

ECONOMY IN FOOD NEEDED AT THISTIME—WOMAN'S EXCHANGE—VARIETY OF HOUSEHOLD HINTS

THE SYMPATHETIC GIRL MUST POSSESS IMAGINATIVE POWERS One Quality Rarely Found Without the Other. Both, When Developed, Make for Success Socially

SYMPATHY and imagination usually go hand in hand. The girl who is truly and deeply sympathetic you will find is also intensely imaginative. Otherwise, she could not visualize the troubles of those who confide in her, could not put herself in their place.

The person who is deeply sympathetic, and at the same time possessed of a vigorous nature, proves an ideal companion. But, strange though it may seem, these two qualities are not always found together.

I know a woman who is really remarkably self-sacrificing; she would take infinite pains to do a service for another. Yet she is most unsympathetic. One never feels impelled to pour one's troubles into her ears, because she is always so absorbed in her own thoughts she scarcely pays attention. Yet, as I said before, when a situation is actually placed before her she will move heaven and earth to help in some way.

In contrast to her is another woman to whom one feels irresistibly drawn. It seems the natural thing to do to confide in her, and one always finds a sympathetic and understanding listener. Yet her interest takes her no further. She will murmur comforting platitudes, yet will skirt anything which entails a sacrifice on her part. But the one who combines these two qualities is rarely found. With such a one you expect that to be a friend is to be lifted a little way toward heaven each day. Sentimental, perhaps, but true.



Vivettes From the trim of a hat subtract the front part. Multiply the back by three and divide the materials into straw and taffeta. Then add a feathered ornament. Above is the answer.

TAKING it from another viewpoint the sympathetic imaginative person is almost always a success socially. The girl who never meets popular men are not those who consistently exhibit the role of attentive and appreciative listener. I say "attend the role" yet that cannot exactly be done either successfully. A mere attitude of staid attention is not only unbecoming, it is also unattractive, and it is only little streak of sympathy, which endows the staid with the gift of self-expression.

If a woman wants to appeal, she should cultivate the habit of being an intelligent listener. Men will marvel at her intellect.

Mademoiselle Miss

These letters from an American girl serving in the French army hospital back of the Marne constitute one of the most interesting and touching letters I have ever read. The girl is Miss Mary, who has been saved for our comfort on the front by the kindness of the French army nurses. Her letter is a beautiful example of the world's greatest art and literature.

PARIS, March 19, 1916. After a week's rest, I am now in the front of the ambulance. Her husband is a bit stiffer and her cheeks are no longer so bright, but I have had much chance to see her and to talk to her. She is the daughter of the mother and daughter of the dear old mother. I have had much chance to see her and to talk to her.

Since you've always been so eager for details of my life, I'll tell you what I'm doing now. I'm in the ambulance, and I'm doing very well. I'm doing very well. I'm doing very well. I'm doing very well.

I should like to see you very much. I should like to see you very much. I should like to see you very much. I should like to see you very much.

My mother is very well. My mother is very well. My mother is very well. My mother is very well. My mother is very well. My mother is very well. My mother is very well. My mother is very well.

IN THE MOMENT'S MODES



A COAT FOR KIDDIES Chinese goat-colored taffeta forms an appropriate background for the touches of Chinese embroidery on the collar, cuffs and patch pockets of this modish child's coat. Cutaway shirred from the quaintly plain bodice, the rather full skirt allows plenty of freedom for romping. Such a garment could probably be purchased for from \$10 to \$15.

Kansas and London Where the year and countless sky was broken by one cross. I am now a bit—oh, yes—long ago. But I never felt so lonely and so out of God's way. At home, where I brush elbows with a thousand every day. —Harry Kemp

Thin Cake Tins When cake tins are worn thin, scatter a little sand over the oven shelf before putting the tin in, and the cake will not burn in the baking.

