## ENCE SPOIL A **PS DOMESTIC CAREER?**

Liberty Accorded to the Sex her Than a Drawback er Her Marriage

and New Yor home a fleet and ting could h are guarding

ing tode own way ports face, whose chief to off an bread-winning thers, when they

your married will find that the wholly to a life of the mothers and is instilled in them woman's place in marriage was the aings, the only posce of the sex not been obliged rticularly difficult chiefly in making attractive,

more vapid, more han the life of the ose husband earns in comparative one or two chil-erhood has never ical fact, and with the child accomriad even, to give more or less trustr. Spiritually the nothing to her.

ter, a little gossip ort story scanned, are the trivialiVyvettes



A basket-shaped hat, with loops and loops of velvet baby ribbon clustering over the top, and a dozen or more cherries dangling over the brim.

lieve that she is accomplishing nothing in the world.

The woman who before marriage has been in business feels the need of filling her life with something more than these p'aythings, and she does it. Although she may surrender her actual economic independence when she marries she finds other interests to make up for this loss and by intelligent interest in her husband, her children and other outside affairs she contributes materially to the general welfare.

She is by far more alive to her re sponsibilities and more capable of coping with them than the girl whose vision he average day of from early life has been obscured by the one object—the making of a suitable match.

3. Is colored stationery in bad taste?

1. It is in perfectly good form to use "R. S.

2. One should never use the phrase "respect fully yours" unless writing a business letter.

3. Plain beavy white paper should be used for formal written or engraved invitations.

Outfit for Three Weeks' Trip

several tailored shirts, a silk blous

to match your suit and perhaps a dressy

or some pale shade. I should imagine that

with your eyes and hair brown, green or tan

few conventional flowers or a feather fancy

away you will need an evening frock. If

you possess a black one you are fortunate, for it will fit in nicely for almost every oc-

casion. If you do not expect any evening entertainments, but will attend a few in-

Gift for Bride

If you will go into any of the shops which

To Have Ears Pierced

Very few women have their ears plerced these days. At one time the piercing could be done at almost any jeweler's, but this is

To the Editor of Woman's Page:

To the Editor of Woman's Page:

### WOMAN'S EXCHANGE

tions submitted to this department must be written on one side of inca with the name of the writer. Special queries like those given it is understood that the editor does not necessarily indovse the All communications for this department should be addressed to the control of the control of

ofvor all TODAY'S INQUIRIES

To whom should a letter of thanks for a wedding gift be written when the senders are a married couple?

CABITAIN and dish cloths be

ISWERS TO YESTERDAY'S INQUIRIES

ades are rubbed be-ager, held firmly to-

rown rice, one and ree-quarters cupful ter cupful butter, one pint stewed and wash the rice in layer in the bottom ish, sprinkle over it ch have first been od cheese, nimenwhich have been sea-layer of rice and so on lled. Top off with rice of butter, and bake one

of Chow-Chow

gives the following: ring beans, tiny cu seeled), a cauliflower een tomatoes (sliced), all long red peppers sctables in a wide-ing each layer of these hen filled cover with wide board with a p to keep the vege-tet them stand thus in the pickles, wash formal dinners, teas or bridges you will need a frock of silk or georgette crepe in some dark shade; navy blue is always good. A top coat is also indispensable. If you feel you cannot afford both a suit and a topcoat, dispense with the former. Top-coats are at present in high favor and can be worn while traveling with a dark serge one-piece dress. A neckpiece is not a nend let them lie in y. Make a pickle ther one gallon of il each of celery sed, whole cloves, ed, whole cloves, black peppers, one to teaspoonfuls of puruls of ground half cupfuls of the fire in a pre-it reaches a boil

decayed. Simjar. Pour the them stand for ear off, put it a tablespoonful the vinegar is les in the crock, small jars and and for two or

with 1 be done at almost any jeweler's, but this is no longer the case, several of the leading jewelers in town having told me they had discontinued performing the operation. The new earrings, made with patent clasps, hold firmly to the lobe of the ear and there are many beautiful designs in these. I doubt very much whether you would have a really good selection from which to choose of the old-fashioned kind.

