

THE WRITER'S CONCEPTION OF WHAT CONSTITUTES A GENTLEWOMAN—HOUSEHOLD HELPS

THE LADY—WHAT IS SHE? AN INTERESTING DEFINITION

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

Interesting question, "What is a lady?" is answered very satisfactorily by Ruth Shepard Phelps in the North American Review in confuting Mrs. Putnam's definition of that person.

"The true lady resembles the great lady in being distinguished by the things she may not do, the difference is in her selection. Those are things she will not let herself do, her inhibition comes from within—the other from without.

Vyvettes



An interesting hat because of its many sides and angles—there are three of each. One side is fringed with wisps of feathers.

than?—for either without the other is a lame and imperfect being. The lady may in her softness, be facile, and fall at some crisis for lack of iron in her. The Christian, on the other hand, who is imperfectly a lady is capable of keeping for her nearest and dearest a self so unimpaired that not one person of her acquaintance would recognize it as a portrait of her.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and should be addressed to the editor, Special queries like those given below are invited. It is understood that 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. When a cake recipe calls for milk and none is at hand what can be substituted without damage to the cake?
2. When should flavoring be added to dishes?
3. How can candle stubs be utilized?

ANSWERS TO SATURDAY'S INQUIRIES

- 1. A pinch of baking soda added to a cheese dish will make it more readily digestible.
2. Macaroni, spaghetti, potatoes, rice or other vegetables are delicious if baked in the empty dish or pineapple cheese shells.
3. Delicious vegetable salads can be made from a few left-over vegetables, such as beets, peas, beans, etc., combined, when there are not enough to use separately.

Economical and Nourishing Meals

Dear Madam—Can you publish in your column some suggestions for economical meals and dishes made from left-overs? I find it so hard to "think up" new dishes for every day of the week.
The following list of well-balanced meals is taken from a pamphlet issued by the United States Department of Agriculture:
Breakfast or macaroni or rice cooked with tomato, onion or green pepper, and cheese or cheese sauce, served with white, graham or whole-wheat bread and butter, and stewed or sliced fruit accompanied by a hard-boiled egg.

THE GOOD HEALTH QUESTION BOX

These letters from an American girl serving with the rank of lieutenant in a French army hospital back of the Marne constitute "one of the most intimate and holy things which have been saved for our comfort out of the whirlpool of a confused Europe."

I AM ecstatic over getting back to work! I know that my Christian thing is over. I might as well own that it was a terrible strain on my nerves. I discovered that a civilian life is unhealthy for me, out front I thrive under the banner of the Red Cross. Since peace doesn't appear imminent that is an encouraging discovery!

THE CHEERFUL CHERUB

I love the flags and soldier men; I love each patriotic song; I love to be American—I feel important all day long.

THE GOOD HEALTH QUESTION BOX

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 diagnoses or prescribing for ailments requiring surgical treatment or drugs.

Wheat Bran

ONE of the oldest and certainly the most valuable remedies in the treatment of constipation is ordinary wheat bran. Bran contains a large amount of cellulose in an indigestible form. The apprehension which some authors have expressed concerning the irritating effects of bran are wholly without foundation. As a matter of fact, when well softened with water, bran is no longer an irritant, but is an emollient.

Food for a Delicate Baby

What is the best food for a delicate baby when the mother has no milk? MRS. G. T. Every effort should be made to secure a steady flow of milk from the mother 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 secret of wet nursing, 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.

Take It Easy

The really clever house manager makes housecleaning as little apparent to the members of her family as possible. Perhaps when carpets were tacked down at the edges of the floor, when much upholstered furniture was the rule and when every available shelf, table 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 cleaning process for each room for over a couple of weeks.

Bananas

Take a few red-skinned bananas. They are harder and keep their shape better than yellow ones. Peel and slice them lengthwise. Sprinkle with a little orange juice, roll slightly in fine flour and fry in fresh butter. Roll in powdered sugar before serving.

