HE 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

Vvvettes

The bow on this hat seems to be

in a perilous position, but it is real-

ly quite safe, for it is tacked firmly

at this angle in order to nois down the back of the hat, which has turned forward—like the flap of an this angle in order to hold down

envelope.

many of them become so through fear

of being thought dull and uninteresting

and a certain self-consciousness which

they try to conceal by an attempt at

Several older women were discussing

a young girl who had come in to help them with a sewing class recent'y. They

agreed that she was pretty, but though

her insufferably flippant. She really

loses no opportunity to scandalize them

by her remarks and makes the most

radical statements about things of which

It is because she is nervous and ill a

ease and so afraid of being thought

heavy and stupid that she strains after

cleverness with such disastrous results.

her own rather reserved self again. But

not. I am afraid, before she has antago-

nized a few dowagers, who will not take

the trouble to look beneath the surface

3. Should a spoon or a fork be used in eating

3. The bridegroom may wear a cutaway suit at a wedding when the bride wears a traveling

Party for Twins

As your friends live in the country you

As the guests are to be adults principally,

Attend Theatre in Other City

To the Editor of Woman's Page:

Dear Madam—I have been invited to visit in New York and a young man has asked me to accompany him to the heatre when I am there. Would this be the correct thing for me to do in a strange city?

ANXIOUS.

To the Editor of Woman's Page;

Some day she wil "come to" and be

cleverners and originality.

she knows nothing.

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 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 in the pages be written?

It was and other woolen articles for the sumer in order to protect them from the moths?

ANSWERS TO YESTERDAY'S INQUIRIES

1. Cold water should always be poured over the making a broth, as hot water will hostess should not wear a hat.

If giving a function in her own home the hostess should not wear a hat.

2. A coat suit is suitable to wear at a lunch

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

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

"Nervous prostration," he further states, "would be rare if we were so constituted that we could 'eave out needless tear and fret, avoid swearing or even feeling like swearing, if we could argue with out acrimony, could stifle our aversions, could resist the temptation to play the

"For the cure of nervousness (which is often only another name for faults habit of mind) change of scene is often

But one can sit tight wherever he is and materially modify his character, if he be sufficiently broadminded to recognice his own shortcomings as well as those of his neighbor.

"Be fretless," the physician advises be fussless, be tired and good natured instead of tired and cross. Remember that any one can stand what he likes, but only a philosopher can stand what he doesn't like. Don't suffer ten deaths a week through fear when you have to dle only once; and above all, get busy!"

After all, this advice resolves itself into cultivating a sense of humor. For if one can see the ludicrous side of any situation, and there always is such a side, troubles, sanoyances, irritating peculiarities can be laughed off instead of wept over. Only this saving sense must be kept near the surface and summoned at the psychological moment, not forgotten until one's anger has risen and subsided, for then the damage is

WHAT is it so often makes girls in and make allowances for the idlosyn crasies of youth.

2. What will keep apples white when stewing

ite or enameled kettle should be

making soup in preference to one of

Veal to be good should be a delicate pink tender, and the bones should be hard.

In Lieu of a Fireless Cooker

Another kitchen aid is the oven which fries.

Akes or reasts without the fierce heat usually
equired. It is invaluable for light houseknepting.

I is equired with a steel pan and an adjustble hand, a finme plate and a removable shelf,
he oven may be used on top of the stove or
n one burner of the ordinary gas stove, and
aves heating the regular oven for baking
oratoes, tomatoes, etc., and for warming over
code.

(Mrs.) JOHN K.

Making Washday Easier

Dear Madam—Many women who do their own washing. I am afraid make the work much harder than it should be with just a little thought ahead of time. For instance, to put the clothes to soak in cold soany water the cight before washday greatly facilitates the work—cold water, because if hot water is used any stains that may happen to be in the clothes will set and some cannot be removed. Soap should not be rubbed on the clothes, as the alkali in most soaps is too strong for many delicate fabrics if rubbed into the weave. G.

To Remove Varnish From Floor

Dear Madam—We have moved into another ours, and the floors are covered with an uneven aint. Can you tell me of anything to remove his?

To remove ordinary stain or varnish, use very strong lye, either from wood ashes or commercial potash, with a lump of washing soda in it. Apply with a coarse sponge or cloth, following with a damp cloth wrung hard out of warm water. Be careful to wear rubber gloves and to grease the hands, otherwise the caustic liquor will set the

To the Editor of Woman's Page:

To the Editor of Woman's Page:

To the Editor of Woman's Pape:

8. How can color in calico be set?

WOMAN COMMANDEERS BREECHES TO BRIDGE BREACH MADE BY WAR



FAREWELL BUTTONS; ADIEU HOOKS AND EYES New sartorial models for women, exhibited today, are so designed that the wearer may complete her toilette in a few minutes, yet conform to style, and wear garments becoming to the figure with perfect safety

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

COMFORTABLY bridge the breach left author, and exhibited the strangest assort-

I vacant by the war-going men, women ment of garments that doubtless have ever been gathered together under one roof. have commandeered breeches.