Correct Dancing Position

Mademarelle Miss

WORK has begun in earnest. Alas, that I dare not take the time from sleep for

more than a hasty scrawl, but when one puts in twelve hours' work daily, one must guard jealously the other twelve. Actually for the first time in my life I begin to feel as a normal being should, in spite of the blood and anguish in which I move. I

really am useful, that is all, and too busy to remember myself, past, present or fu-

two days. It is perhaps the most impor

pumped a dark liquid.

looking on incredulous.

our bandaged limb all bristling with tubes

sion, with the old school of amputators

I believe I told you this is a field-hospttal-rather big barracks, six of them, in an inclosure, with an operating room in the center, and morgue, kitchen, pharmacy, bureaus, etc., grouped around. It presents a very natty group with the Red Cross flags flying — in deflance of the Taubes which don't seem to dare to come near— and it would look like a play, with its white nurses and bright uniforms, were it not for the big guns that boom incessantly over by W to remind one of what is afoot. utterable woe. I have the operating ward, and have as-isted the surgeon at twenty-two cases in

In these days I have lost four, two peritonitis, one hemorrhage, one tetanus; and several others are in a desperate condition. I have never left my ward except for six

I haven't the time nor the heart to tell you the tale of my days, but I tell you this, that I shall never get hardened to last agonies and heart-broken families. And when my little No. 23 flung out his arms last night to say "Good-by" the knew he was going)--"O, my sister, my sister! kiss me!"-I tell you it took control to finish giving the last of my thirty four anti-tetanus injections a few minutes later.

tope you will send cotton and gauze soon rubber gloves, too.

(Copyright by W. A. Butterfield.)

October 8, 1915. The next letter will appear in tomorrow' Evening Ledger. You know how it is in the trenches,--

#### THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions. Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will be take the risk of making diagnoses of or prescribing for allments requiring surgical treatment or drugs.

I to develop the muscles of boys and girls. Turn them loose and let them live wildclimb trees, jump fences, chase squirrels, play with the dogs, dig in the garden, pick flowers, hop, skip and jump, and do all the wholesome things that a natural human animal wants to do. The trouble is, our boys and girls are too much tamed. We are all born wild, and in the civilizing process have to be tamed more or less. Most of us, however, get tamed too much

roustabout clothes—and just turned loose to play in the dirt, to make mud pics, to get down and wallow in the earth.

There is no danger in this. The soil is clean dirt, so to speak; there is nothing pernicious in it.

Dear Madam—I am going away the last week in April for three weeks. Could you tell me what I would need to be stylish, what to travel in and what kind of hat would be heat? I only want to take the one I wear. Also, would I need a neckpiece? I have brown eyes and hair. READER. The things that are produced inside of us—that become the exerctions of our bodies—are the really unclean things. Ave Your outfit would depend very much on take the greatest pains to keep our bands free from dust and dirt, to keep our faz-clean, and yet we allow ourselves to be perfectly rotten inside—rotten with decom-posing foodstuffs, result of overcating and wrong eating. And our boys and girls are sometimes dirty in this year. your destination and on whether you are to be extensively entertained. If you expect to spend the time in traveling, you would need a rather severely tailored coat suit-a sports suit is very practical for the purcometimes dirty in this way also—their aces pale, and with great brown rings around their eyes, their lips bloodless, their tongues coated and their breath foul. The blouse of georgette crepe or chiffon in white little boys and girls may have the nicest cleanest clothes; their hair may be combed and parted just exactly right, their nails trimmed and their hands as clean as they can possibly be—the outside all clean, but would look well. Buy a semi-tailored hat, which will be suitable for wear with your the inside rotten. That is what kills the children—that fearful inner enemy, bred by wrong eating and neglect of the bowels. suit and for more formal occasions. One of black or tete de negre lisere straw, with a Young children should be fed cereals, milk, roung children should be fed cereals, milk, cream and especially potatoes, fruits and fresh vegetables of all sorts, with bran at every meal. Poys and girls thrive wonderfully on this boogic diet. The details of the blologic diet we will discuss at some as trimming, would do very well. If you expect to attend any formal affairs while

> What is the cause of harelip? A. R. J. Harelip is a congenital defect, due to incomplete development. Consult a good sur-

How can blood pressure be reduced without reserting to drugs?

C. W. H. High blood pressure can be reduced by removal of the cause, the only safe and proper method. Pressure-reducing drugs are dangerous. They reduce the pressure by weakening the heart and thus tend to produce the condition known as secondary produce the condition known as secondary low pressure, which is much more danger-

low pressure, which is much more dangerous than high pressure.
One of the most common causes of high
blood pressure is the use of tea and coffee.
Caffeine, the active principle in coffee and
tea, is a pressure-raising drug. It is used
by physicians in cases of shock when it is
necessary to raise the pressure. A dose is
two grains. A single cup of coffee contains,
according to Doctor Wiley, four grains, or
two doses. Is it any wonder that coffee
drinkers have high blood pressure? Smoking raises the blood pressure. A single Dear Madam—What would be nice to send as a wedding gift to a bride who lives in a distant city? I have never seen her and therefore, know nothing of her tastes.

