

The Young Woman and Her Problem

By Pearl Richmond Hamilton

The New Woman

"Be a woman, on to duty
Raise the world from all that's low,
Place high in the social heaven
Virtue's fair and radiant bow.
Lend thine influence to each effort
That shall raise our nature's human,
Be not fashion's gilded lady,
Be a brave, whole-souled true woman."

The above is a picture of the new woman as we see her to-day in the home, in business, and in every walk of life that beckons her to the field of service.

The symbol of hope for any nation must be the young woman. Our great ambition in life is to render service to others and in rendering that service we make them happy.

"Lord help me to live from day to day
In such a self-forgetful way,
That even when I kneel to pray,
My prayer shall be for others."

"Help me in all the work I do,
To ever be sincere and true,
And know that what I'd do for you,
Must needs be done for others."

"Let 'self' be crucified and slain
And buried deep; and all in vain
May efforts be to rise again
Unless to live for others."

I believe our lives are of value in proportion to the blessings we infuse into other lives. We must breathe the spirit of gladness or happiness. Let us think

for a moment of our acquaintances. Who is the most cheerful girl I know? Who is the most cheerful woman I know?

Cheerfulness is contagious and just now, at the beginning of the New Year, we need to spread the epidemic "All happiness in living comes from loving and from giving."

I know a man whose face suggests the power of wonderful peace. He is old in years but very young in mind. I asked him one day for the secret of his strength—his physical, mental and spiritual strength. His answer was given in two words "Keep sweet." He said one time a great friend called him by name and said this to him. Such a disposition stamps the person of gentle birth, it convinces one of the power of self control. We should all be in a state of preparedness. Only by sowing consideration do we reap content. A cheerful contented disposition is no mean talent.

All life is connected and whether we wish it or not our life affects other lives. We are all a part of life's forces. In my spiritual algebra I see this formula for beauty:

Sincerity plus truth equals beauty. No human face, however comely, has obtained the highest quality of loveliness without spirituality.

Beauty is not resident in tubes and fashion plates. Are the eyes deep? Is the mouth tender? Is the brow one that thinks and feels sympathetically?

Dr. Hillis says: "Heart qualities are

artists that work, indeed, behind the screen, yet at last they strike through the canvas and become manifest in facial illumination. No thought that is good in mind but soon looks good in the face. Contrariwise, men and women that are so long inured to vice and crime that sinful thoughts within have so disposed the facial tissue without as that the countenance has in it something of the wolf, and something of the imp, and something of the crawling serpent."

The New Year will be a period of development of the new woman beautiful—since everywhere women are serving their country together, regardless of rank or station, and they are growing beautiful for—

"Beautiful faces are those that wear, It matters little if dark or fair, Whole-souled honesty printed there. Beautiful eyes are those that show, Like crystal panes, where earth fires glow, Beautiful thoughts that burn below."

Knitting

The habit of knitting is helping our young women. It is better for the nerves than all the patent nerve tonics advertised in our papers. Our grandmothers knitted and who knows but they kept their nerves under control in this way. If you do not believe that knitting rests you—try it. Besides, when we knit we are helping the boys over there. I take it for granted that our readers are knitting for the soldiers and not sweaters for themselves. There will be time after the war is over to knit for ourselves. We shall have so formed the habit of knitting that it will

be hard to stop. But now let every stitch we make be for the boys—every skein of yarn is needed for them—so we will knit, knit, knit, as a part of our "bit."

Eternal Youth

The word "New Year" is full of the idea of youth. Association with the young keeps one happy and young. Girls in the country have an unusual privilege in this respect. They see so much of the young—young colts, young calves, young pigs, little lambs, downy chickens, and tiny birds in their nests. Then there are the first flowers in the spring—the birth of plant life—and all Nature's babes. What a wonderful privilege! I read with pleasure of the girls who won prizes on their cattle and horses. It seems to me there is a wonderful opportunity for girls in stock raising. A few years ago I wrote an article on this subject in our department. I wondered then why girls did not take more interest in raising cattle and horses.

Rosa Bonheur found books monotonous and hated sewing, but she loved animals. She would take long walks into the country to study animals. Though obliged to mingle with drovers and butchers, no indignity was ever offered her. As she sat on a bundle of hay, with her colors about her, they would crowd around to look at her pictures and regard her with honest pride. "The world soon learns whether a girl is earnest about her work and treats her accordingly." The animal pictures of Rosa Bonheur have done much to create an interest in animal life.

There are many fields open to the girl who studies animal life on the farm. The years are not far off when there will be keen competition between men and women farmers. Indeed there is now.

Conservation of Food

It would not be fair to the cause to leave this subject out of the department for young women and while I am writing this I am thinking of girls who have worked for me. I have never yet had a girl who peeled potatoes economically. Most girls peel all of the good part away and then cut them into small pieces for boiling. I finally asked for all potatoes to be cooked with the skins on. I believe girls do not realize how much they waste in this way. I have seen in my kitchen a pudding dish with enough pudding for another meal, scraped of its contents into the garbage can. Within three months six silver teaspoons found their way to the garbage in carelessly gathered refuse. Cakes of soap lay soaking in boiling dishwater until melted, and all kinds of scraps from plates made the dish water too dirty to turn out clean dishes. So many girls have very little knowledge of the cost of food and furnishings for a home. Fifteen dollars a month barely covered the cost of unnecessary wastage in my kitchen. It was this wastage and lack of system more than anything else that made me decide to do my own work. This reminds me of a bride near me who went to the corner grocery store for her dinner. She bought canned chicken, a canned vegetable, canned fruit, store biscuits and then asked if they had a salad in cans. It did not take long for that bride to "can" her husband's salary.

There cannot be too many classes in domestic science for our girls. So many do not realize that cooking is the very finest of arts. A girl came to me last summer asking for assistance to a position in domestic service. She said she had never cooked but she supposed any one could cook if she had plenty of material. It is astonishing to see how little some girls know about housework, and yet these same girls marry men of small salaries. It is not fair to their husbands. I have found that the most efficient business girls make the most efficient cooks and home makers. Cooking requires a mixture of brains and common sense.

Some young women think that when they can do nothing else they can do housework. This is a serious mistaken idea. Every patriotic girl should know the art of housekeeping and homemaking, join a domestic science class whenever possible unless they have learned in their own home from a capable mother.

True Culture

Any hobby cultivated intelligently may develop into a science. One of



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