

LETTERS FROM FRENCH WAR HOSPITALS

WOMAN'S OTHER INTERESTS SECONDARY TO MOTHERHOOD

The Girl Who Prefers to Carve Her Name in the World of Fame Rather Than to Assume Domestic Responsibilities

It is a splendid thing for a girl, when she enters upon a business career, to throw herself into her work heart and soul and to make it secondary to nothing. But it is unfortunate for her to so lose sight of the primary cause of her existence that she deliberately stifles any maternal instincts she may have.

I have just been reading of a young woman from a town in the Middle West who, because she achieved a certain amount of success in musical circles upon coming East, broke her engagement to a youth from her "home town," although she acknowledged she loved him, but declared she must have greater freedom for her work than matrimony would allow her.

All very well and good if love does not enter into the thing, but when it does it seems to me a girl is taking rather long chances when she so decides. A. L. McCrimmon, in his book on "The Woman Movement," says: "The intellectual and esthetic throes of creative work are very commendable. In race continuation, however, flesh and blood can never be replaced by stylism and palette.

This hat is but a high band that narrows as it comes round to the front and passes through a slit in the other end and fastens with a rose.

of social activities. Her functions are unique. No creative laboratory or propagandist shrine can take her place, no creche can supply her arms, no manufactory her nourishment, no infant creche her intuition and instinct, no social nursery her sympathetic care. She hides behind no 'social responsibility' that she may have license for selfishness or shirk individual responsibility, which is the source of the iron in the constitution of man.

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. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. How can absorbent cotton be prepared?
2. How can a paint be made waterproof?
3. Of what does a good oil for sewing machines consist?

ANSWERS TO YESTERDAY'S INQUIRIES
1. The food for a woman of sedentary habits should differ from that of a woman who is physically active in that she should consume fewer starchy foods, such as potatoes, beans, bean puddings and thick soups and pork or veal, but should eat a generous amount of green vegetables, salads, lean beef and fruit.

Recipe for Nut Bread
Dear Madam—Please publish a recipe for nut bread, the kind that is used in making sandwiches. MARGARET T.

To Use Leftover Toast
Dear Madam—Here are several ways of using up leftover toast for luncheon: Tomato Cream Toast, one-half cupful tomato sauce, one-half cupful cream, one-half cupful butter, one-half cupful sugar, one-half cupful chopped walnuts. Mix and sift the dry ingredients and add the walnuts. Beat the egg and add to the milk, then mix this into the dry ingredients very slowly. Beat well, turn into well-greased oblong pans, let rise for twenty minutes, then bake from three-quarters to one hour in a very moderate oven.

Potted Meat for Sandwiches
Dear Madam—Can potted meat be used as a sandwich filling? MRS. C. M. J.

Cheese Dishes
Dear Madam—A pleasing variation may be made from the usual cheese dishes. Cheese for instance, is cooked in a sauce of milk. When quite melted add two eggs, one egg yolk and two beaten egg whites. This mixture should be baked in a small dish. MRS. C. M. J.

Other Wedding Details
Dear Madam—It is ever allowable to use those paper napkins at a wedding reception? Also, must the attendants at a wedding be married? Should the bride ask both bridesmaids and bridesmaids to be present? Must the bride give a present to the bridesmaids and bridesmaids? FUTURE BRIDE.

"Mademelle" Miss

These letters from an American girl serving with the rank of lieutenant in a French army hospital bear the name of "Mademelle" and which have been saved for your comfort and interest by the editorial committee. The nurse tells with a wonderful reticence of the joys and sorrows of her life in a hospital, and of the world's greatest critics and humanists.

THIS being an essentially Christmas Number we'll omit professional data and all the tragic things that show you the bright side of the battle. Don't forget there is one, and it is good to reveal it from time to time, lest we lose faith in living, and feel too much stress on the shambles, the misery, the cruelty, at the expense of finer realities, and if Robert Louis Stevenson were here he'd perfectly agree with me! All of which goes to show that the Star of Bethlehem has shone very close above my humble shelter at this blessed season, and that the Angel of Death has not passed over it. For which I am ever most grateful that my heart is as light as a lark's today; and it has learned—as our soldiers learn to sleep in the trenches—not to forecast alarms for the morrow.