MARY L. specialize in these things you will probably get a suggestion. I would not advise you to send separate pieces of flat silver. you to send separate pieces of flat silver, cream and sugar jugs or water bottles, for instance, as most brides receive so many duplicates of this kind; then again, they frequently want their flat silver to be all of one pattern. Your present, too, should depend on the position the young couple will occupy in the world. Lamps, book-ends, candlesticks, decorative mirrors, novelties in silverware, these all make suitable gifts. drinkers have high blood pressure? Smok-ing raises the blood pressure. A single cigar, according to Doctor Janeway, of Johns Hopkins University, will raise the blood pressure twenty points in thirty min-utes. Every smoker who does not get killed by accident will die sooner or later of high blood pressure, apoplery or heart failure blood pressure, apoplexy or heart failure. The free use of flesh foods raises the blood pressure because of the uric acid which the To the Editor of Woman's Page;

Dear Madam—I want a pair of diamond earlings very much, but my husband will not give them to me unless I have my ears plerced. He says that the pierceless kind look cheap and shoddy and that I am apt to lose them. Shall I have my ears pierced? How shall I so about it? Please advise me.

BRIDE.

Use Ragatz Colonial Furniture Oil Floor Oil For Furniture. For Floors and Pianos, Victorias. Leather-Work. Etc. Work.

Made and Used Many Years by Furniture & Wood Finishing Firms

FACE CULTURE MONTGOMERY METHOD These letters from an American girl serving with the rank of lieutenant in a French army hospital bark of the Marne constitute "one of the most intimate and holy things which have been saved for our comfort out of the whirlmool of embattled Europe. I find in these letters some fragment of true atonement for the hore sin and binder of war. The nurse tells with a wonderful molanant humor the Joys and sorrows of the war hospital."

RICHARD C. CAROT. HICHARD OF THE WORLD CONTROL OF THE WORLD

oad and fire most of the time. That's hov it is here. During the last week we have averaged twenty-five operations daily. One day we had thirty-three, and if you have any conception of an operating room where they are short of assistants, you may know there was not much time left over. But the struggle, and the sense that one is saving bits from the wreckage, doesn't give one a chance to be mastered by the un-

hours' sleep each night, and one hour yes-terday when I walked behind the bler in The surgeon, one of the most set square. The surgeon, one of the most particular in the Army, hasn't yet corrected me. I also have been directing the sterili-zation, and yesterday afternoon the Head the nurse's post of honor. Every one feels the impressiveness of a military funeral. Surgeon told me he wished me to take charge of the seriously wounded of the but it is tenfold more impressive if you take part in it. I wish I could make you celebrated Doctor Tuffler.

He arrived yesterday with his ten cases which be had picked up off the battlefield; and he claims, with his system, to avoid amputation by constant irrigation of the The narrow, gable-hordered street the barehended villagers, the glistening bay-onets, the poor trembling mourners in rusty creps, and at the head, no black hearse. but a great triumphant tricolor following the cross. And the cemetery all mossy and old and vibrant with sunny dews, that wound from the start. As soon as possible (it must be within twelve hours), Tuffler begins his work, extracts the debris, introhas stretched out beyond its ancient cedarbound limits to receive hundreds and hunluces drains (rubber tubes), several in each opening, and into these every two hours dreds of new little wooden crosses

idea being, as you see, to keep the wound in a constant bath of antiseptic. Once drains are placed, they are arranged such a way that the liquid cannot run t. The limb is enveloped in non-absorbent colton, perforated so as to allow the rubber tubes to project well, and the whole is fixed with a bandage. So there you have and into these every two hours is pumped the liquid. There is something sublime and at the same time touching in this one single adventurer faring forth alone on his mis-

Speaking of injections—please send me ome platinum needles, big and little. I

#### Turn the Children Loose

We become so tame that we are spolled.