Everywhere they have seized upon the war as an excuse for the realization of one of their fondest hopes—si.irt emancipation -and everywhere trousers and trouser-ettes, panties and pantaioons, of the garden and of the harem variety, have been spring-

"A woman should take at least an hour to adjust her hat and veil," said the French fashion plate of a bygone day.

"A patriotic woman should take about two minutes," says the modern maid, "to complete her entire toilette."

Bifurcation is the answer.

Dear Madam—I intend giving a surprise party to twins of fifty years. The man is married, but his sister is not. Would you tell me how to decorate the table or room? They live on a farm. Would ice cream and cake be right? What games would be nice? The creats will be all married persons. How should the twins sit at the table? Recently leading exponents of the new

Trousers with temperament; trousers with soul; panties with auras and panties with queer futuristic urges—panties, in short, that no self-respecting creased-down-the-middle-serge model of the masculine persuasion would deign to recognize, were demon The garment which lacked the self-re-

liance to hang by its own efforts, or by a bead or bit of ribbon, and had to depend on the old-fashioned hook and eye or patent snapper was frowned upon. The garment which could be dropped into its place in the twinkling of an eye after the manner of the automatic harness of the fire-horse was lauded to the skies. was lauded to the skies.

Recently leading exponents of the new sartorial freedom for women gathered together at the house of Mrs. Beatrice Forbes-Robertson Hale, prominent suffragist and bobbed head is a great help.

Farmer Smith's Column

BILLY BUMPUS

My Dear Little Heipers—I am delighted to see that our old friend Billy Bumpus is a good friend of yours. Some of my Little Peop.c have written and sent their regards to this delightful fellow and I want to ask you to play a beautiful game with me. Sit down and tell me what YOU would like to have Billy Bumpus do. You may have to wait a day or so, may be a week, in order to see YOUR IDEA in print, but it seems to me that you will have a lot of fun think-ing up things for this interesting fellow

No matter what you are to be in after life or what you have to write about it will do you a lot of good to MAKE UP stories. things around you and have him do them All I want is IDEAS. They are very valu-able in this world and I want to teach you early in life to make use of your IDEAS A thought is useless without action. Train yourself so that you can put your GOOD thoughts on paper or put them into ACTION. Let us try this game. THANK YOU IN ADVANCE.

Your loving editor, FARMER SMITH.

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 beand the wagon all the afternoon. It was a hot, dusty trot, but Billy thought he was doing his duty. "How sweet it is to do one's duty!" he said out loud as the wagon stopped beside a brook and the driver stepped down from the seat and untied

"Oh, goodie!" exclaimed Billy. "There is a horse. I'll take to him." He trotted "What are you doing here?" asked the horse, when Billy reached the front of the

"I've been pushing the wagon all afternoon—helping you," said Billy proudly.
"Thank you so much," replied the horse.
"But what are YOU around here?"
"I'm one of the officers," answered Billy

"Please don't make me laugh," said the

horse. 'What officer are you?'
"I'm the mascot," replied Billy, taking a nibble at one of the traces. What's a mascot? I've been an army horse many years and I've never before heard of a mascot. You carry water or something—is that the idea?"

something—is that the idea?"

"Not at all," began Billy. "A mascot is over a general. He brings-luck, not water. I don't quite understand what my duties are as yet. When I find out I will let you know. But say, may I have a nibble of your hay when it comes? All I've heard of eating is a very few words about a powder can."

"I advise you to try and empty the can first," said the horse. But the first can Billy tried was a canful of powder; wasn't that funny? It wasn't funny for Billy!

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, at Essington. There were no speeches. but recitations, stories, poems and songs

but recitations, stories, poems and songs were permitted.

