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EVENING LEDGER-PHILADELPHIA, FRIDAY, JUNE 9, 1916.

HAS TWILIGHT SLEEP SUFFERED A COLLAPSE? M'LISS IS ASKED

Method of So-Called Painless Childbirth Not Discredited, Dr. Leo Bernd Declares, But People Are Regarding It With Greater Sanity

THE following letter, regarding what Every woman was interested. The lits writer calls the "collapse" of publicity was excessive. But news is "Twilight Sleep" voices, probably a fickle, and what is a white-hot story toquery that has been raised in the minds day may be cold and dead next week. of many women who have been wonder. For word of Twilight Sleep today you ing what has become of this "greatest do not look to the newspapers and magaboon to womankind," which achieved a zines. It is in the hospitals and from the furious publicity about two years ago, obstetricians that information must be and about which little or nothing has gleaned. been heard recently: When I received "Mother's" letter I

"My Dear M'Liss-Please let me bear from you on the subject of the collapse of Twilight Sleep. How is it that a short time ago it was the most widely discussed medical topic, was sanctioned by the most reputable doctors, and was made the subject of lectures that were given from coast to coast, and that now one doesn't hear of it?

"Has the twilight-sleep method of anesthetization at childbirth been utterly discredited? Is it simply another one of those medical fakes that we are treated to from time to time? Have the American doctors given this German method a fair try-out and found it wanting?

"I am exceedingly interested in the matter, and will be grateful to you for on the patient for a great length of time any light you can throw on the subject. MOTHER."

Twilight sleep has not suffered a coltapse. Scopolamin, the principal drug in this form of anesthesia, is even more generally used now than it was before the "big squeal" about twilight sleep, emanating from Freiburg, Germany, several years ago. Because painless childbirth had been the dream of mothers mince the beginning of time and because doctors are not the brutes many of us believe them to be, the advent of the "dammerschlaf," to give twilight sleep there are others who have discarded it its Teutonic name, was halled as the greatest medical "find" of the age. As ficient excuse for the increase in danger a matter of fact, it was merely an old to the mother and child. It is used in

theory dressed in a new name and backed virtually all of the hospitals. It has not by some of the most eminent physiclans collapsed. It is merely being regarded in Germany. with a greater sanity." . .

Letters to the Editor of the Woman's Page

Address all communications to M'Liss, cars of the Evening Ledger. Write on one side of the paper only,

Dear M'Liss-Testerday I was standing on the curbatone when a car and a big motor-truck ame along. I expected the truck to stop with to car, and so I dia't step back. The truck well. the decide whether or not you have a case. Dear M'Liss-Will you please try to find out the "Phun Fhiends" are playing this week. The Jine of the truck to a lawyer. and reduces 7 If I take my case to a lawyer. BIRITATED. Try to publish before Friday. A. B. C.

Offhand, a lawyer tells me that you prob-ably would have redress, but, of course, the outcome of your case would depend en-tirely on the circumstances of the splashthe outcome of your case would depend en-tirely on the circumstances of the splash-ing. Answering legal questions, however, is, I believe, not within the province of the York city. Address your query to him.

Dear M'Liss-Will you please try to find out it possible and publish in your columns where the "Plum Phieres" are playing this week. They played the Globe Theatre last week. and bilige. Try to publish before Friday. A. H. C. The "Phun Phiends," I am told at the

M'LISS.

spoke with Dr. Leo Bernd about Twilight

Sleep. Doctor Bernd is a member of the

staffs of the Woman's College and Gar-

retson Hospitals, and believes, as he him-

self phrases it, in the "careful and ju

dicious use of scopolamin" in childbirth.

"When the use of scopolamin to relieve

the pains of childbirth was widely adver-

tised to the public," Doctor Bernd told me,

women went wild, and demanded that

their physicians administer it to them regardless of circumstances. Every wom

an knew about it, and insisted on being

"Now the Freiburg method demands

the constant attendance of the physician

-sometimes for 24 or 48 hours. Not all

women can afford to pay for this con-

stant attendance of the physician, and

not all women need the twilight sleep.

