# MAN'S OWN INTERESTS—DAILY HEALTH TALKS—TIMELY SUGGESTIONS FOR THE HOME

### E SANCTIMONIOUS GIRL NOT BELOVED OF MANY

ry One Hates That Expression Applied to Heron't Dwell on Your Drawbacks Through Life if You Would Make Progress

RANGE, isn't it, that the expression manctimonious," if applied to yourmakes you rear up as if you had the recipient of some horrible "She is nice-but too sanctius"-more damning than if she called "well-meaning" or "kind-

and the meaning it conveys is as objectionable. There are many people, people whose lives are comnecessarily adopt that irritating, er-than-thou" attitude toward the resinder of humanity.

Such an air of spiritual aloofness ac lishes little good. It is the woman although her heart is pure, has a ally human side who is able to get er touch with her fellow mortals, id, by her life, quietly, unobtrusively, ork many changes in them.

UST now, when some of us are suffer-ing from colds or other allments inciental to the changeable weather, the sllowing communication from one H. derr is particular'y timely:

"It is natural for an invalid to decribe his symptoms and experiences to thers. He not only laments his condion of suffering, but feels obliged to stify his inactivity. He also is prompted a desire to save his fellow men from similar fate.

"He usually is told to 'forget it' by s physicians, often because they don't low low to speed his cure, and by others because the recital is too great a tax on their sympathy, or because, having seard the doctor say it, they think it is

"And yet, as there are certain physial activities which should be omitted, there are certain mental experiences hich upset the stability of the circula on of the blood and thus interrupt that ormal nourishment of the nerves which e can restore their tone.

These thoughts and ideas which uld be 'forgotten' may be described srally as those which produce fear ry, anxiety, depression, etc., and the valid should be protected as far as can done from situations or experiences thich involve mental suggestions or imions of fear, panic, etc. And this, spite of the fact that such impressions be abnormal and exaggerated, or in some cases wholly imaginary. use the fundamental condition upon nich restoration of mental and physi-



Not satisfied with adding mere inches to her height, this little lady has added nearly a foot!

cal endurance alike depend is the nor mal circulation of the blood, and every attempt to overcome the lack of endurance of alarming ideas by thrusting a patient into situations which are heroic tests of such endurance is clumsy, unintelligent and definitely harmful.

"Nervous patients should, as far as possible avoid not only fatigue, exposure and digestive abuses, but worry, fear and other untoward excitement, irrespective of whether their ideas have foundation or not, or whether they are exaggerated, but simply because every such experience not only disturbs the normal circulation, which it is to be presumed the physician is endeavoring to main tain, but also further weakens the irritable nerves which produce the exaggerated impressions under discussion. thus keeping up the 'viscious circle.'

"Of course, each individual has some one special, seemingly unsufmountable, worry upon which so much depends, and it is very difficult to 'forget it.' Remember, however, that that is possibly the very factor which is keeping you back and so long as you fail to throw it off at whatever the cost, you have nothing to gain and all to lose. On the con trary, by eliminating anxiety, you can ose nothing, while at the same time you open up the possibility of gaining all your hopes of health.

may be blind to its possibilities."

### PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

of a new house last night when Miss keep your eyes fixed on me you can't get Jones and her fellow came by and she said, "Look at the little savage. It is almost

midnight and she is out here with no commother would turn over in her grave!" 1 hope my mother did if she wasn't comfortable. A grave is so sort of straight an close to He in for so long a time. He said. "Trot along home little girl." I said. "Trot along home your own self."

downtown and I like storics so I went and took Rowdy along. Rowdy lay down, but a young lady said he would have to go out I said he would not go out without me and the tady said I would have to go out then The man who was going to tell the stories came out to see what was the matter and when he saw what it was he smiled and said, "Oh, let her stay by all means. I am very fond of dogs and good little girls." thought he was awfully nice and I looked up to tell him so and who should it be but Miss Jones's fellow.

When the lady turned away he stooped down and I thought he was going to kiss me. He said in my ear, "You little savage, if you don't keep that dog quiet while I'm talkin' I'll cut your ears off." Then Rowdy growled down deep in his neck and stood up stiff legged and made the hair on his back stand up and Miss Jones's fellow went away and climbed on to the platform and said. "Everybody'll please be quiet, for I am gomg to tell you a story about a beautiful princess and a brave prince and an ugly

WAS playing in a pile of sand in front | dwarf and unless you listen closely and any idea as to how ugly that dwarf really

pany but her dog. I should think her listened to it all day, but it ended after a while and then he told how he loved little children and how nobody should ever be cross to little folks, but should love them and try to understand them and get their viewpoint, whatever that is. So when it was all over I went up and shook his hand the way I saw the ribbony little girls doing and he said he was glad I liked the story The lady said it was very nice of him to take all that trouble just for a lot of little children and he said it was nothing, as h loved little children. And he smiled at that young lady and I think Miss Jones would better look out.

