ERCY DIRECTED ENERGY CAN ACCOMPLISH MUCH GOOD-STORY OF CHILD OUTLAW

YOU AGREE THAT A FUTILE LIFE IS AN IMMORAL ONE?

Is the View Held by Mary MacLane in Her Latest Effusion-Girls Who Seek Advice Only to Have One Agree With Them

RY MacLANE has written a new book, which, according to the reis even more startling than her contribution to the literary

nothing that she says is quite as her statement that she lives an al life; immoral because it is deadly If the nervous energy and inof which she is possessed were ed and put to some tangible use would be little time for the morbid of imagination in which she adshe indulges constantly. And she probably create something surngly good. For she has the gift of eeing herself vividly, she inva-hits the bull's-eye, and with it all d-given courage.

There are many such women as Mary cLane, living similarly immoral lives ald they but realize it as she does. But do not possess that faculty of self lysis which is hers, and instead of osing their complaint and trying cure they potter around, imagining elves really occupied in the world.

TSUALLY, I have found, when a gir asks for advice it is only with a desire knowing that I was in the right, yet have her own views confirmed. If one agrees with her she will rear up and rotest; then try again to win herself r to her own expressions of opinion. Several days age a friend of mine ted for my opinion of some plans she ad made. It would have been an indison for her to carry them out as she asked my advice, but upon receiv- a nonentity.

Vyvettes

black lisere straw. It certainly does not belie the saying that "most good things come in threes."

ing my honest opinion, that she would be acting unwisely, she immediately faced the other way and attempted to justify her proposed action.

So there was little gained. This girt was not a little peeved at me, while persisted in carrying out her original intentions. Next time, I telieve, I shall be perfectly neutral. It is the only safe course.

only fair to give it, and not to agree weakly with the other's viewpoint just to avoid unpleasantness. For this sort planned. She probably had qualms of person, the "agreeing" kind, becomes

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 or invited. It is understood that the editor does not necessarily indorse the emitment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger. Philadelphia, Pa.

TODAY'S INQUIRIES 1. With what tollet appliances should a girl supply herself when going on a visit to the home of a friend? How is tomato asple prepared? What is koumiss? 2. When invited to a shower given for a bride to which one cannot go, should a gift be sent How can pletures be removed from the or not? when housecleaning y ecleaning without the trouble 3. What significance is attached to the cus-tom of the bride throwing her bouquet to her

ANSWERS TO YESTERDAY'S INQUIRIES

1. If white silk waists after being washed in water are rinsed in warm bluing water will not turn yellow. 1. When a young woman's brother-in-law and sister announce her marriage it is done as fol-lows: "Mr. and Mrs. John Blank e-mounce the sister announce her marriage it is done as folmarriage of their sister, Helen Louise Jones. etc., always using the last name of the bride Garments which stould not be starched in this case.

beed a certain body sizen to them should beed in a quart of water to which a capful of sum arabic has been added. when serving light refreshments \$ the evening.

a strip of rubber is sowed on the under of a rug it will not slip on a polished floor

Uses for the Dandelion

uses for two an's Page: ar Madam-1 am sending you an extract a pamphlet fasued by the United States riment of Agriculture. Thought it might W. R. M.

WILD GREENS AND SALAD PLANTS any of the wild plants that accompany the a of spring can be used advantageously in duschoid. Before modern method of mar-distribution of the second second second to vogetables throughout the busiceepers



