

THE HEALTHFUL VALUE OF KEEPING ONE'S TEMPER—FURTHER EXPLOITS OF PATSY KILDARE

YOU ARE TIRED BECAUSE YOU FRET, SAYS NEUROLOGIST

Dr. Walton Advises One to Sit Tight—Flippancy in the Young Girl Often a Cloak to Hide Her Embarrassment

NOW we are told that it is not enough merely to stop swearing, a man must also give up feeling like swearing, for in the pent-up emotion unexpressed lies a grave danger.

Dr. George L. Walton, who has written "Calm Yourself," declares that fretting does not come from being tired, but being tired from fretting.



The bow on this hat seems to be in a perilous position, but it is really quite safe, for it is tacked firmly at this angle in order to hold down the back of the hat, which has turned forward—like the flap of an envelope.

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 will be answered, but the editor does not necessarily endorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- 1. What is the best way to pack away blankets and other woolen articles for the summer in order to protect them from the moths?
2. What will keep apples white when stewing them?
3. How can color in calico be set?

- 1. Cold water should always be poured over meat in making a broth, as hot water will harden the tissues and prevent the nutrient from escaping from the meat.
2. A granite or enameled kettle should be used in making soup in preference to one of iron.
3. Veal to be good should be a delicate pink and tender, and the bones should be hard.

In Lieu of a Fireless Cooker
Dear Madam—A cooker not so well known as the electric one, but which has several advantages, is the steam cooker. It has several shelves on which to put the vegetables, and it cooks at one time and requires only one saw for fuel.

Making Washday Easier
Dear Madam—Many women who do their own washing, I am afraid make the work much harder than it should be. For instance, to put the clothes in a tub of water, and then to wash them, is a very tedious and unnecessary task.

To Remove Varnish From Floor
Dear Madam—We have moved into another house, and the floors are covered with an unworkable varnish. Can you tell me of anything to remove it?

Mending Candlesticks
Dear Madam—How can the loose tops of candlesticks be fastened so they will not wobble? Is there any way to prevent candles from dripping?

Dainty Southern Dish
Dear Madam—I am sending you a recipe for a Southern dainty. It is a small, light, and delicious dish, and is very easy to make.

Recipe for Nut Loaf
Dear Madam—Can you give me a recipe for a loaf which combines nuts and rice in a delicious way? I think you will find it follows: One cupful rice, one and one-half cups of water, one-half cupful of butter, one-half cupful of sugar, one-half cupful of nuts, and one-half cupful of raisins.

Engaged Girl's Quandary
Dear Madam—I am a twenty-eight year old girl, and I am engaged to a man one year my junior. About five years ago I was engaged to be married to a man who was a stranger in our town. Now my fiancé is a stranger in our town.

Minstrel Girls
Dear Madam—A crowd of girls would like to set up a minstrel troupe, and would like your advice as to how to do about it. What kind of costumes, and what name do you think would be best for us to call ourselves?

THE CHEERFUL CHERUB
I live a small secluded life—Alone and prim and staid I sit and watch the world pass by. Just like a big parade.

WOMAN COMMANDEERS BREECHES TO BRIDGE BREACH MADE BY WAR



Everywhere they have seized upon the war as an excuse for the realization of one of their fondest hopes—skirt emancipation—and everywhere trousers and trouserettes, panties and pantaloons, of the garden and of the harem variety, have been springing up.

Skirt Emancipation Wrought by Conflict That Has Seized the World in Its Horrific Grasp, and Bifurcated Garb Replaces Gown

TO COMFORTABLY bridge the breach left vacant by the war-going men, women have commanded breeches.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.
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 diagnosis or of prescribing for ailments requiring surgical treatment or drugs.

Constipating Foods
SUCH foods as soups, gruels, porridges and purees contain so little solid matter that the bulk, considerable enough it may be when the food is eaten, is soon reduced to a very small volume.

Gas in Stomach and Bowels
What will relieve a severe pain caused by gas in the stomach and bowels? M. K.
A warm enema and fomentations. Sometimes a hot full bath is required. If an attack is obstinate or recurs, a physician should be consulted, as possibly an operation is needed to repair the ileocecal valve.

Appendicitis
Is an operation necessary in every case of appendicitis? A. L. B.
A surgeon should be consulted in every case of appendicitis. Each case must be treated on its merits. Severe cases require prompt surgical treatment.

Trichinae
Are trichinae found in other animals besides the hog? G. R.
These parasites are usually found in pork, though they may infest the muscles of other animals. Cases have been recorded where it was found in chickens.

One Kidney Removed
Can a person live after one kidney has been removed? M. R. L.
There are many people who are living and in good health who have had one kidney removed. In such cases the remaining kidney is healthy and it grows larger and its activity is greatly increased.

The Stomach Needs Rest
Why does the stomach need rest? N. A. N.
The stomach needs rest to give the glands an opportunity to disinfect themselves. After the stomach is empty, at the completion of the digestion of a meal, the cleansing, disinfecting action of the gastric juice gets the organ ready for the next meal.

Farmer Smith's Column

BILLY BUMPUS
My Dear Little Heapers—I am delighted to see that our old friend Billy Bumpus is a good friend of yours. Some of my Little Heapers have written and sent their regards to the delightful fellow and I want to ask you to play a beautiful game with me.

STRANGE ADVENTURES OF BILLY BUMPUS WHEN NIGHT CAME

By Farmer Smith
The sun was slowly sinking behind the hills when the soldiers stopped for their night's rest. Billy had trotted patiently behind the wagon all the afternoon. It was a hot, dusty trot, but Billy thought he was doing his duty.