When I went away from the hall I saw Miss Jones's fellow ahead of me and because he likes children I hurried up and took hold of his hand and Rowdy hurried up and went to take hold of his teg, and he MOTHER'S DECISIVE said, "If you don't get away from here you little savage. I'll have your dog taken up by the dog wagon and you put into the orphan asylum."

If I was his little girl I should want him Interesting Letter in Prize Conto be childless, but he can tell good stories and I shall try to make friends with him in spite of all and then if I can't do it I shall tell Miss Jones about the other young lady and see what she will do to him. (Convelght.)

The next adventure of Patsy Kildare will a pear in Monday's Evening Ledger.

### THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

### The Cold-Air Bath

GENERALLY the best time for a cold bath is immediately on rising in the morning. In many cases it is well to begin with a cold-air bath. The patient gets out of bed, removes his sleeping garments, and walks about the room while rubbing the skin vigorously with the hands, swinging the arms about, hopping up and down, or exercising with light dumb-bells or Indian

the clothing removed, and exercise by raising the legs, swinging the arms about, rolling over, deep breathing, etc. As soon as the slightest chilly sensation is felt, the pa-tient should return to bed, cover well and rest until good reaction occurs; that is until he feels warm and/comfortable.

In winter time a cold-air bath may be made a most effective tonic measure. When the temperature of the air is very low, the time of exposure may be made quite short and the body may be exposed three or four times for one or two minutes at a time. An important point is to secure a good reaction after every exposure to the cold In warm weather, cooling effects may be obtained by means of an electric fan

### Worms

What is the cause and remedy for worms\* JOHN W.

The human alimentary canal is subject to infection by several different species of worms. Some of these inhabit the small and others the large intestine. No animal parasites of any sort locate themselves in the stomach, for the reason that they are ot able to withstand the digestive action of the gastric juice. Several of the parasitic worms which infect the intestine, particu-larly those found in the colon, are introduced into the body through the eating of fresh vegetables which have been infected human excreta. When worms are present Each particular species of worm requires When worms are its own remedy.

### Thumb Sucking

is thumb sucking harmful to a baby? If so, ow can it be prevented? MRS. H. D. This practice tends to produce certain deformities of the teeth and jaws and per-haps still more serious injury. Various neasures of prevention have been adopted. The hands may be incased in mitts.

Still another method is to place a rather stiff bandage about the middle of the arm so as to make it impossible for the child to bend the elbow sufficiently to reach the mouth. These restricting means should not be continued so long as to interfere with the proper development of the hands

### Inflamed Tonsils

Will inflammation of the tonsils lead to rheu-Recent studies have shown that chronic inflammation of the tonsils is very fre-quently the cause of rheumatism.

### Daily Bath

is the daily bath essential to health? For sedentary people, yes. Persons who ive active lives, especially wild tribes, who ive in the open and wear little clothing, do not need the benefits of the daily bath.

The daily cold bath and frequent, warm compensate to some degree for the ack of exercise and out-of-do daily bath is not much used by the labor-ing classes, yet the active out-of-door life led by them gives them greater longevity than the so-called better class.

### Cabbage Soup

Any leftover cabbage may be fried brown in butter. Cover with a quart of boiling water and cook for ten minutes; then press through a sieve. Thicken with a tablespoonful of flour and a tablespoonful of butter mixed to a paste, and cook for another ten minutes. Add a teacupful of stewed to matoes passed through a sleve and cook for a few minutes. A cupful of hot milk should be stirred in after cooking.



### TODAY'S FASHION



FOR THE SCHOOLGIRL The ever-practical tailored hat, with shade rim in black lisere straw with colored band of moire,

## ACTION SAVES CHILD

test Written by Mrs. Frank Jordan

To the Editor of the Woman's Page: Dear Madam-I am the proud and dis tracted mother of one of those children you read of in the funny papers. Whenever she is quiet I always go to investigate, and I enerally find it worth while

Last year, when she was just past two years old I occupied a second floor corner apartment, which had a bay window in the bedroom extending over the side street. One day I had the window raised in there and she was playing around while I was busy in the dining room. All at once I became conscious of an ominous quiet. Glanccame constous of an ominous quiet. Glanc-ing out, of the dining room window I was horrified to see my small daughter sitting on the outside sill of the bay window, swinging her feet, as she watched the boys play marbles in the street below her.

