

Heart and Beauty Problems

By Mrs. Elizabeth Thompson

Dear Mrs. Thompson: (1) I am a girl nineteen years old and am going to have a boy two years my senior whom I care for very much. Am I old enough to know my own heart? How old should a person be before considering seriously the question of engagement?

(2) My friend's parents do not like me. Am I doing right in letting him come to see me? I think my future happiness depends on it. P. G.

(1) You may know your heart at nineteen, but you are rather young to take the chance by marrying. I think a girl should be in her twenties and a man past twenty-five before taking so vital a step as to become engaged or to marry.

(2) Yes, it is all right to let him come to see you even if his parents do not approve. He is the one to be satisfied.

Dear Mrs. Thompson: Will you kindly print a remedy for blackheads? I work where it is very dirty and I have a great many. H. J. K.

Have your druggist prepare the following lotion:

Green soap, one and one-quarter ounces; alcohol, two and one-half drams; glycerine, two and one-half drams; borax, one and one-quarter drams.

Rose water, two and one-half drams; spirit of lavender, two and one-half drams; alcohol, two and one-half drams.

Every morning wash the skin with the first lotion and then rub in the second. Then wash off with warm water.

Dear Mrs. Thompson: Do you consider a girl past the age of sixteen, fortunate to have a boy friend past the age of twenty, who would sacrifice anything he had or do anything that he possibly could do for her and for her pleasure?

FORTUNATE or UNFORTUNATE. She is fortunate to have someone love her so much. But I think it unfortunate for so young a girl to be cheated out of girlhood pleasures and have instead a love which should come to her in more mature years.

A Chance to Live--By Zoe Beckley

THE UNANSWERED QUESTION Annie had read in newspapers the sayings of a famous public man who urged large families, even where there was no chance of the parents maintaining them in the essentials of life and health. What could such people know of the feelings of a woman who yearns for motherhood, yet shrinks from it almost as from deliberate crime?

Annie felt that she and Bernie and Robbie the new little one would not starve. People didn't often starve to death in New York. For you could go to the "charities" and if you lived through the delay of investigation and measured up to all the moral standards of their code you would be fed. You could write to a newspaper if you were in impressively desperate need, and be relieved more quickly.

And there were police stations and the Salvation Army and missions and places like that. You just starved a little bit all the time. But that was not the point. The point was that she did not want to get that far down! She wanted to be free and independent to work and buy her honest way along. Why should the chances for help exist after you fell into trouble, instead of before? She hid her face in the baby's velvety neck and tried to force herself to think sanely. She must keep her head and not get panicky.

There was housework to finish and Bernie to visit at the hospital (the folks of Stuyvesant square did not have to send their sick to free wards in hospitals) and her marketing to do. Brooding would accomplish nothing but harm. The wholesome course was through action, and characteristically Annie took it.

She got up from her rocking chair, put Robbie on the bed and stirred about. There was relief in mere move-

ment, the commonplace motions that "got something done." Things were not at the lowest yet. She still had a few dollars in her purse from the pay Bernard's boss had sent. She had eaten out the rent for a half month. The baby was well and hearty, thank God, and likely everything would brighten before there were four of them to feed. Annie's heritage from her father was the imperishable gold of hopefulness.

She found Bernie slightly better. He was in his third week of illness now, and was pathetically thin and weak. But he was getting cross and said the friendly colored man in the next bed, "was a right good sign."

The poor fellows in that double row of beds in the hospital ward, such of them as were able to notice, came to look forward to the daily visit of Annie and the baby. Sometimes she found Bernard asleep, and would talk to them a little, getting fragmentary insights into their lives so wrecked and desolate, or so filled with trouble that her own dwindled into comparative insignificance. She never left the hospital without a feeling of wonder that any of its inmates survived, so poorly equipped was it with help and comforts.

On her way out one day she passed the dispensary. The men and women who sat so patiently there on the hard benches, waiting for the one young doctor to attend to them in turn wrung Annie's soul with pity. Desperately ill, tenement dwellers, like herself, too poor, despite their never-ceasing labors, to afford a paid physician! And the little babies, wailing and thin! Why did this have to be, with so much room and so much wealth upon the earth? Annie could never find an answer to this question. (To be continued.)

Household Hints--By Mrs. Morton

An excellent concentrated vegetable soup can be made from any desired mixture of vegetables. A tasteful combination to can consists of one quart of concentrated tomato pulp (tomatoes boiled down until thick), one pint corn, or tiny lima beans, one pint okra, and 4 teaspoons of sugar and salt mixture—made by mixing sugar and salt in the proportion of one-third salt to two-thirds sugar.

To make the tomato pulp, cook together 3 quarts of sliced tomatoes, 1 small chopped onion, and 1/2 cup of chopped sweet red pepper. Put this through a sieve and remove seeds and skin. Return strained pulp to kettle and cook down to about the consistency of catsup. Measure, add the corn or beans and okra which has been prepared as for canning, with seasoning. Cook all together for 10 minutes and pack hot into jars which have

been previously boiled 15 minutes. Put on boiled top and cleanse rubber, partially seal and place on false bottom in water-bath canner with water to cover.

If the single-period continuous method of processing is followed, boil for at least 2 hours. If the intermittent boiling process is used, boil for 1 hour on each of three successive days. Before each subsequent boiling, the covers must be loosened and after each boiling the covers must be securely tightened again to make sealing complete.

Processing under steam pressure is recommended. Quart jars should be processed 35 minutes under 15 pounds pressure. On removal tighten the tops, invert to test for leaks, and when cool put in a dry, dark, cool place.

For Sale by all Dealers

Dr. George Hunt, who gave up his position of city health official when he left over a year ago for overseas service with the American Expeditionary forces, will resume his old office in that capacity Monday, it was announced by Dr. J. H. Kinsey, present city health officer.

No new cases of diphtheria or influenza have been reported to the city health board, and only a few families are still quarantined, concluded Dr. Kinsey.

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