

Women's Page

BY A WOMAN

SUSAN B. ANTHONY

Those who have entered the basement of the Nation's Capitol are struck by a piece of statuary, representing a number of women who have made themselves famous in their struggle for Women's rights. It is by no means a work of art, but one is struck by the face of the central figure, so stern and unyielding, the face of Susan B. Anthony who, we suppose did more than any other woman in the pioneer work of establishing the right of women to vote. She was born in 1820, and when she grew up followed the only profession at that time allowed to women, that of being a teacher. She did her work well, and loved her profession, but on the occasion, when she was attending a teacher's meeting, the discussion was argued, "Why is the teaching profession not so highly regarded as that of the minister, physician or lawyer."

Susan Anthony listened for a while and finally she arose and asked that she might speak. A veritable storm broke loose. No woman in the association's history had asked such a thing before. Finally after a debate of one hour, she was accorded the right to speak and this is what she said:

"It seems to me that you fail to comprehend the cause of the disrespect of which you complain. Do you not see that so long as society says that woman has not brains enough to be a lawyer, doctor or minister, but has plenty to be a teacher, every one of you who condescends to teach tacitly admits before all Israel and the sun that he has no more brains than a woman."

This set some of them to thinking and the talk of women's rights began. At that time about 1851, the women went about swathed with numberless clothes and as a protest against the hampering dress Susan and her followers decided to wear bloomers. The whole social world was scandalized at such indecency though, if any one wore the same dress right now she would seem to be loaded with clothes:

And so Miss Anthony became the leader in the cause of rights for women. Hard, indeed, was the task. She journeyed everywhere speaking of the cause. She was jeered at and abused but she kept on urging her rights in spite of discouragement, and she never gave it up during her long life.

When she died in 1906, on every hand Miss Anthony was acclaimed as one of the great women of modern times, and one of the outstanding characters of her era. Press and public, of all shades of opinion, united i nringing sincere eulogies to her ability, steadfastness, selflessness and unswerving devotion to the course she had laid down.

Had she lived to be one hundred she would have seen the passing of the nineteenth amendment, she would have seen her dreams come true.

HEALTH

Our food budget should be divided so that it includes one-third of milk products (milk, cream or cheese); not less than one-third of fruits and vegetables, and one-third or less for meats, poultry and fish. More people should adopt this division of the foods.

The body is made up of cells. These must be built up constantly by the correct food intake, and nothing less than nourishing foods in proper quantity and quality will maintain good health.

Well-conditioned muscles are the basis of good health. If you have active muscles, strong heart muscles then the poisons of the wastes of the body cannot affect them.

The body must be in good trim to throw off these poisons. It eliminates poisons by means of the kidneys, and lungs, the skin and the bowels. There must be normal functioning of all these parts.

Active physical exercise deepens the breathing, induces perspiration and keeps the muscles tight and elastic. That is why you need daily moderate use of the muscles of the body.

Constipation is almost universal today. People do not take time to keep fit. You cannot have healthy elimination without good muscle tone. Include in your diet foods that have bulk and roughage as aids in elimination of the wastes of the body.

Eating plenty of fruits is of the greatest value. Drink a glass of orange juice every morning before breakfast, and see how much better you feel.

Drink lots of water. The body uses up quantities of water in a day. It must be replenished regularly. We are apt to forget this for long hours and then wonder why we do not feel well. We store up trouble by this neglect.

RECIPES

These Recipes are taken from the Bureau of Economics.

Molded Veal Loaf.—Much better results are obtained, in makng a meat loaf, if the ground meat is molded with the bands and baked in a wide shallow pan, than when it is packed into a smaller pan and baked like a loaf of bread. A good way to shape a veal loaf so that when it is either hot or cold, attractive slices may be cut from it.

A well-seasoned veal loaf is one of the tastiest dishes made from the less expensive cuts. Meat from the neck, shank, or other cuts not suitable for roasts or cutlets is excellent for use in this way. Cold sliced veal loaf is particularly good as a sandwich filling, with or without a leaf of lettuce or a few sprigs of watercress.

The following recipe is furnished by the Bureau of Home Economics:

4 cups ground raw veal, 1 cup finely diced salt pork, 1 1-2 cups milk, 4 tablespoons flour, 1-2 cup chopped celery, 1-2 cup chopped parsley, 1-4 cup chopped onon, 1 cup fine dry bread crumbs, 2 teaspoons salt, 1-8 teaspoon pepper, 1-8 teaspoon celery seed.

Fry the salt pork until light brown and crisp and remove the pieces from the pan. Make white sauce from the pan. Make white sauce of the milk, flour, and 3 tablespoons of the pork drippings, and add to this the bread crumbs and seasonings. Combine all ingredients, using the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Hold the meat loaf on the paper with the hands. Bake in a moderate oven (350 degrees F.) for 1 1-4 hours. Do not cover the pan and do not add water to it. Remove the loaf from the paper and serve hot, or chill it for slicing cold.

