

# The Bee's Home Magazine Page

## Two Kinds -of- Consideration

By ADA PATTERSON.

"There's no secret about happiness in marriage," said a famous man on the occasion of the golden anniversary of his wedding. Yet by his next words he proved that there is a secret, a double secret, of such happiness and he gave it. "My wife has always let me alone on occasions and I have let her alone. Then when she saw I needed help she asked me what she could do for me and did it. When she was not exactly pleased with anything I asked her what I could do to help her. That's all."

Of the secret of happiness in marriage! All of what all the writers and philosophers and poets and playwrights, all the married and unmarried, are striving after and of which some are ready to abandon the search in despair. There are many persons in marriage, and some out of it who are convinced that happiness cannot be found in that state, only resignation.

Here comes the man who ends their doubts. Happiness in consideration, the two kinds, passive and active. In the wedded state consists in judicious letting alone and in diverse offers of assistance.

Think that over. It reminds me of what a great editor said to me about newspaper work. It has but two arts, how to make a big thing of a little thing and a little thing of a big one.

The woman who knows when to use a padlock of silence is the mistress of practically any matrimonial situation. For ill-timed words are oil on the flames of discord. They are the fat in the fire. They are salt in wounds. They are din to tired nerves, a heavy hand upon a hurt.

The man who knows that to ask a tired woman "Why did you do this?" is to make her want to hurl dishes at him doesn't say it. He waits until she is tired, smiling, unburdened, at peace with the world. They are great physicians in the family circle who know the healing of quiet.

There are times when to say, "Can I help you is to offer an affront. But there are other times when it says, "Peace, be still, to whirling winds of the soul, especially if there be children in the household.

There are men—should we call them so?—who think it unmanly, beneath their lordly dignity, to help take care of the children. Such men should deny themselves parenthood. It is a strange topsy-turvy world that permits women to literally slave themselves to death, in taking care of children, and allows men to look upon the little ones as mere disturbers of their rest, and treats them "raise a row while a man is trying to read his newspaper."

I know a bank president and treasurer of one of the richest and most populous counties of the east, whom I have seen pushing the perambulator in his home block while the nurse took the older children to shop. I have seen him spreading apple butter on thick slices of buttered bread while his wife was at a church social and the housemaid was on an errand, to appease their after-school pangs of hunger. He is one of the best business men and most intelligent and prominent citizens in his part of the state. I should be sorry for any poor whipper snapper who deserved punishment at his hands. They are big and strong enough to crush yet tender enough to wipe away tears of a child.

Heaven bless the men who are manly enough to offer their help to women, and heaven equally bless the woman who makes tender offers of her sympathetic help to the man, her man, when she needs it.

## "The Strange Case of Mary Page"

At the request of the Esplanade company, which will produce the story in film form, the publication of the serial, "The Strange Case of Mary Page," is deferred for one week. It will start in The Bee on Tuesday, January 19, and will be run regularly on this page, one installment each day.

## What Brand of Matches Do You Use?

Who makes them?  
Are they poisonous or non-poisonous?  
Are the sticks long and strong or short and weak?  
Do the heads fly off or do they stay on?  
Do they burn evenly or explosively?  
If people knew as much about matches as they should, they would use Safe Home Matches made by the Diamond Match Company.

See. All grocers. Ask for them by name.

The Diamond Match Company



## How to Dance the Mazurka on Skates

From Photographs Posed Exclusively for The Bee by Miss Gladys Lamb and Norval Baptie, Whose Art Has Made Them Famous



PHOTO BY EARL HILL

By GLADYS LAMB.

Who, with her partner, Norval Baptie, is a great attraction in "Castles-in-the-Air" atop the Forty-fourth Street theater.

The mazurka danced in the ballroom is, as everyone knows, one of the most brilliant and dashing of all the dances. On skates this dance loses nothing of its life and vigor and is skated with all the dash that is generally accorded to the dance. The dance is preceded by three

preliminary steps, first to the right and then to the left. If the general rotation is to be toward the right, begin on the right foot and, counting time to the music for each stroke, step lightly, with the left foot crossed behind, to a short stroke of left inside forward, and then, on the next beat of the music, to a short step on the right inside backward. The fourth step is done by putting down the left foot on the outward backward, and then, on counts five and six, the dancers jump from the right inside backward to the left toe-point crossed behind.

