

THE WOMAN'S PAGE

Daily Soup Advised

I heard a doctor say recently that we should eat a cup of soup, at least each day. We drink too much tea and coffee, chiefly because we crave the warm liquid. Soup would supply it, as well as nourishment. Frequently we overeat, because we are not quite satisfied. The hot cup of soup would fill the bill.

Soup is a simple thing to prepare and may be made from a wide variety of things. One has to learn to recognize soup possibilities. A soup is composed of four ingredients: a liquid, which may be milk or meat stock; a thickening, which may be rice, flour, or vegetable pulp; a fat, which may be butter or meat fat, and a flavor.

Left-over meat may be chopped and used as the base of a soup, or milk and a can of any kind of vegetables.

With "Slippy" Shoulders

Where the dress is one that does not have to be laundered, sew a

finger clip on each side of the shoulder seam on the inside, about one inch from the neck opening, and with the clip opening toward the neck. Fasten the straps of the underwear into the clips and you will find this will eliminate the annoyance of the dress slipping off the shoulders, and is much more convenient than pinning.—From the Designer.

Eggs and Their Shells

When separating eggs, break them in a funnel. The whites will go through and the yolks remain. When frying eggs put a cover over your frying pan and the eggs will be cooked on top without turning them.

Eggs will not pop when fried if a pinch of flour is dissolved in the grease before you put the eggs in. To clean bottles easily, crush a quantity of egg shells fine. Put them in the bottle with cold water to soak for several hours. Then shake thoroughly and rinse several times. This will remove the thick sediment in bottles or jars.—From the Designer.

SOME CLASSY STYLES FOR DAINTY LITTLE MAIDS

Yellow Ratine and Linen With Black Embroidery



Knife-Plaited Frock of Old Blue Crepe de Chine



Smart and Simple Dress for Girls of Scout Age



By MARY BROOKS PICKEN

A miniature of mother's dress is the young girl's dress of today, especially in material, line, and details of finish. This attractive dress, for instance, is of lovely yellow ratine and possesses a definite center-front line, a low, boy's collar and short sleeves, all acquired by means of white crash linen.

The black belt and tie and the black embroidery trim define the contrast between the linen and the ratine in an interesting and decorative way.

Ratine requires an easy line and fit and a generous hem to make it set well, all being well provided for in this case. The pockets may be of ratine or linen, being made smaller, of course, if linen is used.

The straight lines of the 12-year-old harmonize perfectly with the simple dress illustrated. The dress, cut in one piece, as it is, and knife plaited, provides for fullness. This is held in place by an interesting belt with side ties to break the line and shorten the figure.

Many frocks for young girls are shown without sleeves. This model allows for a dainty lace sleeve, if desired, and makes possible

the omission with no inconvenience. The blue crepe de chine, color crepe de chine, or voile in either color would be attractive for such a dress.

The young girl who has reached a point of interest in clothes makes her first decision in favor of practical simplicity. This dress, for example, will find favor with many girls of scout age because of the evident freedom and smart simplicity.

The knife-plaited skirt and the collar of this model are of blue suiting of fast color. The blouse with belt is of the same kind of material, but white in color, with blue collar. The darning stitches are done in blue and the wee tie is of black.

In making plaited skirts of wash materials be sure to tear the skirt lengths and straighten each piece with the warp threads so as to insure a perfect hanging skirt after laundering.

HOME EDUCATION

Burbanking Your Child

Luther Burbank says, "Whoever believes there is a great gulf between plant life and human life is wrong. Racial improvement, like plant improvement, is all a matter of heredity, environment, selection and crossing of types. The strongest conviction I have, after breeding plants 60 years, is that what can be done with plants can be done with human beings—and must be done if our civilization is not to be overwhelmed by the unfit. Plant life, I am convinced, is no more plastic than human life."

What can you do with your child to improve him for his own sake and the sake of the future race? You have already furnished him with heredity; those strong and weak tendencies which are born with the child. These tendencies are not yet characteristics. They are merely signposts which indicate the way that young nature may be turned by careful culture or careless neglect. The environment which happens to a garden which is left to its own devices, and that even in the most carefully tended garden weeds will spring up. But the good gardener does not deny the flowers their proper amount of water and care in order to starve out the weeds. He pulls out the latter by the roots.