Realizing that the slightest move would dash her to the pavement. I called in my mildest and sweetest tones: "Hold tight and don't move, darling, mother is coming, then ran out in the hall toward her room. It seemed 1900 years before I reached that window, caught her to me and closed it. Then I collapsed.

When I became conscious it was to hear her dear voice saying. "What's the matter, mother, I won't be naughty any more." I could only cling to her and cry for I could only cling to her and cry for some time, and it was many days before I recovered from the shock of seeing her little red bedroom slippers dangling outside that window. Many a silent prayer of thankfulness have I sent to God for giving me the mother instinct to realize a threat-ened danger and the power to think and act

MRS. FRANK J. JORDAN, JR.

### Stewed Tomatoes

After removing the skins from one pound of ripe tomatoes by immersing in hot water and then pulling off, reduce the fruit to a pulp. Place in a stewpan with two ounces of butter, a little sugar, and salt and pepper Cook gently for a few mi then stir in a cupful of fine white bread crumbs. Served hot with roast meat and potatoes the tomatoes form a pleasant addi-tion.

10,650 acres, and some of the trees are said to be from 500 to 1000 years old. During the next few years the area will prob-

### PLOWING OR SPADING NECESSARY TO PUT THE GROUND INTO SHAPE

More Finely Pulverized the Soil Better Results in Successful Crops-Don't Work Ground Too Soon, as Clods and Bumps Are Hard to Till

By JOHN BARTRAM

LEVEL ground, or ground with a slight slope to the south, is best for the home garden. If the ground is not level it can be made or uniform surface by plowing and harrowing, in case the plot is targe enough to warrant the use of a horse, or by spading and raking thoroughly if there is not room for a plow.

ADVANTAGES OF PLOWING Piowing, wherever feasible, is the more desirable, for it saves a good deal of one of the laborious processes of home gardening, taking less time at a period when every minute is valuable and much is to be done, and in general expedites the work.

A plot fifty by fifty feet will be plowed and harrowed for a couple of dollars, larger areas cost more proportionately. Double piowing is worth while. The ground is plowed in the fall in heavy ridges and manure applied. Action of the elements during the winter has a valuable mechanical effect on the clods, and in addition to the disintegration the nutritious ingredients of the fertilizer have a chance to enrich the earth by seeping through during the alternate freezes and thaws of the season. Little of it is lost by evaporation at this

The entire mass is plowed under in the spring operation, which is in opposite direc-tion to that of the fall. The cross plowing should be deep enough to turn down the manure. The first plowing should be deeper the furrow should cut the subsoil. if possible, to release nutrients stored in

the single fairly deep plowing, and fine harrow if possible, but the fall plowing cen be kept in mind for next year's garden.

DEFINITION OF A GOOD JOB Be sure that you get a good job. All the shirks and beats are not in the city, and it may happen that your man knows how to cut and cover so that the job looks good.

A skillful plowman can take furrows wider than can be turned entirely, but he loses in depth what he saves in time and gains in width.

It is useless to plow when the soil is stiff and wet. Much better even if a trifle later, results are attained by waiting till the ground is fairly dry and in a condition to be worked into mellowness. finely pulverized the soil the better is germination and development; clods from premature plowing are hard to break up and an annoyance and drawback all season

CULTURE OF SWEET PEAS it is not too late to plant sweet peas

even though the traditional date is St. Patrick's Day. This spring has been so back ward that the ground is still very cold and Sweet peas are a rather hardy seed and that is the reason they can be planted as

earl as the ground can be worked. Often over in the soil. Do not hesitate to plant some even during the next two or three weeks. Of course the blooming period will be a bit later, but if there is good cultiva-tion following careful planting the blooms will be plentiful all summer.

