

THE SPRING A YOUNG MAN'S FANCY PATSY KILDARE'S CHILDLIKE IMAGININGS

OBEYING THAT IMPULSE—A TOUCH OF SPRING MADNESS Going A-Maying Often Fraught With Grave Danger—The Small Town Dweller Truly Appreciative of Cosmopolitan Life

JOSEPH CONRAD in one of his books, I've forgotten which one, but it seems to me that some time in our youth we come to a point where it seems necessary to throw up a perfectly good job, or go off and get married, or do something equally desperate. The former is rarely done, but the latter—well, this is the first of May, spring is so seductive and falling in love seems to be de rigueur!

Too often the man and girl who find themselves perfectly happy when they go a-maying together believe they were destined for each other from the beginning of time, and with little consideration of the problems of life take the matrimonial plunge. They fail to realize that they will not go through life hand-in-hand, hunting violets and Quaker ladies, but must settle down to a prosaic everyday existence flanked by roast beef and potatoes.

It isn't the person who thrills you who will necessarily make you happiest, but the one who makes you feel perfectly at ease and comfortable. Domestic tragedies could be averted if youth had the happy faculty of injecting a little humor into its romantic day dreams, of realizing that very often this is only a touch of springtime madness, and not real love.

DO YOU know the man or woman of the small town has a keener appreciation of life in the great city than he who has spent his life as a cave-dweller? The city affords more opportunities for development, contains great libraries, schools, art galleries, musical centers.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will 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 no correspondence will be published unless the sender's name and address are given. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES 1. How long should steak be allowed to broil? 2. At what temperature does albumen begin to coagulate? 3. How can the parings and cores from apples be utilized? ANSWERS TO YESTERDAY'S INQUIRIES 1. Water may invariably be substituted for milk in a cake recipe.

Cooked Salad Dressing To the Editor of Woman's Page: Dear Madam—Can you tell me how to make cooked salad dressing? S. S. D. You will find this a satisfactory recipe: Two eggs, one cupful vinegar, two cupfuls milk, one tablespoonful oil or butter, one teaspoonful salt, one teaspoonful mustard and one-quarter teaspoonful pepper. Put the oil and dry ingredients in a bowl and mix thoroughly. Add the eggs, beat five minutes, then add the vinegar and beat one minute. Now add the milk, place the bowl in a pan of boiling water and cook until the sauce thickens, usually about ten minutes. Stir constantly. That which you do not require immediately can be bottled for future use, as it will keep a short time.

More Milk in Cooking To the Editor of Woman's Page: Dear Madam—Milk soup provides an excellent way of supplying protein at a low cost; sometimes it may be mixed with weak foods and sometimes as in vegetable soups, it may form the basis of a dish of beans, peas, potatoes, corn, or celery soup. Milk soups are valuable not only for the nutritive value, but as help in using the left-overs. Small pieces of meat can be made attractive by mixing them with milk. Milk soups with a creamed sauce, and warm-over vegetables are much improved by a sauce. There is no need to the padding and other desserts which can be made with milk, blue cheese, ice cream, Janet, tapioca, custards, rice, etc. (Mrs. C. J.)

Orange Filling for Cake To the Editor of Woman's Page: Dear Madam—Can you give a recipe for orange filling for cake? One-half cupful sugar, one egg, one heaping tablespoonful flour, one teaspoonful butter, grated rind and juice of one orange, one-half teaspoonful lemon juice. Mix in the order given and bring to a boil, stirring constantly, then cook for ten minutes in a double boiler. Spread on cake while warm.

Sally Lunn To the Editor of Woman's Page: Dear Madam—Please print a recipe for Sally Lunn. Two cupfuls flour, two tablespoonfuls sugar, two eggs, three teaspoonfuls baking powder, one cupful milk, one-half cupful shortening, one-quarter cupful melted butter or shortening. Mix the dry ingredients and sift several times, add the well-beaten eggs, the milk and shortening, beat well, pour into shallow greased and floured pans and bake twenty minutes in moderate oven.

