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

ETHING TO LOOK FORWARD TO MAKES FOR CONTENTMENT

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

feeling of buoyance which "having hing to look forward to" gives particularly needed; and lacking, at of year, I believe, Somehow in all the memory of the summer is agrant, then later on in the winter growd one upon another and there ne to have that feeling of emptiut after these are over one is at a

we the summer vacation is being d. but it is still too far off to be a Wilmulus. Those of us who are shut town houses feel the need of getting beyond the city limits, of having a ste of summer. Even a day like this orth planning for.

re is nothing more deadening than feel that life helds no attractions, and we have something to look forward nany of us do feel this way. We are nly enjoined to "take no thought for morrow," but the morrow, after all, ly the "now" of another day,

F. P. Sears expresses this idea in a little on "Concentration," in which he "One should remember that the pusness, the thought, the feeling th which we do a thing are the greatest mining factors as to its value.

There is no time but the eternal now: on what we call tomorrow comes it has ed to be 'tomorrow' and is 'now.' ' ut that it is a mistake to lose sight of present in planning for the future also emphasized, as for instance: "When builds for the future he never catches with it, but when he builds in the " he will materialize in the 'now." in though that 'now' may be what he the days, months or years hence."

Which would seem to emphasize the ue of constant work, of being always pled even when, as is the case these rm spring days, to do so is seemingly

YOUR editorial in last evening's the friendship of adversity. Men, stooppaper," writes a woman from Ger- ing, come close together."





In answer to health questions, Doctor Kellogy 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,

Eat More Potatoes

3. What arrangement is it necessary to make

good health and resistance to disease. ourths water, may be best shown by com otato is equivalent in total nutritive value to the following foods in the quantities inone-half pounds of codfish, two and onebread, one and three-quarter pints oatmeal hominy, cooked; one pint boiled rice, one pound of bananas, two pounds of parsnips. cooked; one pound green peas, cooked

From the above it will readily appear that the potato is one of the most nourishing of our common foods. Its value is still fur ther emphasized by the fact that steam or mashed potate digests in two or three hours, whereas roast beef, for instance, re-

quires four or five hours, or double the time.

The potato is of vast service as a food remedy in the treatment of a large number of diseases. It is especially valuable in cases of chronic intestinal autointoxication or "billousness." It affords bulk for the intestines to act upon, and so combats con-stipation. The large proportion of starch and other carbohydrates encourages the growth of friendly bacteria in the intestines. hus preventing putrefaction. For the same reason the free use of potatoes combats

> Common ivy can be made to form pleas-ant deceration 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 To Preserve Wood

It has been discovered that wood can be preserved from destructive worms by injecting pure turpentine into at by means of a syringe or other instrument.

Manual Property les and by the land of the "The Prettiest Shop in Town" HAWTHORNE This Is

Your Store In the last analysis, this is your store. Its success depends upon your approval. not of some one or more purchases, but of the settled policy of the hustress. Hand-Made \$5.50 to \$55.00 626 Chestnut St.

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

Graham wafers afford more than twice as much nourishment as the same amount of lean beef. An ounce of crackers is

The Baby's Bowel Habits

At what age should an infant be treated to ave regular action of the bowels? Mrs. R. H.

Salt in Enemas Do you advise the use of salt in the use of V. G.

No. Sait should not be used for the or-

Albumin in the Urine

The temporary appearance of albumin in

the urine indicates congestion of the kid-neys, a very common result of constipation.

When albumin is constantly present it in-

dicates chronic degeneration of the kid-

neys, which is the result of an undue accu-

centration of these acids in the kidneys re-

sults in the dissolving of the cement sub-stance which holds together the cells of the

kidneys. This cement substance appears in the urine as albumin. Albumin in the

should lead to consultation with a physi-

Bow-legs What physical culture methods do you advise or the correction of bow-legs? I am twenty-six ears old. E. There are no exercises of any sort likely

to cure malformation of the legs at your age. The bones are hardened and relief can be obtained in no way except by an

To Revive Velvet

To revive a black velvet, hold the article pile side up, over the steam of nearly boil-ing water to which a little ammonia has

been added. Brush and Iron on the unde

Ivy Decorations

operation. Consult a good surgeon. (Copyright.)

urine is always a serious symptom

ulation of acids in the tissues.

less irri-

equal to five or six ounces of milk.