In dancing the mazurka it must be remembered that each step of the dance should be raised lightly from the ice. The spirited and stirring music accompanied by the gracefulness of the dance steps makes a brilliant finish to a skating performance of any kind. The pictures illustrated show the necessity of absolute freedom with the skates, so that balancing even on the toes is an easy accomplishment. Any dance may be brought to perfection on the ice where the freedom of movement is more evident than it is in the mere limited ball room. Skating

is so much more beneficial than dancing for the reason that it is performed in wider movements and under conditions more healthful because they are less confining. Always skate in perfect time to the rhythm, acquire fearlessness, and be sure that you will succeed. Anyone can skate well who can do other things well. Determination and a sense of proportion are all that are necessary. This special interest of smart society in skates and skating should be one of the greatest advantages offered to the world in some time.

## The Boy Who Went to College

By RUSSELL H. CONWELL, President Temple University, Philadelphia.

A young man is waiting in the president's office to arrange for matriculation. The usual questions have been asked him; but as he does not fit exactly into the cut and dried scheme of things it has become necessary to pass him a little higher up. He may or may not have met all the preliminary requirements, but he knows one thing for sure—that he needs the college course as the foundation for his future work in the world as he thinks he sees it. It is not possible for him, perhaps, to take the entire number of units usually prescribed for the freshman year, though he is willing to undertake heavy burdens, for he is young and does not realize the after-cost of excessive effort; or perhaps he cannot fit into just the usual combination of courses. What will the college authorities do for him? Will they allow him to do as much work as he can, and will they allow him some latitude in the choice of his subjects? If necessary, can he take half of his subjects this year and half next? If the college reaches out to meet his individual necessities he stays, if it does not he seeks further. All he asks is the opportunity, and he will seek until he finds it. Seldom he asks financial assistance from the college; but if you question him

you will find that he is self-supporting, that he has a job. It may not be little more than the barest necessities or he may be fortunate in finding one that will give him comparative comfort. He may run an elevator at night, he may tend furnaces, he may write up life insurance, he may do one or several of a thousand things. He does not talk about his business affairs on the outside; he only asks the college to let him come and do as much of its work as he can. You can trust him to do his best; but the college must keep a careful oversight over him without his knowing it, for it owes it to its own future glory to protect him from himself, from the temptation to overdo. It must not allow him to undertake too much at a time, but if it is true to the best ideals of service, for which the college should be the synonym, it will show him every opportunity, every help in its power to give him the chance to do all that he can. In return, the day will come when he will surely honor the institution that was true to its purpose of training strong men and women to serve others. Such a young man came to me some fifteen or twenty years ago. He was self-supporting, though he was through his course before the authorities knew anything of his outside business affairs. He took the time necessary to do his work well. He took his college course and his course in the law school.

## Children's Food Antipathies

By WOODS HUTCHINSON, M. D.

One of the most frequent points of conflict between the rising and the passing generations, between the "wisdom of babes" and the prejudices of parents, is at the table.

While children, for the most part, have a cheerful and indiscriminate enthusiasm for food of all sorts, and a broad and catholic appreciation of almost everything that tastes good, gives some resistance between the teeth and produces a sense of comfortable distension in the interior, yet there are limits and sometimes sharp ones to their toleration.

A youngster with an otherwise hearty natural appetite of exuberant intensity for the particular things that he especially approves of will suddenly fly violently at one or more harmless, every-day foods and declare that he cannot eat them, he doesn't like them, and that they even make him sick to look at them or smell them.

If the foods happen to be of common use, and particularly if they are inexpensive, there is likely to be war at once. For the general tendency of parental authority and that crystallized form of stupidity, proverbial philosophy, is that children must be taught to eat what is put before them and make no fuss, partly because this, being disagreeable, is good Christian discipline for them, and partly in the belief that they should be taught in advance to eat every ordinary kind of food at least, so that he may be able to find something to fill up on in the future days of boarding school or boarding house or public and away from home tables of all sorts and descriptions.

Fortunately a more rational and kinder spirit is beginning to pervade the relations of parents and children, and instead of deciding the matter offhand and upon maxims handed down from the ignorance and barbarism of the past, we are willing to take the time and consider and see whether there may not be some reason and ground for this intense dislike or distaste.

Also, it is gradually dawning upon us, in this as in other fields of education, that it is hardly a rational way to make a child like and do easily the things that it will be necessary for him to do in his later life by making him hate them while he is young from having them crammed down his throat.