Oysters Out of Season To the Editor of Woman's Page: Dear Madam—When is the best time to eat oysters and why aren't they eaten in the summer, because they are scarce or not good? N. M. It is not considered safe to eat oysters from the first of May until the first of September.

To Make Noodle Paste To the Editor of Woman's Page: Dear Madam—Can you give me directions for making noodle paste? M. C. Beat one egg lightly, add one tablespoonful water, one-quarter teaspoonful salt and flour enough to make a stiff dough; knead well, then roll out on a floured board, if necessary. Roll out as thin as possible, cut in strips and cook in soup or boiling water.

Removing Scorch Marks To the Editor of Woman's Page: Dear Madam—Please tell how to remove scorch from a white waist. M. C. Wet the spots with cold water and place garment in the strong sun.

To Wash Veils To the Editor of Woman's Page: Dear Madam—Some time ago you gave a very good suggestion for washing veils, but I remember whether you said to wash them in alcohol. Which was it? (Mrs. T. L.) Dip the veil up and down in alcohol, then squeeze it as dry as possible and shake it; you will find it has lost none of its crispness.

Cleaning Suede Gloves To the Editor of Woman's Page: Dear Madam—How can I clean my suede gloves? M. C. Wash with soap and water, then dry in a cool place.

Clothes for Camping To the Editor of Woman's Page: Dear Madam—Can you suggest a suitable material for underwear for camping? There will be no facilities for ironing, so it must be something which can be washed and worn without ironing. Cotton crepe is just the thing for camping. It can be washed out quite easily and should dry and wring well when dried; it is also a very comfortable fabric. Suggesting: Cotton crepe, white, blue, brown, etc.

Mademoiselle Miss

These letters from an American girl serving with the rank of lieutenant in a French army hospital back of the Marne constitute some of the most delightful and holy things which have been saved for our comfort and amusement. They are the work of a young nurse who tells with a wonderful poise and grace of her life and adventures at the front. RICHARD C. BART, the world's greatest critic and humorist.

A happy Easter! If you've thought of me this sunny morning, and I'm sure you have—you've probably guessed that *bebe* is home. So you wouldn't have been surprised an hour ago when the *Mademoiselle* Chief, finding my office momentarily converted into a workshop with ribbons and bows all over, ejaculated in a puzzled way, "Americans must remain little girls a long while to imagine how a grown-up *poisole* could be amused in that way." To which I replied not being in the least afraid of him that he was exactly no psychologist, and he was laughing good naturedly, and shaking his head as if it were hopeless to think of educating an American Indian! But if the sight of all those nests dished up as his idea of military dress, it had a different effect on the *chéri* who applauded and shouted as if it were the most natural surprise in the world. "Too bad, I can't send you a model, but here's the plan: a white sugar hen with a pink comb and pom-pom tail, and a favor of the Allies round her neck, sits serenely upon eight excellent chocolate eggs in a nest woven out of Boston excelsior, and lined with cotton and other nice things, and thirty-three and you have the results of last night's cheerful labor which received an even more radiant welcome than I expected. Such a laughing-out of handaged feathers on and eggs in their shells, such a general vein of satisfaction as throbs through the *effle* now while the grammophone goes around, as would you think that the principal role of a nurse, after all, is not to keep up blood and put on bandages, but to be awake thinking up such an extravagant reward for you? For they'd be sure to say I carry my responsibilities too lightly, but you know I have to make a confession, though. When my poor little *chéri* was here, he'd be so tired for the first time since he came six weeks ago, and I'd be so tired to get out an egg that I couldn't resist, despite