A very smart three-cornered hat of

about that?" I said, "Nothing." Then she said, "It is wrong for me to receive calls and not return them." I said, "I am glad it isn't that way with tarts." She laughed and said, "Now, listen When your father has gone to work tonight I am going to come and call on you and you must entertain me." I said, "That will be bully good fun," but I

didn't mean to do it. I went away to see a pleture show, but there weren't any good ones, so I saved my dime and just rambled and looked into the store windows at the new dresses and hats. Then I went on to a big bridge and stood

and watched the trains go by underneath the bridge and the boats on the river and I thought that some time I might hide on a Yet, when frankness is asked, it seems boat and go to the land where the people make spaghetti and see how they hold it still while they bore the holes in it. Making

those holes always has seemed funny to me. On my way home I was running down the middle of the street with Rowdy right behind me and with my hair blowing when I heard Mrs. Carpenter, sitting on her porch, say to some one. "There goes that barelegged little savage I have been telling you about. I should think her mother would turn over in her grave. She needs a good spanking, running about at all hours of the night. I looked out of my window past 1 clock the other night and saw her and her awful dog going by." I stopped and said, "He is not an awful dog !" Then I made a

PATSY KILDARE,

OUTLAW

By JUDD MORTIMER LEWIS

XXI-The Invitation

TT WAS dark and early when I got up

yesterday morning. So Rowdy and I sat on the steps and we saw the lights of the

first car that went by two blocks away. Soon the stars were all taken in by whoever does it and the wind had gone home and only the milkman slambanging down the

Pretty soon it began to be time for the men to go to work and then it got lighter

and my father came home from watching

street

face at her When I kneeled down and Rowdy sat up with his paws on the bed beside me I said, "Thank you, God, for the nice things you do for me. If you can have something that isn't very bad happen to Mrs. Carpenter I shall appreciate it. Give my love to my other and to my father and you needn't bother about making me a good girl any more, for I think that is asking more than you find it easy to do. Nobody seems to like me and yet I don't think I am so darn bad.

Amen. (Copyright.) The next adventure of Patsy Kildare will ap-bear in fomorrow's Evening Ledger.

THE CHEERFUL CHERUB



These letters from an American siri serv-ing with the rank of lleutenant in a French army hospital back of the Marpe constitute "one of the most intimite and holy things which have been saved for our comfort out of the witripool of embatticed Europe. I find in these letters some frarmont of tree atome-ment for the huge sin and blunder of war. The nurse tells with a wonderful poismant humor the loss and sorrows of the war. The norse of the world's greatest critics and humanists.

Extract from letter to E. D.

and we kissed and I sat on his knee when the pancakes were fried, and we ate break-THIS a. m. a telegram came to expect 300 fast together. I told my father about going swimming and he got very much excited and asked me how deep it was and how wide the river was and I told him. wounded this evening. The first time I have seen my saile vacant. And all those dear things I have been wooing back to life and strength were bundled off to the station. All the best reserves of France

Then Rowdy and I rambled and we went up to Old Maid Tompkins's because I hadn't have been hurrying to Verdun in these days to meet the Crown Prince's attack. It is had any of her tarts for a long time and I was afraid she might think I didn't like them and I do, and I told her so as soon as she had said, "Good morning." She said, "I the sixth day of a conflict, they say We know nothing except that precedented. am much relieved and will make some for dinner as soon as I get this waist done that every frontier town is crowded with wounded, and the battle rages, and I am sewing. I think you will like them, for I have got some new jam." have retired several kilometers. The suspense is agonizing.

While I was eating the last tart she said, February 27, 1916 "I have been thinking. You have visited me a number of times and you have never in-vited me to visit you and what do you think All alone in my great salle! and truth to tell "la petile mere"-that's what the children call me now-is feeling pretty desolate as she looks down the two long rows of lifeless beds, all lined and squared for inspection, and only the dull, dim roar of the guns to break the stillness. light falls softly enough through tri-colored folds, the stars after the storm wink kindly

through the windows, there are fresh flow-ers on the table and a smell of can de javel and cleanliness everywhere-Javes and cleanliness everywhere—a scene to rejolee an inspector's heart. Not mine. My thoughts follow those poor children, so rudely routed out of their heds this morning and sont trundling off in carts and broastes -anything one can find, since all available autos are requisitioned for station; to make room for the latest victims of the Crown Prince. And J see my poor "skeleton"-well fattened now, but pale with distress, and far too frail still to undertake a forty-eight-hour journey; and his next-door neighbor-the Tuffler wn the triumph-"notre chere Jean" who so adores petting; and my gold-haired, pink-cheeked best-looking one for him), and who was more afraid of being tickled than of having his fracture dressed ;—and all the others, perfectly miserable to go, but resigned with that matchless resignation that characterizes the French polls. The Medecin-Chef had a telegram this morning demanding every bed in the Ambulance, after which

