E FUN TO BE GOT OUT OF POVERTY—DR. KELLOGG'S DAILY HEALTH TALK—SMART FASHIONS

YOU GET JOY OUT OF BEING ONE OF THE DESERVING POOR?

veryday Experiences the Well-to-Do Miss Because of Their Money-Alice Duer Miller Takes a Slant at the "Antis" Propaganda

ME one has said that "it isn't a disgrace to be poor, but it might as well which sentiment is echoed at times those of us to whom the ever-steady rease in the H. C. of L. means more than to the man who is paying his exess-income tax.

Yet, don't you feel that, in spite of the ich of poverty, it is much more "fun" be poor than not? Do you realize what e affluent miss by never having to in ahead to save in order to buy anyis they may want? Wouldn't it take Iway half the pleasure of obtaining, if were similarly placed?

This rather unique point of view was held by a young woman whom I knew at one time. As an only child she had been patted and pampered; let her but express he slightest desire for a thing and it was given her. Then her father died, and he supposedly large estate dwindled down to almost nothing. Instead of wearing an spression of sorrowful resignation and emaining to the end of her days one of the "shabby genteel," this girl went work. And was happy.

That small weekly wage, she told me, emed bigger to her and was far more ecious than any of the checks with rhich her father had presented her. She fairly reveled in the joy of spending itjudiciously-and in planning for each modest "spree."

attende!

Mr. Henry L. Stimson wrote a tract for basic fundamental duty of every nation not only wholly ignorant of the methods | Overnment has been unweakened by the force but whose very nature shrinks

Vyvettes



A sort of helmet-shaped hat, with back.

from the thought of it, cannot but be a source of peril to the Government which permits it."

"Yet, strange to say," writes Alice Duer SUFFRAGISTS, also antis, if you will. Miller, in the New York Tribune, "the recruiting record of the States, according to percentage of allotment filled, shows a the anti-suffragists two years ago in suffrage State in second place. And a which he said: "Take, for example, that suffrage State in third place. And in fourth place. And in fifth and sixth Bying in a world still ruled in the last places. In fact, out of the twelve States event by force—the duty of preparation which have so far done best in recruiting. for self-defense. * * * Participation in the ten are suffrage States. Whereas the ecision of such questions by woman, who last five on the list are States in which

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.

- How should table linen be darned?
- What can be substituted for a kitchen table 3. Will gingham be fashlonable this season a there is not sufficient room for the latter? for street frocks?

1. To remove rust stains from a white dress id the spots over a steaming kettle and when doeuvre.

2. Spinach, green peas, mashed potatoes, boiled sming, fresh string beans, fresh ilms beans or fresh asparagus may be served with ronst

2. Dust screens are made to fit into an open window. The frame of the screen is of wood and there are two bluzes in the center. The frame is exerced with a closely woven cheesecloth. In this way fresh air may enter, but no dust.

Fancy Sandwiches

be the Editor of Woman's Page:
Dear Madam Please give me directions for saking several fancy sandwiches nice for afterscon fea. CLARISE J. These sandwiches are all suitable for tea: y and nut sandwiches-Shape and

itter thin slices of white bread, spread thtly with honey, then with chopped nuts and press together. ocolate sandwiches-Put two cupfuls

ugar into a saucepan, with two tablespoon-uls flour, one cupful milk, two tablespoonfuls syrup, pinch of cream of tartar, sir nut are cedar lined, although there are ablespoonfuls grated chocolate and a lump of butter. Boll until the mixture forms a oft ball when dropped into cold water, then smove from fire, add one teaspoonful va-lla and beat. When it thickens spread beween thin rounds of cake. Date and nut sandwiches-Put one and a

pate and nut sandwiches—Put one and a balf cupfuls nut meats through a food chopper with one and a half cupfuls stoned dates and enough thick cream to make it spreadable, then butter thin slices of brown bread and spread with the mixture.

Watercress and cheese—Cut thin slices of brown bread and butter them, then spread with Neufchatel cheese and place a sprig of watercress between.

Aid in Bread Making

Aid in Bread Making

To the Editor of Woman's Poor:

Dear Madem—Bread made with bran water
rill give more bulk than that made with plain
water. Boil one pound of bran in about three
fuarts of water on a slow fire thirty minutes,
sirain and cool to a lukewarm stage. Use as
you would plain water with your yeas! sait.
The Made in this way bread is far more nutritous and the loaves will be larger.

(Mrs.) C. M. B,

Grease Spots on Hardwood Floor

the Editor of Woman's Page:
Dear Madam—Can you tell me what will rewe grease spots made on a parquet floor?
(Mrs.) L. C. Rub the spots with soft soap, then pour ome alcohol onto them and light it, taking if proper precautions. After extinguishing the flames scour several times with very hot

To Remove Sulphuric Acid Spots

she Editor of Woman's Page!

ar Madam—Is there any way of removing a made by suphuric acid?

