EVENING LEDGER-PHILADELPHIA, MONDAY, APRIL 30, 1917

WRITER'S CONCEPTION OF WHAT CONSTITUTES A GENTLEWOMAN-HOUSEHOLD HELPS

11

E LADY-WHAT IS SHE? AN INTERESTING DEFINITION

True Gentlewoman Distinguished by the Things She Will Not Let Herself Do, According to Ruth Shepard Phelps

Vvvettes

An interesting hat because of its

many sides and angles-there are

three of each. One side is fringed

with wisps of feathers.

Interesting question, "What is a y?" is answered very satisfactorily th Shepard Phelps in the North an Review in confuting Mrs. Putdefinition of that person. The agrees with Mrs. Putnam in so that the lady is to be distinguished other women by the number of she may not do. But she does not ther agree with the latter's further tion that these are the things ich society will not let her do, and es her own definition thusly:

The true lady resembles the great lady being distinguished by the things she ay not do; the difference is in her sanc Those are things she will not let elf do, her inhibition comes from thin-the other from without. She ms upon every level, in every parterre, and her opposite, and we may often ind them the children of one mother.

We can best understand many things looking first at what they are not; and the lady is not a martyr, nor an

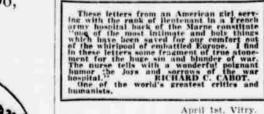
sette,' nor a curmudgeon, nor a cat. tian?- for either without the other is a never makes scenes, and her feelings | tame and imperfect being. The lady may re never hurt; she never sets you right. In her softness, be facile, and fail at some ver condescends to score, never puts crisis for lack of iron in her. The Chris tou in the wrong, but quietly creeps into tian, on the other hand, who is impor-Le wrong herself; she is unselfish, but fectly a lady is capable of keeping for willing, with a superhuman touch of un- her nearest and dearest a self so unbeauelfishness; not to appear so; she can give tiful that not one person of her acquaintover woman's most cherished attitude, ance would recognize it as a portrait of lorgo the martyr's crown, and seem to her. So we must have them both; and always doing what she likes. She is this is not one of life's true dilemmas. ble and willing, in short, to do entirely for we can have them. The Christian without credit and to be paid with an must provide the motive, in love of some uncomprehending love—willing to be mis-understood! Indeed, her virtues are for while it is the lady who must see that the sacrifice is performed in a way to make no one uncomfortable. She must the sature for make no one uncomfortable. She must the sature share expressed concerning the sature s o unregenerate feminine nature that we make no one uncomfortable. She must an only wonder and admire on reflecting suffer as a Christian, but smile as a lady now many women have succeeded in being indies at all. martryr and spoil the picture."

"We are not asking a new version of How many of us, I wonder, can measure in old question-The Lady or the Chris- up to this standard?

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one alde 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 dues not necessarily indorve the entiment expressed. All communications for this department should be addressed

lows: THE WOMAN'S EXCHANG	for this department should be addressed E. Evening Ledger, Philadelphia, Pa.
TODAY'S I	NQUIRIES
n s cake recipe calls for milk and t hand what can be substituted with- se to the cake?	1. By what names are some of the showers given for a prospective bride known?
n should flavoring be added to distant?	2. Is it necessary for a bride to write per- sonal "thank you" letters for all of her presents?
can candle stubs be utilized?	3. Which pew does the mother of the bride secury in church?
ANSWERS TO SAT	URDAY'S INQUIRIES
pinch of baking soda added to a sh will make it more readily digestible. aroni, spaghetti, potatoes, rice or other are delicious if baked in the empty pineapple cheese shells. clous vegetable salads can be made w left-over vegetables, such as beets, as, etc, combined, when there are not o use separately.	 It is not good form to address a wedding invitation "Mr. and Mrs. John Smith and family." In sending wedding invitations to a family consisting of father, mother, one daughter and two sons, one invitation may be sent to Mr. and Mrs. John Smith, with the name of Miss Smith written underneath that of her parents, while another invitation should be addressed to the Messrs. Smith.
mical and Nourishing Meals ditor of Woman's Page: adam—Can you publish in your column greations for economical meals and de from it overs? I find it so hard	3. Wedding announcements are never posted before the ceremony, but as soon as possible afterward.