As early as possible.

one half of 1 per cent.

cian.

present. Salt water is somewhat

WAR is doing one good thing for Europe
—It is causing the warring nations to
recognize the sustaining qualities of many
of the foodstuffs that hitherto have been
regarded as fit only for the more piebeian
taste—the potato, for instance.

Disaster of the food value of graham wafers?

Miss M. L. What is the food value of graham wafers?
Miss M. L.

The potato is not only an easily digestible oodstuff, but possesses high food value. About one-fourth of the weight of the po-tato is food substance, consisting chiefly (nine-elevenths) of starch. Of the remainder, three-fifths are protein and fats. But what it lacks in fat and protein, it makes up in salts, which constitute nearly 5 per cent of its dry substance and are perhaps its most characteristic quality from a dietetic standpoint, and one of its chief excellences. These salts consist chiefly of potash, and in the ordinary form in which they are supplied they do a most important service in maintaining the alkaline condi-dition of the blood, which is essential to

The great nutritive value of the potato, notwithstanding the fact that it is threeparing it with other known foods. A study f the nutritive value of various common foodstuffs shows that one pound of baked dicated: Five and seven-eighths ounces boiled heef, one pound of chicken, one and quarter pints of oysters, solids; four pints f clams, in shell; four and one-half pints of beef juice, ten pints bouillon or beef tea, one and one-eighth pints of whole milk, three pints of skimmed milk, eight eggs. nine ounces baked beans, seven ounces of or cornmeal mush, one and one-third pints three pounds beets, cooked; four pounds boiled cubbage, four pounds radishes, five ounds tomatoes, five pounds turnips, cookod; six and one-half pounds cucumbers.

rheumatism and gout, which are results of chronic intestinal poisoning. The potato is also valuable in the treat-

ment of anemia, because it fights the growth in the intestine of the germs which produce blood-destroying poisons Have you a small plot of ground? Plant

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 Wale.



Mademarelle Miss

These letters from an American girl serving with the rank of Bestemant in a French army hospital back of the Marne constitute. "One of the most intimate and holy things which have been saved for our comfort out of the whiripool of embattled Europe. I find in these letters some fragment of true atoniment for the huge sin and blunder of war. The nurse tells with a wonderful poignant humor the joys and sorrows of the war hospital."

BICHARD C. CABOT.
One of the world's greatest critics and humanists.

November 5-10, 1915. TT IS all neat and clean here in my tiny surgical dressings room, and while the Instruments are boiling and my twenty-nine children are resting after their midday soup, I can conscientiously snatch just a minute. The work is a bit lighter today, because four have been discharged this a. m., and the beds have not been filled, Ever since I began my work I have been

watching for a chance to sketch for you at least one day in detail, that you may have some vague idea of this unique and

of automobiles driving at top speed to the trenches; the dim wraith of a funeral procession disappearing in the distance.

When I get to my pavilion, there is sure

to be "Grandpa," my treasured old orderly busy at brushing out the entrance. He immediately drops his broom and holds out his good brawny hand to hope that his "Mademoiselle Miss" (the name I am generally known by) has slept well, and will not work too hard during the coming day. Grandpa is my Eternal Vigilance, always on hand, always ready to do every bidding, and zealous to spare me every possible fatigue. Last week he and my other orderlies were ill-he and Karbiche the merry faithful clown, with bronchitis, and Louplas with tonsillitis and a bad bonefelon-and I had to carry my patients to the surgical dressings room myself. He

is to review the ward and see that it is well washed, in order, and no spoons or bottles out of place, and sto start instruments boiling. After that begin the tem peratures. Along with the temperatures go face-washing and mouth-rinsing, generally engineered by faithful Grandpa. About half-past eight the doctor makes his appearance. When he has made the tour of Evening Ledger.

the ward, I am left complete mistress of the scene for the rest of the day, with thirty-four lives in my hand, more than half thirty-four lives in my hand, more than half of which hang in the balanca. If there is anything critical, I send for the big surgeon, and he always comes graciously, which is a great mark of confidence. About 9 a. m. I begin the dressings, unless there are anti-tetanus injections to give for those who may have arrived in the night, or some one

is dying, or there is an urgent operation. But we shall suppose an uninterrupted day. I begin with the important dressings, which are often long and dangerous, and I can do but three or four before the bell rings for soup at 10:45 a. m.
I think you would sicken with fright if

you could see the operations that a poor nurse is called upon to perform—the putting in of drains, the washing of wounds so huge and ghastly as to make one marvel at the endurance that is man's, the digging about for bits of shrapnel. I assure you about for bits of shrapher. I assure you that the word responsibility takes a special meaning here. After the soup for the wounded, comes that of the nurses, when all crowd into a tiny plank hut, and stuff meat and potatoes as fast as we can between disjointed hits of gossip. Immediately after lunch I spend an hour or so setting to rights the surgical dressings room, doing little services, and distributing cakes or bonbons. It is amazing how a bit of pep-permint will console a soldier when a smile

