

Women's Page

BY A WOMAN

DEUCALION AND PHYRRA

In Grecian Mythology it told of the beautiful Golden Age which succeeded the creation when innocence and happiness abounded, and truth and right prevailed, though there was no need of Magistrates to enforce the law: when flowers sprang up with out seed and the rivers flowed with milk and honey.

This was succeeded by the Silver Age, then the Brazen Age and lastly the Iron Age when men no longer sought to please the gods and murder and crime were everywhere.

It was then that Jupiter, angered at man's disobedence, made up his mind to destroy the being, man. He called that he had resolved to throw a thunder bolt and destroy the earth, but they persuaded him not to do that as heaven might be destroyed as well, so they decided to turn the waters loose. The sky was covered with a cloak of pitchy darkness, the clouds driven together resounded with a clash: torrents of rain fell and the crops were all destroyed. Then Neptune, the god of the sea, let loose the rivers and the great ocean poured its great waters upon the land. Flocks, herds, men and houses were swept away together. Then it was all sea. Sea without shore. The birds, weary of wing, fell into the water and all flesh was drowned.

But there was one couple Deucalion and his wife Phyrra who had climed up to the top of Mt. Parnassus and the sea had not reached them. Jupiter, when he saw that none had been left alive except this pair, and remembering that they were good and tried to please the gods, ordered the North wind to drive away the clouds and Neptune blew on his triton and the sea went back to its place again.

Then Deucalion and his wife began to descend the mountain. It was a sorry earth on which they gazed. Everything was destroyed and the ground was covered with slime. But in their descent they saw a temple standing and they hastened to it to consult the oracle, as to what they should do.

The oracle answered: "Depart from the temple with head veiled and garments unbound and cast behind you the bones of your mother."

The poor bewildered couple did not know what to do. "How can we obey,' mourned Phyrra we dare not profane the remains of our parents." They sought the thickest shade of the woods and wondered what the oracle could mean. Then Deucalion said. The earth is our mother and her bones are the stones and they are what we must cast behind us."

So they began to cast the stones behind them and those which Deucalion cast behind became men and Phyrra became women. And thus the earth was peopled again. And the ground brought forth abundantly. Then men turned to his work again and peace and happiness was with them as long as they obeyed their maker.

HEALTH

Some physicians say that one great reason why people are heathier in summer than in winter is because they drink more water.

Bathe Frequently

The intestines carry off the wastes of the body, so here are three sources of elimination of wastes from the body. The skin, the kidneys and the intestines must be kept in splendid working condition if we are to have good health.

Knowing what large quantities of liquid are thrown off from the body every day, you can see how necessary it is to drink plenty of water. Many people never seem to think of this. Every adult and child should take at least a quart of water every day to keep in good condition. The kidneys and intestines must be flushed out in this way.

Some persons perspire a great deal, and others very little. For the person who does not perspire freely, it may be from every portion of the body. Or the sweating may be confined to some one part, as under the armpits, the hands, the feet, or some other single region. It can be extremely annoying, especially it there is an offensive odor with the perspiration. There are remedies such as deodorizing powders.

Frequent bathing with warm water and soap, followed by the use of cold water, will be found refreshing to perspiring and aching feet. Continual perspiration of the feet causes the skin to soften and fissures and cracks result. In extreme cases of this kind a dusting powder of stearate of zinc may be helpful. Plan rice powder is good also. Cologne, and any alcoholic preparation of quinine, are good local applications.

STYLE WHIMSIES

Short sleeves for sportswear and pug sleeves for afternoon are becoming fashionable.

Very large, floppy hats of white stitched linen are worn at Southern resorts.

Silks for Summer are using stippled designs in flowerets and personages such as the football and saxophone players.

Handwork is going to be important in the Summer frocks, so get out the embroidery needle and do a bit of practicing, ladies!

Mannish linen shirts tucked into matching shorts, with a gay bandanna tied around the head, are fast becoming the conventional tennis costume seen at the resorts, say gossips.