In the matter of cultivation of your child to bring out the best potential qualities, the environment must have lasting and formative effect. Much can be done to overcome even unfavorable physical surroundings, if the mental atmosphere is made harmonious and the child taught to look for and see advantages and beauty everywhere. True environment is more a matter of mental attitude than most people realize. If the parents are constantly criticizing their surroundings, what can they expect the child to develop except an undesirable critical attitude toward all phases of life?

It is in selection of the strongest physical and mental tendencies and the training of these toward the best expression that the parent acts as a Burbank with the child. Is the child showing a strange stubborn quality which seems to be the predominant tendency? Do not consider this a flagrant weed, but look upon it as a desirable trait of determination, and by judicious selection of interests train it toward that end. This might remain a weed forever. Opposition or forcing will not do the work, only careful, patient, understanding and directing will accomplish the best result. Consider what Burbank did with a wild Mexican grass. In 18 years its meager seed had become full ears of corn under his skillful handling. You have more than 18 years in which to "burbank" the young traits of your child. But remember, patient training and inference are two very different things, and produce widely opposite results.

Look to yourself first to see if you are a good gardener before you attempt to experiment with nature.

You cannot give your child's life, any more than the gardener can live the life of the rose or cactus. But as the gardener can make the rose more desirable by training it to shed its thorns, and the cactus a friendly, instead of an unfriendly plant to mankind by depriving it of its spines, so you can train your child's tendencies and mind to make of him a better citizen.

Speaking on the subject of world peace, Frank A. Vanderlip recently said: "Europe needs only a simple moral guidance for its salvation, and we as a nation should be giving it. The United States today is facing as momentous a decision as when we were debating our entry into the world war. But the debating now is on our part in peace, and we are lacking decision while the world waits for us. I believe we are weak morally, as a nation, and in the eyes of the world we are losing respect."

Mixing Fun and Dishwater

Dishwashing has been the bête noir, the bugbear, of the ages for womankind. Whatever lessens the drudgery of it, whether soap-powder or a song, is a blessing to humanity.

If you have a hard task to attack, there are several ways of overcoming its difficulties: decrease the work, increase your energy, improve the tools of labor, or administer some sort of anaesthetic which will dull the pangs. Any or all of these remedies will make dishwashing less disagreeable.

Why not try it? As to lessening the work, mix up one-piece meals, soak the dishes. Use plenty of hot water and soap, and provide ample space and pans and dry dish towels.

To increase your energy—or to make you unconscious of the unpleasantness, mix it with fun. Children are inviolate in eagerly helping by transforming it into a game. Such a simple one as this will serve: "Play mother was a rich lady and I had a lot of choice dishes here and some little stealers would come along and wipe them and run off with them and I would be so surprised." To make it realistic, must feign amazement about every so often of the game will lose its charm. Or, "Play I was a poor old lady and I had to wash a lot of dishes and some little gnomes flew in at the window to help me and I got them done up in a hurry." (Business of the "gnomes" helping to do up those dishes with vim). Or, "Play I was Cinderella and I couldn't go to the party until I had the dishes done up in a hurry." (Business of the "gnomes" helping to do up those dishes with vim). Or, "Play I was Cinderella and I couldn't go to the party until I had the dishes done up in a hurry." (Business of the "gnomes" helping to do up those dishes with vim).

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There is a wide difference of opinion about Who's Who. Inquire at a fashionable function and the Four Hundred will tell you they are Who. They know "how it should be done" and what is "the thing." They are "society."

A woman's club convention will remind you that they are the intellectual and moral cream of the nation and that even men, busy earning a living, have less time to study and are hence less Who. Tammany will tell you it is Who—the bosses, the ring. When they pipe, the people dance. They live it organized from the top down to the ward heeler. If they themselves are not Who they determine who shall be Who.

Wall street boasts that it is Who, the "big interests." What can you do without money? They control. They are the Simon who says, "Thumbs up! Thumbs down! Thumbs wiggle-waggle."

The church assembly believes that it is Who, the "chosen people," the "saints and sages," those who have not yet bowed the knee to Baal.

