

WOMEN'S GRIPPING RECTAL OF HOSPITAL LIFE NEAR THE TRENCHES—WOMEN'S INTERESTS

LACK OF UNDERSTANDING BETWEEN THE "CLAWSES" Urgent Exigency May Do Much to Break Down Social Barriers—The Three-Course Limit to Dinners

THERE is ever to be a better understanding between the classes, war, with the sacrifices, the doing away with established traditions it entails, may accomplish it.

Some boys, for instance, are perfectly willing to serve their country—if they can do so in company with their own particular set. They will not enlist as common sailors or marines, but rather expect the Government to be so flattered over their offer that they can pick and choose.



What could be more charming than a finely made frock capped off by such a sport cap as this?

This sounds like a small thing, yet to the women who made this resolution it was a distinct sacrifice. It is not that they necessarily constantly overeat. But custom has declared for numerous courses, and in the matter of entertaining, in particular, a curtailment of the regulation number means much to a hostess.

Many women do not appreciate really what a sacrifice men are making when they declare their intention to give up smoking. It seems a silly thing, at best, yet to them it has become almost a necessity. No one should poke fun at another who is trying to "do his bit," trifling as it may seem. It is always these little things that count for so much in our lives.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

Causes of Impure Blood

THE most important factor in the production of impure blood is foods that contain poisons, or unwholesome substances that may be absorbed into the blood, such as alcoholic beverages of every description, potent medicines—which nearly always contain a considerable amount of alcohol—and condiments, such as pepper, mustard, pepper sauce, ginger and similar substances.

Overeating also renders the blood impure by filling it with unused and imperfectly prepared material which must be treated as so much waste matter. Overwork and deficient sleep fill the blood with impurities by the overproduction and deficient elimination of the tissues, wastes or poisons which naturally form in large quantities whenever the body is at work.

Trugs of various sorts, such as opium, tobacco and many other narcotic drugs, contaminate the blood and lessen its defensive power. Exhausting indulgences of all sorts have a similar effect. Tobacco and alcohol not only contaminate the blood, but produce disease of the heart and blood vessels. The idea that the blood may be purified by medicine of any kind is a very great error and one which has been productive of a vast deal of mischief.

Neglect to maintain the proper activity of the skin, kidneys, bowels and lungs leaves poisonous matters to accumulate in the blood. By exercise, the amount of air taken into the lungs may be increased seven fold, and blood purification may be proportionately increased.

Celery and Lettuce. What medicinal property in celery and lettuce causes these vegetables to be recommended in a diet for nervous persons? D. G. H.

Grape Juice. For what reason is grape juice a health drink? Mrs. J. R.

The Nursing Baby. How long should the child be kept at the breast for one nursing? MRS. B.

Neurasthenia. Will a sluggish or chronic congestion of the liver cause a condition of neurasthenia? F. M. C.

The Eyes. What is a good form of exercise for eyes tired by too much literary work? A. C. W.

URGES SERVICE EMBLEM FOR WAR FOODMAKERS. Public Safety Committee May Adopt South Carolina Plan to Encourage Production

Husband's Claim to Estate. Dear Madam—If a widow with two children married a second time could her husband's death, claim her property? ANXIOUS.

Parent Too Strict. Dear Madam—I am a young girl of eighteen, considered good looking and have a number of friends, who want to come see me, but my father will not allow it, although I think I am old enough, don't you? He works at night, and objects to having boys come to the house, as he is not there and my brothers are usually out. Please advise me what to do, for I cannot go on being shut up like this always. HELEN.

Should He Bend Flowers? Dear Madam—Will you tell me, when a girl and her fiancé are invited to a dance at a hotel, is it supposed to send flowers to his home? It is supposed to ask his hostess to dance before the dance? FANNY.

Waterproofing Kitchen Floor. Dear Madam—How can a kitchen floor be waterproofed? Please tell me how to remove stains from white marble. R. M.

Rust in Sink. Dear Madam—How can rust be removed from a sink? (Mrs.) J. M.

To Clean Gas Stove. Dear Madam—How can a gas stove which has become clogged up be cleaned? E. L.