his careful liquid diet. What was my horror ten minutes later to come back and find that he had scrowled around—Heaven knows how—and gotten hold of the hen that I had thought safely out of reach, and left nothing of her but the ribbon collar! It's only sugar after all, but I have complications over the size, and the coloring matter of the comb and tail. So far, however, the change of diet seems to agree famously, and has given him the courage to look at pictures for the first time. It was a bit hard not to be able to go to church today. As you so often deplore I'm not much of an orthodox. But there are times when it's pretty much of a necessity. On Good Friday though, in lieu of the three-hour service I managed to spend two hours in my room between 12 and 3, and have a long think and a prayer which did me a world of good. I send you a puzzle which was made to surprise men by a most adorable patient, who managed to trace these intricate lines with a bandaged hand, on the piles and piles of cards and letters that I have to show you when the war is over. I've not sent any less they're lost; and indeed when my collection began to be an incubator, for fear of tramping them to the post I gave them into Monsieur Bardy's care, when he came to visit his son.

The *selle* is full and I have a sense of contentions which means many messages to develop my muscles. My little *emporte* is out of danger. So all goes well, and to crown everything the weather is glorious, though the last two days have been painfully hot at noon, and give ominous forecasts of summer in these Paris barracks. It will be as rigorous as winter, and the wounds already need more vigilance. So far though it is all right.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS XXVII—Soldiers! Soldiers! I lay still quite a long time without getting up. Rowdy had gone out of doors and I sat up and looked at myself and I thought I said an awful little girl in there in such a big bed. I looked all around and the house was so still that I felt funny and somehow it made me want to be buried and I got up and washed my face and hands and by themselves, and not the best of you the way you do when you go swimming. I shook out my hair and brushed it and brushed it till it was all crinkly and shiny. Then I parted it exactly in the middle and parted it, but did not like it that way, so I unparted it and combed it and then I took a comb in a closet and tied it around my hair and my forehead. When my father saw me he kissed me and said, "I don't know who you are, but I am glad to meet you." I said, "I am Patsy, your own true-hearted little girl." He said, "So you are." Then he said, "I have been saving up money to get a stone to put on your mother's grave, but school will open in about a month, and you are going to go and will need some clothes." I said, "That will be all right, and I will speak to my mother about it and see whether she would rather have a stone on her of some dresses on me." That day when Rowdy and I rambled we stood and watched a big iron bucket under the bridge, and a man full of sand. Then we went down under the bridge and played in the sand for a long time. A man who had a wheelbarrow of sand to deliver gave Rowdy and me a ride out and then he put in the Philippine Islands and he told me all about it and about some snakes he used to catch in his bare hands and the knots in them until they looked like pretzels. He had killed a great many Filipinos and was proud of it. When we got where we were going he drove into a yard and took his wagon all apart and the sand fell out and then he put it together again and said, "Climb in." A lady came out of the house and said, "Please be careful and don't drive over my flowers." He said, "Yes, ma'am." She said, "Is that your little girl?" He said, "Yes, ma'am." She asked, "Is that your dog?" He said, "Yes, ma'am." The lady said, "I should like to have a dog like that. If he is a watchdog." He said, "Yes, ma'am; he is full of blood. You can have him for \$5 and that's dirt cheap." The lady went in for her money and I and Rowdy rambled after Rowdy had hit the Filipino killer to make him let go. When we got to the carpenter's Wilbur was having a party on the back lawn. We went into the yard and the vacant house next door and leaned on the fence and watched them play. Nobody asked us to play, so we didn't, but we would have been glad to help.

THE MOMENT'S MODES



FOR SUMMER WEAR Pale gray handkerchief linen, or, in fact, any color one might choose, constitutes this "simplicity" model for the summer girl. A narrow colored sash belt of piqued moire is really quite an unnecessary pleasantry, added, no doubt, in humble obedience to the prevailing rage for sash belts in general. Tucks and more tucks, all very tiny, and some mother-of-pearl buttons are the only other trimmings.