One ounce of seed is needed for twenty feet of rows. There are innumerable va-A catalogue should be consuited ors and types. There are two grand divisions, the standard and the giant flowering orchid Spencer type. The latter have a wider range of delicate colors and the flowers are often fluted, waved or fimbri-cated. Either kind can be bought in small packets or good mintures are obtainable for Camphor on Formosa

The camphor production of the island of Formosa is one of Japan's monopolies. The present area of camphor referentiations affectively in the second se

It is best to plant in a trench five to seven inches deep. Sweet peas are heavy feeders. Well-rotted stable manure or finely ground bone meal or prepared sheep manure should be worked through the soil dug

BRING your problems of garden-ing to the Evening Ledger for solution. In addition to practical articles, timely to the season, the editor will answer, either out of his own experience as a small-scale gardener or through consultation with authorities, questions of readers. Address John Bartram, Evening Ledger, Philadelphia.

out of the trench. At the same time pul-verizing is effected, which is important, as sweet peas prefer a very fine soil for their roots. Wood ashes are good, as they promote leaves and prevent running to long stalks

After the bottom of the trench has been lined with about an inch of the fine and well-fertilized soil, a thin layer of seed should be laid over or else some very finely pulverized soil, in order to keep the manure from touching the seed. Then the seeds are put in about half an inch apart. On top comes another thin layer of sand or unmanured soil. Then about an inch of the manured soil. When the sweet peas push through this put on another half to an inch of soil and so on till the surface of the

This system of planting promotes a good root growth, as the fine soil under the peas permits downward instead of sidewise root growth, and the gradual earthing up en-ables the plants to reach the sun—the objective of all germination—quickly, yet turns what would be ordinarily stalks into roots, making a deep root system. The plants will be better able to withstand the summer droughts. If the soil is very heavy or clayey, it is a good idea to put cinders or small stones at the bottom to insure good drainage.

Water occasionally in nature's way-a norough soaking, not a sprinkling. The latter done with a watering can simply enwhere they soon dry out. Don't encourage such shallow rooting. Cultivation—that is, stirring of the soil—about the plants should be kept up frequently to make a dust mulch for conserving moisture and keeping down weeds. After the plants are a few feet high their shadow will hold the weeds down. For the summer a mulch of grass cuttings or well-rotted cow dung will con-

### GARDEN QUERIES ANSWERED For Garden 11 by 15 Feet

For Garden 11 by 15 Feet

LITTLE HARRY—On a patch by 11 by 15 feet you should be able to grow enough of ceptain things for your family, even if it does take a quarter of a peck for a meal. I am glad to see that you sensibly do not expect to raise enough for a family of six on a restricted space. Some have too large expectations of their area and then are disappointed in the results. But it will pay you to farm your little territory. You should be able to set enough wax and string beans for a quarter peck picking out of fifteen feet rows of each. Also out of two rows of tomatoes you should get an abundant supply for table use; plant in 22 celevin foot long rows, six to each. You will have to stake these up, as they will be so close together and ought to dig in some bonemeal or powdered sheep manure weekly. You might also put in two rows of bush ilma beans after the possibility of frost is nast. Then you could have a row of Swiss chard, which gives excellent streens and can be cut all season. This should be started in a box of rich soil, and when the piants are two or three inches high transplantse.

### Boston Fern

MRS. A. J. B.—The Boston fern, like all of its tribe, should not get too much sun, but plenty of light. The secret of fern success is in watering. Do not water from the top, but put the pot in a basin or tub of water reaching half way up over night. Do this twice a week. Also wash the leaves off weekly with a little weak soap water.

### Prohibition Persia

There are no distilleries, breweries or public houses in Persia, and the only in-

# John Bull's Naval Activities

JOHN BULL'S naval forces have played a highly important part in the world war, but many facts regarding their activities have been concealed from the public.

In tomorrow's Public Ledger H. C. Ferraby, famous English naval expert, reveals some of them to Ledger readers. Mr. Ferraby is one of the very few men who can write authoritatively on the subject while the war is in progress.

Read his article in

TOMORROW'S

PUBLIC LEDGER

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily indorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger. Philadelphia, Pa.

wept up without marking the carpet! 2. How can baking time be prevented from training when placed in the oven?

ANSWERS TO YESTERDAY'S INQUIRIES should be pared, silced, then balf hour in cold salted water

eresting Letter on Truck Farming

"If we dwell on life's hindrances, we

THE WOMAN'S EXCHANGE

2. What kind of bath is most southing for the

2. To develop the chest, stand erect, hands on hips, then slowly inhale, counting ten, then exhale; also raise the arms to a level with the

exercises taken in the morning to make one physically fit for the day; they vary enough to bring all the muscles of the body into play.

