70MAN'S VARIED INTERESTS—CHRONIC FAULT-FINDER—FURTHER LETTERS OF "MLLE.MISS"

WHEN YOU HAVE A COMPLAINT TO MAKE-DON'T GROWL-KICK!

A Grievance Carried to the Proper Source Most Effective-Susceptibility of the Young Girl

"DON'T growl; kick!" One of the departmental heads of a rallway corporation thus tersely expressed himself. He declared that one well-directed kick would accomplish more results than a hundred misdirected growls. Yet the growler outnumbers the kicker in just bout the same ratio.

Using the trains constantly, there are fow who do not find something about which to complain. But do they com plain effectively? Most persons growl and grumble at flaws in the system, but those who are courageous enough or ener getic enough to send their complaints in writing to the office where they will do the most good are few and far between.

The advice is well worth regarding in other fields of endeavor. Being in a constant state of "growl." whether expressed or represed, cannot fail to have its effect on one's disposition, and ultimately on one's outward self. The face will take on hard lines of discontent, the eyes grow heavy and tired; even the walk loses its spring.

If you are not satisfied with your "job" -if you feel that you are being imposed upon, don't mutter about it. Go to your employer and express your opinions-or. if loyalty prevents such action on your part-look for another opening. But don't live in a chronic state of discontent

"GLANCING over some of the letters from young girls in your columns, of her youthful adoration. Happily the I am impressed with the very little engreater number overcome this suscepticouragement some of them need to fall billity. head over ears in love. It does seem a pity that young men and boys should through life suffering delusions of this not be able to have perfectly unsentlkind. Every pleasantry a man may make mental same friendships with girls; should will be construed as a subtle compliment not be able to show them little courtosies with a sentimental significance; every without leading the girls to imagine they are in love.

"Yet here are dozens of letters from ries she will be satisfied with very little; girls telling of their affairs of the heart, her romantic nature will carry her over and most of these affairs hanging by the plain realities of everyday existence very slender threads." Need I say the and keep her happy. But if it falls to writer of this letter is of the masculine her lot to remain a spinster she is bound persuasion? to have many distillusionments.

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

TODAY'S INQUIRIES

1. Is it good form when sending a wedding in 1. How can cheese be made more digestible | vitation to address it "Mr. and Mrs. John Smith and family"? 1. How can the empty shells of Edam or neapple cheese be used? 2. When a family consists of father, mother, n daughter and two sons, what is the least number of wedding invitations that can be sent When a few of several kinds of vegetables. and how should they be addressed? auch as beets, peas, beans, etc., are left over 3. Should wedding announcements be posted

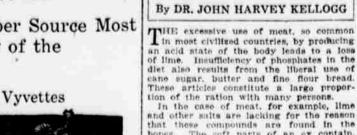
how can they be utilized? before the coremony? **ANSWERS TO YESTERDAY'S INQUIRIES**

1. Proteins are furnished to the system by 1. The best man and ushers at a weiding seats, fish, milk, eggs, cheese, cereals and should wear gloves.

2. An engaged girl may accept presents of

be put in the stockpot to be utilized in making jewelry from her flance. All odd ends of meat and left-overs should

3. Peanut. corn, cottonseed oil and compound street in warm weather, carrying a top coat vegetable fats can be substituted for butter in cooking. over his arm.



A rather snug little boudoir cap

that can be made in an hour. The

top is a shirred strip of net, sur-mounted by a wired bow. Then

above and below which runs a little

frill of net.

I receive are from young girls in their

unfortunate but true that to them every

man-child who even ventures to smile at

dances two or three times with her be-

But there are a few women who go

there is a

band of taffeta ribbon

and other salts are lacking for the reason that these compounds are found in the bones. The soft parts of an ex-contain, for example, only about 1-200 part of the line found in the body taken as a whole. whereas the hones contain 199-200 of the line content of the body. Cane sugar contains no line In the case

of fine flour bread, lime is almost wholly lacking, because the lime is removed with the bran. Butter contains only small traces

THE GOOD HEALTH

QUESTION BOX

Probably more than half of the people of the United States are suffering from lime starvation. Large quantities of phos-plates are administered medicinally, but with virtually no effect. By carefully con-ducted scientific experiments wheat bran has been found to be a superior source of character. phosphates.