The following were present: Judge J. Willis Martin. Judge William H. Staake, Judge John M. Patterson, Judge Joseph P. Rogers, Judge Thomas D. Finletter, Judge John Monaghan, Frederick A. Sobernheimer, J. Jesenh Murphy, Cornelius Haggarty, Jr., Thomas James Meagher, Daniel J. Shern. David J. Smyth, John H. Maurer, Louis Hutt, William A. Carr, Eugene Raymond, William H. Wilson, Frank M. McAdams, William A. Gray, M. J. McEnery, J. Howard Reber, A. T. Ashton, H. S. Mesiroy, David Reber, A. T. Ashton, H. S. Mesiroy, David Reber, A. T. Ashton, H. S. Mesirov, David Phi'lips, Daniel C. Donoghue, A. H. Ladner, Jr., J. J. Crowley and William F. Rorke. at her. No dog, not even Rowdy, has a bit

IN THE MOMENT'S MODES



PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXXI—Getting a Welcome

and had put the dishes in the sink and turned the water on-though the water is their talls why don't they back up to a peralways turned on some, because you can't turn it clear off-Rowdy and I rambled. there are some secrets of nature that man It is nearly time for us to have the dishes and clothes washed at our house again, for 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 jounced till the bricks fell over and I skinned my knee. Then a man in overalls came from somewhere and swore at me and I neked 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 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

WHEN I had flipped my pancakes and 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 son and then wag? But my father says will never solve, and I suppose the same is true of little girls.

> When June saw I was limping she car ried me up into her house and wrapped a rag around my knee and hugged me tight 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 m

> 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

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 aweet 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 turkle one time and she is going to take me to the matines tomorrow and then I must call on Old Maid Tempkins and see must call on Old Maid Tompkins and see i she has got over her grouch. I think if she would throw her looking glass away she would throw her looking glass away sne 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 be-cause 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.

FERTILIZERS PERPLEXING SUBJECT TO HOME GARDENING AMATEUR

and Complete Fertilizers-Fertilizers Rightly Applied

By JOHN BARTRAM

one in home gardening and a perplexing one to the home gardener. I have tried in what follows to offer practical suggestions as to fertilizing and to give a trifle of the

Prospective gardeners who have a some-what dense, poorly drained soil should not be discouraged, as much can be done to improve poor ground. A heavy soil can be made more porous by the incorporation of organic matter. The best source of this is stable manure. Addition of sand or finely sifted coal gabes will lighten a heavy soil.

Green manuring may be practiced where

T ET me suggest that every one L who creates or cultivates a garden helps, and greatly, to solve the problem of the feeding of the nations."-President Wilson.

Bring your gardening problems to the Evening Lenger for practical, helpful solution. Address JOHN BARTRAM.

vegetables like tomatoes, beans, eggplants and peas. Phosphorus may be added through what is known as 16 per cent acid through what is known as 16 per cent acid phosphate, supplied at the rate of one pound to fifty square feet. This element can also be obtained in a well mixed prepared fer-tilizer and may be used to supplement man-ure or green matter when spaded under. Ground bone meal also is rich in phos-phorus.

Where rye used as a green crop, pul-verized or dried hen manure or sheep manure, obtainable at seed houses, will sup-ply lack of nitrogen. Either should be applied at the rate of about two pecks of manure to 500 square feet of land.

Potash in the muriate form, which under normal prices may be used to advantage, is selling at a price which makes its use impracticable. Nitrate of soda, although high in price, may be used to top-dress any crop needing additional stimulation at the rate of one pound to 200 square feet.

ctober, will make good growth by the time it is spaded or plowed under in the spring.

SUPPLYING PLANT FOOD

Garden soil should be made as fertile as possible by plant food supplied in a number of ways. Working under green matter not only adds a small amount of plant food directly, but its decay also tends to liberate otherwise unavailable plant food.

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 spread in the fall and during the winter. If applied in the fall and during the winter. If applied in the fall and goaded under, the ground will be in good condition in the spring. It is fraquently impossible, however, to obtain manure of ideal quality. Manure in any condition is better than none at all on account of the humus or vegetable mold accessible. If celery, onlons, cucumbers, lettuce or greens are grown, an eighth ton to every 500 square feet will not be excessive. For these crops, also, hen manure in addition at the rate of a peck to 500 square feet will prove beneficial, adding nitrogen, phosphate and potash, the estimation is usually given at so many pounds per acre. It is handy to remember that 100 pounds per acre means one pound per 218 square feet, a plot about 10 by 21.8 feet, and so on to 1000 pounds per acre, which means one pound to forty-four square feet, or a polit 10 by 4.6 feet. This is "broadcasted" or scattered over the ground and plowed under. Commercial fertilizer, also, is "drilled in": that is, sprinkled thinly at the bottom of the furrow should be about the grounds and plowed under. Commercial fertilizer, also, is "drilled in": that is, sprinkled thinly at the bottom of the furrow should be about the soil and the rate of a peck to 500 square feet will prove beneficial, adding nitrogen. Too seed the soil and the population of the soil and the provide the soil and the In listing commercial fertilizers of the

less may be used if the ground is in a high state of cultivation. An ordinary dump-cart load should suffice for a patch about thirty by fifty feet.