Flour Barrel Never allow the flour barrel to stand on the floor. See that it is raised a few inches from the ground so that the air may circulate under it.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

IT WAS pancakes again for breakfast. I let I could lie in bed any morning and guess what I am going to have for breakfast. When I got up I was late and my father, who had come home tired out from watching, was in bed and asleep. Rowdy's pancakes and mine were stirred up and waiting to be fried, but they had waited so long that they had settled and I had to stir them again, which was not much trouble, only I did not try them on the griddle this time. I saw a man in a pitcher show for his cakes in a frying pan and pop them when they were ready to turn over, so I fried ours in the frying pan, for if a person has to eat pancakes all her life she might as well learn to have a little fun out of it.

To pop a pancake is not as easy as it looks. When the first cake was fried on the bottom side I flipped it, but I must have flipped too hard, for it went up in the air and over my head and Rowdy caught it, which was unfortunate, for it must have been very hot, and he swallowed it and then almost had a fit before he could spit. The next one landed on the kitchen cabinet, on the top part where I could not reach, so I left it there. I began to see that it was quite a trick to flip pancakes. I never did land one in the pan, but I think that in a day or two, or maybe a week, I shall be able to flip them.

I did not have any breakfast, and Rowdy ate the cakes that flew around the room. I got a dose out of my father's pocket and we nibbled and I got an all-day sucker and some cookies for breakfast.

It is always a good thing to start out smiling in the morning and smile at every one. That puts it up to people either to smile back or get their faces pinched. I have always smiled no matter how homesick I felt, so when I had eaten my cookies I started away smiling and turned the corner and smiled right in the face of Wilbur Carpenter.

He said, "Who are you grinning at?" I said, "At no one in particular." 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 initials 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 should be addressed to THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. What kind of food furnishes proteins to the system? 2. How can old ends of meats and leftovers be utilized? 3. What varieties of cooking oil can be substituted for butter?

ANSWERS TO YESTERDAY'S INQUIRIES 1. A good grade of albumin is whole-some and economical and much to be preferred to an inferior grade of butter. 2. The end of a large cheese which has been cut should be brushed over with melted paraffin to keep it moist and fresh. 3. A nickel-plated dish can be brightened by washing it with a soft cloth moistened with ammonia, then polishing with a soft rag.

Twenty Cents Daily for Food To the Editor of Woman's Page: Dear Madam—I have found that to attention to three things I can eat much more of a relatively small quantity of food and still keep my weight. These things are: 1. Eat breakfast in a moderate amount of food and drink. 2. Eat lunch in a moderate amount of food and drink. 3. Eat dinner in a moderate amount of food and drink.

Use of Glycerin for Hands To the Editor of Woman's Page: Dear Madam—How should glycerin be used on the hands to soften them? Should it be used in water? Should it be used in cream? Should it be used in oil? Should it be used in any other way? Please advise me. M. S. C.

Exchanging Rings To the Editor of Woman's Page: Dear Madam—Do you think there is any harm in exchanging rings? I have found many girls who have exchanged rings and who are still happy and content. I think it is a very good idea. Please advise me. M. S. C.

Is He Engaged? To the Editor of Woman's Page: Dear Madam—A young man who comes to see me every day. He is very nice and I like him very much. He is very nice and I like him very much. He is very nice and I like him very much. He is very nice and I like him very much.

In Love With Strange Youth To the Editor of Woman's Page: Dear Madam—I am a girl of sixteen years of age and I am in love with a young man who is only fifteen years of age. He is very nice and I like him very much. He is very nice and I like him very much. He is very nice and I like him very much. He is very nice and I like him very much.

Freshening Colored Blouses To the Editor of Woman's Page: Dear Madam—When washing delicate colored blouses an effective rinse water for the last wash may be made by adding a very few drops of pink or blue to the water. This will give the blouses a fresh appearance and will also help to keep the colors from fading. Please advise me. M. S. C.

Reader's Appreciative Letter To the Editor of Woman's Page: Dear Madam—Please permit me to thank you most sincerely for your kind interest in dining home. The hair of dining home is a very interesting and profitable business. Please advise me. M. S. C.

Problem in Etiquette To the Editor of Woman's Page: Dear Madam—I expect to meet a young man whom I have personally met but have not seen for some time. It is not necessary for me to offer my hand when I meet him. Please advise me. M. S. C.

