By this simple process of your skirt will have been renewed.

**F**EWAL pieces of jewelry should never be placed loosely in a box. They will scratch each other and become dull very shortly. Each piece should have its own little case, a small chamois bag, such as is used for watches. It is said that the best way to clean plain gold or