The normal woman does not need to be

kept doped for 24 hours. Furthermore,

not every physician was familiar with

the use of scopolamin and yet every

woman about to become a mother wanted

it. To that extent the universal pub-

"But Twilight Sleep still has its ardent

advocates among physicians, just as

believing the lessening of pain not suf-

given this twilight sleep.

licity was bad.

as well as in other surgical operations.

tissues generally of lime salts.

MARION HARLAND'S CORNER

All communications addressed to Marion Harland should inclose a stamped, self-addressed envelope and a clipping of the article in which you are interested. Persons whether any state of the charlable work of the line of the state of the state of the state interest of the state of the state of the they would like to helps, ad having of the them, communicate direct with those parties.

All Pure Soap

I am sending a recipe for boiled soap which you no dream in the pot, but is all pure soap the sailons of rain water, eight pounds of fat as "fryings" or scraps, 10 cents worth pow-ed resin; one package of borns, three cans lye. Noll all together three hours. It may used in three days" time, but the older it is better. W. G. L.

Soap, like all other household "secessaries f life," is going up in price. Why, it is

I send a rule for sponge cake I send a rule for sponge cake we think fine as sunshine cake: One cup of flour sitted with one teampoon of baking powder and a tablespoon of cornstarct; one cup of sucar, sitted. Whip whites of five sggs, then beat in the sugar. Next the beater yolks, with five tablespoons of cold water and one teaspoon of vanilla. Heat in the whites, then fold in flour. Bake slowly 45 minutes. weeks to four or five years old. During in-spiration the pit of the stomach and the neck just above the breastbone may be seen to retract, evidence of obstruction to the intake of air. The baby looks pale and master but for pasty, but fat.

The juice of these will make a dressing for the pudding. Serve cold. E. M. C.

Novelties multiply and abound ! All are acceptable. These are what give stamina and usefulness to the Corner.

Sponge Cake

The waters, then tord in Boar. Isake slowly is minutes. To make a marshmallow pudding take half a pound of marshmallows, cut into four parts, and one pint cream, whipped; mix with marsh-mallows; add nuts or pineapple. An easy and delicious dessert. I should like the address of Mrs. M. A. C., as she offered wild shrubs some time ago. Or, should any one else have hardy shrubs to give away, will you please give my name and address? MRS. N. T. N. Thank you fervently, in the name of fel-low Cornerites, for new and attractive recipes. It is encouraging to the editor to note how steadily our list of "tried and true" formulas is growing. What a treasure a "Helping Hand cook book," composed of these, would be to the housemother of the future? The desired address went to you by mail, and we have placed your name do file for those who have hardy shrubs to pass on to you.



SMART SPECIAL VALUES

HERE are two very good values. The blouse is of the popular Georgette crepe, fea-turing the jabot effect. It is trimmed with very effective lace and crecheted acom buttons. Hemstitching is used to outline the border of the collar and jabot effect, to

bittons. Hemstitching is used to outline the border of the collar and jabot effect, to accentuate the yoke and also to form a neat finish in joining the sleeves and the cuffs. The blouse may be had in white or fish for \$5. The smart hat is of navy blue milan faced with self-colored Georgette grepe. It is trimmed with two rose quills in tailored effect and finished with double bands of narrow grosgrain ribbon in the contrasting rose and navy. This hat, which was originally \$5.50 and now reduced to \$4, is a sample of hats featured by this shop for \$4, many of them formerly priced at \$12.50.

The name of the shop where these articles may be purchased will be supplied by the Editor of the Woman's Page, EVENING LEDGER, 608 Chestnut street. The request must be accompanied by a stamped, self-addressed envelope, and must mention the date m which the article appeared.

By WILLIAM A. BRADY, M. D.

SHOULD BE WARNING TO PARENTS

Instances,

STRIDULOUS BREATHING IN BABES

as strong and fat. The

Of course, as the mother is the hostess of thanks, The last question is about tipping the maid when one is paying a short visit. Again this is really a matter of personal feeling; if it is a house where one visits very fro

time during the year at the house where one s much at home.