came a series of orders and counter-orders, and making and unmaking and remaking of beds, and shifting and replacing of pa tients, enough to make us all lose our minds if we hadn't been drilled by months of the same thing; with the final result that everybody is gone, including several operes still dull with chloroform. After all this scurry and frantic cleaning, the wounded may not arrive for a day or two, "Mais dans la vie militaire il ne faut amais chercher a comprendre." Meantime, this Verdun affair keeps us all at

tremendous tension:--the seventh day of the attack and still the engines of destruction hammer as they have never hammered since the beginning of time. First we lost, then we gained, now no one knows what is happening. There's always the far-off cannonade to remind us of the epoch, there's generally an aeroplane sentry overhead, and the other night going home it was really dramatic. It was the night

when two entire corps d'armee passed when two entire corps a armore passes through Vitry—a continuous stream of camions from 5 o'clock in the afternoon till 4 or 5 the next morning. I had to cross the line of march, and for over a half tion and should consist chiefly of fruits,



11

infection. Not infrequently a so-called local infection is the cause of chronic rheumatism. The real seat of the trouble may be a disto care; they were all going to help the copains together, and together they sang

Is it unhealthful to eat two or three apples or drink a glass of water before bedtime" Our physician recommends it to move the bowels. B. P.

HANNA, CHIROPODIST 1204 CHESTNUT STREET S. E. Cor. 13th & Sansom (Over Crane's) Corns Removed, 25c Ea. Manlcuring, 25c.

In the Greek Room

Greece struck a starward way and smote

Across the outrolled page of heaven's

Clouds clung for ivy round her walls that

Out of the inmost heart of earth's iron

Then star on star she saw her splendor

the rust. Till, feeble remnant of a world decayed.

Styx. What reads blind Homer in yon crucifix

fade, Stone fell from stone as deeper struck

Down-toppling came an, avalanche of

-Charles L. O'Donnell.

Here where we see her lights go down the

PREPAREDNESS

Surely proper care of the feet is an

FACE CULTURE

"MONTGOMERY METHOD"

frame. About her brow a million suns aflame;

her name

blue :

dust.

Please give cause and remedy for soreness a upper part of the chest, also under the shoulder hades and in the back. Soreness con-inues for weeks, Age thirty-five, safeswoman, MRS, H. K. A very common cause of pain of the sort described proceeds from the stomach, possibly an ulcer of the stomach or an ulcer of the duodenum. The case should be in-

Is beet sugar more healthful than cane sugar: A. R. Beet sugar and cane sugar are precisely the same thing. The variety of sugar known as cane sugar is found not only in the sugar cane and the sorghum, but in the maple tree, the sugar beet and many other plants.



an air bath-and daily rubbing of the skin with oil are highly beneficial measures. even pace, the single little light shielded above to trick the acros; and the cold, comfortless inside crowded with armed men singing and jesting as though it were What is the cause of rheumatism? JAS. M. B. a hay ride on an August evening. Acute rheumatism is generally due to in-fection; chronic rheumatism is often due to had no idea where they were going, most of them hadn't even a cigarette, it was unbearably cold and damp, but nobody seemed

eased tonsil, an abacess at the root of a tooth or some other local infection.

Eating Before Retiring

The prescription is a good one.

