EVENING LEDGER-PHILADELPHIA, THURSDAY, MAY 3, 1917

OMAN'S EXCHANGE, CONTAINING INFORMATION ON VARIOUS SUBJECTS-FASHION'S DICTATES

HE WOMANISH WOMAN NOT **ALWAYS THE WOMANLY ONE**

The Former as Distinguished From the Latter. When Procrastination Becomes a Virtue

TALES reach us from Washington of the new representative from Montana bbing now and again. Suffragists dere this; antis exult-it gives them the ged-for "I-told-you-so" opportunity, while her fellow Congressmen, many of iem, openly express their admiration for r and declare it is so "womanly" of

Whether these rumors are true or not ind 1 prefer to believe in Miss Rankin, such a display of emotion "womanly" Is it not rather, "womanish"?

The womanish woman is she who ades on her femininity, and uses the only weapons a man cannot use to obtain her ends. If women are to become a part of the political life of this country they must put aside these traits of a bygone generation and stand for what they are mentally and morally, not femininely. A womanly woman, while tender, is strong and brave and does not allow hercelf to be carried away by her emotions. She, like the Spartan mother, can force back her tears and bid her sons return victorious or on their shields.

TT TAKES an enormous amount of to give up any particular thing for a whole year. But have you ever tried find that, after all, you were not obliged just "doing without" from day to day? Procrastination of this sort becomes a Virtue.

I knew a man who could not stop smoking. He once made a promise that he wish we had saved up "against the time would give up cigarettes for three months; for the summer vacation." For the girl the fifth week found him puffing away who supports herself, vacation saving again. Then he decided he would not funds are a boon. One somehow managain make such a resolution when he ages to spare that certain sum each week, couldn't keep it. But one summer, while out in the woods, he ran short of tobacco impossible it seems to put aside that sum and did not smoke for four days. Then, if it is left entirely to yourself! You are the fifth day, he put off smoking until the | always intending to do it "next week."

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

TODAY'S INQUIRIES

1. When one cannot afford different floor prerings for summer, how can the rugs be stead of coming up the center alele, to appear at the doors on either side of the chancel and so down the alsie to meet the bride, then

escorting her up? 1. How can carpets be brightened? 2. What kind of flowers suitable for weddings are plentiful in May?

8. How should a rusty gas oven be cleaned? 3. How is the wedding cake distributed?

ANSWERS TO YESTERDAY'S INQUIRIES

1. A medium-sized silce of white bread con-bins fifty calories, while a silce of Boston brown bread of about equal size contains 100

The oven should maintain a temperature about 350 degrees Fahrenheit to properly the sponge cake.

2. Succotash is composed of corn and lima skin gloves.

Food Value of Macaroni

the prevention of odorous perspiration: Four dramp zine cleate, three drams boracle acid. Keep surface constantly covered. Tool value of Page: Dear Madam-Macaroni, noodles, rice and other cereals furnish much nutriment at very little cost, catmeal and contineed are also very low in price. Ready cooked cereals, although they are convenient and add variety, are more sepenative than the raw cereals. Also they re-cuirs more cream or milk. (MRS.) T. M. 3. An efficacious tooth powder is composed of equal weights of charcoal and sugar flavored



This hat puts up a bold front of straw and silk, and dangles a tassel on its left side.

next day, and so, from day to day, played this trick on himself until he had absolutely lost the taste.

You can prevent yourself from spend ing money in much the same way. Some times when you are busy you just keep TAKES an enormous amount of times when you are busy you just keep to a very marked degree. Not infrequently courage, more than most of us have, give up any particular thing for a basolutely necessary shopping until you muscles and bones have occurred to absolutely necessary shopping until you form of the body has become fixed and to have the things you craved.

> During May, when the days grow warm, most of us begin to realize the folly of our winter expenditures, and to What is the best home remedy for gove whether it is one dollar or ten, yet how

THE GOOD HEALTH QUESTION BOX By DR. JOHN HARVEY KELLOGG

TN A correct standing position a plumb I line dropped from the ear should fall just back of the first joint of the great toe. Many persons stand with the hips placed so far forward that if a plumb line were dropped from the ear it would fall opposite the heel. In this position the chest is flattened, the abdominal muscles are relaxed and the lower abdomen protrudes. In a correct position the chest is carried well forward, the hips are held well back. The back is quite strongly concave and the anterior wall of the trunk is convex. The abdominal musclas are well drawn in. This position may be secured without the ald of an instructor by the following method:

Standing with the back against a wall or a door, press the heels, hips, shoulders, back of head and the little finger side of each hand firmly against the wall. Now push the shoulders forward away from the wall by bending the head backward until want by bending the heat backwhet during the eyes look straight up to the celling, keeping the heels, hips and hands firmly pressed against the wall so as to fix the muscles of the trunk; then bring the head forward away from the wall, drawing down the chin without allowing the shoulders to move backward.