Lingerie blouses—the old-fashioned "peekaboo" waists—are being shown in Paris collections.

Gloves have upset the style applecart by making rules of their own for color.

Paris is wearing them lighter than the costume for daytime, on the whole, with evening gloves generally a shade deeper then the dress, or contrasting boldly.

The light gloves for day wear are a result of the vogue for touches of white on dresses, hats and accessories.

RECIPES

Excellent Summer Cake.
Lemon Sponge Cake

(Mrs. Mary Morton's Daily Tested Decipe.)

Three eggs, one-half cup sugar, one-half cup flour, juice of one-half lemon, one tablespoon cold water, one-fourth teaspoon of salt. Place three egg yolks in a mixing bowl and beat with a whirling egg beater, adding the sugar gradually. Beat the egg whites stiff in another bowl Add the lemon juice to the first mixture and stir in the flour and the water, being careful that there are no lumps, but not beating any more than is necessary. Last, fold in the egg whites and turn the batter into two floured tins. Bake in a moderate oven twenty-five minutes. Make a filling by beating together eight tablespoons of lemon juice, two eggs and the grated rind of one lemon. Dissolve one tablespoon of cornstarch in half a cup of cold water, and when the first mixture is well heated in the top of a double boiler stir in the cornstarch. Cook in the top of a double boiler, stirring constantly, until the filling thickens. If the water is boiling hard this should take six to ten minutes. Spread between the layers and put a butter icing on top of the cake, flavoring it with a third of a teaspoon of almond extract.

Party Sandwiches

For successful sandwiches use bread one day old, except for rolled or folded sandwiches, then use fresh bread. Cut with very sharp knife. Cream the butter with a wooden spoon to facilitate spreading. Any of the fine grained breads may be used —white whole wheat, rye, raisin, nut, Boston brown, etc.

Cut slices with cookie cutters into fancy shapes. Children love sandwiches cut to look like animals.

Savory butters are unusual—Mix equal quanities of boned anchovies or sardines with butter, add a little lemon juice. Spread on bread and put together with crisp lettuce.

Rolled Sandwiches—Slice white bread lengthwise, trim off crusts. Spread one slice with cream cheese, place second slice over this and spread it with pineapple jam. Roll like a jelly roll, wrap in damp cloth for one hour. Slice across in rounds. Serve two pieces of candied pineapple on toothpicks with each sandwich.

Pinwheel Sandwich—Slice bread lengthwise, trim off crusts. Spread each slice with savory cream cheese (one cream cheese, one tablespoon chopped pimento, two tablespoon butter.) Roll up over a sweet pickle. Wrap in damp cloth until needed cut off in rounds.

Angel Sandwich—Cut bread lengthwise in four slices. Spread first slice with shredded lettuce and pimento moistened with mayonnaise, the second with highly seasoned minced ham or chicken, the third with mashed hard cooked egg and salted almonds moistened with mayonnaise. Cover with fourth slice. Soften two packages of cream cheese with sweet cream and spread on the outside of the loaf, as in frosting cake. Garnish with sliced olives and strips of pimento. Wrap in damp cloth and place in icebox for several hours.

For a sweet sandwich, spread first slice with orange marmalade, the second with cream cheese and olives, the third with peanut butter and chopped raisins.

Ice in the Mississippi

The Mississippi river commission says that in severe winters floating ice is found in the Mississippi river as far south as Vicksburg, Miss., but that it is usually not found farther south than Memphis, Tenn.

Well, What's Dignity?

The seems to be an idea that it is undignified to take a lively interest in food. We must all eat if we are to keep on living, and there is sound sense in making food pleasurable as well as sustaining.—Country Home.

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Columbus Might Have Saved Mayan Culture

If the United States lacks culture, it can be blamed upon Columbus, according to Gregory Mason, explorer, writing in Country Home. Had Columbus followed his original route on his subsequent trips, the civilization that is now the United States might have been founded upon the Mayan race, which represents the oldest civilization in the world.