Do Not Leave Her To the Editor of Woman's Page: Dear Madam—I have a young girl staying with me and she is very nice. She is very nice and I like her very much. She is very nice and I like her very much. She is very nice and I like her very much. She is very nice and I like her very much.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

STITCHES often an inflammation of the sciatic nerve, although the pain may be due to a reflex neuralgia. The sciatic nerve runs from the spine down the back of the leg and is the longest and largest nerve in the body.

Relapses of neuralgia are to be expected after a period of rest. The best remedy is a diet of soft, easily digested food. The diet in neuralgia must be plain and wholesome—the most digestible and quickly assimilated food.

Regularity in meals is important. All rich, complex and highly seasoned food must be avoided. The diet should be simple and plain. The diet should be simple and plain. The diet should be simple and plain.

Hot baths, packs and fomentations are of great service. Heat in any form renders greatest service in neuralgia. Heat kills pain. Hot water, hot water, hot water. Hot water, hot water, hot water.

The bowels must be made to move three or four times a day by using at every meal liberal quantities of bran or sago or agar and paraffin oil in some form.

Berry Seeds To what extent are berry seeds and other berry seeds injurious? A. S. W.

Poisons From Meat-Eating How long does it take to get rid of the poisons which have accumulated in the body as a result of meat-eating? G. P. S.

The Blum Store 1310 Chestnut Street Annual Sale of Suits Most Sensational Event of the Season Taken from Stock, Values \$27.50 to \$95.00 To be Sold at \$22.50 and \$37.50 These are the very highest type of tailored and costume suits—a credit to our 30 years of suit making and suit selling. BLUM quality and BLUM individuality are integral parts of every one. Values from \$27.50 to \$50.00. In serge, velvet, burella, taffeta, wool jersey, gabardine, broad-cord, waistcoat and sports effects; also a few embroidered models. Values from \$45.00 to \$95.00. In silk or wool jersey, taffeta, charmeuse, Kaki-Kod serge, Peiret and imported tweeds. Model suits—any of a kind. None held in reserve—None sent on approval or C. O. D.

BOSTON SAMPLE SHOE SHOP Women's Pumps \$2.95 Do something for somebody—and do it quickly—that's service. Do something for somebody and do it quickly and correctly—that's efficiency. Cut out the "middleman" and sell shoes "direct to wearer at a comparative low price—that's economy. These are the fixed policies that made possible sixty-one stores in forty-nine American cities. Values like these always. Colonial or plain effects. White buckskin, light linen, gun-metal, patent coltskin, gray and bronze kid, champagne kid, etc. High or low heels. All widths and sizes. Boston Sample Shoe Shop S. W. Cor. 10th and Market Second Floor Over Childs' Take Market or Tenth Street Elevators. Open Saturday Evening

Nemo STANDARD SERVICE OF CORSETS AND SERVICE "Wear Nemo for a Purpose!" DON'T try to wear a Nemo model that is designed for some other woman. Wear YOUR OWN Nemo! Below we show examples of three distinct Nemo Services—Self-Reducing, Wonderlift and Back-Resting—representing 31 different models, each made for a distinct purpose; and in the Nemo Kop-Service and "Little Nemo" lines are 12 more models. Each Nemo Corset is designed for some particular figure, from the growing girl to the very mature matron who must wear size 44. BACK-RESTING 8 Models SELF-REDUCING 17 Models WONDERLIFT 8 Models It Rests Your Back Stylish Reduction Strong, Flexible Nemo Self-Reducing Service Hygienically reduces and supports the figure by the use of more than a dozen distinct patented inventions. 17 models—\$3.50, \$4.50, \$5.00 and up Nemo Wonderlift Service The adjustable Wonderlift Bandlet lifts up fallen tissues, holds them in place, preserves health, produces perfect fashion lines. 8 models—\$5.00, \$7.50 and \$10.00 Nemo Back-Resting Service Relieves and prevents backache, gives correct bodily poise, flattens the back most modestly. 8 models—\$3.00, \$3.50, \$4.00, \$5.00, \$10 The Nemo is the most comprehensive line of corsets in existence. Select your Nemo for a purpose; and be sure it is a Nemo, showing the NEMO trademark—the market is full of worthless imitations. All Good Stores Wear Nemo—Fashionable, Healthy, True Value