J. T.

a spplication of concentrated ammonia be effective.

Polish for Tan Shoes

Pollan 107 1 200 1

seen when they have been shined. M. H. G.
s said the inside of a banana peeling
d over tan shoes will keep them in
condition; others advocate the use of
s juice.

polish is good: Two ounces soft or
sap, three ounces raw linseed oil,
ounces annatto solution (in oil), three
yellow wax, eight ounces gum turDissolve the soap in the water
do the annatte; melt the wax in the
sturpentine and gradually stir in the
polition, stirring until cold.

Restoring Ribbons

straw visor and strap, and ostrich plume sewed down tightly along the center of the hat from front to

TODAY'S INQUIRIES

- 1. What is the best way to fasten curtains up
 then cleaning or to prevent them from blowing act the effect of hot, soapy water? 2. Does pulling the hair stimulate its growth?

ANSWERS TO YESTERDAY'S INQUIRIES

2. A man never wears white gloves in the afternoon. White gloves are only worn with a dress suit. Gray gloves are appropriate for a cutaway coat and striped trousers, which are

worn at an afternoon wedding. The mother of the bride receives the guests as they enter the reception room. They then greet the bridal party.

Use for Hope Chest

To the Editor of Woman's Page:

Dear Madam - (a) Will you kindly print in your column what the size of the average hope chest is? Of what woods are they made? What articles should be kept in them? What are the prices? Where can one be bought? (b) Kindly surgest something for a young woman to give her husband to the many columns of the her husband the house of the columns. husband to be who has enlisted in the navy an is soon to be called away. What should be giv me as a memento? SOON-TO-BE E. R. W.

(a) Hope chests vary greatly in size. The small ones are about thirty-six inches in length, while the large ones take up as much room as a box couch. Cedar is t verite wood, as the cedar keeps others of plain mahogany, wainut, therry or similar woods. The engaged girl usually keeps all of her household linens stored in a chest of this kind, sheets, pillow cases, towels, centerpieces, etc. I am unable to furnish you with the names of stores at which these chests can be bought or the prices of same, but as all the stores keep tham in stock you can easily obtain this to. them in stock you can easily obtain this in-formation by telephoning or by a visit to

one of them (b) A wrist watch with your picture in the back would be a useful gift for your flance in the navy, although if he is an en-listed man there may be some rule against his wearing one. Many of the men's special-ty shops are showing with the men's specialty shops are showing suitable presents for the man who is going into the army or navy. The young man could give you a locket, a bracelet, a ring or a brooch. shops are showing suitable presents for

Plans Elopement to Maryland the Editor of Woman's Page

To the Editor of Woman's Page:

Dear Madam—I am a young girl sixteen years of age and deeply in love with a man of forty-three. This man wants me to clope to Maryland with him without my parents consent and then go to New York to live. As I love him very dearly, do you think the difference in age would interfere?

BROWN EYES.

You would be making a grave mistake in eloping with this man, who is more than old enough to be your father, and, furthermore, you could not be married in Maryland unless you perjured yourself by declaring you

Request for Poem

To the Editor of Woman's Page: Dear Madam Please publish the words of a poem entitled "Let It Pass" and the name of its author. Following are three stanzas of the poem,

the authorship of which is unknown: He not awift to take offense.
Let it pass!
Anger is a foe to sense.
Let it pass!
Brood not daily o'er a wrong
Which will disappear ere long;
Rather sing this cheery song.
Let it pass.
Let it pass!

Strife corrodes the purest mind.
Let it pass!
As the unregarded wind.
Let it pass!
Any vulgar souls that live
May condern without reprieve.
Tis the noble who forgive:
Let it pass!
Let it pass!

Echo not an angry word,
Let it pass!
Think how often you have erred,
Let it pass!
Since our joys must pass away
Liks the dewdrops on the spray,
Wherefore should our sorrows stay?
Let them pass.

Go With Him to Theatre

To the Editor of Woman's Page:

Dear Madam—I am a girl of twenty-five and have never been to the theatre in the evening alone with a young han. A friend asked meently to go with him next week. Do you himk I could do this? Also, what should think I could do this? INQUIRER. There is no reason why a girl of twenty-five enould not attend the theatre with a man, provided of course, he is well known to her. Many persons wear ull avening dress to the theatre, but at this time of year a semidreany frock is perfectly correct.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXXIV-Milking Time ROWDY was anxious to be gone where he was going, for he stood in the door looking out through the screen when I woke. I lay there for a long time stretching and thinking what a good world this is. Then I got up and klesed my father, who was asleep, where his face was not open.

