

Our Women and Children

Conducted by Lucille Skaggs Edwards.

REDUCING HIGH COST OF LIVING—WOMAN'S PROBLEM

Much has been written concerning the high cost of living. Some suggest community buying, some advocate the boycott and some have made experiments to ascertain just what amount per day one may live well upon. There is much good in each of these plans. The first is excellent if one has ready funds. The second is effective if co-operation be secured; but the problem of management or the reducing of the high cost of living becomes, after all, a separate problem for each consumer. It is almost entirely the woman's problem for in nine cases out of ten the woman is the buyer of all those commodities which are necessary to our daily life.

First, each woman should know her income. Every woman should know just how much she can afford to spend. She should never yield to the temptation to buy beyond her income. To possess things beyond one's means is not only the worst management, but makes one ridiculous in the eyes of others. No woman should ever be ashamed to say, "We cannot afford it." The right sort of woman will know her income, figure her expenditures, and will not pretend to more than she has.

Second, each woman should spend judiciously. We mean the intelligent choice of food. She should study values—food values, choosing such as rate high for nutrition. For example, an ordinary menu for breakfast is bacon, eggs, bread and coffee. Eggs are too high to use and bacon is almost so. Oatmeal and milk, rice and milk are most excellent substitutes, they are no higher in price than they were two years ago and they far exceed bacon and eggs in nutritive value. We quote here the comparative food value of one quart of milk:

"One quart of milk is about equal in food value to any one of the following:

- ¾ lb. of lean round of beef.
- 8 eggs.
- 2 lbs. of potatoes.
- 6 lbs. of spinach.
- 7 lbs. of lettuce.
- 4 lbs. of cabbage.
- 2 lbs. of salt codfish.
- 3 lbs. of fresh codfish.
- 2 lbs. of chicken.
- 4 lbs. of beets.
- 5 lbs. of turnips.
- 1-6 lb. of butter.
- 1-3 lb. of wheat flour.
- 1-3 lb. of cheese."

With a little thought, a little study, one may reduce the cost and increase the nutritive value of the meals and yet have them no less palatable.

When prices go up, when there is difficulty in making ends meet, the right sort of woman "puts her shoulder to the wheel" and her brains to figuring in ways and means. When self denial is needed she proves a positive force. Poverty and discontent result from mismanagement. Judicious living brings satisfaction, contentment and prosperity.—L. S. E.

School Teacher—"What little boy can tell me where is the home of the swallow?"

Bobby—"I ken, please."

Teacher—"Well, Bobby?"

Bobby—"The home of the swallow is in the stomach."—London Evening Standard.

A CHRISTMAS PETITION

From Bennie Goode (whose next birthday
Will make him six ears ole),
To Santa Claus, esquire,
East Reindeer street, North Pole.

Dear Santa: I am ritein this
So that—please sir—you'll no
What things I'd like to have you
bring
Me cross the feels of snow.

Of course, I want a lot of nuts
And sweets of every sort—
Indeed, deer Santa, quite a lot
More than lass ear you brought!

An I would like a hummin top—
Oh, Mister Santa, please!—
One of the kind that nurse declares
Sounds like a swarm of bees!

An I would like a pretty ship
One I could rilly sale;
Also a spotted hobbyhoss
With sure nuf main an tale!

A bounsin ball, a trane of cars—
I want them very much!—
A Noer's Ark, and then sum games—
Sliced animas and sum.
P. S.

An, Santa, as there is just me,
I wish, sum way or uther,
You'd bring along to share my play
A jolly little brother!
—W. Y. Sheppard, New York.

BLESSED ARE THE PURE IN HEART

By Lena Kent.

Stain not thy mind; there's water for
soiled hand,
But not the saltiest, not the saddest
tears

Can wash the mind; one evil page
lightly scann'd
Will vex thy soul through unforget-
ting years.

Regard not what they urge,—“Of
what avail
To ignore the evil in an evil world?”
Guard thou for thy part, from the
serpent's trail

Thy heart's sweet morning garden
dew-impearl'd.

SHOP NOTES FROM BURGESS-NASH

Miss Sturgeon.

Kathodian bronze book ends with
Elephants, Peace Maker Indians and
Rodin's Thinker carvings are among
the new things for Xmas gift giving.

Japanese tea sets of the famous
Crackle Ware will delight the house-
wife who is a collector of unique china
and pottery.

If you have a Mrs. Always Differ-
ent on your list, by all means make
her some vegetable bags. They are
the very newest and are used to keep
vegetables fresh and sanitary. Some
have the design of the vegetable to
embroider, while others have the
name.

Jewelry Fashions are very capri-
cious. This season chains are a trifle
heavier with large pendants, some
have novel designs effectively worked
in brilliants.

Who would think of carrying per-
fume in a ring or in a lingerie clasp?
That is just exactly what the ultra-

fashionable woman is doing this sea-
son. They call them perfume rings
and perfume lingerie clasps.

They say any woman with ordinary
attainments can copy, with a bit of
ribbon, needle and thread, any pretty
bag, and we believe anything is possi-
ble with the pretty new Holiday
ribbons shown this winter.

Brassieres with bands of lace and
inserts of crepe de chene are finding
favor with the women who are search-
ing for something dainty and frilly
to wear beneath the sheer bodices.

Have you heard of the Hu-Co and
Tangier brands of eats? Look it up
in the ads.

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- \$300 Bradford\$130
- \$325 Kimball Upright\$145
- \$700 Whitney Square\$ 30
- \$300 Schmolter & Mueller
Upright\$155
- \$1000 Chickering & Sons
Grand\$150
- \$600 Schmolter & Mueller
Player Piano\$348

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