As soon as we look at it from this point of view we discover that there is often good and sufficient reason for many of these childish whims and fancies and dislikes.

Some of them may be the expression of a genuine antipathy and susceptibility to that special food which will last all his life long and which make that food literally a poison to him in any shape or form in which he can take it. This should all be remembered when

your child objects strongly to a particular kind of food, and careful inquiry should be made as to whether he just dislikes the taste of it or if it makes him feel uncomfortable if he eat it.

If it makes his stomach burn or his head ache or gives him hives or other itchy conditions of the skin or upsets his bowels, then it is to him a poison food and he should be excused from eating it altogether, although encouraged to occasionally taste a little of it from time to time as he grows older to see whether he is outgrowing his idiosyncrasy.

More commonly, however, this taste expressed by your child for some food or foods will be an unconscious protest against waste of furnace room.

A child's stomach is smaller in proportion to his body weight than the adult's is and much smaller in proportion to the degree of his activity and expenditure of energy, to say nothing of growth.

For instance few children under ten can go with comfort and advantage for more than three or four hours without food, while most adults will go five. Grow-ups, with their more or less sedentary habits and avoidance of violent exercise and tough digestion, require or, at least, can utilize considerable amounts of rather coarse, bulky foods, what the farmers call "roughening" or "roughage."

Children, on the contrary, have comparatively little use for these bulky hay foods, but, on account of the smallness of their stomachs and the incessantness of their activity, require a diet composed chiefly of nutritious, rather rich, and concentrated, real foods.

So that if your child shows a strong antipathy to some particular vegetable or for the matter of that, other food, there is usually a reason; there are plenty of other fruits and vegetables just as good for balancing his ration, of which he is safe to like at least two or three.

With their unerring instinct the little rascals will usually eagerly devour sweet fruits or sweet preserves, on account of the sugar in them, which is the realst kind of a food.

So, by a judicious combination of bribery of this description and allowing him to eat his fill once or twice a day of the two or three fruits and one vegetable which he does like, there will be no difficulty in keeping him healthy and growing and he'll come to the other things in his own good time.

For the matter of that, the vegetables which are the most frequent cause of war between children and their elders—throughout not necessarily wise—cabbage and cauliflower, and turnips and onions, and dried peas and beans, are elements of rather doubtful value, even in the adult diet, and would scarcely ever have come to be considered fit for human food save for their cheapness and the fact

that they were good keepers and available all winter long in the dreadful old days when nothing green or fresh or sour was to be had for love or money from December to May.

They still have their uses under these circumstances, and for those who have digestions like sawmill, but in many adults' and in most children's stomachs they produce more indigestion than feel value, and their places are being rapidly taken on our modern tables by lighter, wholesomer and much more appetizing foods, such as lettuce, celery, tomatoes and the green salads generally.

The only ones of them that have any real nourishment in them, dried peas—green peas are different, digestible and appetizing, but of very light food value—and dried beans, have such irritating flavoring extractives in them that they can only be eaten to advantage about once a week by adults, outside, of course, of lumber camps or construction gangs, where they can burn almost anything.

Children can live and thrive on a much more monotonous and restricted diet than adults, providing that they are allowed to select that diet. If your child wants to eat only three or four foods, ask your doctor if those three or four form a balanced ration, and if they do, let him alone, urging him, of course, to make a friendly experimental trial of other things from time to time and watch the result.

As a foundation for and accompaniment of other foods, starches—that is, bread, biscuit, crackers, toast, rice, cornmeal, potatoes, etc.—play a heavy and important part in children's diet.

As they are the cheapest of all human foods and the most in favor with amateur diet reformers, there is little fear of the poor youngsters not getting enough and more than enough of them.

Their genuine food value gives the youngsters a keen, natural appetite for them in connection with and as a sort of a background and filler for the more attractive, but less substantial fruits, preserves, vegetables and soups, or for those real foods which can only be eaten in smaller amounts, like butter and meat.

The best form of all the starchy foods, which for reasons of economy supply nearly two-thirds of the fuel value of our food ration, is good white bread, either plain or toasted.

Next comes the biscuit, if thoroughly baked through and through and with plenty of crisp crust, then crackers, then plain cake and puddings, then potatoes, then corn meal, rice and last of all, mushes and cereals.

The value of these last for children has been enormously overrated; the home-made ones are mixed with so much water in the process of preparation for the table and the manufactured ones with so much air that they have a very low nutritive value for their bulk. In fact,

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