The poise of the body will now be found very nearly correct, but slightly exagger-ated. Relax the muscles slightly while still holding the chest up; step out from the wall, swinging the arms and the result will be a perfect standing and walking poise. Fersons past middle life whose occupations have been sedentary, especially those who have been occupied with desk work are generally flat-chested and round-shouldered cannot be entirely corrected. This is espe-cially true in cases in which essification of the cartilages of the ribs has taken place. Even in such cases, however, very great in provement may be secured, and the benefit to be derived from an approximate approach to correct nititude is so great that the effort is well worth while.

Sore Throat

The best remedy is hot water. It should The best remedy is hot water. It should be applied outside and inside: outside by means of fomentations for liftcen minutes or half an hour twice a day; inside by a gargie of hot water, as hot as can be borne, every fifteen minutes or half hour until relieved. Drink pienty of hot water, so as to get into a profuse perspiration. If there is force, used the skin with sporge Bell - shaped sleeves, with separate inner cuffs closely fitted. so as to get into a profuse perspiration. If there is fever, cool the skin with sponge baths. Keep the feet warm. If the symp-toms are severe apply ice in a bag to the outside of the neck and give the pa-tient little pieces of ice to swallow. A tient little pieces of ice to swallow. A few hours of this treatment will effect a cure in simple cases. See that the bowels are thoroughly moved and take fresh fruit first the case. The fullness in the skirt ulee and cereal gruess for forty-eight hours. A physician should be consulted in all severe cases of inflammation of the throat. It should also be borne in mind that in most cases acute infections of the throat are infectious.

Chronic Catarrh of the Windpipe Is chronic catarri of the windpipe curable? V. U. S. In most cases this disease may be cured

A lung specialist should be consulted.

Loss of Voice What is the cause of loss of voice when a person feels well otherwise? W. H. H. person recis well otherwise? W. H. H. The loss of the volce may be due to an inflammation of the mucous membrane of the larynx or to an inflammation of the nerves controlling the muscles of the larynx. The loss of volce is sometimes due to hysteria. Sometimes a change of altitude will cause the voice to return and when the trouble is due to hysteria the voice may be suddenly recovered at any

Enlarged Glands What is the cause of enlarged glands in a child's neck? MRS, G. H. Q. Tuberculosis.

IN THE MOMENT'S MODES

10

would not be permissible in any other ma-

terial save crepe, or

something equally soft-bodied.

THE CHEERFUL CHERUB

Sometimes my worries

They swarm about as thick as bees.

times like that

The world is full of

It's nice to think in

ned me so;

In spite of the threatened slim silhouette "bouffant" effects are still sanctioned by notable authorities Soutache braid in red, yellow and green plays rather an important part in this clever afternoon frock of navy blue crepe Turko.

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

XXIX—The Avenger

WHEN I got out of bed yesterday 1, bled and went out to see June, the young noticed that the house was once more lady in the hammock.

She was in the hammock jusy the same

as she was the other time, and she said,

"How do you do, ladybird?" I said, "Pretty

well, thank you, and kind of hungry." She

got me some not very cold biscuits and

I stayed there the whole afternoon, and

she took me upstairs and showed me the

pink nightie spread out on the bed in the

little room, and said she had left it there

just for me, for she knew I would come

again. Then her father came home and

shook hands with me and asked if he could

foam my father so he wouldn't be worried.

I said no, that my father had said I could

stay there any time, but to let Rowdy sleep

in the room with me. The young lady asked

me if I'd like to sleep with her, and I did,

I phayed, "Dear mother, I suppose you

The young lady, who was sitting up in

bed, told me that her mother was in heaven.

too, and I asked her mother's name, and

then I introduced my mother to her and I

asked my mother for the love of Mike why

she didn't ever teach my father to make

anything but pancakes. "If you do send me

that baby sister." I said, "you will have to

(Copyright)

The next adventure of Patsy Kildare will ap-

send one that can eat pancakes. Amen."

pear in tomorrow's Evening Ledger.

know where I am. Any time you don't see

some jam and a glass of milk.

with my arms around her.

beginning to have the scattered look that it had before Old Maid Tompkins cleaned it up. My father was in bed and had fried some pancakes for Rowdy and me. When I ate them I wondered why we never had anything but pancakes. Then I heard the laughed as if that was a joke, and went and birds in our yard scolding, and I went out and found Wilbur Carpenter up in our tree trying to rob a bird's nest. He started to

slide down when he saw me, but I told Rowdy to go to it, so Wilbur climbed back again. He wrapped his legs around a limb and

hung on and smiled at me and said, "Hello, Patsy." I sat on the step and smiled and kept my face shut. Then he said, "Did you like the ice cream I left on the fence for you yesterday?" I said, "You didn't leave it there for me, but I got it. What are you doing in our tree robbing our bird's nest?" He said, "I wasn't. I was just looking in her nest to see how many eggs she has. I think I will come down now and go home. I shouldn't wonder if my mother wants

me in my bed I will be out here. What do you think of the way I handed it to Wilbur He started to come down, but Rowdy today ?" umped at his foot and growled, and Wilbur pulled his foot up and said, "Aw, you know me, Patsy." I said, "I sure do."

