

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 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!

Vyvettes



A hat both broad and high, with pompons—two on top and another as far away as possible, for good measure.

everything to stimulate interest, yet the people in it very often know little and care less about the big things happening under their very noses.

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.

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 above are invited. It is understood that no correspondence will be published without the consent expressed. 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?
4. Water may invariably be substituted for milk in a cake recipe.
5. The favoring should, whenever possible, be added to dishes after cooking, otherwise it loses much of its strength.
6. Candle stubs can be melted, strained through cheesecloth and utilized in sealing jellies and preserves.

ANSWERS TO YESTERDAY'S INQUIRIES

Cooked Salad Dressing

To the Editor of Woman's Page: Dear Madam—Can you tell me how to make cooked salad dressing?
Two eggs, one cupful vinegar, two cupfuls milk, one tablespoonful oil or butter, one teaspoonful salt, one teaspoonful mustard and one-quarter teaspoonful pepper.

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 eaten as a vegetable soup. 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 they are easy on the stomach.

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.

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 teaspoonful salt, one-quarter cupful melted butter or shortening.

Oysters Out of Season

To the Editor of Woman's Page: Dear Madam—When do oysters come out of season and why aren't they eaten in the summer, because they are scarce or not good?
It is not considered safe to eat oysters from the first of May until the first of September.

To Make Noodle Pasta

To the Editor of Woman's Page: Dear Madam—Can you give me directions for making noodle pasta?
Beat one egg lightly, add one tablespoonful water, one-quarter teaspoonful salt and flour enough to make a stiff dough; knead well, three or four minutes.

Removing Scorch Marks

To the Editor of Woman's Page: Dear Madam—Please tell me how to remove scorch from a white wall.
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 in cold or alcohol. Which was it?
Wash the veil up and down in alcohol, then wash 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 do you clean suede gloves?
Wash in lukewarm water, soap, brush, dry in the sun.

Booth Tarkington and Julian Street, themselves "Middle Westerner," as we of the effete East like to style them, sum up the case of the small-town dwellers most eloquently in "The Country Cousin."

Made-moiselle Miss

These letters from an American girl serving in the ranks of lieutenant in a French army hospital back of the Marne constitute some of the most delightful and holy visions which have been saved for our comfort and cheer by the nurse and his assistant in the war hospital. BY RICHARD C. CURTIS, one of the world's greatest critics and humanists.

A happy Easter! If you've thought of me this sunny morning, and I'm sure you have—you've probably guessed that belle saison. 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 would be amused in that way."

his careful liquid diet. What was my horror ten minutes later to come back and find that he had scrawled 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 compunctions 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, however, in lieu of the three-hour service I managed to spend two hours in my room between 12 and 3, and have a long talk 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 incubation, for fear of trusting them to the post I gave them into Monsieur Bardy's care, when he came to visit his son.

The sun is full and I have a sense of contagion which means many messages to develop my muscles. My little amputee 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.

THE NEWS (Copyright by W. A. Butterfield) The letters from an American nurse in a French hospital for the first time under the title of "Made-moiselle Miss" are enclosed with this issue. They are a beautiful example of the art of writing in the present international crisis. They are very much more than under the same title. "Made-moiselle Miss" All the proceeds derived from the sale of this book will be turned over to the American Red Cross. The author is Miss Madeline W. B. Curtis, a resident of the town of Bangor, Maine. She is a member of the American Nurses' Association, Bangor, Maine, and is also a member of the American Nurses' Association, Bangor, Maine.

THE MOMENT'S MODES



Pale gray handkerchief liner, 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.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXVII—Soldiers! Soldiers!

AFTER I woke up yesterday morning 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 was a good little girl. There in such a big bed, I looked all around and the house was so still that I felt lonely and somehow it made me want to be better 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.