Teething Babies and Stomach Troubles

Why do teething babies usually have stomach troubles? MRS. T. Teething is a normal process and it is not necessary for the stomach and bowels to be out of order. Such troubles are usually the result of giving the child improper food or food not properly prepared, or some other error in the care of the child.

Neurasthenia

Does prostration of the stomach and bowels produce neurasthenia? MRS. T. Weakness of the trunk muscles results in a sagging of the abdominal wall and a pro-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 toxemia resulting from constipation and the absorption of poisons from the intestine.

Cancer

What is cancer? G. N. J. As used by the laity the term cancer

Mademoiselle Miss

Even admitting his recovery, which seemed impossible, he would be obliged to go about on the points of his toes, the knees being permanently stiff. At first, after "padding" with every conceivable dissolvent, I began just the slightest effleurage which developed into massage, and 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 vertically against the soles of the feet, which I tried to place as nearly as possible in a normal position. Then I attached a bandage having no elastic, which would have been better to the head rail of the bed on one side, passed it around the board and up the other side, fastening it again to the rail as taut as possible. The knot was tightened twice a day. Result—in two weeks those refractory feet had regained a proper attitude. You who live in the land of perfect apparatus will smile, but just remember that Amulance is lacks several things.

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IN THE MOMENT'S MODES



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.

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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 wiped them on the sheet, because all else is in the laundry. Then I took the hatchet and opened a can of dried beef that I had been using to keep the kitchen door open ever since the funeral of my mother. I felt kind of sorry for myself and cried a tear or two on to the pickle I was using with the dried beef. I gave Rowdy the rest of the dried beef and we went loping down 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 yelling its head off. Then I felt good, for just suppose I had got that instead of the baby sister I have prayed for but have not got? I was a hand!

After that we loped home and I took all the money-out of my father's pocket and we rambled over to the drug store and the man at the cigar counter gave me a handful of nickels for my mother. There is a place there where you go into a little square room and there is a foam and a chair. Rowdy and I crowded in together and I kissed Rowdy's slapping on the nose, for I was about to try out my new scheme and I was excited.

I put the foam to my ear and a lady said, "Number, please." I said, "Heaven." She said, "What?" I said, "Listen, lady. This is Patsy Kildare and my mother is in heaven and I want to talk to her. I have got money enough to talk to her all day, so see if you can get her." The lady said, "What's that?" So I said it all over again. I told her I did not know my mother's number, but just to call up heaven and ask for Mrs. Kildare who used to live on Caroline street.

The lady said, "Wait just a minute and I will see if I can get her." That made me so happy that I danced up and down and laughed 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 tremble that I could hardly hold the foam. I sat in the chair and put my head in my elbow and shook, but you bet I kept the foam to my ear.

Then a voice said, "Hello!" I said, "Hello, mother! mother! mother! oh, my mother!" Then I choked.

Soon I heard the lady's voice saying, "This isn't your mother, Patsy. This is central. We could not get heaven, you know, we had a storm not long ago. There hasn't been any wire to heaven since that time. I don't know how soon there will be." Of course I was disappointed, but still I was happy, for the wires are bound to be fixed some time and that is a lot better than not having wires there. So I went to a moving-pitcher show. My heart was trying to sing inside of me and I was much

Baked Bones

German housewives bake the bones in a hot oven for an hour, scrape off and save every scrap of fat and drop of juice, and store the bones in a cold place. It put in a refrigerator the bones should keep sweet a week, and soup made from them will have a delicious flavor, due to the baking.

Uncommonly good is a very fitting designation for MERIDALE BUTTER

Its goodness is never the result of accident. It is always the same all-the-year-round—and always absolutely pure. Made from the cream of the milk of healthy, specially inspected Jerseys—pasteurized, separated, churned and packed in our own creamery at Meridale Farms it comes to you—fresh and sweet of taste; firm and dry of body—in our own Merifol wrapper.

AYER & McKINNEY (Makers of Meridale) Philadelphia, Pa. Bell Phone, Market 3741. Keystone Phone, Main 1783. Look for the "Merifol" wrapper—air-tight, dust- and odor-proof—at your grocers.