Visit Courtesies

Visit Courtestes Deer Debergh Rush-Will you kindly answer the following questions for me?. I am about to make an extended visit to a married friend living on the Pacific coast. (a) shall I take ber a sift or shall I wait until I am about to leave and then present her with something, or shall I wait until my return East? (b) When visiting friends over the week-end is it necessary for me to write a bread-and butter letter after my re-turn home, and shall I address it to the mother or her daughter? I see the latter quite fre-quently, ic) is it proper to the the mail me is paying a short visit to a friend? P. H. C.

Offering of Congratulations

Dear Deborah Rush-I am a daily reader of our useful column and hope you will answer my

Flower Fashions

edge of yellow mignon roses and violets fixed in prim rows about the glowing centre. Then there are dainty little dance bouquets as big as the hand, of Sweetheart Roses and There are just as many changes in flowers and styles of corsage bouquets as there are in gowns. Every year the international forget-me-nots. This is one of the most charming color schemes of all. Silver or flower show sets the styles for the debugold tissue bows add quaintness. Small flowers, like the diminutive Ward or Sweettante's bouquet, and these styles are consequently reflected in the florists' display heart Roses, violets, sweet peas and the like are favored for the 1830 bouquet. windows. Not only the debutante's bouquet. but the bridal bouquet and the simple corsage for teas, dinners and afternoon occa-

ear. By this is meant lighter in weight, Heavy-headed white roses and large Easter lilies used to make a charming combination, but a cumbersome one. Now the tendency is more toward the practical, as well as the beautiful. Lilles of the valley, orchids and lighter-weight roses are used. There is less heavy satin, more tulle, chiffon and fine lace used to tle the flowers and to hold the tiny sprays that fall from it. No wire at all is used on some bouquets, little if any on others. The most popular flower com-bination of all is white orchids and lilies of

loosely arranged corsages of a season or se

GOOD FORM

Good form queries should be ad-dressed to Deborah Rush, written on one side of the paper and signed with full name and address, though initials ONLY will be published upon request. This column will appear in Monday's, Wednesday's and Friday's Evening Ledor. Ledger. 1

Several queries have come to the colum on the question of visiting and what one should do in the little niceties of giving presents to one's hostess and other gracious acts. The writer whose letter is printed below says she is going to visit a friend and shall she take a gift with her or wait until she is about to leave or until she has returned home. Of course there is no strict necessity that she give a present to her friend, and yet it is a gracious thing to do. It seems rather nicest to take something to the friend, showing that one has thought of giving her pleasure before leav-ing home; however, it is really largely a of the maid, who will rectify her mistake as soon as she passes the butter. Never matter of personal taste.

matter of personal tasts. The writer further asks if it is necessary when visiting friends over the week-end to write a bread-and-butter letter, so called, after her return home, and if so to whom it should be written, to the mother or daugh-

the letter should be written to her, and it is a little mark of true courtesy to write a note

Deer Deborok Rush-Are wedding anni-eraaries ever celebrated besides the wooden, in bersatel, silver, solden and diamond If m piease tell me what some of the other kinds of silts are for other anniversaries. What ear is the diamond wedding celebrated? FANNY. u it is a nouse where one visits very fre-quently it would seem rather foolish to do so at every visit, and might establish a bad precedent for other guests. A present might be made at Christmas or some other Sometimes other years are celebrated than those designated above, for instance; The third anniversary is leather. The fourth anniversary is straw. The seventh anniversary is wooler

The thirtleth anniversary is pearl. The thirty-fifth anniversary is coral. The forty-fifth anniversary is bronze. The diamond wedding represents the 75th nniversary.

Engagement Rings

Etiquette at Table

Wedding Anniversaries

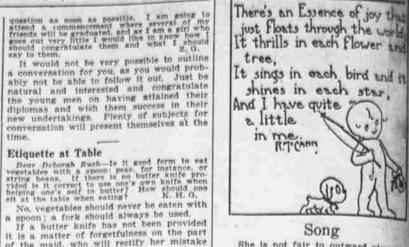
ourself.