It is interesting to note the rapidly in creasing domand for bran and food prepara-tions containing bran. Sterilized bran is now manufactured and sold in considerable quantities Bran is useful, moreover, not simply as a source of phosphate, but as a means of giving to the intestinal contents Of course, the fact that a great many, the bulk necessary to stimulate norma indeed, most of the letters of this kind

Face Bleaches

teens, must be a discount. Girls of this There are many face blockes. In there and diency in these preparations? MISS M. J. Many of these cosmetics contain poisons age are extremely impressionable. It is me of them contain deadly poisons and cannot be used with safety. The best cosmetic is good health. Cold water ap-plied outside and inside and a clean diet are the best cosmetics the world affords. them is a Prince Charming. The youth who is courteous enough to walk home from a party with a young girl, or who

Water Drinking

cause their steps happen to fall in, is in Does the coulous use of water increase if ork of the kidneys, or docs it assist them? MRS. J. L. T. Water is the best of all diurctics, stimulates and aids the kidneys in t corit, whereas drugs only excite the kidwithout helping them, and also ioses extra work upon them

Indigestion Bloating

What do you recommend for indigestion, will fullness and bloated feeling after meals" JAMES P. D.

careless phrase will be caught up and Indigestion is too general a term to serve caressed. If a woman of this type maras an indication for a prescription. A sen-sation of fuliness after meals, with bloating. may be due to overcating, hasty eating, to the excessive use of fluids at meals, or may be attributed to gastritis or chronic inflammation of the stomach. Simple food, horoughly masticated, with the avoidance of meats and condiments, and carge to avoid overeating, will generally overcome this trouble to a considerable extent. Persons suffering in this way should rest half as hour after a usual and apply a bag of hot water or a heated sand bag over the stematic domash'

> Cause of Pressure at Base of Brain Would inward or blind plies or constination cause a constant pressure at the mass of the brain?

Constipution frequently gives rise sensation of pressure at the base of the brain and other unpleasant head symptoms by producing intestinal toxemia.

Sleep

A young man doing no hard laber drops sound asiesp at any place he chances to be, often so sound that some one has it to other drag or sinks him to keep him nwake. Is that a sign of health? C. D. No; the condition is abnormal. The patient may be suffering from dyspituitism or acidosis, or some other grave condition may be present. The case should be thoroughly investigated by a competent phy-

of the bed.

rambled.





In this taffeta sports suit the Chinese influence is strongly embodied, both in the color (Chinese blue) and in the embroidery forming The up-Chinese characters in yellow and red and green stitchings. turned hem of the coat and skirt are distinctly different. A gay Chinese parasol with typical designings may appropriately be carried with such a costume. Seen in one of the shops recently, a suit of this description was marked "specially" at \$16.75.

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

XXV—Gunpowder Plot

Y FATHER was home from watching burned down and the firemen were just M when I woke up and kissed him and rolling up their hose and going to wherever he was just hanging his watch on the head they go to. So I went home to tell my father and he had been there and seen it

"Patsy," he said, "how in the world did all and Vilbur Carnenter was at home with you manage to get pancake hatter all over a doctor picking powder out of his face and the kitchen yesterday?" I said. "Oh, that he was to blame for it all, for he had done was from flipping pancakes". Then I told it in the rector's woodshed and no one was at home and that was how it caught fire. him how I was learning to turn them over I went right over to the Carpenters' and and he laughed and, said. "Do you enjoy

and he laughed and, said. 'Do you enjoy doing that, Patsy?' I said. 'Yes, sir; iUs fun.' "All right,' he said; 'go to it. But I think I will go to bed.'' I am improving, for I got two pancakes in the pan, only one fell in edgeways and doubled up and the other fell flat and splashed hot batter on my nose. I am sure

Mademoselle

These letters from an American sirl serv-ing with the rank of lleutenant in a French num hominal back of the Marne constitute "one of the most intimate and hols things which have been saved for our comfort out of the whichool of embattled Europe. I find in these tellers some fragment of true atone-ment for the huge sin and hunder of war. The nurse tells with a wonderful poismant humor the joys and sorrows of the war. Bospital." In RCIARD C. CABOT. One of the world's greatest critics and humanists.

March 21, 1916.