I happened to tell my scheme to the young chemist who helps in the operating room. As he for some time has been busy with carrying wounded to providing me with chocolates which quickly disappear down thirty-three throats—he suggested interesting his mother and her Paris friends. There is a dear little old woman who plays the role of fairy godmother to my ward. For a long time I never knew who she was or where she came from, but twice a week, just at soup-time, he would trot the dear, quaint creature, tied up in a woolen fish and laden with a huge basket filled for the whole family. Sometimes it held baked apples all sticky with jelly, some other times, however, a steaming hot, sometimes tart, or ripe pear—always a digestible inspiration. She'd slip in, set the basket on the table, and slip out, often before I had time to thank her. Later I found it was Mme. Nabout, who keeps the tiny grocery in the rue de Fremicourt; and I was almost sorry to place her, she was so like a figure out of Hans Andersen, and put in orange in the fly to ask if she could help me order a tree. Her keen, wrinkled eyes just danced. Not only she'd help me, but she knew a horticulturist who'd give me one if I said so, and all the other things, ribbons, and some handkerchiefs, and there was a confectioner who had bonbons to spare. So immediately I took heart and set my little French girl to work on her plans. A little thinking at night, and three pilgrimages to town, of an hour and a half each, did the rest; and Christmas Eve you couldn't have found a prettier tree than the one which, lit with its glistening branches towards the rafters of Pavilion V.

December 27, 1915.
There have been various changes of which I will tell you in my next. Gauze, cotton, gloves and needles all there. Thanks, thanks, and God bless you! It's a new year of promise. I believe we ought to be joyful no matter if men do try to make a vale of tears, and the more suffering I see, the more I think so.

December 31, 1915.
The next letter will appear in Monday's Evening Ledger.

LOTS OF TIME TO PLAN GARDENS; SEASON BACKWARD THIS YEAR

Not Too Late to Join Home Army of Food Producers in Back Yard or Suburban Plot—Some Essentials for Success—Value of Intercropping

By JOHN BARRAM
THIS is a late gardening year. Persistent cold weather and late frosts and rains have delayed many kinds of planting far beyond the usual time. This fact must be remembered in using the various gardening tables and suggestions which in this paper and in the "Evening Ledger" have been issued through the press have set times for planting. Such dates are always approximate and for the majority of things it is better to be late than premature.

FOR EARLY CROPS
Those who desire to produce early crops should bear in mind that a warm, sandy loam will produce an earlier crop than a heavier soil that retains more water and less heat.

ESSENTIALS FOR GARDENING
The essentials for successful gardening on a small or large scale are soil, water and cultivation. Much depends also on the grower, the season and the crops selected.

GARDEN QUERIES ANSWERED
Concerning Sandy Soil
Mrs. P. Bush—You do not state whether your soil is constantly wet. If it is, there is no reason why you should not grow a large number of crops. You must have something beside sand and to grow early crops in the spring, you should have a coating of an inch or two of top soil mixed with a little sand. This mixture should be made in the ratio of half a ton to an eighth acre.

Climbing Beans
V. C. D.—Climbing beans can be trained to a fair amount of sun, say half a day of it. Keep under and Lazy Wife are good green beans and Golden Wonder are good for variety. They should be picked when four to five inches long, and are best when they are not planted up against the fence, but about two feet to avoid scalding of vines from reflected heat waves.

Bala-Cynwyd Musicals
The Neighborhood Club of Bala and Cynwyd, the civic organization of their section, showed how well its serious-minded members could enjoy music and dancing last night at a musical and dance given under its auspices in the Bala-Cynwyd Auditorium.

Roses
We are having special sales of them in our shop.

IN THE MOMENT'S MODES

A revival of the becoming "poke" is seen in this dress hat of black luere, with its coquettish streamers of robin's egg blue velvet. The rose beneath the brim seems perched at a rather perilous angle, but since the end justifies the means, why not? A hat of this description was marked \$12 in one of the better shops.



YOUNG KNOX'S WIFE PLANS COUNTER-SUIT
Orders Attorney to Bring Action for Divorce Against Senator's Son

A counter-suit for divorce will be filed against Philander C. Knox, Jr., son of the former Secretary of State, by his wife, Mrs. Knox, who is now in Philadelphia. The action was announced today by Mrs. Knox, who is serving as an understudy in the "Oh, Bay" company at the Princess Theatre, New York. Knox for a divorce was filed last October by Senator Knox's son, who is now in Philadelphia. The action was announced today by Mrs. Knox, who is serving as an understudy in the "Oh, Bay" company at the Princess Theatre, New York. Knox for a divorce was filed last October by Senator Knox's son, who is now in Philadelphia.