IN THE MOMENT'S MODES



Black velvet and black net are the only somber notes in this colorful evening gown of peacock blue and dull gold lace. The slim silhouette is still preserved in spite of a brave effort toward the bouffant by the black net overskirt. Sleeves are a conspicuous rather by their absence. A gown of this description can be purchased for about \$29 ready made.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

WHEN we woke this morning my father was eating his cakes and he told me to fry mine and eat them, and I did. Then he gave me a red apple while Rowdy was hogging his cakes, and then he said he was going to bed, and so he kissed me and I kissed him, and Rowdy and I rambled all the house where they have the pink nightgowns, but my father says not to wear out my welcome, so I didn't. We went looking at store windows and saw a green and beautiful dresses and some big lady dolls, beautiful dresses and some big lady dolls, beautiful dresses and some big lady dolls.

I thought if that was what made the world goodnatured I would black my face every day. There was not anything to eat in the house, so I took a drink of water and knelted down and I prayed, "Dear God, that was certainly a good joke on me about the smoke. I bet my mother laughed. I heard some kids singing. What kind of shoes do the angels wear, slipping and sliding through the air? Golden shoes and silver socks; put a nickel in the missionary box. I thought you ought to know, for I didn't think it was very nice. I don't know who the kids were, but I can find out their names if you want them. I'm no little, but you are a friend of mine. My birthday is next Monday, but I can't think of a thing I need, so I will leave that to you. Make me a good girl and bless my father and tell my mother not to get lonesome, which she oughtn't, for she is in heaven and better off than lots of people I know. Tell her she needs a brother about Rowdy's fleas. We got kind of tired waiting and my father got some tar soap. Amen." (Copyright.)

The next adventure of Patsy Kildare will appear in tomorrow's Evening Ledger.

THE WOMAN'S EXCHANGE

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 endorse the sentiment expressed in all communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES
1. What precautions, if taken early in the season, will reduce the number of mosquitoes around a house?
2. What is the best way to freshen cottons?
3. What causes blotches to be angry instead of creamy?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. A thorough sun bath is the best thing for rusty mattresses and pillows.
2. A handful of salt and the skins of lemon added to water in which dish or sink cloths are being boiled will remove discolorations.
3. A little bluing and a few drops of ammonia added to the water in which cut glass is washed will make the ware glisten.

- Recipe Given—Others Requested
To the Editor of Woman's Page:
Dear Madam—Please tell me how to fix eggplant to eat; also, kindly give me a recipe for round cake, and one for cheese pie and crust. Here is my recipe for chocolate cake: To one cup of sugar, one and one-half cups of butter, two eggs, well beaten; add three-quarters of a cupful of oil and one-quarter cupful of flour, sifted thoroughly; one-quarter cupful of cornstarch, one and one-half teaspoonfuls of baking powder, one teaspoonful of vanilla. Beat well together, bake in moderate oven and cover with chocolate icing. (Mrs.) J. R.

- Identify of "Mademoiselle Miss"
To the Editor of Woman's Page:
Dear Madam—Is the author of the letters now running in the woman's page of the "Evening Ledger" under the title of "Mademoiselle Miss" a real person, living the life she describes? Can you tell me her real name? CURIOUS.

- Is Ride in Cab Permissible?
To the Editor of Woman's Page:
Dear Madam—If a man who you only know slightly offers to take you home from a dance or party, is it permissible to ride alone with him in a taxi? DELIA.

- A Correspondence Courtship
To the Editor of Woman's Page:
Dear Madam—I am a young girl of eighteen and have been corresponding with a gentleman three years my senior of another town and whom I have met only once. Lately he has discontinued writing without any reason whatsoever. I love this young man very dearly. I would like to know what course to adopt in an effort to bring about a reconciliation. VIRGIE.

- Waterproofing Kitchen Floor
To the Editor of Woman's Page:
Dear Madam—How can a kitchen floor be waterproofed? Please tell me how to remove stains from white marble. R. M.

- Rust in Sink
Dear Madam—How can rust be removed from a sink? (Mrs.) J. M.

- To Clean Gas Stove
Dear Madam—How can a gas stove which has become clogged up be cleaned? E. L.

- Paraffin Oil, purchasable at the drug store, can be used to waterproof a kitchen floor. Apply it cold with a soft cloth. One quart should suffice for a room of medium size. To remove stains from marble make a paste of benzine and powdered soapstone, spread it on the marble and allow it to remain overnight. In the morning wash with warm water, and if the marks have not disappeared repeat the process.