WELL, the charm of the Charmer is be-ginning to tell, and I keep repeating to myself what you so often used to say when we went out together-"Was there ever such a place as Paris?" It is a par-ticularly rare moment, too-clouds and soft sun, the ghost of a green shimmer hlong that most triumphant of all vistas, up the Elysian Fields, violets and jonguils at every street corner, and flags and trophles aflutter everywhere in honor of our illus-trious visitors. For yesterday the Generalissimo Cadorna arrived, amidst a furor of "Vica l'Italia." Today it is the turn of Serbia's illustrious prince to drown his misfortune in sympathy and champagne. To

my great disgust I could see neither of them, but the Red Cross is an absorbing profession, and if one is to be worthy of its insignia, one might as well make up one's mind not to do or think about any-thing else. All day I've spent chasing about seeing officers and secretaries and digni-taries, with rather better results than one generally gets when affairs are taken out in talking. Also, I've had opened my cases recently arrived from you and your friends, to see what they contained; after which they will be closed ready to follow me to the scene of action. They'd just come a little while ago, so no time has been lost.

Oh, what a harvest! When I saw those dear little wash-cloths and hot water bags and rings, and oil-cloth and malted milk. I almost went; and what a blessing to have all that cotton and gauze! The coming months will melt it fast enough, and Heaven only knows where the material is

the owner from to close up all the wounds that will be made before next autumn. Thank God, there is you to 'hold up my hands' as you call it, that would too often drop lifeless in sheer despair. Also, I went to the Comite des Secours Americains a successful interior with bigh -a spaclous, elegant interior with high windows looking toward the Seine, and the prettiest bevy of busy stenographers. We do things well and no mistake, as I took pains to tell the nice, drawly Georgian sub-secretary who attended to me. But the

best thing I did during the day was to arrange with a deputy to see Godard about certain things and acts of the Service de Sante on the front.

PARIS, March 23, 1916.

With the instinct of self-preservation With the instinct of self-preservation (not to say revolt) that you've seen of old, after a shopping bout, I've field to this graceful rotunda overlooking the chimney pots to restore my scattered faculties with a cup of China tea. There are soft blue flowers on the table, the tea found the "right spot," and I have a satisfying sense of commissions finished, which gives me the right to have for the rost of the the right to laze for the rest of the after

the right to laze for the rest of the after-noon. O, the hixury of "staying put" and doing nothing.' Moreover there is the Effel Tower all dim and fantastic off yonder against an opal sky, standing guardian like over the safety of Paris, sentinel at her aerial portal, and challenging all sorts of aerial portal, and challenging all sorts of vague verses that are hesitaling there at the back of my brain. Let them lie! Trm sure I'd trip up on their feet, and it's much more profitable to have a good cony chat with you, and tell you all my inti-mate commonplaces, than dawdle over a rhyme.

A heightened morale is gaining all along the front-of hopeful significance. The spirit of the men from Verdun is infinitely pright of than those of Champagne in Sep-tember. Not that the latter were depressed, but these have a light on their faces as if they really saw the end of the tunnel. God grant it!

Thank you for "The Hill-Top on the Marne." It is a good experience, spiritedly sketched, and I like the lady's pluck. It was diverting to read English again after so long. The lights in the boulevard below have

begun to come out, and the Effel Tower has faded into the mist.

(Copyright by W. A. Butterfield.)

The next letter will appear in Monday's

Traveling

For the woman who travels there is most compact container for any toilst fluid. It is a ginsa bottle with a strong giass stopper, and it is merosed in a nickel casing with a strong screw top. The ginsa stopper is sure to keep whatever ihuid is stopper is sure to keep whatever ihuid is in the bottle where it belongs, as it is fines ly ground, but the nickel cover makes assurance doubly sure in this matter. Resides, it makes breaking unlikely even in



280 Madison Ave., New York, N. Y.

Randall Hall, Cambridge, Mass.

nder Talliere um Mithilfe Andersteller Beiter wahr Tanier der Gestal die versichter die Versichen auch ein versichten



Brown Rice-What It Is

To the Editor of Woman's Page: Dear Madam—In one of the racipes published in your column recently mention was made of 'brown rice.' Perhaps I am very innorant, but I don't mind confessing that I never heard of brown rice and do not know whether it is just a name for a particular brand or whether it is really brown. Can you enlighten me, and tell me whether it is any better than the common every-day variety one buys at the grocer's? And is to conce differently? Ibrs. WILLIAM R., Jr. Brown rice is the rice left with its orige-To the Editor of Woman's Page:

Brown rice is the rice left with its orig-inal covering on, and is considered much better in this, its primitive state, than after It has had the covering removed and the grain polished with parafilm. The brown coat holds in its cells those vitamins with-out which we cannot thrive and the loss of which so often gives rice eaters that dread disease, beri-beri. It cannot always be procured, although if housewives would de-mand it firmly they would probably be sup-

mand it firmly they would provably be sup-plied with it. To properly boil it, after picking it over and carefully washing, place it in a pan, cover with water an inch deep, let stand two hours, then simmer until soft. Stir as lightly as possible, using a fork, so as not to break the grains, and add no more water. The original arount about he water. The original amount should be nearly absorbed. Salt to taste, then serve with meat or chicken gravy.