Engagement Kings Drar Deborah Rush-I em engaged to a young indy and want to get her an engagement ring. I think it should be a single diamond and she wants a sapphire and diamonds. Can an en-gagement ring be any stone but a diamond? WILL. It is not necessary that an engagement

use your own knife, fork or spoon to help

A person should sit upright at the table never lounging back in his chair; neither should he sit on the edge.

ring should be a molitaire. Some persons like to adhere to the old idea that it should be, but most of the rings in fashion today are a combination of stones or several dia DEBORAH RUSH. ling flower arrangement; around this is an



Song

THE CHEERFUL CHERVE

She is not fair to outward view As many maidens be; Her loyeliness I never knew Until she smiled on me; O, then I saw her eye was bright, A well of love, a spring of light

But now her looks are coy and cold. To mine they ne'er reply, And yet I cease not to behold And yet I cease not to behold The love-light in her eye: Her very frowns are fairer far Than smiles of other maidens are. —Hartley Coleridge

Tempting Macaroons

I emplify Macaroons Home-made macaroons are delicious a pound of powdered sugar, three-quarters a pound of blanched, ground alimonds, I a s whites of eggs, and extract of vadia are the requirements. Mix the almost with the whites of two eggs, add sugar, at work well together. Beat the whites a the eggs to a stiff froth, add the vadia then mix all well together. Pips the on paper and sprinkle with powdered sugar Cook in a moderate oven. When set brush cold water on the back of the pape on which they are laid, and the maca roons will come off easily.

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have a remedy which offers relief in most QUESTIONS AND ANSWERS **Cold Baths Not Injurious** Is a cold plunge in the morning injurious

Doctor Brady will answer all signed letters pertaining to Health. If your question is of teneral interest, it will be answered through these columns; it not, it will be answered personally if stamped, addressed envelope is inclosed. Doctor Brady will not prescribe for individual cases or make diagnoses. Ad-dress Dr. William Brady, care of the Evening Ledger. asks a young woman, or is the sense of THE thymus gland is a little "ductless vigor and refreshment following a cold L gland" which supplies to the blood one bath only at the expense of one's physical of those "internal secretions" so essential andurance? Some friends advise me to take to various life processes. The thymus varm baths instead.

Answer-When a fellow needs a friend is at bath time in the morning. Keep a-plung-ing, and when your friends have all passed secretion possesses a controlling influence over the metabolism of calcium, or, in unmedical English, the assimilation and deaway you will still be splashing around with as much enjoyment as ever. The sole rriterion is this: If you feel refreshed and vigorous after the bath, it is a fine thing posit in the bones, nervous system and In babies the thymus gland, situated

for your health. deep in the neck, near the thyroid gland, is sometimes enlarged. The result of en-Sending Handkerchiefs to Laundry largement of the gland is a characteristic Is it safe to send towels, handkerchiefs,

noisy, steriorous respiration, like a modtc., to a public laundry? Is boiling suferate chronic "croup," which may disapicient disinfection of such articles? pear entirely at times or be only slightly Answer-It is safe, so far as you are Answer-It is safe, so far as you are concerned, but not for the unfortunate workers in the laundry. By rights you should boil towels or handkerchiefs before sending them to the laundry, when they have been used by any one with a "cold," or other contagious disease. Boiling for half an hour will disinfect clothing. The ironing of washed clothes renders them mractically sterile. noticeable, and become severe and alarming at other times. The baby breathes as though there were a foreign body in the windpipe. The stridor is likely to be espe-cially noticeable under excitement. The condition occurs in babies from a few practically sterile.

Nosebleed Please tell me a simple remedy for nose-

Here is an illustrative case. Baby seemed to have a "cold" when a few weeks old, accompanied by a slight inspiratory stridor or crow. This slowly increased in severity. Answer-Most noseb bleed, and also what causes frequent nose-

Answer-Most nosebleeding co

not for us to say, unless, indeed, it must keep pace with other useful commodities. Therefore, many a woman who never in sail her housewifely career thought until now of making her own soap is casting about for recipes whereby sho can convert drippings and fatty scraps into soap. Our correspondent comes gallaftly to her help.