GARDEN QUERIES ANSWERED Pansies Won't Bloom

Max—Try stirring the earth in the panay better or three times a week with a claw-shaped hand cultivator or even an ordinary table fork Also keep the faded flowers pinched to prevent plants going to seed.

Varieties of Peas

M. C. L.—Gradus or Prosperity, Telephone, Marvel, Champion of England, Horsford's Mar-ket Garden, York Champion are all reliable and "tasty" 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

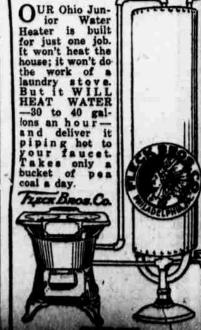
Charles K.—(1) Not too late to put in pertatoes. (2) Three to four months to mature. (3) A slaked lime can be worked in same day as manure, but do each separately if possible. (4) Setter hold off on muskmelons for a coups of weeks.

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 Govern-ment with a fully equipped motor ambu-lance. The arrangements are being made by a committee headed by Mrs. Frank F. Barber. '96 of Pheentsville. Barber, '96, of Phoenixville,

In addition to the work for the ambu-lance, the committee is supervising work in knitting, sewing and preparation for Red Cross supplies.



THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

As your friends live in the country you can obtain a number of spring flowers for decorations. Apple blossoms, degwood, cherry blossoms, peach blossoms, flowering bushes and violets give you an abundance of things to choose from for exquisite decorations. Push pins will hold the branches, which may be placed on the mantels and over pictures to splendid advantage. A bowl of apple blossoms and several sprays placed on the table will make a lovely decoration.

I would seat the twins at the head of the table, side by side, and have some little. In answer to health questions. Doctor Kellogy in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnoses of or prescribing for ailments requiring surgical treatment or drugs.

Constipating Foods

table side by side, and have some little favor at each place. Serve light sand-wiches of lettuce, watercress and mayonthat the bulk, considerable enough it may naise and cheese, or, if you prefer, just ice cream and cake, for refreshments, al-though it would be nice to add some candy and nuts. be when the food is eaten, is soon reduced to a very small volume. On this account liquid foods are almost always constipating. The only exceptions are those liquid foods which contain much sugar, acids or fats.

As the guests are to be adults principally, you will prefer games such as cards. Question games are very good also. Why not cut out a number of the top questions from the Woman's Exchange of the EVENING LEDGES and give them to your guests to answer? Cut out twelve or twenty-four of the questions and their answers from back pages. of the questions and their answers from back papers. Keep the answers for those who decide the prizes, and give the questions to' your guests, with paper on which to write the answers. Give a prize to the one who answers the greater number correctly. The "Quiz" questions on the editorial page of our paper may be similarly used for the men in the party, who would probably not be interested in answering "how wedding cake should be served," for instance. You will find this a very good game. stipating, should be cooked by the old Scotch method. Oatmeal is stirred into boiling

water until it thickens and then served at once without further cooking. Five minutes s ample time. Longer cooking is injurious. Foods which contain little or no waste or indigestible material are so completely di-

the intestine is insufficient to stimulate bowel action. In feeding the sick the mistake is not infrequently made of feeding exclusively fluid or concentrated foods with the idea that such foods tur the digestive organs least. In a sense this is true, but the importance of maintaining proper bowel action is so great that this must be considered in the dietary and, with rers exceptions, the patient will perfectly well tolerate simple salads, stewed fruit of some sort, whole-wheat preparations, especially wheat flakes, in which the whole grain is represented.

The conventional "tea and toast" is about the worst diet that could be offered a sick

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.

The effects of constipating foods may be counteracted by the addition of bran. One or two heaping dessertspoonfuls at each meal will generally furnish a sufficient amount of bulk to secure normal intestinal

A warm enema and fomentations. Sometimes a hot full bath is required. If an at tack is obstinate or recurs, a physician should be consulted, as possibly an opera-tion is needed to repair the ileocecal valve.

Trichinge

Are trichinae found in other animals besides

One Kidney Removed

Can, a person live after one kidney has been MRS. H. L.

Gas in Stomach and Bowels What will relieve a severe pain caused by gas in the stomach and boweis? M. K.