Labor claims that it is Who, the backbone of the country, also the voters. Without labor the world's wheels would stop.

But the university professors instruct us that they are Who, the thinkers, the brains.

Who is Who? What constitutes the who-ness of Who? The need of the age is a fixed standard of who-dom.

Then, instead of living willy-nilly, chasing an ignis fatuus, or hitching our wagon to a star, we may all aim directly at who-ity and presently become a Who.

Since, to date, we have no court

Bring in the Children



The new Pied Pipers are here—all the latest styles of the season's most healthful shoes in the world for children. Low shoes and high shoes, novelties for dress and sturdy shoes for play.

We can render no better service to your children than recommending Pied Piper Health Shoes. They are orthopedically correct; scientifically on Nature Foot-Form lasts.

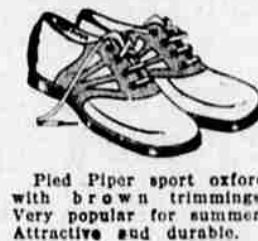
It doesn't pay to take chances with the health of your children's feet; bodies; perhaps that's the reason so many of our customers don't waste time "shopping around." They come here first and get Pied Piper Health Shoes that develop feet straight, sound and strong; protect muscles, and nerves. The prices are surprisingly moderate.



Pied Piper Combination smoke and patent leather trimmings. Very dressy. Also other combinations.



Pied Piper tan oxford, also in smoke calf or patent leather. 100% foot comfort. Approved by Y. W. C. A.



Pied Piper sport oxford with brown trimmings. Very popular for summer. Attractive and durable.

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Hunches for Business Women

Plan your work and watch your methods, if you must, your motives. Don't tell your plans to anyone. Your needs will speak for themselves. Don't waste time doing small people. They will succeed, nor let you. Watch "little drabs," who have income or outgo. Shave expenses, but don't tightwad. Don't over-spend when made. Make contracts wisely, but don't lean on jet legs for security. Keep tab on your pocket system, your budget. Know where you are. Keep fit. Take time to sleep, play and think. Keep on keeping on—try to hurry. "Home built in a day."

Her Dream Realized -



MRS. JACK HOUK
1815 TENNESSEE ST., LAWRENCE, KAN.

EVERY young woman like Mrs. Houk before her marriage dreams dreams and has visions of her ideal home with her husband, and healthy, happy children to make her joy complete.

But as time goes on her dreams are not realized, she has no children, her life is embittered and it is hard for her to be reconciled to the conditions as they exist.

To every young woman who is in this condition the following letter should bring hope and encouragement, as we know of numberless homes that have been blessed with children, just as this home was, after all hope had been abandoned.

Here Follows Mrs. Houk's Personal Letter:

"I was of a nervous disposition and always had a tired, worn-out feeling. I would get sharp pains in my side when working too hard or when walking too much and sometimes I would have those awful dragged down feelings. I have had such troubles since I was a very young girl and had got very little result from all the medicine I had taken, and one doctor told me that I would never have children unless I had an operation. I had heard a great deal about Lydia E. Pinkham's Vegetable Compound so I thought I would try it. By the time I had finished the fourth bottle I noticed a change in my health. We took a trip to California at this time and I kept on with the medicine. My health continued to improve and I now have a big, healthy baby boy six months old. I am not doing my own housework yet as I want to get good and strong first as it means a lot to my baby for me to be well while he is nursing. I have spoken highly of the Vegetable Compound to my friends, and I am more than willing for you to use these facts as a testimonial."—Mrs. Jack Houk, 1815 Tennessee St., Lawrence, Kansas.

Ailing Women are advised to try

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

High Grade Piano

Also pianos of medium price. Bought at the factory for cash (not consigned). We are factory distributors for the following pianos: Mahlin & Sons, Ivers, Pond, Hallet & Davis, Lyon & Healy, Haddorff, Gravenor, and several other makes, ranging from \$250 for pianos and \$420 for player pianos. A lot of pianos ranging from \$165 up. Some splendid bargains. Over forty pianos to select from. We have been selling the Mahlin and Ivers & Pond pianos for about thirty years. We do not change from line every year like the consignment dealer does. We buy for cash direct from the factory and can get the best pianos on the market and save you the consignment dealers' profit.

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