JUDGES AT SHAD DINNER

"Ourselves" Treat Themselves at a Feast at Essington
"Ourselves," consisting of judges and lawyers, gave themselves a shad dinner last night at the Corinthian Yacht Club.

FERTILIZERS PERPLEXING SUBJECT TO HOME GARDENING AMATEUR

Practical Hints on Use of Stable Manure, Green Manures and Complete Fertilizers—Fertilizers Rightly Applied Mean Difference Between Success and Poor Crops

By JOHN BARTRAM
THE subject of fertilizers is an important one in home gardening and a perplexing one to the home gardener. I have tried to set forth what follows for practical suggestions as to fertilizing and to give a trifle of the philosophy of the subject.

Green manuring may be practiced where space will permit. A crop of rye, sowed after the middle of August and as late as October, will make good growth by the time it is spaded or plowed under in the spring.

Green manure should be spread in the fall and during the winter. If applied in the fall and spaded under, the ground will be in good condition in the spring.

Application of barnyard manure, long experience has shown, is the best way of aiding soil fertility. If applied in the spring the manure should be well rotted.

Sheep manure and horse manure should be applied broadcast at the rate of five pounds to 100 square feet, or also drilled in bottom of rows.

Estimates on applications of stable manure vary according to the soil and the purpose in mind. Twenty tons to an acre is not too much for new ground, but for tilled soil in good condition a ton to a tenth acre is sufficient.

IN THE MOMENT'S MODES



PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS
XXXI—Getting a Welcome
WHEN I had flipped my pancakes and Rowdy's, which my father had mixed and had put the dishes in the sink and turned the water on—though the water is always turned on some, because you can't turn it clear off—Rowdy and I rambled. It is nearly time for us to have the dishes and clothes washed at our house again, for I ate my cakes this morning off the silver plate the water pitcher sat on before my mother went to heaven and that leaves only the big platter and the tin tray and the mats to eat off and then we'll have to wash the dishes. The sink is full of them and the sheets look kind of bad, for Rowdy's feet are not always clean, and sometimes when I have been rambling late I do not always wash my own before I go to sleep.

Rowdy and I went around to the rector's new house and I put a board up on a pile of bricks and ran up and down on it and I jumped till the bricks fell over and I skinned my knees. Then a man in overalls came from somewhere and swore at me and I asked him whether he would stop or whether I should go and get my father to attend to him. Then he stopped and after that he explained that it would break the brick for me to knock them over and he asked me to please not to do it any more. I promised him and told him I was sorry I had done it. Then he said, "Say no more. It's all right." That's what I call standing up for my rights.

Then Rowdy and I went to June's and she was sitting in the hammock as usual, only she saw us coming a long way off and came flying to meet us. Rowdy wagged his tail at her. No dog, not even Rowdy's, has a bit of sense. Why, when they are glad, do dogs always wag the end of them that is farthest away from a person? If they must wag their tails why don't they back up to a person and then wag? But my father says there are some secrets of nature that man will never solve, and I suppose the same is true of little girls.

When June saw I was limping she carried me up into her house and wrapped a rag around my knee and hugged me tight and kissed me and then I cried. The funny thing about it is that I don't know why I cried, for I was very glad to have her love me in that way. Maybe it was because there was no one around to hear me cry.

June said she was going to take me to the matinee, whatever that is, tomorrow afternoon, so I stayed there for dinner and supper and that pink nightie certainly did feel good. Rowdy and I kneeled and I prayed, "Dear mother which art in heaven, everything is all right and I am happy, so if you have been feeling bad about me up there in heaven, please cut it out. Everybody is kind and sweet to your little girl and I am so busy I don't know what to do with my days. I am at June's now. You know, she is the one whose little sister and mother turned turtle one time and she is going to take me to the matinee tomorrow and then I must call on Old Maid Tompkins and see if she has got over her grouch. I think if she would throw her looking glass away she would not have so many grouches. Do you go to matinees, or will I have to tell you all about it? I am kneeling on one knee because the other one is busted. I wish you would ask God if that makes any difference when I pray. Amen." (Copyright.)

The next adventure of Patsy Kildare will appear in Monday's Evening Ledger.

GARDEN QUERIES ANSWERED

Pansies Won't Bloom
Max—Try stirring the earth in the pansy bed two or three times a week with a claw-shaped cultivator. An ordinary table fork will do. Also keep the faded flowers pinched to prevent them from going to seed.

Varieties of Peas
M. C. L.—Gradus or Prosperity, Telephone Marvel, Champion of England, Horroff's Market Gardeners' Champion are all reliable and "steady" kinds.

For a Poor Soil
Est.—Portulaca, marigold, petunia will all do well in the very sunny spot you describe, even if the soil is poor.

Potatoes and Others
Charles K.—(1) Not too late to put in potatoes. (2) Three to four months to mature. (3) Do not stake them in same way as manure. (4) Better hold off on muskmelons for a couple of weeks.

FRIENDS PLAN AMBULANCE

Will Present Fully Equipped Outfit to Government
Members of the alumni of the Friends' Central School, Fifteenth and Cherry streets, are making plans to present the Government with a fully equipped motor ambulance. The arrangements are being made by a committee headed by Mrs. Frank F. Barber, '95, of Philadelphia.

OUR Ohio Junior Water Heater is built for just one job. It won't heat the house; it won't do the work of a laundry stove. But it WILL HEAT WATER—80 to 40 gallons an hour—and deliver it piping hot to your faucet. It takes only a bucket of pea coal a day.