Burnt Alum

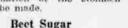
vegetables and greens, not omitting a lib eral dose of bran at every meal. The bran should be sterilized. It may easily be pre-

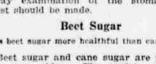
Rheumatism

Would you recommend powdered burst alum water as a gargle? Also, may vinegar and wa-er be used for the same purpose? E. H. V. A little alum in water may be used as a

gargle without injury and sometimes with benefit. Vinegar is not to be recommended. Soreness in Chest Roses

We are having special sales of them every day now, The Century Flower Shop 12th Below Chestnut St.





vestigated by a competent physician. X-ray examination of the stomach and chest should be made.

not have sufficient food or the right kind of food. Long hours of hard work in inanitary surroundings may cause anemia. Whatever the cause, the patient has a peculiar pallor that extends even to the ips-a truly bloodless appearance. There may be almost any functional disturbance. Since every organ and part of the body is nourished by the blood, it follows that the

normal work if the blood supply is in any way lacking. Nervousness, insomnia, short breath and neuralgia are common symptoms

In treating anemia, as in any disease, we must remove the cause. For instance, if a man's occupation causes anemia, he must change it. If a nursing mother has anemia from prolonged nursing, she must

In any case, nourishment is of greatest importance because the blood must be brought to normal. Wholesome food must imple physiologic foods. while the blood-building is going the head level, is often beneficial in anemia by increasing the blood supply to the brain. gestion is greatly disturbed. Beef teas and all flesh foods are not beneficial, and are often harmful.

Herter showed that in the worst cases of anemia poisons are produced by putrefac-tion in the intestine, which when absorbed in the circulation destroy the blood. The diet should be such as to prevent putrefac-

as if it were all a big jest: "Au res de ma blonde, tara, tara, tara, ra ra," etc., February 27, 1916. etc.; and one was dangerously near having the sand-man drowned out of one's eyes. Now we know those joy-riders are all at Verdun, and many of them will never come back! (Copyright by W. A. Butterfield.)

APRIL AND AND ANT APRIL 24, 190

The next letter will appear in tomorrow's Evening Ledger.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

any of its important constituents, such as red corpuscles, anemia results.

tissues starve and cannot perform their

of anemia.

wean her baby. If there are parasites in the intestines, they must be dislodged. If a man is starving, he must be fed.

be supplied. This does not mean rich or stimulating food in the ordinary sense, but The milk dict is an excellent means of building up the blood

It is often well to have the patient rest

in bed for a few days or weeks (especially in cases of anemia due to hemorrhage horizontal position, or one with the foot of the couch or bed elevated a little above

It is better to take small amounts of food at more frequent intervals rather than the regular meals at the usual times if di-

Are You Anemic? WHEN for any reason the blood supply is lacking or the blood is deficient in There are many causes of anemia, A person may have a severé hemorrhage as the result of accident or disease. He may

The vegetables throughout the year, these were eagerly sour, t for by housekeepers insish relief from see monotonous winter Foremost among meth is the dandellon. Foremost among meth is the dandellon. Foremost among meth is the dandellon. For an averatable is so common that it is in many sity markets. Concestonally it is in the day markets are determined in the form it is the plants sold are wild ones and the cost less than cultivated greens. When one in the family can dis them near home one in the family can dis them near home one in the family can dis them near home one in the family can dis them near home one of doubt as to the economy of using if they are taken from the lawn there is ther sounds at enthe disting is care providing always that the disting is care done. As is most stem and leaf vegetables, calure and flavor are both best when the are young.

The should have are both best when the string young. The young is they do close to the surface of round dandellon greens are likely to high and grit. and must be carefully and rinsed in network waters. The in which they have just been rinsed should be poured out of the pan over the greens, are not be dirt which has satisfed to the both are the dirt which has satisfed to the both are the dirt which has satisfed to the both are the dirt which has satisfed to the both are the dirt which has satisfed to the both are bound of the both are bound of the both are bound to the both are bound to the both are both and the both are both and the both are bound to the both are both and a both are both and the both are both and and a both are both and a both are both are both and a both are both are both are both are both and a both are both

old. wild plants used as potherbs are curly weed or lamb's quarters, chickweed, shoots, purple mikweed shoots, young include the shoots, young merican cowslip, poke aprouts, popper relane or pusley and in the Southwest-tes some sorts of cactus leaves and if the bitter or acrid flavor is too as is frequently the case with horse-ves or poke apputs, for example. It easened by charging the water once or ing cooking. Fightly cooked, all of the entimed are harmices. Marsh marigold mes said to be harmful, but this is not with the cooked greens.