I didn't do anything the whole morning but sit on the step and keep Wilbur in the tree. At last his mother came down the street looking for him, and he told me not to say anything, for she would whip him for robbing birds' nests. So I said to her, "Here is your bad little boy up in our tree robbing our bird's nest." But he said, "No mother, her dog chased me, and I had to

run in here and climb the tree." His mother said. "Come down out of that tree at once." I said, "If he does I will have Rowdy bite him" She said "I will mam the police to come and shoot your dog." I said, "They

can't, for he has got a license. She went up to the tree and pulled Wilbur down, and I called Rowdy away and put out my tongue at her. Then Rowdy and I ram-



Silk Underwear

Poor indeed is the girl who does not at one time or other wear silk stockings or inderwear. It has been found that it is not the wear on these articles that causes them to give way so rapidly, but the acid in the perspiration. Thus, if you would rinse out your stocks or vests or blouse as soon as they are taken off, their life would be lengthened threefold. Another good idea is to have three or four pairs of stockings going instead of one or two. You will be surprised to note how long a pair of stockings will last when worn only once or twice

are washed at night they will not turn yel-low. It seems that there is something in the night air that has a bleaching influ-



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 Cosmetic gloves are gloves the inside of which has been spread with a preparation to soften and whiten the hands when worn at night. A composition of the following is often used: Five ounces of spermaceti cerate, one dram balsam of Peru, stir for five minutes, pour off the clear portion, add one-half dran oil of nutmer, tweive drops oll of casafa, tweive drops essence of ambergris, and stir until cold, then spread in mock kid or lamb-2. Following is a formula for a powder for

Ham Loaf

to the Editor of Woman's Page: To the Editor of Woman's Page: Dear Madam-I am sending you this recipo for ham leaf, which makes a nice dish for funday suppers. One pound raw ham, one cup ful dried bread crumba, one cupful boiling water, two beaten eggs, one-quarter teaspoonful mak-tard, one-quarter teaspoonful maker, the barm, including the fat, through the meat chop-per, add the crumba, water, eggs and geason-ing. Mix well and bake in a small breed pau, in a slow oven for an hour and a half.

Recipe for Dandelion Wine

To the Editor of Woman's Page: To the Editor of Woman's Pape: Dear Madam-Will you kindly olige a smader of your paper by publishing a reche for making dandellon wine? I have tried for sav-erel years, but have never been quite success-ful. Perhaps some reader of the Evening Laboras can give the valuable information. Riverside, N. J. WM. L.

Marion Harland gives the following rec-tope: Steep the flowers in boiling water for five minutes, then strain off the liquid, pressing the flowers hard. Sweeten to taste and add brandy in the proportion of one pint to every four gallons of liquid. Pour into bottles and set away uncorked until fermentation ceases, then draw off and re-bottle.

Italian Artichokes With Sauce Tartare To the Editor of Woman's Page:

Dear Madam-Will you please, through your columns, tell me how to cook Italian artichokes with tartare sauce? B. L. T.

After removing the stems and outer leaves from the artichokes cut out the cores with a sharp knife and lay these in cold sailed water for one-half hour. Drain and put into a saucepan with enough bolling water to cover them. Cook until ten-der, drain, then serve them with the fol-lowing sauce: One-half cupful melted but-ter, into which beat one teaspoonful lemon juice, a pinch of French mustard, sait and paprika, a few drops of onion juice and one espoonful of oliva oil Beat over the fra onful of olive oil. Beat over the fire caspoonful of clive oil. Beat over the hre intil well blended, then remove and stir is into a beaten egg very slowly so the hot liquid will not curdle the egg. Beat un-il light and pour over the artichokes.

Referred to Readers

To the Editor of Woman's Page: Dear Madam—Kindiy oblige me by printing in your paper a formula for cleaning white hemp MNA M. C. Can any reader supply this information?

To Stain Leather Black Bditor of Woman's Page: r Madam—Can you tell me how to stall t leather a permanent black? J. T. P. leather may first be mordanted with ation of logwood extract, then given then with a solution of iron sulphate

Brightening Opals

liter of Woman's Page: Indam-Is there any way of brightenin in a ring without taking them to MINNIE C.

them with oxide of tin or putty on a piece of chamois skin, wet; ith refined chak, also on wet cham, then scrub the opals with a soft ipped in water.