AM eestatle over getting back to work! I now that my Parisian fling is over, I might as well own that it was a ter-rifle strain on my nerves. I discovered that a civilian life is unhealthy for me, and that I thrive under the banner of the Red Cross. Since peace doesn't appear im-minent that is an encouraging discovery Red Cross. Since peace disent appear im-minent that is an encouraging discovery! There were eleven of the original Verdun group, in the solle or my return and you should have heard the shout of welcome. It was a regular fete at every bedside. When things. East got down toward the end of the salle 1

found one beardless here lying beaming in his bed, with two tiny lighted candles stack to the rail above his hend, the candles of 1274 11 You ask about "the skeleton." You will

bigh road to waiking. He writes that the work I did on those poor turned down feet was lastingly satisfactory. He had double anthrotomic of the knees, and when he came the insteps were bent like a ballet-trans the insteps were bent like a ballet-

THE GOOD HEALTH QUESTION BOX

Mademoselle Miss

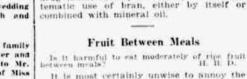
In answer to health questions, Doctor Kellagg in this space will daily give advice an preventive medicine, but up no case will be take the wik of making diagnoses of or prescribing for alignets requiring surgical treatment or drugs.

Wheat Bran

an irritant, but is an encollient. The thin films of cellulose become as soft and pliable as wet paper, and excite the bowel, not Food y scratching or irritating it, but by a gen-e titillation, so to speak, and by giving the food sufficient mass to distend the intestine and stimulate it to vigorous ac-

In its ordinary commercial form, bran is scarcely fit for use, on account of the arge amount of dirt which it contains, inlarge amount of dirt which it contains, in-cluding multitudes of hasteria. For in-testinal use as a laxative, it should be carefully prepared by thorough cleaning and washing of the wheat before grinding and by sterilization of the bran. One or, two rounded teaspoonfuls should be taken as each must the available detauding

at each meal, the amount depending upon the character of other foods taken. The writer has never seen any ill effects from the use of sterilized bran. Bran is a much more efficient laxative than mineral waters of any sort, besides being harmless, while mineral waters are injurious. Many bride persons whose bowels can no longer be made to act by means of pills or other drug laxatives respond readily to the sys-



It is most certainly unwise to annoy the tomach with continual eating of fruit or of

Neurasthenia

Cancer

be taken between meals, ripe fruit is of couple of weeks, all substances the most permissible, because

dancer's. Even admitting his recovery, which seemed impossible, he would be obliged to go about on the points of bis to so the knees being permanently stiff. At first, after "peeling" with every conceivable dissolvent, I began just the slightest effectrusage which developed into massage, and hen I invented an apparatus. Now don't then I invented an apparatus. Now don't laugh; anyhow it straightened out the difficulty. A board about fourteen inches square was padded with cotton and swathed neatly in a bandage. This was laid veri-

cal against the soles of the feet, which I tried to place as hearly as possible in a normal position. Then I attached a band-

a proper attitude. You who live in the land of perfect apparatus will smile, but just remember that Amulance l_2 lacks several Easter-eve.

Great merriment this evening. The Cap tain's gramophone is in full swing and thirty-two pairs of eyes are dancing with delight and thirty-two pairs of hands, many birthday cake "to celebrate your return, handaged, are feebly beating time t "Policeman's Holiday One Step," wh "Policeman's Holiday One Step." which is equally appreciated with Beethoven's "Leo-nore." It makes a relief after Good Fil-

be glad to know he is at Toulouse on the high road to walking. He writes that the ituies of credit, in lieu of school work, Easter Sunday.

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

indigestible form. The apprehension which is been authors have expressed concerning the britating effects of bran are wholly with or out foundation. As a matter of fact, when well softened with water, bran is no longer the submitted to a competent surgeon for examination.

Food for a Delicate Baby

What is the best food for a delivate baby then the mother has so milk? MRS. G. T. Every effort should be made to secure a wet nurse. The flooding of the market with infant foods and the more accurate knowledge of how to modify cow's milk to meet the needs of the human infant has produced a scarcity of wet nurses, but it should not be forgotten that woman's milk is especially fitted for the needs of the human infant. The physician should select the wet nurse, who must be in good health and free from any blood taint or trace of disease.

(Copyright) Take It Easy

The really clever house manager makes housecleaning as little apparent to the members of her family as possible. Perhans when carnets were tacked down at the edges of the floor, when much upholstered furniture was the rule and when every available shelf, tabla and chair back was decked with a tidy, it was impossible to take housecleaning calmly. But now it is surely as easy to houseclean one or two rooms at a time as it is to turn the whole house inside out, thereby lengthening the any other substances; but if anything is to cleaning process for each room for over a

Bananas



IN THE MOMENT'S

Any little girl will tell you that an organdie frock just like this is exactly what she wants for her birthday party and "Sunday best." There are frills and ruffles galore, enough to satisfy even the most avaricious young lady. A soft, loosely folded sash fastens to one side at the slightly raised waistline and finishes cunningly in a rosette with knotted streamers. White silk stockings and patent leather pumps are the final smart touches for this up-to-date miss.



PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

XXVI-Wire Trouble

I WOKE before my father came home from watching and stayed awake, for this was to be the big day. I washed my hands and face separate and wined them on the sheet, because all else

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(Convright.)

The next adventure of Patar Kildare will ap-pear in tomorrow's Evening Ledger.

Baked Bones

German housewives bake the bones The dried beel and we went points does the street past the Carpenters. It was not light yet, but I heard the little monkey-face in the corner house where the new people live yeeling its head off. Then I feit good, for just suppose I had got that instead of the baby sister I have prayed for but have not got! in a hot oven for an hour, scrape off cond in a hot oven for an hour, scrape off crid save every scrap of fat and drop of juice, and store the bones in a cold place. If put in a refrigerator the bones should keep sweet a week, and soup made from them will have a delicious flavor, due to the





I put the foam to my ear and a lady said.

The lady said, "Walt just a minute and I will see if I can get her." That made me so happy that I danced up and down and

aughed and cried and hugged Rowdy as well as I could while hanging on to the foam. For I had been so afraid that she

would tell me the first rattle out of the box that they did not have a line to heaven. I was so nervous and trembly that I could

ASK FOR and GET

The Original

takes made from left overs? I find it is in the "think up" new dishes for every day in the (Mrs.) FRANK T.

1. Whe

The following list of well-balanced meals taken from a pamphlet issued by the nited States Department of Agriculture: aghetti or macaroni or rice cooked with ato, onion or green pepper, and cheese cheese sauce, served with white, graham whole-wheat bread and butter, and wed or sliced fruit and simple cookies.

Boiled rice baked (scalloped), with minced eff-over meat, chipped beef or fresh or anned fish, served with beet, dandelion or other greens, dressed with pearult, olive, sottonseed or other table oil, with vinegar nd lemon juice enough to flavor the dressng, and wheat, corn or rye bread and

led rice scrambled with eggs, served with a succulent vegetable, such as stewed comatoes, canned corn, green peas or beans and bread and butter, and nuts and raisins r other dried fruits. of this kind.

Green peas and canned salmon, with white-that is, thickened milk-sauce, arved with corn bread and syrup.

Meat pie (meat from inexpensive cuts) or in pie, with flour or potato crust, served th turnips, carrots, onlons or parsnips ind biscuits and butter, with jam or jelly ot chocolate.

Mashed potato, with creamed codfishat is, cream sauce containing a little sait -served with leituce with on and inegar or lemon juice dressing, and crack rs and cheese or peanut butter sandwiches.

Ment stew (inexpensive cuts of left-overs) ith turnips or other vegetables, including overs, and with rice in the stew or flou or corn meal dumplings; or fish chowder made from fresh, canned or dried fish, crackskim milk and onion, served with bread butter and fresh or stewed fruit,

Oatmeal Bread

the Editor of Woman's Page: ar Madam—Can you give me directions for ing oatmeal bread? * READER. cupful rolled oats, one-half cupful al, one and a half teaspoonfuls salt, blespoonful shortening, two cupfuls water, one-half yeast cake, one-half molasses, one-quarter cupful luke-water, four cupfuls flour. Mix the water, four cupfuls flour. Mix the commeal, sait and shortening, add the r water and let stand for an hour. add the yeast dissolved in lukewarm the molasses and flour. Mix well, and let rise until double, beat well, nto greased pans, let rise again and in a moderate oven about fifty min-

Curried Chicken

Woman's Page: Please tell me how to make a chafing dish and oblige. MARTHA T. MARTHA T. its needed are: One table-d onion, one ounce hutter, ful flour, one teaspoonful me half teaspoonful salt, one med red peppers, one quarped red peppers, one-quar-cooked chicken, one tea-juice, one-half pint milk. In the blazer, then stir in until browned, add flour ter moistened with milk. til think, add the chicken ar hot water and cook

Corn

Anxious to Do "Her Bit" To the Editor of Woman's Page

To not Latter of Woman's Page: Dear Madam—An Evening Leburn came into mp possession not long agg, and I noticed the support for American women to do their bit in the present crisis. I am a member of a just that could at least devote some time to long something found that end. I wonder f we could make some supples? I have some supplement in that, having been a nurse in raining for about a year. If not, anything the will do. Watertown, Minn, remarks do not apply to such fruits as dried dates, figs or bananas, but only to fresh, juicy fruits. An orange or an apple taken at bedtime or before breakfast in the morning is sometimes beneficial in cases of chronic constipation.