To Clean Ostrich Boa

itor of Woman's Page: incam-Will you kindly tell me throug imms how to clean a black and whit and a white plume? L. E. A.

and a white plane; L. E. A. unces of white curd soap, cut small slved in two quarts of rather hot fake the solution into a lather by with wires or birch rods, then dip ars in and rub them with the hands or six minutes. Rinse in clear hot as the hand can bear, then in der

Wax Marks on Serge

ANXIOUS.

georgette, if you can secure it to match, if not, silk could be used. This would This would be prettier than a straight band and would not give so much the appearance of a "made over" dress,

To the Editor of Woman's Page:

Hair Turning White To the Editor of Woman's Page:

2. Butter should not be served with rolls

3. The fragrance of sweet grass baskets can

be renewed if warm water is poured over them,

Lengthening Georgette Crepe

Dear Markam - Can you suggest to me a way of lengthening a pale flesh-colored georgette creps dress which has shrunken so that it is now ten or eleven inches from the floor? I want it at least two or three inches longer. It want it at at the waist.

lengthened very successfully, it seems to me, by a two or three inch band of quilling of

A frock such as you describe could be

Done Madam-1 am past fifty, but up until now my hair has been brown. Now it is streaked with gray and is very unit. Is there anything I can do to keep it from turning with-out dysing it? If it must turn. I would rather have it all white than this way. L. D. There is nothing you can do to keep your

hair from turning white, short of dyeing it. and I would strongly advise you not to do this. I would not be distreased if I were you, for gruy hair softens and refines the face, and is invariably becoming. If you want it to turn white be careful in shampoo-

ing to rinse it very thoroughly, using a little bluing in the last rinse water. Do not sub soap on it, but use a pure white soap made into a liquid.

Desires to Reduce

To the Editor of Woman's Page: Dear Madam—I feel as though I am taking on feesh too rapidly. Will you kindly publish through your column some harmless recipe to reduce my weight? ELIZABETH M.

The surest way to reduce is to regulate the dist carefully. Omit starchy foods, sweets, butter, pastries and other fat-pro ducing foods, drink no water with the meal and take plenty of exercise. It is also claimed that dissolving Epsom salts in the bath water will reduce.

Parents Too Strict

To the Editor of Woman's Page:

Dear Madam-I am a beautiful young girl of seventeen summers. Although I am very popu-lar with the boys. I am never allowed to see them when my parents know it. to you think there is any harm In seeing them outside, when they are so strict with me?

Although your parents may seem rather severe, they know best, and until you are a little older and wiser you should submit to their wishes. Perhaps in time you can persunde them to allow you to have young men call, but until you can do so it is wrong of you to meet these boys outside.

Bread and Butter Plates

To the Editor of Woman's Page: Dear Madam—Which side of the dinner plate is the bread-and-butter plate placed? Are small pickles, olives and cut cheese taken up with the ingers?

pickies, olives and the pour how much I enjoy your I can never tell you how much I enjoy your paper, and the Woman's Page is always put away until I have time to go over it carefully. MARY A. H.

MARY A. H. The bread-and-butter plate is placed at the upper left side of the dinner plate. Olives are eaten with the fingers. Pickles should be served with a fork and are eaten with a fork with the meat course. Cheese is usually placed on the cracker with which it is eaten with a small silver knife or bread-and-butter knife. It is not taken up to the fingers.

NP. NP

Should One Answer

in the fingers.