Mason declares that Columbus, on his fourth voyage in 1502, encountered a Maya merchant off the coast of Honduras, but instead of going to the merchant's land, he turned his prow in another direction and left it to despoiling Spaniards of another day to find and crush the last remnants of a great civilization that once thrived there.

The Mayas, says the writer, were the most highly civilized of all the red-skinned natives of America before the white men came, and might have provided the ready-made foundation for a new white race, whereas the hardly settlers of the north had to carve out their own foundations from the wilderness.

"Medicine Woman" Still Has Faith of Mexicans

More curious types, echoes out of the long past, exist in Mexico than in any other country in Latin America. One of these is the "medicine woman" who, more than four centuries ago, was an institution through the land and since then all have continued to depend on her to fight disease, real or imaginary. But the medicine woman has ever been more than a vendor of medicinal herbs. She was and still is believed to possess the power of witchcraft and this power she gives to certain of the herbs she offers for sale. She is, therefore, a strange and potently important personage in the lives of the masses of ignorant Mexican Indians and peasants and not infrequently she is held in respect by middle class families. The medicine woman is still an institution from one end of Mexico to the other, and where the native Indian languages are still spoken, approximately 30 per cent of Mexico, she has lost little if any of her pre-conquest prestige.

Dogwood Blossoms

The vagrant wild apples that fill our country Mays with bloom are English born and came before the quota laws with the daisy, the buttercup, the dandelion and the lilac, of which two famous American poems have been made. But the best of May is native, a shrub that knows the unities, a modest tree that seeks the light and screens the inner woodlands with ordered clusters of leafy candelabra from the oak branch to the meadow turf. In May in four pointed flame from green to white to tip of rose, its flowery candles are lit, and not even the rhododendron clusters hung over Allegheny torrents excel the lucid blossoms of the dogwood.—Henry Seidel Canby, in "American Estimates."

No Two Are Alike

In the Book of Job are words which forecast the discovery made so many centuries later that the finger prints of not two people in the world are alike. The words are in chapter 38: "He sealeth up the hand of every man, that all men may know his Work." The text was quoted by a Scotland Yard official at an inquest at Portsmouth on the body of a man whose name and business had been unknown till prints of his fingers were sent to the finger print department in London. There they were identified, and the man's name and dwelling were made known. In 30 years 300,000 persons have thus been traced.

Fish Anyhow

At the regular convocation of the high school, Mr. ——, the principal, introduced to the assembly the winners of the district Latin contest. In his remarks, he called them "the Latin sharks" of —— high school.

Several days later in one of the roll rooms, the teacher and her pupils casually mentioned a certain girl, who was one of the Latin winners.

"Oh yes," said George, "I know her. She's one of those Latin whales."

"You don't mean whales," said a pupil. "You mean sharks."

"Well, anyhow, it's some kind of a big fish," answered George.—Indianapolis News.

Mystery Solved

A customer once entered a New York bookstore and asked for "The Red Yacht."

The clerk looked puzzled. He had never heard of the title and asked what the book was about.

"It's poetry, and recommends you to burn up your old clothes in the spring."

A little thought; and the line—"In the fires of spring your winter garments of repentance fling."

Yes, it was "The Rubaiyat."—Literary Digest.

The Quick and the Dead

In every big firm there are the quick and the dead. There are the all-alive, keen, progressive men and there are the standstills, who say "No" to every good suggestion.

This struggle between the go-aheads and the pull-backs makes a bad mess of many a balance sheet.

My advice is—bury the dead and get into step with the quick.—Herbert N. Casson in Forbes Magazine.

Safety First

"Pardon me, sir," said Miss Oldgal, who was rusticating at the home of her Uncle Fumblegate, "but isn't this the wimpling water into which a beautiful girl fell last summer and was rescued by a handsome stranger just as she was sinking for the last time?"

"Yes'm, I guess it is," replied the hired man. "But you'll have to wait till some other feller comes along. I can't swim a stroke."—Kansas City Star.

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