Dressings all the afternoon until it is time for temperatures; then soup for the soldiers; and mine, which is soon finished; soldiers; and mine, which is soon missies, then the massage for those that need it, etc., after which I prepare my soothing drinks and give the injections. It is the sweetest time of the day, for then one puts off the nurse and becomes the mother; and we have such fun over the warm drinks. They are nice and sweet and hot, and the sol-diers adore their "American drinks."

When this is done, I go around and stuff cotton under weary backs and plastered limbs, bid all the children good-night, polish my instruments, clean out the surgical dressings room, and hurry home through the frosty night.

This is the rough outline of an ordinary day, and into that let your fancy weave all that is too hely or terrible, too touching an that is too noty or terrible, too touching or humorous to put into words—the last kiss a soldier gives you for his family he will never see; the watches with the priest when all is still and dark, but for the light of my little electric lamp and a bit of moonlight through the window; the agonies and heroisms; the wit and affection that play like varied lights and darks along the days.

All in the midst of a gory dressing, with the wind driving snow flurries past a broken window, came the baggage master and popped a fat lot of letters into the big front pocket of my apron. The joyous news has come that the cot-ton, etc., are on the way. The pressure has

been terrible. After a comparative lull, dreadful cases have been pouring in. As for what is being done over there for these poor men, I can only say, God bless all the generous donors! None can imagine what the help will mean. Why, daughters

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

TT WAS raining when I woke up and all | Wilbur and I also asked for a baby sister, 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 it and had a lot of fun. We lay down in the gutter and I found that I cannot swim in the gutter, but need a whole river to swim in. So I know it is true what my father says about my

dinary enema. In some instances it may be necessary to employ it, especially in getting to be a big girl. Then we went into the house and got the cases in which there is much irritation floor in the kitchen all wet, and Rowdy tating than plain water. The amount of salt used should be small—not more than wiped him dry, and then I put on my other dress because this one was wet and got out the doll my mother gave me before she died, and talked to it a while, and I got an old magazine and cut out the pitchers and What form of kidney disorder is indicated by a presence of albumin in the urine?

B. S. H. was having a pretty good time until Mr.

Carpenter came up on our steps with a lot of excitement in his face and an umbrella.

Mr. Carpenter said, "Is your foan working?" I said, "We haven't got a foan.

What's happened to Wilbur?" He said: "I was just going to work when Wilbur leaned over the banister to say good, by and fell. over the banister to say good-by and fell head first and I think he broke his a.m. The lightning has killed our fean, and I naven't time to stand here talking to y u haven't time to stand here talking to y'u. I don't see why it could not have been you instead of little Wilbur, who never did any harm in the world." I said: "That is very true, and you are like every one else in this neighborhood. When anybody dies they say, 'oh, dear! why could it not have been that little savage, Patsy Kildare, who is of no use in the world?" no use in the world?"

He splashed away and I said: "Thank you, God. You sure do deliver the goods, only you make the same mistake my mother does. I asked for something to happen to

and if you had stopped to think you would have seen that the baby sister is more im-

It was a rather long day on account of the rain, and I watched the doctor come to the Carpenters and he stayed a long time.

We had our pancakes when my father got ready to go watching, and he looked around the house and at me, and sighed when he kissed me. It hasn't been so many weeks since the washing was done, but he looked kind of discouraged, so I took my wet dress off the kitchen floor when he was gone and flung it out into the yard. Then I was going to clean house when in bounced Old Maid Tempkins with a big fat woman, and they worked there till nearly midnight, sweeping and scrubbing and dusting and washing windows.

windows.