Corn-Meal Puffs, Griddlecakes and Waffles.—The peculiar granular consistency of corn meal, which is a disadvantage under some circumstances, is an advantage in making such dishes as griddlecakes and waffles, for it renders them very tender.

Corn-Meal Puffs.—1 pint milk, 1-3 cup corn meal, 4 tablespoons sugar, 1-2 teaspoon salt, 4 eggs, Grated nutmeg (if desired.)

Cook the milk and meal together fifteen minutes with the salt and sugar. When cool add the egg well beaten. Bake in cups. Serve with stewed fruit or jam.

This serves six persons.

Corn-Meal Fritters.—By increasing the corn meal in the preceding recipe to one-half cup the batter is made stiff enough to be dropped into hot fat and fried.

This serves six persons.

Corn-Meal Pancakes.—2 cups wheat flour, 1-2 cup corn meal, 1 1-2 tablespoons baking powder, 1 1-2 teaspoons salt, 1-3 cup sugar, 1 1-2 cups boiling water, 1 1-3 tablespoon melted butter, 1 egg.

Add the meal to the boiling water and boil five minutes; turn into a bowl, add the milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook on a greased griddle.

Bread Pork Fillets. Cut two pork tenderloin strips crosswise to make six fillets 1 1-2 to 2 inches thick. Pound each fillet down to about 1-2 inch in thickness. Beat one egg with one tablespoon of water. Mix three-fourths cup of dry sifted bread crumbs with three fourths teaspoon salt and a dash of pepper. Dip the fillets into the egg mixture, coat them with the bread crumbs and let the coatng dry for about 30 minutes. Brown the fillets lightly in two tablespoons of fat in a heavy skillet, pour off excess fat, cover the skillet closely and continue to cook at moderate heat for twenty minutes or until the meat is tender. Serve hot with a garnish of watercress and thin slices of lemon.

Sponge Cake.—3 eggs (yolks and whites beaten separately.) 3-4 cup sugar, 1 tablespoon hot water, 1-4 teaspoon salt, 2 teaspoons lemon juice, 1 teaspoon vanilla, 7-8 cup rice flour, 1 1-2 teaspoons baking powder.

Combine the ingredients in the order in which they are listed and bake the cake as a loaf or in muffin pans.

This cake may be used as it is or as the basis for many desserts. Baked in a thin sheet, spread with soft jelly, and rolled, it makes a delicious jelly roll. It also may be served with a sauce like cottage pudding, or it may be baked in layers and put together with custard filling for a Martha Washington pie, or used for a shortcake with fresh fruit between the layers.

BEAUTY HINTS

Eyelashes Rightly Treated An Asset of Beauty

Even eyes of lovely color are quite wasted without the advantage of being framed with long lashes. The lashes respond very readily to proper care. Each night petroleum jelly, yellow mercuric oxide (one per cent.,) or lanolin should be smoothed on close to the roots. The brows will grow silky under this same treatment. Every woman should have a small camel's hair brush for these hairs, for through its use the lashes can be trained to curl upward as they did in childhood. With thi brush the brows are brushed free of powder and coaxed into that high arch that enhances not only their own natural beauty but affects the apparent contour of the face. I do not believe in plucking the brows. In The Housekeeper's Little Handy Book

When waffles stick to the iron, use more shortening.

Eat raw vegetables to get the benefit of the vitamins and soluble minerals.

Before dyeing any garment be sure it it clean. Dye does not conceal soiled spots.

Because bread molds quickly in hot weather, it is well to scald bread boxes twice a week, dry them in the sun, and keep them free from old crumbs.

Before stitching heavy materials like khaki, duck, or canvas rub hard soap over the hems and seams. The needle will then penetrate the material more easily.

A young man remarked to Dean Inge at a dinner: "They sent a lame bishop to Blanktown, and they've got a deaf dean, I believe, at Saint Paul's."

"What we need is a dumb layman," returned the dean.

A Texas newspaper records that Alex Shott and John Nott fought a pistol duel, in which, curiously enough Nott was shot Shot shot shot Nott.—Roanoke Leader.

Safe for the Present

There s consolation in the thought that the North and South poles will never be knocked down by reckless drivers.—Des Moines Tribune-Capital.

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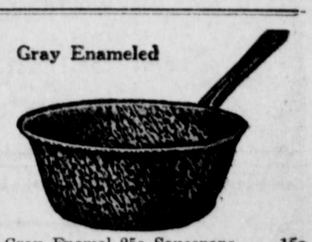
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