### Quandary of Sweet Sixteen to the Editor of Woman's Page:

You are old enough to wear your skirts to your shoetops, and if you are so large I should think this would be a more graceful length. Wearing the hair down is so becoming to most young girls I would advise you to continue to do so as long as you

in love with you, unless he gives you much more reason to believe so. Be pleasant to the young man, but not too effusive. It is a girl's place to bow first to a man.

### Simple Bridal Dress

To the Editor of Woman's Page:
Dear Madam-1 am to be married in May and want very much to wear white. Do you think you might suggest to me a simple gown which would not cost very, much? What material should be used and is a very long train nacessary? I am tall and siender.

FUTURE BRIDE.

A very pretty bridal dress could be fashloned of tulle over a simple satin or silk
foundation. Silk tulle is not very expensive
and comes very wide. Make the skirt
rather short and very full and trim the
bodies with sprays of lilles of the valley
and orange blossoms. The bodies might
be made open at the neck, but on surplice
lines, as this style is becoming to a slender
person. Angel sleeves are graceful. A
short train could be made of shirred tulle
trimmed with bunches of lilles and tiny
blossoms, and a vell of tulle would add
to the delightfully siry frock. Arrange
the veil with sprays of orange blossoms.
The veil should be long, reaching to the
and of the train. The train need not be
longer than a foot on the floor, but a two-

# THE CHEERFUL CHERUB

The social pleasures of the world Are neither here nor there to me -I like to sit alone at night And soak my soul in poetry.

### AMERICAN NURSE GIVES POIGNANT HUMAN STORY

In Series of Letters Entitled "Mademoiselle Miss" She Tells Her Experiences in France

Intimate, hely, comforting things stand here and there unharmed in the wrecked villages of France and Belgium—a crucifix still erect, a sewing machine, a bab; cradle. This book—"Mademoiselle Miss" tells of them. But the record, written while the instruments are boiling in the sterilizer," is itself one of the most intimate and holy things which have been saved for our comfort out of the whirlpool of em-battled Europe. We need the message to keep us sane as we face the horrors of war: even more perhaps to show us the horrors of peace, its awful, silent power to paralyze

fight against war, by the struggle to save What the writer of these letters did for the wounded in France needs no telling wounded did for her, and might have done for many of us, her unawakened fellow countrymen, I will venture to sum up. Despite her fourteen hours' daily labor

amid the blood and anguish of the hospital she "begins for the first time in her life to feel as a normal being should." Why? Because so much new vigor has been horn in her. Under the divine pressure of necessity she becomes inventive as well as competent. The ve y tools of her trade are often wanting. Institutions for construct-ing them "out of nothing" arise in her. Still better inspired she soon becomes the mother, as well as the nurse, of her charges.

Her touch is "as light as a watchmaker's" room, and "there shall be a towel for every man or I will go undried" But when at the end of the day she "has stuffed cotton under all the wary backs and plastered she "bids all my children good Later she has them propped on their pillows in anticipation of the Christ-mas tree she has dressed for them. Again it is one of her "children," dragged back from death by her good nursing, but still only the wan shadow of a man, who "laughs and tries to clench his fist inside

can't do that, you may as well get out, for all the good you will ever do a wounded soldier. We ought to be joyous here" (and she can!) "even if men do try to make it a vale of tears; and the more suffering I see the more I think so." How good the gallant laughter sounds across the seas! Surely something of humanity's best is here, not saved from the wreckage but new born of the flery, fertilizing need.

is here, not saved from the wreckage but new born of the fiery, fertilizing need.

And with the laughter she brings color and glory too, shaming our drab, peaceful lives. "The sun makes gold patches everywhere, striking through the trophy of flags that I have arranged at the end of the war, to the great delight of the children."

But the spirit and gallantry of her soldiers, who sit up lo write patriotic verse between paroxysms of pain, is not mere lightheartechess. They teach her grave lessons too, "If ever I doubted how to die, my black pearl-fisher from Guadeloupe has shown me the way."

I find in these letters some fragment of true atonement for the huge sin and blunder of war. Some deeds of the children of men are better and more beautiful than ever they would have been but for this brave struggle to retrieve something out of the waste and welter of evil.

"Designer Infinite! Ah must Thou char the wood ere Thou canst limn with it?"

RICHARD C. CABOT.

## Mademardle Miss

timate and holy things which have been saved for our comfort out of the whirlpool of embattled Europe. .- Dr. Richard C. Cabot.