I finally went to bed on a clean sheet in a clean nightle that I didn't know I had. When they had gone and Rowdy and I kneeled down, I said: "Dear mother, I want to tell you to look out for yourself, for Old Maid Tompkins has got her eyes on my father, and she came here and cleaned up tonight, and has got all the washing rolled up and sent home with a woman to wash it, and she dusted your pitcher and did my hair up before I went to bed, and wanted to make Rowdy sleep outdoors, but I told her 'Nuthing doing.' She makes good tarts and her biscuits are fine, but I shouldn't her 'Nuthing doing.' She makes good tarts and her biscuits are fine, but I shouldn't want her around all the time, and I am going to marry my father my own sold when I grow up and then where will she be? I wish you would thank God for me for handing another one to dear little Wilbur. I have been kind of neglecting Miss Jones's beau of late, but I shall probably ramble up that way soon, and I will tell you what we do to him. What do you feed a baby sister? Ask God to bless me and my father and you. I have been a good girl for a long time and it doesn't get me anything. Amen."

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



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MERIDALE BUTTER

Its delicate flavor is always the same all the year around and is never obscured by heavy salting.

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Avoid butter with a wet wrapper. Water is dear at butter prices.

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ful 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. Don't put up with usual kinds a moment longer. Order today for your Summer's sake, town or country.

Hair Mattresses. Box Springs. Bedsteads. **1632 CHESTNUT STREET**



Nestlé's is MILK!

Your baby must have milk in some form-in the right form for his delicate

nursed as long as possible. If you cannot nurse your baby you must give him some-

Cows' milk alone is no substitute for mother's milk. You

know how hard it is to get the milk fresh enough, and even when you think that there are no germs of disease in the milk-even then, the milk is hard to digest because of the

who speak many different languages but who have this one tie in common -. that their babies are growing up on

lestlés Food

Nestle'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, proteids to give him strength, carbohydrates to give him energy.

Nestle's is the nearest thing to mother's milk that doctors and scientists have made. Reduced to a dry powder—it is packed in air-tight time and keeps indefinitely, just as sweet and pure as the day it left the laboratory—always ready to build a happy,

Remember that Nestlé's Food is modified milk, you simply add water and boil.

coupon without money for a big sample can, and be one of those million glad mothers when

Westworth Building, Now York Please send me PREE your book and

Madam—Can you tell me anything about paration of Arabian coffee? EDITH. we succeeded in finding the following

Recipe for Cheese Pie



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.

mantown, "touched upon one of the weak Germantown have fortunately little of understood, so that there is never any feeling among any of us about working side by side with Mrs. Smith, the coal

declare her willingness to help. "And even while writing in this strain the 'any of us' seems to be a givenway, I believe, as you do, that if great misfortunes do come they will only strengthen the national character, which with almost too long an era of prosperity has begun to

"I have been reading over David Gray son'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 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 indorse the confinent expressed. All communications for this department should be addressed of follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

How can a room be thoroughly disinfected? 1. From which side of a guest should solled

What can be substituted for candles on the when it is desired to avoid the possibility ANSWERS TO YESTERDAY'S INQUIRIES

Screens and window ledges should be wiped torosene and kerosene should also be poured damp spots in the yard surrounding a so prevent the breeding of mosquitoes. 2. To freshen cretonnes, wash them in luke-men water to which bran has been added, the in clear cold water and hahr where there seither sunshine nor fire to dry. Iron on roog side of material with fairly cool iron.

Bolled Icing will be sugary if it is stirred

Cleaning Woodwork Editor of Woman's Page: r Madarn—Will you kindly give me your daily column a little saying apter to put on a loving cup? I am giving it gentleman as a thirty-eighth birthday I is it proper to have the name of the n the left-hand corner? Date of birthday 7. Also let me know how to clean a one that contains oil used for varnished also white woodwork?

It would be impossible for me to give you appropriate sentiment without any wiedge of the type of man for whom it stended. You can have his name and ur own under it engraved on the cup if u care to do so. The jeweler from tom you make the purchase will probably able to furnish you with suggestions for

An oil mop can be cleaned very effectively sopping it up and down in hot water amonia and a little washing powder. water in which two or three onion been boiled will clean white woodwork successfully. No soap will be needed the paint will be clean and glossy after

Home Wanted for Kittens

Editor of Woman's Page: Thave made tentative offers to several means whom I knew wanted cats, but have already "adopted" them. I am however, there will be some cat lovers the readers of the exchange, and if will write to me I will see that you are that in touch with them.