Apportioning Income

Apportioning for af Woman's Page: fain-What is the proportion of one's maken should be spent for rent and making to some estimates? RMADER.

the of \$1000 a year it is cent should be spent for

To Reduce the Face

To the Editor of Woman's Page: Dear Madam-I have a very fieshy face, but am skinny elsewhere. What causes this and how can I reduce it? E. H. Palmerton, Pa. You might obtain the desired results with vibratory treatments.

Drying the Hair

To the Editor of Woman's Page. Dear Madam-My hair is long, but very this and dry. What can I do to make it thicker Do you think that drying the hair in front of a radiator is injurious to it? NELLIE. Rub vaseline into the scalp with the tips of the fingers at night. Drying the hair in this way is not particularly good for it; if possible try to dry it in the sun; failing this, rub it dry with a towel or fan it.

Will Married Men Be Drafted?

to the Editor of Woman's Page: To the Editor of Woman's Page: Dear Madam-1 have been married allout nine months and we have been living with my par-ents until now, but we are to go to house-keeping this month. I am very anxious to go to housekeeping and couldn't wart until the time came, but now that war has broken, out I am very undecided about it. as I would not like to break up housekeeping if my husband had to go to war. I have heard persons say that men married six months before war was declared will be drafted, but as we have been married nine months do you think my husband is safe? Will they take all married men? (MRS.) B. C.

As the conscription bill has not yet been passed it is impossible to tell you just what the provisions for married men will be. If

you follow the newspapers closely you will probably secure this information very shortly. **One-Piece Bathing Suit-Other Queries**

One-Fiece Bathing Suil—Other Queries To the Editor of Woman's Page: Dear Madam—(1) Is it good tasts for a girl to wear an Annette Kellermann bathing suit in a pool when all the swimmers are girls or woman? (2) Which would be better to wear with a street suit of bise—black oxford ties or black pumps or brown? (3) When a man invites a girl to the the-tre may she ask him where the seats are to be so as to know how to dress or would a suit with dressy waist and white gloves be all right anywhere in the house? (4) Do young girls wear white kid gloves to a tas?

a tea? (5) Can one go to summer datces without gloves, even to carry them? (6) Are the light sports suits appropriate to wear shopping? CONNIE.

(1) If a girl really wants to learn to swim

(1) If a girl really wants to learn to swim she can do so much more readily if not hampered with skirts, stockings, etc. The one-plece bathing suits are quite de rigueur in a pool reserved for women. (2) Purely a matter of choice. (3) A suit with a dressy waist and white gloves can be worn in any part of the theatre. It would be safer to wear these than to wear evening clothes unless you were sure of the man, too, ap-pearing in full dress and you can hardly ask him where the seats are. (4) (5) (6) Yes.

Costume for Afternoon Wedding

To the Editor of Woman's Page:

Deur Madam — I am to attend a wedding this month. It will take place in the afternoon about 6 cicck. What sort of a gown should I waar? Must gloves he worn to the church I I am to go to the reception after the cere-mony. HLANCHE. mony. BLANCHE. A frock of georgette crepe and crepe de chine combined, or some such soft material in a light color would be most appropriate. Flesh pink, ciel blue, oyster gray, lilao and champagne color are the prettiest colors from which to select. A straw or georgette crepe hat and white gloves should be worn. The gloves need not be kept on at the breakfast.

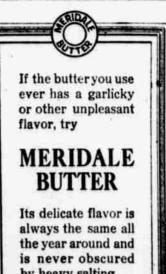
White Spots on Nails Mor of Women's Pare: Inden - On't Hars o Matte ra-

Normal Blood Pressure What is the normal blood pressure? The normal blood pressure is 100 to 120 It is an error to suppose that the normal blood pressure in a given case may be found by adding 100 to the person's age. It is true that this simple formula will

but the average blood pressure, but the average blood pressure of adults is not normal but too high. The majority

not normal out too high. The majority of men smoke. Both men and women use tea and coffee and eat so much meat that hardening of the blood vessels begins pre-maturely and by the time middle age is reached considerable advance has already been made in degeneration. If a man who is forty years of age has a blood pressure of 140 the indication is that degenerative is forty years of age has a blood pressure of 140 the indication is that degenerative processes are at work in the body which are making him prematurely old. His blood pressure should not be more than 120. The writer is acquainted with many people sixty years of age or older who have lived the simple life and who have blood pressure reprint from 110 to 120 have free the simple file and who have blood pressures ranging from 110 to 120, A higher blood pressure means old age, beginning or advanced, whether found in a person forty years of age or seventy-five years.





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