Polenta With Cheese

To the Editor of Woman's Page:

To the Editor of Womon's Page: Dear Madami-A delioious dish which we often nerve at home is made as follows: Two cupfuls boiling water, two cupfuls milk, one teapoon ful sail, one cupful cornneal, one cupful grated chease or soft cheese sliced. Heat the water and cornneal very slowly, stirring constantly. Cook in a double boiler for two hours. When done add the cheese, then pour into a large shallow pan, and when cold cut into two-ince-said again in cracker crumbs, then in car. and again in crumbs, and fry in deep fat. (Mrs.) T. P. This sounds truly delicious. Many thanks. Mrs. P.

Mrs. P.

Milkless, Butterless, Eggless Cake

Milkiess, Butterless, Eggless Cake Fe the Editor of Woman's Page: Deer Madam-1 am sendir milkiess, butterless and excless cake which may prove of value to some housewives. It been moist for a long time: Two cupfuls from unger, two cupfuls relating, two cupfuls but water, one-half cupful hard, two teaspoon-tuks chnamon, one teaspoonful cloves, one teas-poonful nutmer, own teaspoonful cloves, one teaspoon-tuk classpoonful as dat dissolved in a little had two teaspoonfuls soda dissolved in a little had water. three cupfuls four, one teaspoonful baking powder. Bake one hour in a slow oven. Lemon or chocolate Icing may be used, but the cake is very take y without an leing. (Mrs.) J. B. B.

Many thanks, Mrs. B., for your very ractical recipe.

To Keep Cake Fresh

To Keep Cake Fresh is Zaltor of Woman's Page: a discriment for keeping cakes motet and for a long time. Can you give them to the cakes lot it soak in, then wrap the in a clean cloth and sprinkle this brandy. Place in an earthen crock a tight cover, laying a fresh apple on the clean cloth and sprinkle this brandy. Place in an earthen crock a tight cover, laying a fresh apple on the cloce a week set the crock on a range until warm through, removing unde while so doing. Then place a toble on the cakes and set away again, recoving the brandy treatment. Pound ince this way for almost six but pluys cakes for a year.

ich a Plano

di ma what is heat to Also, how should the pairs C. P. J.

Silk Stockings for Work

To the Editor of Woman's Page: To the Editor of Wondan's Page: Dear Madam-Do you think it missistered necessary for a girl to wear silk stockings all the time? My friends seem to think no one should wear anything else, yet they wear so budly that it is an exponse for a girl who were. E. H. T.

Nothing could be further from the truth than to imagine it is a mark of breeding to wear silk stockings to work. Many wome in far better circumstances than you or 1 prefer to wear liste stockings for walking Of course, there is a certain satisfaction in the appearance the silk stocking gives the ankle, but it is very foolish for a girl who cannot afford to do so to attempt to wear them while at work.

Dresses for Business

Dresses for Dustries. To the Editor of Woman's Page: Dear Madam—What would you suggest for office dresses for warm weather? During the very hot days I cannol wear a suit, or even a linen coat suit, set I want to be dressed ap-propriately for bushness. White is too expensive This is the first year I have been employed. AGNES T.

White is, as you say, too expensive, as it causes too much laundering. Why do you not buy some frocks of crepe in the darker shades? This makes up beautifully, does not muss and will withstand wear. Made very simply, with only removable white collar and cuffs as trimming, these frocks are both becoming to the young girl and practical. Anderson ginghams in the more

subdued plaids are lovely, but slightly more expensive. However, they wear wonderexpensive, fully well.