ASK FOR and GET Horlick's The Original Malted Milk

Substitutes Cost YOU Same Price.

American Stores Co.

THE TRUTH

Our advertisements are just the plain facts about our goods plainly stated—no extravagant statements, no sailing under false colors—in a word, just the TRUTH.

This has been the principle followed by the founders of the Acme Tea Co., Robinson & Crawford, The Bell Co., Childs' Grocery Co. and the Geo. M. Dunlap Co. for more than twenty-five years. It is this principle followed out that has first GAINED and then MAINTAINED Public Confidence and is now in evidence in the hearty endorsement by "Our Customers," in many cases of lifetime standing, of the American Stores Co.

"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.

Fine Quality Tea 1/4 lb. pkg. 9c. Blends to suit all tastes. A trial will convince you we have your particular flavor.

High Grade Coffee lb. 20c. Thoroughly dependable—a blend that will suit the most particular. Roasted fresh every day.

Choice Evap. Peaches lb. 8c. Nicely cured California Evaporated Fruit.

Pure Jelly glass 8c. Price very low—cheaper than you could make it in your own kitchen.

Blue Label Ketchup bot. 13c. Heinz Tomato Ketchup bot. 15c. Lea & Perrin's Sauce bot. 19c. Peanut Butter glass 9c. Curtis Jams Assorted Flavors bot. 17c. Prepared Mustard bot. 5c, 10c. Unedeed Biscuit pkg. 5c. Graham Crackers pkg. 10c. Spiced Wafers lb. 16c. New Post Toasties pkg. 8c. Kellogg's Corn Flakes pkg. 8c. Cream of Barley pkg. 13c.

Low Prices on Butter & Eggs. Fresh Eggs 37c doz. Every egg guaranteed.

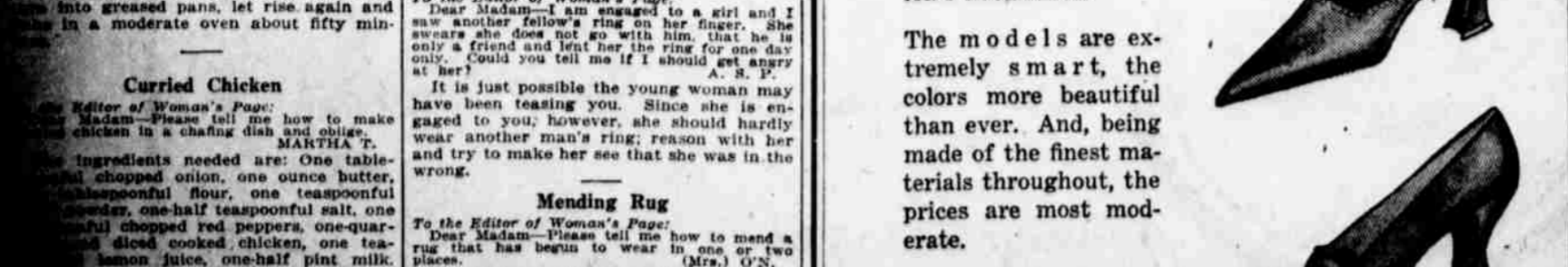
New Laid Eggs (in sealed cartons) 40c doz. Extra selected—large, full and meaty.

Extra Fancy Butter 48c lb. The very finest grade of straight creamery butter.

Fine Quality Butter 45c lb. Fine quality creamery butter, the equal of some so-called best.

Suedes, Bucks and Kidskins In the Season's Largest Showing of Summer Colors

Delicate, exquisite style creations which place footwear in the very forefront of fashion's necessities. The models are extremely smart, the colors more beautiful than ever. And, being made of the finest materials throughout, the prices are most moderate.



\$8 \$9 \$10 Blacks and Tans as low as \$5

The Harper Shoe Co. WALK-OVER SHOPS

Thinly Sliced Dried Beef 10c Pkg.

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Big Juicy Lemons 10c Doz.



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