Arabian Coffee

or of Woman's Page: which I hope will prove satisfacpound some freshly roasted coffee
in a mortar thoroughly, then pass
h a sleve two or three times until a
flour results. To two teaspoonfuls of
dd two cupfuls of water and a pinch
mamon. Boil gently, then move to
of stove, then boil again and move
repeating several times until the
rises to the top. Then add one-half
more boiling water and serve.

est points in all charity work. We in this absurd class feeling among our 'charities.' Perhans because we are removed from the city and every one knows every one else, the class distinctions are dealer's wife, if said Mrs. Smith should

TODAY'S INQUIRIES

2. How many of the spoons to be in use at a dinner should be placed at the side of each cover before dinner?

1. The leaves of artichokes should be de-tached and taken up with the fingers. 2. At the table the knife when it is not in

use should rest on the side of the plate; it is incorrect to siant it with one end reading on the cloth and one on the plate. 8. A dish to which a guest must help him-self should be served from the left side, en-abling the guest to use his right hand in serv-

Toast of Patriotism To the Editor of Woman's Page:

Dear Madam—Can you give me the lines of patriotic toast which ends with "The Stars an Stripes forever"? I saw it somewhere, but car not locate it.

EDWARD L.

Is this the one to which you refer? Our country—
"To her we drink, for her we pray, Our voices silent never; For her we'll fight, come what come may,

The Stars and Stripes forever!

How Address Older Woman? To the Editor of Woman's Page: Dear Madam—I wish to write a letter to at older woman. How should I address her and how end the letter? I know her very slightly but we have an interest in common, on the subject of which I wish to write. EVA. Start your letter "My Dear Mrs." or "Miss." whichever she may be, and sign "Most sincerely yours," or "Cordially yours," or some such expression other than "Yours truly" or "Yours respectfully," both

of which are more appropriate for but

To Whiten Skin; Serving in Army
To the Editor of Woman's Page:

Dear Madam—Kindly tell me how to clean a
mustard coat stained with a certain medicine?

Can you tell me of something that will make
the skin white?

Can a man who has very bad eyes be taken
to serve in the army? He wears glasses.

RONE C. To Whiten Skin; Serving in Army

As I do not know what ingredients are contained in the medicine of which you speak, it would be impossible for me to give you any suggestion as to the removal of the stains. I should advise you to take the coat to a professional cleaner.

Buttermilk applied to the face every pirot and allowed to dive

night and allowed to dry in is excellent for Imperfect eyesight will cause a man to be rejected for the army. However, the man should present himself at enlistment headquarters and let the surgeon in charge ex-amine him. His sight may not be too de

Reducing Weight at Seventeen To the Editor of Woman's Page: To the Editor of Woman's Page:

Dear Madam—I am a young girl of seventeen, considered right good-looking, aithough I am a little stout and seem to be getting more so every day to be seen to be getting more so every day to be seen to be seen to be getting to be seen to be see

A girl of your age and height should weigh from 119 to 115 pounds.

Proper diet will do much to keep down your weight, although I would not worry if I were you, for you are not so much overweight. To reduce the hips below the waist take the following exercises every morning and evening: Lie flat on the floor, with the arms under the head, then slowly raise one leg until it is vertical, then the other leg, then both legs. Repeat a dozen times. Stand erect with one foot a little forward, then, placing the hands on the hips, bend sideways as far as you can to the right, then to the left. Standing erect and with one sweep bringing the hands down to touch the floor in front without bending the knees is also good.

At quarter to six a. m. I am up and sponged and well flesh-brushed. My good old lady gives me a huge bowl of coffee and four lumps of sugar, bread and butter, and a boiled egg, for twelve cents—an ex-travagance which I indulge in to avoid the probable consequence of the long walk to the Hospital on an empty stomach through the mists of the Marne, which are thick and weird enough in the early morning. It is a devious way through mud and mist, and almost anything is likely to cross your path—a bent, white-capped old woman like a stray from some old Dutch painting, a black cat, lean and runty (everything is hungry about here); an aeroplane wheeling about on the watch for Taubes which are frequent and flery these days; a convoy

nearly wept with chagrin.

The first thing I do, after a word of greeting to each of the thirty-four children,

portant than busting Wilbur. When I ask for two things I want the most important

The superior quality of the materials, the wonder-

Dougherty's "Faultless" Bedding

Remember that

stomach. You know that your baby should be

thing so near mother's milk that the little stomach won't feel any shock of change.

curd - that hard, rubber-like curd. Nestle's has been used by millions of mothers for half a century-mothers

Join the million mothers. Give your beby this aimple food, modified by doctors, planned by scientists, free from germs, easy to digest. Send this coupon without

mothers whose babies are growing big and strong on Nost-