- Apply kerosene.
To Clean Gas Stove
Dear Madam—How can a gas stove which has become clogged up be cleaned? E. L.

- Remove stains from marble make a paste of benzine and powdered soapstone, spread it on the marble and allow it to remain overnight. In the morning wash with warm water, and if the marks have not disappeared repeat the process.

- Apply kerosene.
To Clean Gas Stove
Dear Madam—How can a gas stove which has become clogged up be cleaned? E. L.

- Remove stains from marble make a paste of benzine and powdered soapstone, spread it on the marble and allow it to remain overnight. In the morning wash with warm water, and if the marks have not disappeared repeat the process.

WIDOW DOING "HER BIT" IN GROWING VEGETABLES

Mrs. Stearly Sent Only Son to Aid Country and Now Works Garden

Picture illustrating this appears in pictorial section.

When the United States entered the world war Mrs. E. J. Stearly, a widow, called her boy to her and said: "My boy, your country needs you; give yourself to its defense. Don't worry about me; I'll get along all right."

The young man demurred at first; he was anxious to go, yet felt that his duty was to stay at home and provide for his mother. She, however, insisted, and because of her persistence the son joined one of the National Guard regiments.

The little mother was left alone. But she was happy, glad that she had been able to "do her bit" for the nation. At home she set about planning of some other way in which she could be of service. The garden in the rear of her home, 1517 North Twenty-fifth street, presented to her numerous possibilities. Day after day she worked in the little yard, putting the soil in condition to receive seeds of every description.

Small spaces were set apart; potatoes, tomatoes, corn beans and several other vegetables will grow there later in the season. Not a foot of the space in the little garden has been overlooked; every space has been prepared for some vegetable.

What an amount of vegetables could be raised if every woman would only reserve a little space in her garden for their cultivation!" she concluded.

Glazed Tile. If glazed tiles are spotted they should be cleaned by rubbing them over with a cut lemon. Leave them for about a quarter of an hour and finally polish with a soft duster.

Taken from milk produced in the heart of the zone from which the New York City draws its choicest milk supply, the cream which goes into

MERIDALE BUTTER is acceptable for food, under the best inspection of the Pure Food Department of New York City. The cattle, the barns and the milking methods are subject to like inspection.

Each employee of Meridale Creameries is also required to pass a medical examination and carries a health certificate from the New York City Board of Health.

Meridale Butter is therefore a quality product and the price for it must not be measured by market quotations for reprinted butter, which are largely covered by the law of supply and demand in the market. It is in quantity, rather than quality, which decides the price.

AYER & MCKINNEY (Makers of Meridale) Philadelphia Bell Phone, Market 2741 Keystone Phone, Main 1713

Look for the "Merifall" wrapper—air-tight, dust- and odor-proof—at your grocer.



Inspect Our Summer Fur Specials

Mawson & DeMan 1115 Chestnut Street (Opposite Keith's)

Tomorrow You Can Save \$5 to \$7 on Your New Spring Hat

We are closing out an unusually large number of our higher-priced hats at \$5.00

Formerly \$10 and \$12 Values

In this mid-season sale we include all the latest fashionable shapes and colorings.

This House Sits on a Knoll of 350 Feet Elevation



No. 46 Manor Road, Wynnewood, Pa.

It is one of seven houses for sale that comprise an operation that has cost \$200,000. Its price is insignificant as compared with usual Main Line value in Montgomery County.

Eight or ten city blocks from Wynnewood Station. No coal dust or noise from trains. Eighteen minutes from City Hall, with the finest train service in the country.

If you have a car we will build you a garage if you wish it or you can use Wynnewood Manor's Central Garage for \$5.00 per month.

(NOTE—FREE USE OF HALF ACRE OF GROUND FOR VEGETABLE GARDEN, SO LONG AS IT IS NOT REQUIRED FOR OTHER PURPOSES.) Walter Bassett Smith 2138 North 62d St. (At Overbrook Station)

M-RITA Superfluou Hair Remover

The only treatment which removes hair from the face, neck, chest, back, arms, legs, etc., leaving no mark on the skin. It is a scientific hair remover, and is guaranteed to remove hair permanently. It is a scientific hair remover, and is guaranteed to remove hair permanently.