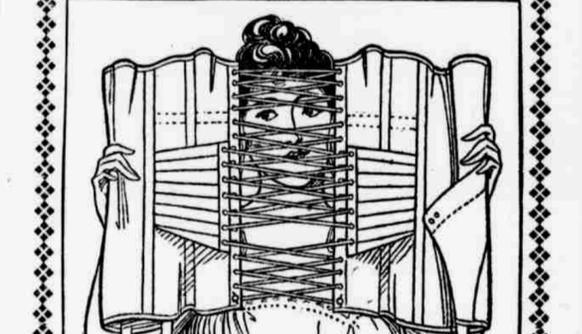
THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG ONE may take a cold-water bath by a few seconds' plunges in cold water, by a shower or by an all-over spray. When a bathtub is convenient a good method is to put cold water in the tub to a depth of three or four inches. After disrobing, bathe the face, neck and arms and chest; then step into the tub and, sitting down, rub first the legs, then the abdomen and chest, applying the water freely to all parts of the trunk. After five or six seconds lie down in the water long enough to count five, rubbing the sides of the body at the same time. Then, rising to a sitting posture, renew the rubbing of the limbs and trunk. The sitting and lying postures may be alternated several times, vigorous rubbing being kept up all the time. It is well to continue the bath until evidence of reaction appears in reddening of the skin. If one cannot well endure so long an application, the skin, after leaving the bath, should be rubbed until well reddened. For persons who do not have access to a bathtub, cold water from the faucet may be applied with the hand to the body surface, rubbing vigorously the face and neck first, then to the front of the body, arms, legs and back, using for the latter a Turkish towel wrung dry enough not to drip, crossing it over one shoulder and under the

other arm, rubbing it back and forth briskly over one side and then reddening. Dry and rub each part until well reddened before proceeding to the next. The water should be quite cold and applied freely. One not accustomed to cold bathing must begin moderately, using water at about 75 degrees Fahrenheit, gradually lowering the temperature from day to day until the water at 60 degrees Fahrenheit is not unpleasant. The degree of coldness that will produce the most benefit differs with different individuals and at different seasons. Headache or languor should never result from the use of the cold bath. If such occurs, it is probable that the bath was either too cold or of too long duration or that proper care was not used to secure proper reaction after the bath. Do not give up the bath, but change conditions. Four points are especially to be borne in mind: First—The body must be warm before any kind of cold bath. For this reason the best time for taking the bath is immediately upon rising. If not warm the body should be warmed by taking a very short hot bath before the cold one. A cold bath to a cold body is dangerous. Second—The room in which a cold bath is taken must be warm. Third—A cold bath must be of short duration—the colder the water the shorter the bath. Fourth—Prompt and thorough reaction after a cold bath must always be secured. When the cold water bath is not obtainable substantially the same benefit may be derived from a simple cold air bath. This consists in rubbing the whole surface of the body with the hand or a dry towel while the skin is freely exposed to cold air.

Nemo WEEK

Beginning Monday, April 30 Among the millions of women who are wearing Nemo Corsets, there may be some who wish to have an even more efficient corset-service. Thousands of other women may not be enjoying Nemo style, health and comfort, just because they have never had the RIGHT Nemo. A close investigation of the principal styles in each Nemo Service will be of lasting benefit to all women. Go to your favorite store or shop and study NEMO during Nemo Week!



FOUNDED 1858 DEWEES Quality and Standard Famous Over Half Century Remarkable Suit Sale For a quick clearance New Spring stock of Serge, Tweeds and Novelty Suits, Silk lined throughout. Greatly Cut in Prices Were \$30 to \$60. Now marked \$19.75 to \$49.50. New prices about the cost of the cloth today. An opportunity not to be again offered. B. F. Dewees, 1122 Chestnut St. THE DAYLIGHT STORE

Answers the Call of Spring

High Tennis Lace, giving ankle support. A snappy model in white buckskin, with rubber sole and heel. CLAFILN, 1107 Chestnut

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