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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 of prescribing for ailments requiring surgical treatment or drugs.

Drugs
When one has a tendency to dream, the indication is that he is overworked, or worried—nervously unbalanced in some way. A late supper, an evening of excitement, indigestion, constipation—these cause dreams to occur as reflexes starting in the alimentary tract.

Cheese
If you regard cheese as a condiment? Is fresh cheese undesirable as a food? M. C. B.
Cheese is a concentrated food and its digestion leaves no residue. Unless combined with other foodstuffs furnishing a sufficient amount of refuse, it would naturally tend to constipation. Cream cheese is not unwholesome for persons who are able to tolerate milk.

Cottage Cheese
Is cottage cheese constipating? It is wholesome and not constipating when combined with other proper foods. (Copyright.)

WAR RELIEF WILL BE TAUGHT
Six Weeks' Course in Caring for Soldiers' Families
Applicants are enrolling today for a six weeks' training course for volunteers to care for soldiers' and sailors' families, offered by the Southeastern Pennsylvania Chapter of the American Red Cross Society and Pennsylvania School for Social Service, 425 South Fifteenth street.

Neurosthenia
Please suggest the best diet for a neurosthenic, together with the best means for bringing about three or four bowel movements each day. M. M. B.
The diet should be anti-toxic; that is, meats of all sorts should be avoided. In some cases eggs should be avoided also, and sometimes it is necessary to discard the use of milk. In such cases all animal proteins encourage putrefaction, which gives rise to poisons which are the cause of neurosthenic symptoms. The great majority of cases, it is equally important that the bowels should be made to move three or four times a day by means of a laxative diet, which should include an abundance of fruits and green vegetables. A tablespoon of bran at each meal will in many cases secure free movements of the bowels.

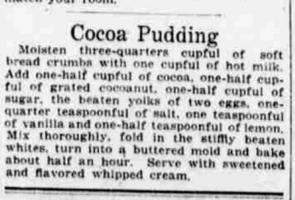
WOMEN PLAN WAR RELIEF
Mrs. George Dallas Dixon Addresses Meeting at Altoona
ALTOONA, Pa., April 21.—Attended by several hundred enthusiastic members, a meeting of the Altoona branch, Pennsylvania Railroad, Women's Division for War Relief, was held at the Logan House. The meeting was addressed by Mrs. George Dallas Dixon, of Philadelphia, influenced by the fervor of her remarks, the local division members pledged themselves to be economical in food and dress.

Crocheted Cotton Rugs
One large wooden crocheting hook, cut in cloth into strips one-half or one inch wide, whichever is easier to handle. Sew strips in one long piece. Chain eight, join in ring. Next round, crocheting rings, making two single crochets in one loop, so round and widen and make rug lay flat. In order to make a crocheted rug, you should use a wide and make rug lay flat. In order to make a crocheted rug, you should use a wide and make rug lay flat.

Cocoa Pudding
Moisten three-quarters cupful of soft bread crumbs with one cupful of hot milk. Add one-half cupful of cocoa, one-half cupful of grated coconut, one-half cupful of sugar, the beaten yolks of two eggs, one-quarter teaspoonful of salt, one teaspoonful of vanilla and one-half teaspoonful of lemon. Place in a buttered mold and bake in about half an hour. Serve with sweetened and flavored whipped cream.

A Modern Bathroom
is one of the most attractive rooms in the house. Always fresh and neat, it is a real delight to the eye. Floor, brick, bathroom fixtures will make your bathroom modern. They are honestly made of the best materials, and will outlast the house itself.

This Beautiful Home Built by Walter Bassett Smith For Sale on Easy Terms
No. 39 Manor Road, Wynnewood Manor, Pa.
At a price made expressly low to lend impetus to the sale of six other houses in Wynnewood Manor, all to be sold this Spring.



Call up Overbrook 1146. (Half acre of fertile land for vegetable garden for your use without charge, so long as it is not required for other purposes.)

Walter Bassett Smith

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XIX—Patsy Has a Birthday

I DON'T see why a birthday should be different from any other day. Mine wasn't and I am glad it is out of the way. It was a sort of a nuisance waiting for it and looking forward to it and then not getting anything.

your boots and go where you are going. A child that runs wild the way you do at all hours of the night is no fit playmate for anybody. You are just a little savage and you need a good spanking. I should think your mother would turn over in her grave at some of the things you do.

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