Dinner Table

To the Editor of Woman's Page:

Dear Madam-I wish to give a dinner and would like some advice as to the setting of the table. Should I use a cloth? Are the vege tables placed on the table with the likes on the dishes? What shall I put offices not candles in? Should toothpucks be given with the finger bowls after the dessert? WH4.ETTE

For dinner a cloth should always be used. This should have as few folds as possible. The creases may be taken from possible. The creases may be taken from a cloth by ironing it smooth after it has been put on the flannel and on the table. The vegetables should not be placed on the table at all. They are kent in the pantry or on a side table and are passed by the maid to the guests. A tablespoon and a fork should be laid in the vegetable dish, that the guests may help themselves, Small dishes of allow or on these are Small dishes of silver or cut glass are placed at odd intervals on the table, and these should contain candies, salted nuts

and olives respectively. Toothpicks are never to be used, and,

Toothpicks are never to be used, and, above all things, never to be served. Their use is considered very bad form, espe-cially in the presence of other persons. Your table can be made to look very pretty by filling a vase with spring flowers and placing a few ferns about the base. Smaller vases may be placed at the four corners of the table for decoration. Smaller bouquets might be placed in each.

bouquets might be placed in each. Have your sliver beautifully cleaned and arrange a knife, soup spoon and oyster fork at the right side of the plate, and on the left side put a fork for each course except the dessert—that is, if you have fish, meat and salad, place three forks at the left side; if you have only meat and salad, two forks are sufficient. A small bread-and-butter plate is placed at the up-par left side of the main plate and a goblet and any wine glasses are placed at the upper right-hand corner. The napkin is folded meatiy and placed above the plate, between the bread-and-butter plate and the goblet. A fork and spoon are placed on the the prime of the main glasses of the finger

Life's fight is just fun when It's flavored with laughter-Id rather keep trying Than get what (I'm after.



The Tub Frock

In making up tub frocks for the sum-mer stitching is a popular trimming touch, and sometimes it is done with a heavy linen thread so that a narrow braid is simulated. Another popular decorative touch is the use of narrow bands of bias pieces of contrasting fabric stitched on. For example, frocks of sheer cotton voile are trimmed in bands of heavy linen, usually in contrasting color.

Lingerie frocks will be popular this sum-mer. Early appearance in the best shops promisen a vogue not based solely on torrid weather. Usually lingerie frocks are not pushed at all by the shops until May or until the near arrival of hot weather, but this year they came in along with the major style showing. Many sheer volles, or-gandles, dotted muslins, etc., are shown, and this trend in frocks has also served to stimulate a demand for ribbons, which trim them in various ways and are used as sashes, girdles, etc.

Mushroom and Sweetbread

Mushrooms and sweetbreads are delicious together. Boil the sweetbreads and mush-rooms separately and cut into small pieces. Mix with rich cream sauce and serve, seasoned with salt and pepper.



Call at our display rooms and examine the Fleck line.



splashed up and the other fell flat and splashed hot batter on my nose. I am sure shall do better tomorrow. When Rowdy and I were going past the,

looked up and saw me and she said, "You little s.vage, did you come here to gloat over my child?" I said, "No, I was just looking on the bright side." She said, "Get Carpenters' there was a bunch of boys bending over the horse block, but I thought out of here just as fast as your legs can take you, and don't ever let me see your face again !" it was just a trick to get me to rubber. Then all of a sudden they jumped away and some-

That always seems to be my luck. When I try to see the bright side of things and thing went blum, and a big round cloud of white smoke went ballooning up into the air and the kids yelled and jumped. They to comfort people who are sorrowing, as we ought to, 1 get called a little savage and told I should be spanked, which they'd bethad some shotgun cartridges and they were taking the powder out of them and lighting That was no place for us, so we ter not try.

There was an apple and a bun for m and a bone for Rowdy on the table when we got home late at night and I prayed, "Dear The river was warm and I swam a lot Then 1 went and looked over at the horse in the field where the cow used to be and there was a little baby horse there for the mother, you don't know how happy I am fire and Rowdy, too. I suppose you saw the fire and I hope the smoke did not annoy you. I am going to bed early tonight. big horse to play with. The big horse let me go up to it and pat its neck and the I have got a great scheme on hand and if it works you will be the most surprised lady in heaven. So, good night, from your little girl. Amen." little baby horse stuck out its nose and let me rub it and it was like velvet. I picked some grass for it, but it would not eat it and then its ma gave it some dinner. (Copyright.)

When I got near home again I saw a lot of people and the rector's house had been The next adventure of Patsy Kildare will ap pear in Monday's Evening Ledger.

Come to Beautiful Wynnewood Manor for Your Country Home



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