Should One Frage: itor of Woman's Page: tadam-I received an invitation to a at a future brids. I find I shall be go, The invitation is for an afternoon with know it is not usual to answer a ation, but this was a written one and ation, but this was a written one and wisiting card. Should I answer there HELEN.

tes is given for a shower for the must necessarily be a rather small presume. I would, therefore, an-ternot wait to send your card on the tes (which is, as you say, the thing to do), as your hostens fill your place. And as the in-written one, it would certainly uid certainly answer it in teous, if you

Peach Betty

RT.CANN

Melt three tablespoonfuls of butter and add two cupfuls of fine bread crumps until they have absorbed it all. Butter pudding dish and place layer of crumbs, then layer of stewed peaches which have beeen sweet-ened, then so on until dish is filled. Have top layer of crumbs and dot with butter Bake three-quarters of an hour

Cause of Tender Feet

One of the most usual causes of tender feet is perspiration, and the man or woman who suffers from foot troubles will do well to see that the feet are not overheated or in a cold perspiration.

Wearing Overshoes

If it is necessary to wear overshoes, keep a comfortable pair of old shoes to wear under them, and always remove the over-shoes at once when entering a building.

Be Sure to Save This Recipe **Coconut** Jelly

Drain milk from can of Baker's fresh marated coconut, pressing it well to re-move all the milk. Now, measure the milk and add multicent water to measure it's cups. Flace water in saucepan, bring to a boil, remove from fire, and add one package of Orange Jeil-O, cool, and then beat until it begins to thicken. Fold in the coconut, pour in mold and set on ice to harden. Serve with either fruit or cream sauce. More-Filme mid with cold water before pouring in the prepared Jell-O.

1 Can Baker's Coconut. 12c 1 Package of Jell-0.... 10c

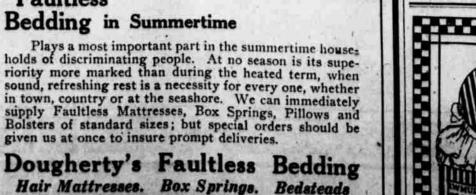
Serves six to eight persons. **Complete Recipe Booklet on Reques**

BAKER'S Fresh Grated Coconut

in the Original Milk In Cans, Not in Paper Packages NOT a Desiccated Coconut

Baker's Fresh Grated Coconut-BAKER with the original milk - is fresh, juloy, delicious, It is not a desiccated coconut. Se-isoted nuts are grated, ready for immediate use and packed in air-tight cans. All the nutty flavor and food value are retained. OCONU 12c At Your Recipe Backlet on Requ FRANKLIN BAKER COMPANY





1632 CHESTNUT STREET

The fabrics, which are of the very highest quality, include:

French gabardines, Poiret twills, chiffon taffetas, men's wear serges, wool jerseys, velours, Kaiser's Jersey silk, khaki-kool, gros de londres, etc.

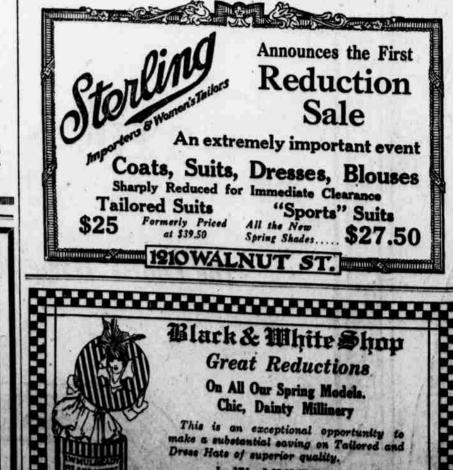
The Colors Include

All the high shades, such as sunset gold, French blue, lawn green, Copenhagen, rose, magenta; also darker tonesolive, mustard, browns and tans as well as Oxford gray, navy and black.

Linings are the richest of peau de cygne, striped and Oriental silks.

FRANK & SEDER-SECOND FLOOR

FRANK & SEDER



I. W. MULREADY

195 South 18th Bt