THE GOOD HEALTH QUESTION BOX

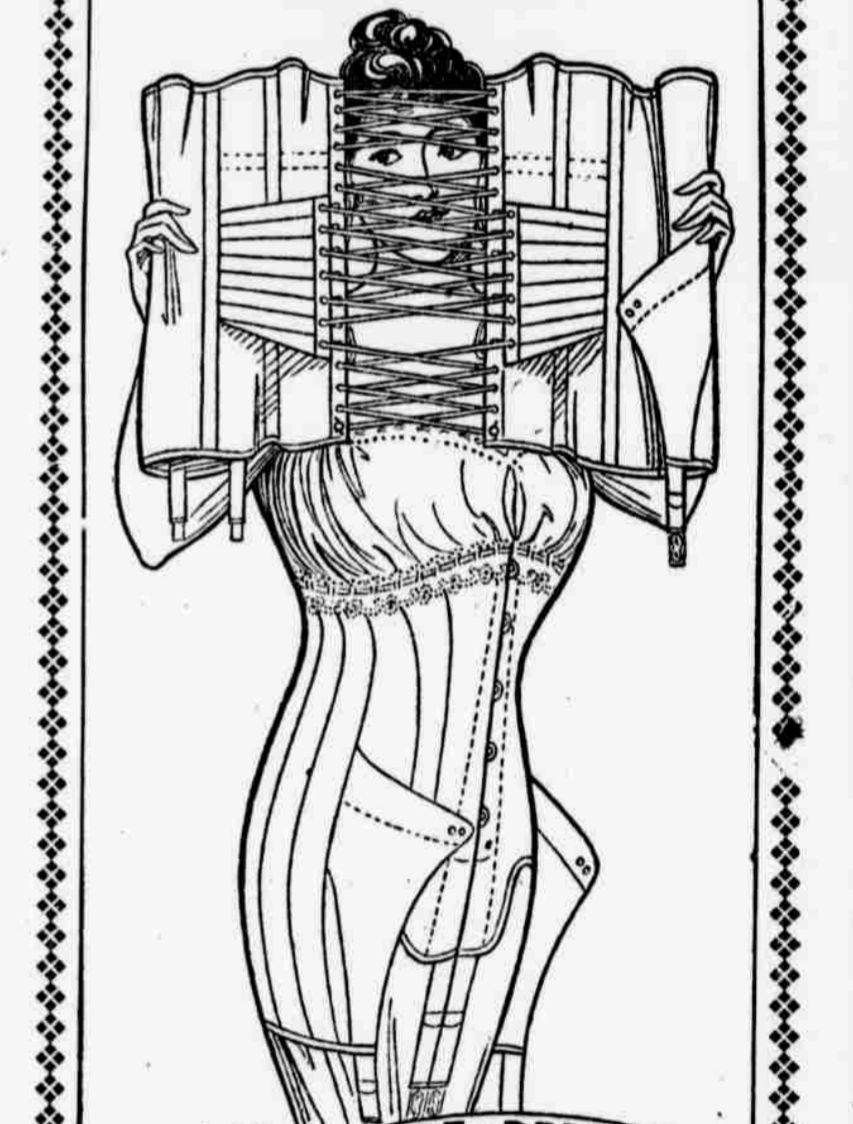
By DR. JOHN HARVEY KELLOGG

ONE may take a cold-water bath by a few seconds' plunge 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.

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. Vitamines. Recent scientific research has led to the discovery of a new class of food principles known as vitamins. These substances differ from other food principles in that while they do not enter into composition of the body—that is, they are not essential to the structure of any tissue or organ—they are, nevertheless, absolutely essential for the maintenance of growth and repair of the various organs of the body. Vitamines are among the most subtle of all known substances. They are active in extremely small amounts. Chemists are not yet able to tell us what their composition is, but it is known that their action is due to a certain stimulating or regulating influence which they exercise upon various functions and activities of the body. Their relation to the energy of the body may be compared to the spark which explodes a powder magazine. They set in operation the forces which release energy and carry forward the various life processes. They are abundantly found in fruits, vegetables and butter fat. Because they are probably partially or wholly destroyed by cooking at high temperature, it is best to eat considerable quantities of the uncooked fruits and vegetables in order to be sure we get sufficient vitamins.

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!



SELF=REDUCING SPECIAL BACK=RESTING Nemo STANDAR SPECIAL FOR NEMO WEEK ONLY A new and ultra-stylish Self-Reducing model, with addition of the new Nemo Back-Resting invention. For all average stout figures. Girdle top. White coutil, sizes 22 to 36. \$3.50

Nemo Self-Reducing Service Famous throughout the world as the ONLY corsets that actually reduce excess flesh with comfort and hygienic safety. Self-Reducing Straps, Relief Bands, Auto-Massage Bands and Lastikops Bandlet are among the patented features which place Nemo Self-Reducing Corsets in a class alone. For all full figures—\$3.50, \$4.50, \$5.00 and up. Nemo Wonderlift Service The Nemo Wonderlift Bandlet is the greatest of all corset inventions. It splits, supports and re-shapes, and is adjustable to exactly suit each individual figure. Models for all forms, from extra slender to super-stout—\$5.00, \$7.50, \$10 and \$12. Nemo Back-Resting Service The Nemo Back-Resting invention strengthens weak muscles, relieves and prevents backache, induces an erect, healthful carriage and free breathing. Models for all figures—\$3.00, \$3.50, \$5.00 and up. Secure a Stock of Your Favorite Nemo Model during NEMO WEEK!

Visiting Nurse Society

To the Editor of Woman's Page: Dear Madam—Please tell me where to write or get information concerning the Visiting Nurse Society. When will the State board examination for nurses be held? G. H.

Take Flag in at Night

To the Editor of Woman's Page: Dear Madam—Is it true that it is not customary to hoist the American flag at night? I understand boats are not allowed on the Delaware River at night. Is this so also? J. J.

Giving Shower for Bride

To the Editor of Woman's Page: Dear Madam—I want to give a shower to a girl who is getting married. I am anxious to make it a surprise party. I want the other girls who work in the office with us to come to the party. How shall I go about asking them and what kind of a shower would you advise me to give? M. C.

Favors for Luncheon

To the Editor of Woman's Page: Dear Madam—I intend giving a luncheon for eight girls the latter part of this month and wish you could give me a few suggestions as to favors and favors. Please suggest a menu. Mrs. F. H. G.

Win the instant approval of those who appreciate and demand the best.

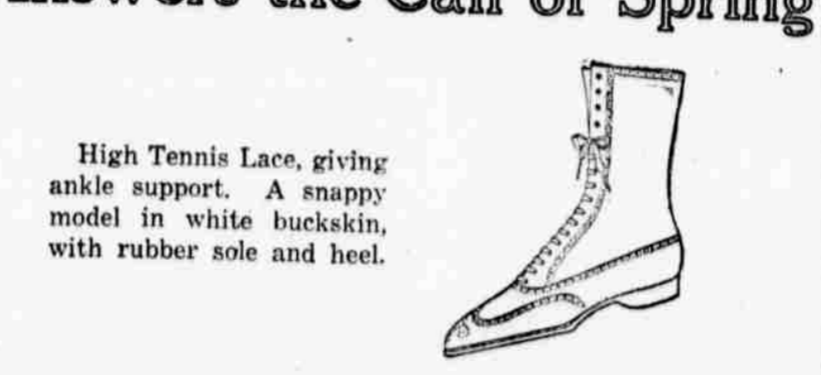


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