Don't be afraid of the children getting dirty. Dress them for it. Girls should be put into bloomers instead of skirts—little

Harelip

Blood Pressure

meat contains. Every pound of meat, according to Doctor Hall, of Manchester, England, contains fourteen grains of uric acid and sweetbreads contain ten grains

To Clean and Polish

TURN them loose—that is the best way of uric acid to the pound. Uric acid has of tric acid to the pound. Uric acid has the same effect as caffelne in raising the blood pressure. Hearty meat eaters always get high blood pressure and are apoplectic. Butchers are short-lived. Beef tea, bouillon, meat extracts and animal broths all contain uric acid and lead to rise of blood pressure. blood pressure. The best diet for a person with high

The best diet for a person with high blood pressure, or one who does not wish to have high blood pressure, is a diet consisting largely of fruits and vegetables, with moderate use of cereal and dairy products. Probably the most common of all causes of high blood pressure is constipation. The poisons produced by the colon germs raise blood pressure. Persons with high blood pressure. blood pressure. Persons with high blood pressure should adopt a very laxative diet and should take a tensponful of bran at every meal and paraffin oil sufficient to make the bowels move at least three times a day, so as to prevent the absorption of

Cracked Lips

Please describe a means by which I can relieve cracked lips in the corners of the mouth, i do not smoke or drink and am a vegetarian, E. J. H. Keep the mouth, as well as the lips,

thoroughly clean, adopt an antitoxic diet. hould be constantly protected. (Copyright.)



In the Moment's Modes

The one-piece frock has come into its own once more and blue serge is here employed to good advantage. The very smart effect is pro-duced by a well-balanced arrange-ment of red embroidery, fringe and the new tablier smartly plaited.

### For the Invalid

If when making soup or beef tea for an invalid it is necessary to cool it at once, pass it through a clean cloth saturated with cold water. Not a particle of fat will be left in the beef tea.

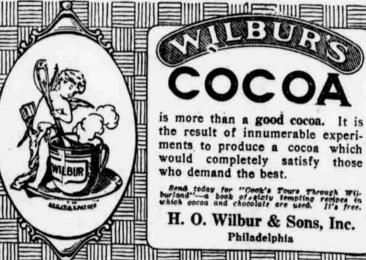
Grease the Boiler

If the boller immediately after use, and while still warm, is rubbed all over with any good household soap, it will prevent rust and will help to make the suds when the boiler is filled for the next working day.

Marking Linens

When marking linen with indelible ink first write the name with a lead pencil, then write over the pencil with the marking ink. The pencil prevents the ink from





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## PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

IT WAS cloudy when I got up this morning and my father had been asleep quite a while and the pancakes he had fried had grown cold, but I ate them just the same and put the dishes in the sink for him to wash when he got up. Then I thought we had better ramble toward the swimming place, and we did. But we came to the Carpenters, and there was Wilbur sitting on the horseblock, and I went and sat by him, and the very first thing he did was hunch over, and I found myself sitting in the gutter.

Then I was mad and full of ery and Rowdy was growly and only waited for Rowdy was growly and only waited for Rowdy was growly and only waited for (Copyright.)

Rowdy was growly and only waited for me to say "Go to it!" to eat Wilbur Car-penter alive. But I didn't, for I know a better trick then the better trick than that. I'll speak to God

I went on, and at Miss Jones' Miss Jones was out cutting some roses and had a long apron on, and her Angora cat was rubbing against her legs and the next minute the Angora cat was in a tree in the back yard, and Rowdy was sitting under the tree won-Angora cat was in a tree in the back yard, and Rowdy was sitting under the tree wondering how cats can climb trees and dogs can't and Miss Jones was hollering "Momma! Momma!" as hard as she could. So I went back and told Rowdy he must never disturb Miss Jones' Angora, and then he came out of the yard with me, and Miss Jones called me a little savage, and said she should think my mother would turn over in her grave, and that I needed a good spanking. That being about all she could think of she told me that if my dog ever got her Angora she would have him shot, but she won't need to, for if Rowdy ever does get him there won't be enough left to shoot.

So we rambled, and I thought of the lady where they have the pink nightle and had a mind to go there, but we went to the swimming place instead, for if I do not wash my face and hands every two or three

wash my face and hands every two or three days I feel dirty. The river was very mud-dy and reached away up the side, almost to where Wilbur and his gang used to leave their clothes, and I went right in and I had no sooner got in than the water pushed me off my feet and was over my head. For a minute I thought that my mother had come for me, and then I held my breath and paddled, and the water carried me near the bank and I grabbed a bush and pulled myself out. No more swimming for me when the water is high if I don't wash for

I lay down on the bank for a long time. and then I went and sat on the grass by the fence and made a clover chain, until I was dry. The river has almost got me afraid of it, it is so big and careless. It could drown a little girl and go right on about its business. All little girls but me had better keep away from the river, except when they have some one with them. I have no one to go with me, so I have to go alone. But I am better fixed than most little girls, for my father is here and my

\$25 to

\$55

The next adventure of Patay Rildare will ap-

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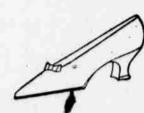
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