Teething Babies and Stomach Troubles As you live in such a distant city, I can Why do teething bables usually have stomach MRS, T. F.

As you live in such a distant city. I can give you little information about the Red Cross in that vicinity. But if you will write to the American Red Cross headquarters. Washington, D. C., you can obtain full par-ticulars as to the steps necessary to start a branch of the Red Cross chapter near your home. It is the most practical medium through which to work is some included Teething is a normal process and it is to be out of order. Such troubles are usually the result of giving the child im-proper food or food not properly prepared or some other error in the care of the child. through which to work. As you have had some experience training for a nurse you should be a most able leader for a class

Does prolapse of the stomach and howels pro-uce neurasthenia? M. T. MARSHALL.

Care of the Hands

Care of the Hands To the Editor of Woman's Page: Dear Madam—To remove the stains and pre-serve the flexibility of the hands, which often disappears after years of housework. Take a hittle sawdust, hold it in the palm of the hand, then pour some kerosene often of the hand, then pour some kerosene often of the hand, ins them with soap and water, and you will find that after a few moments the coarse, hard feeling will disappear, the hard the fingers will be devoid of black particles and the fingers will be tinging to their tips. M. C. lapse of the organs. This may possibly cause gastric or pelvic neurasthenia, but such cases must be very rare. Neurasthenia is usually due to intestinal toxenila re-sulting from constipation and the absorp-tion of poisons from the intestine.

Summer Mourning

To the Editor of Woman's Page: Dear Madam-I am a girl of nineteen and have been in mourning for my mother for the last three months. Would the correct for me to wear white during the summer? PRANCES.

All white, especially for one of your age is correct, but you should be careful to make it pure white or all black, with white collar and cuffs.

taffeta or white crepe is considered as deep as all black and is suitable for a young per-son. It is very expensive, however, as it must be perfectly correct. Some persons prefer for this reason to keep to black.

Wears Another Man's Ring

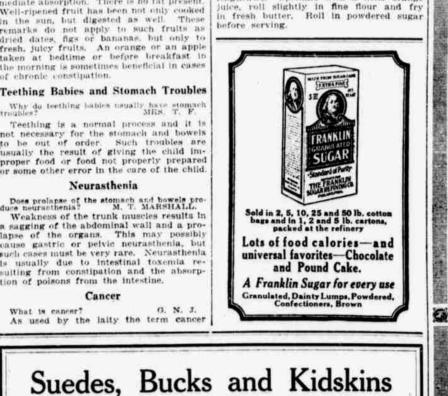
To the Editor of Woman's Page: Dear Madam—I am engaged to a girl and I saw another fellow's ring on her finger. She swears she does not so with him. Uat he is only a friend and lent her the ring for one day only. Could you tell me if I should get angry at her? A. S. P. It is just possible the young woman may

have been teasing you. Since she is en-gaged to you; however, she should hardly wear another man's ring; reason with her and try to make her see that she was in the wrong.

Mending Rug

To the Editor of Woman's Page: Dear Madam—Please tell me how to mend a rug that has begun to wear in one or two places. (Mrs.) O'N. rug that has begun to wear in one or two Offices. (Mrs.) O'N. Lay the rug smoothly upon something soft and sleaxy, wool crash or serge, and fasten it so the threads run true with those of the rug. If the original fabric shows appreciably darn it down on the patch, matching the darning wool to the colors. If there is a hole put the wool double into a very large needle, then stick through from the top and bring up again in almost the same place, the to the end above. Stick back, up again, etc., until the entire space is covered with woolly loops. Cut them through, then trim smooth with a pair of very sharp shears, comb with a coarse

it requires virtually no gastric work. A ripe apple, for example, contains nothing which requires gastric digestion. The Take a few red-skinned bananas. The mount of protein is so small as to be virare harder and keep their shape better than yellow ones. Peel and slice them tually negligible. The carbohydrates are already converted into sugar ready for imlengthwise. Surinkle with a little orange acdiate absorption. There is no fat present Well-ripened fruit has been not only cooked in the sun, but digested as well. These



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"Tell the Truth and Shame the Devil" is an old saying and means a whole lot in the school of morality, and is likewise applicable in the field of business endeavor.

AMERICAN STORES CO.

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A white gown worn with a black and A white gown worn with a black and white hat and black shoes would be half mourning, whereas a white gown, white shoes, white hat trimmed with dull white