Pickled Olives

Pickled Olives A read the H. H. C. resultarly, but I have have near anything before. I offer a recipe for pickled olives: To six gallons of green olives allow one pound such of concentrated by and the olives in this eallons of water and soak the olives in this excluding two days. Then drain and replace the liquid with a fresh solution made as before and soak two days more. After which from five to sight tays, according to the bitter-terion five to sight days, according to the bitter-train the olives changing the water every day. In the olives of the solution the made by dissolv-ing three pounds of sait in four and one-half allons of water. They will keep in this way for one season in a kee, but if wanted for longer to not can olives myself, but I have tried other to express they should be bottled and head they have allong a proved satiafactory. I hope this one will also. C. J. H.

The formula for pickling olives was asked or by a member, and it will undoubtedly a useful to many smother. A friend suggests that green plums may be put up accord-ing to this recipe and prove to be no bad imitation of the tropical olive. Will some-body try it when the plums are fully formed but not ripe? It is worth, knowing if my informant be right.

Comfort in Illness

nt to thank you for printing my letter, are written to me and have been a great to me in my lines. I never realized new much interest and grootness of heart felt for one by perfect strangers. Asain, the Corner, and may God continue to in its great worz. ALDA L.

If one would be thoroughly, and for all time, cured of the pessimism which poisons the whole nature, let him conduct a Helping Hand Corner for two or three months. He will never slander human nature again.

All About Dickens

e a scrap book and a lot of unmounted a relative to the life and works of Charles , which I will be pleased to deliver to ne who might enjoy them.⁴ MRS. M. C. P.

The treasures will be snapped us as seen as they are known to be in the keep-ing of one who loves here neighbors as her-self. Dickens has hosts of friends who will be charmed to improve their acquaintance

Excellent Muffins

Excellent Muffine and the General we much and there must be the definition of the second s

Lemon Pudding

Johnny Cake

Johnny Cake Here is a johnna cake: Two tablespoons of sugar, one egg one cup of sour milk, two table-spoons of cream one cup of sour milk, two table-tornmeal, half team one cup of sweet milk, you have not sour mills one cup of sweet milk, two teaspoons of baking powder and one table-milk is better. This recipe is new to me. My humband says, "It makes the finest johnny cake I've ever eaten."

It is as new to me and so unlike the con It is as new to me and so unlike the con-ventional johnny cake of the old-fashioned Virginia kitchens that I do not recognize it. Nevertheless, we accept your John's verdict and believe in it. Do I understand that your husband ate it in another house that your husband ate it in another house and that you have not tried the new recipe?

Salads for First Course

Please send me a saiad recipe that I could serve at a club, to take the place of meat in the first course. MRS. H H. Either of these will serve your purpose I think?

Chicken salad-Cut cold bolled chicken Chicken salad—Cut cold boiled chicken into small dice. With two cups of this meat, mix a cup of celery cut into dice. Sprinkle all with sait and pepper. Into three tablespoons of oil stir a tablespoon of vinegar. Pour this over the chicken and celery and toss until well mixed. Line a chilled bowl with crisp lettuce leaves, fill with the chicken salad and pour mayon-naise dressing over all.

with the chicken salad and pour mayon-naise dressing over all. Lobeter salad-Pick out the meat from a fresh, well-boiled lobater. Cut with a sharp knife into small dice, taking care not to tear the meat. Set on ice while you make a good mayonnaise, which, in turn, must go on the ice. Have ready one-third as much celery as you have lobater, cut into half-inch lengths. Mix together in a bowl, sprinkle with cayenne and salt and stir lightly into it a cup of mayonnaise. Line a chilled bowl with crisp lettuce, ar-range the salad within this, garnish with lobater claws and hard-boiled eggs cut into lengths lengthwise. Set on ice until it goes to table.

The Home Manicure **The Home Manicure** The wide part of the nall acissors is the part to use when cutting the nalls. Even this is not so good as filing. The points of the manicure scissors are meant to be for cuticle. A loft of unnecessary manicure implements are uncleas and insanitary. A sood pair of surgrout's scissors, a thin file, several pieces of emery board, a polish if you use one, and a good nail brush are mough. The latter is most important. Never cut the cuticle ; push it back every day, rubbing the parts with cold cream to soften them if they are hard—but never cut it.

WRINKLES ON ANY FACIAL DE