Appendicitis

Is an operation necessary in every case of A surgeon should be consulted in every case of appendicitis. Each case must be treated on its merits. Severe cases require prompt surgical treatment. In cases of chronic appendicitis, the danger is much less than in acute appendicitis, but at any time an acute condition is likely to arise which may prove very serious. An anneal which may prove very serious. An appeadix that is in a state of inflammation is useless, and the sooner it is removed the

These parasites are usually found in pork, though they may infest the flesh of other animals. Cases have been recorded where it was found in chickens

Yes. 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 grews larger and its activity is greatly increased, as the one kidney does the work of two.

The Stomach Needs Rest Why does the stomach need rest?

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. At least five hours should elapse between meals. The healthy stomach requires four hours to four and one-half hours to do its work and pass the food on into the intestine. Not infrequently the action of the stomach is slow, so that six hours or sven a longer time may be required to empty the stomach. Its such dates the inferval between meals should be considered.

Practical Hints on Use of Stable Manure, Green Manures Mean Difference Between Success and Poor Crops

THE subject of fertilizers is an important philosophy of the subject.

The best garden soil is a sandy loam. Such a soil is well drained, well aired and warms up early. It furnishes a good medium for the sprouting of seeds, is less inclined to bake than any other soil types and lends itself readily to cultivation and meading. weeding.

sifted coal asnes will lighten a heavy son.

A compost of other organic materials, such as lawn clippings, vegetable remains, autumn leaves, shrubbery trimmings, etc., may be thoroughly blended and rotted and worked into the soil. Decomposition of these soils in a compost pile will be hastened by addition of lime and plenty of

space will permit. A crop of rye, seeded 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.

otherwise the caustic liquor will eat the skin. If the paint has a white lead or a sinc white base it will have to be burned off by a skilled workman. Mending Candlesticks To the Editor of Woman's Page: Dear Madam—How can the loose tops of candlesticks be fastened so they will not wabble? Is there any way to prevent candles from dripping? (Mrs.) L. M. S. The ends can be fastened with white of

Dainty Southern Dish To the Editor of Woman's Page:

The Hallor of Woman a Page:

The Madam—I am sending you a recipe for
southern dainty: Six bananas, the judge of
tempons one-half cupful powdered sugar,
the sum one side of the banana skin with a
kaife and slightly losses the skin without
thing the fruit or lossening the skin at the
take a syrup of the jemon judge and
derigd sugar, pour it around the fruit, close
skins again and the a piece of string around
keep together. Bake twanty minutes in a
darate oven, Have more of the hot lemon
temporary and serve as a sauce.

(Mrs.) STEVEN J.

Recipe for Nut Loaf

f which combines nuts and rice is follows. I think you will find it ollows. I think you will find it One cupful rice, one and one-ils peanuts ground fine, two cup-d breadcrumbs, one tablespoonful arnley, two teaspoonfuls sait, one tablespoonful butter, one cupful papriks. Boil the rice in saited tie, then add all the other in-

There is no reason why you should not accompany the young man, provided you have known him long enough to know he is a proper person for you to have as a friend. egg and plaster mixed until it is as thick as putty. You can buy nondrip candles. But if ordinary candles are placed in the icebox before being used you will find they To the Editor of Woman's Page:

Dear Madam—I am twenty-eight years of age and am engaged to a man one year my junior.

About five years ago I was engaged to be married to shother muc and the engagement was town and, so far as I know hearing I our town and, so far as I know hearing to the form to tell him of this other engagement! I would rather not.

EMMA. Sunbury, Pa. will drip very little.

(Mrs.) STEVEN J.

Why not? If there was anything abou which you feel reticent, wouldn't it be much better for your flance to hear of it from you than from strangers? And gossip travels fast, you know. Sooner or later your flance will hear of your former engagement, then will wonder why you made such a mystery of it.

Minstrel Girls

To the Editor of Woman's Page:

Dear Madam—A crowd of girls would like to get up a sketch or minstret show and would like your advice as to how to go about ft. Where could we get the full information, books and dress, and what name do you think would be nicp for us to call ourselves!

R. M. call yourselves "The Marry Minstrel Giris." You can hire costumes at a regular costumer's. These are found together in the classified gart of the telephone book.

Little pemphiets with minstrel jokes and songs may be purchased in the book departments of any of the large stores. If you do not care to hire costumes, why not does in white lines chiral bright green in white lines chiral bright green.

Such foods as soups, grueis, porridges and purces contain so little solid matter of various sorts are little better.

Pasty cereals, such as oatmeal mush, are decidedly constipating in their influence, because of their pasty consistency and the little mastication which they receive. New bread, hot biscuits, "noodles" and doughy foods of all sorts are likewise objectionable. Oatmeal, to be wholesome and not con-

gested and absorbed that the bulk left in