

EVERYTHING GOING AWAY WITH CLASS FEELING—WOMAN'S INTERESTS SECTION—FASHION'S DICTATES

EVERYTHING TO LOOK FORWARD TO MAKES FOR CONTENTMENT

Becomes Dreary When There Is Nothing in Future to Plan For—The Friendship of Adversity Surpasses Friendship of Prosperity

The feeling of buoyancy which "having something to look forward to" gives... particularly needed, and lacking, at the time of year, I believe, somewhere in all the memory of the summer is fragrant, then later on in the winter crowd one upon another and there is time to have that feeling of emptiness, but after these are over one is at a



Vyvettes

Take a half a dozen cherries, some narrow ribbon and a high straw hat, and you have a recipe for a spring hat. Here is the recipe worked out.

"touched upon one of the weakest points in all charity work. In Germantown have fortunately little of this absurd class feeling among our 'charities.' Perhaps because we are removed from the city and every one knows every one else, the class distinctions are understood, so that there is never any feeling among any of us about working side by side with Mrs. Smith, the coal dealer's wife, if said Mrs. Smith should declare her willingness to help.

"I have been reading over David Grayson's 'Adventures in Friendship.' How very true when he says, 'There may be such a thing as the friendship of prosperity, but surely it cannot be compared with the friendship of adversity. Men, stooping, come close together.'"

YOUR EDITORIAL IN LAST EVENING'S PAPER... 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 opinions expressed. All correspondence for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- 1. How can a room be thoroughly disinfected?
2. How can a dressing for a wound be sterilized?
3. What can be substituted for candles on the table when it is desired to avoid the possibility of slipping?
4. To freshen cretonnes, wash them in lukewarm water to which weak has been added. Rinse in clear cold water and wash where there is neither sunshine nor fire to dry. Iron on wrong side of material with fairly cool iron.
5. Botted icing will be sugary if it is stirred while cooling.

Cleaning Woodwork
Dear Madam—Will you kindly give me through your daily paper... instructions for cleaning woodwork.

Home Wanted for Kittens
Dear Madam—As a great admirer of your "Home Wanted" department, to which I am indebted for much information... I am writing to you for suggestions for an inscription.

Arabian Coffee
Dear Madam—Can you tell me anything about the preparation of Arabian coffee? EDITOR.

Recipe for Cheese Pie
Dear Madam—Following is a recipe for cheese pie... I have succeeded in finding the following... which I hope will prove satisfactory.

Reducing Weight at Seventeen
Dear Madam—I am a young girl of seventeen... I have very large hips and am rather stout... I would be greatly appreciated.

Dropping Formality
Dear Madam—Please inform me as to the following... a girl in the letter... I have a question regarding the dropping of formality.

IN THE MOMENT'S MODES

Sports clothes of all descriptions, in every shade and hue, seem to be the thing this year. This model of blue silk pongee, spattered with yellow and red roses, was seen in one of the shops. The price, \$6.50, was a ridiculously low considering its smartness and practicality.



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 he take the risk of making diagnosis or prescribing for ailments requiring surgical treatment or drugs.

Eat More Potatoes
potatoes and other garden vegetables, save grocers' bills and fatten on home products.
Graham Wafers
Graham wafers afford more than twice as much nourishment as the same amount of lean beef. An ounce of crackers is equal to five or six ounces of milk.

The Baby's Bowel Habits
At what age should an infant be treated to have regular action of the bowels? Mrs. R. H.
As early as possible.

Salt in Enemas
Do you advise the use of salt in the use of the enema? G.
No. Salt should not be used for the ordinary enema. In some instances it may be necessary to employ it, especially in cases in which there is much irritation present. Salt water is somewhat less irritating than plain water. The amount of salt used should be small—not more than one-half of 1 per cent.

Albumin in the Urine
What form of kidney disorder is indicated by the presence of albumin in the urine? B. S. H.
The temporary appearance of albumin in the urine indicates congestion of the kidneys, a very common result of constipation. When albumin is constantly present it indicates chronic degeneration of the kidneys, which is the result of an undue accumulation of acids in the tissues. The concentration of these acids in the kidneys results in the dissolving of the cement substance which holds together the cells of the kidneys. This cement substance appears in the urine as albumin. Albumin in the urine is always a serious symptom and should lead to consultation with a physician.

Bow-legs
What physical culture methods do you advise for the correction of bow-legs? I am twenty-six years old.
There are no exercises of any sort likely to result in the dissolving of the cement in your age. The bones are hardened and relief can be obtained in no way except by an operation. Consult a good surgeon.

To Revive Velvet
To revive a black velvet, hold the article, pile side up, over the steam of nearly boiling water to which a little ammonia has been added. Brush and iron on the under side.

Ivy Decorations
Common ivy can be made to form pleasant decorations for rooms during the winter by placing a few shoots in any receptacle will flourish and produce a charming effect, containing water; the delicate young leaves

HAWTHORNE'S THE CHEERFUL CHERUB
I sing in praise of sunlight—It permeates the air, It makes the sky look pretty, And it's fine for drying hair.
This is Your Store
1626 Chestnut St.

"Mademoiselle Miss"

These letters from an American girl serving with the rank of lieutenant in a French army hospital back of the Marne constitute one of the most intimate and holy things ever known by these editors... I finally went to bed on a clean sheet in a clean nightgown that I didn't know I had.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS
IT WAS raining when I woke up and all the weeds in the yard were so heavy with water that they bent over and the rain was coming out of the spout like a hose, and I and Rowdy went out into the house and had a lot of fun.

Luxurious Hair Mattresses

The superior quality of the materials, the wonderful resiliency, and the mathematical precision with which they are shaped and stitched, are revelations to people accustomed to other kinds. But the biggest revelation of all is when you rest upon them, then indeed you realize that mattress making is truly an art and Dougherty's its premier exponents.

Dougherty's "Faultless" Bedding

Remember that Nestlé's is MILK!
Your baby must have milk in some form—in the right form for his delicate stomach.
Nestlé's Food has in it pure cows' milk, baked wheat flour, wheat malt and cane sugar. It has in it fat to keep your baby warm, proteins to give him strength, carbohydrates to give him energy.