Then we went out and looked at the baby herse for a while and the mother let me rub her nose and I rubbed the buby horse's nose and the man who owned them came and looked over the fence at us and smiled and I smiled. He was very friendly, so we tagged along when he went away. He went into his house, which was small and not painted, and brought out a pail and went to a shed and there was the cow that used to have the bladder I wanted before I knew how to swim without it and there was a baby cow. For everything and everyhody on earth but me seems to got what they want. I have been praying for a haby sister the longest time and haven't got one yet.

The man sat down on a stool and put the pall under the cow and made the milk come at like everything and I said, "How in the world do you do that, mister?" He said. "Fut your face down close and I'll show you." So I did and he bent up one of the handles and squirted milk into my face and it made me so mad that I landed him a blam on the ear. He fell off the stool and the cow kicked him in the stummick.

the cow kicked him in the stummick.
Rowdy and I ran out into the road and
the man came after us and we ran away and
he ran, two. At first I thought he might
eatch us, but I soon found he could not run
as fast as me, so I has ran fast enough to
keep him always reaching for me and not
getting me, which encouraged him to keep
rying. So we had gone quite a way before
he gave up and sat down by the side of the id. Then Rowdy and I went and sat down the other side of the road.

The man breathed awful hard and said. "Why did you do that" I said. "Why did you." Rewdy and nothing, but wagged his tail. The man said, "I was just having a little fun with you," and I said, "We were just having a little fun with you." So he hunghed and said, "All right. If you'll come hughed and said, "All right, If you'll come back to the house I will give you some milk to drink." I said, "All right." When I went to go with him he got hold of my arm and said, "Now I have got you. If I should give you a good whipping, what then." I said, "Nothing, only your haby cow and your haby horse would be orphans, for Bowdy would ear you up."

He looked at Rowdy, who was walking stiff legged and growling down in his neck, and then the man let go and said, "You need a whipping, but it's not my place to give

So I got the drink of milk and also So I got the drink of milk and also some sour milk with nutmeg and sugar in it and it was good. Then Bowdy and I went out and had our swim and I turned over endways once all right, but could not do it again. I walked on my hands about ten steps, too, which was doing pretty well.

When it got good and dark we went home very happy and my father had left some money on the table and we got a can of eaches at the store and some pickles and heese and an all day sucker. We kneeled own and I prayed, "Dear mother, which art n heaven, hollered be thy name. I am very suppy and my skinned knee is almost well, don't get lonesonie any more, for there are so many places to go and things to do that I don't have time. I suppose you know everything and so you know whether June is feeling bad, but if she is don't you care, for he has got it coming to her. She listened to the mother of that mean kid and wouldn't isten to me who am her friend. I will go out and push his face again some time just to show her. He's as big as I am, so where was her kick? Please thank God for making me a good girl. Amen. (Copyright.)

The next adventure of Patsy bare will as

IN THE MOMENT,S MODES



One does not necessarily turn and stare at a street frock like this. One remembers it with pleasure-able feelings. Therein lies the difference between the extreme and "good taste." This frock is of dark blue taffeta, that is to say, that the underskirt, the straight little bodice, the long, narrow cuffs and the quaint ruffles of the overskirt are. The collar and sleeves and the overskirt itself are of soft, dark blue georgette crepe. One of the department stores re-cently exhibited a dress of this description for \$15.

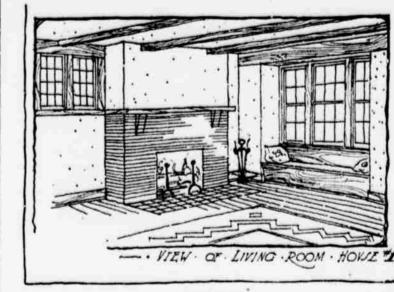
Rye Bread One cupful scalded milk, one cupful boiling water, one tablespoonful lard, one tablespoonful butter, one-third cupful brown sugar, one and one-quarter teaspoonful sait, one-quarter yeast cake dissolved in one-quarter cupful lukewarm water, three cupfuls flour, rye meal. To milk and water add lard, butter, sugar and sait; when lukelard, butter, sugar and salt; when luke warm add dissolved yeast cake, flour, and beat thoroughly, cover and let rise until light. Add rye meal until dough is stiff ough to knead; knead thoroughly, let rise shape into loaves, let rise again and

Graham Bread

This is an old and successful rule for This is an old and successful rule for graham bread: Three pints graham flour, one, cupful yeast, two cupfuls sugar, one pint water, one teaspoonful sait. Let it rise over night and mold up with white flour. One cupful molasses, may be used instead of sugar, if preferred. After putting in the pans, the dough should be kept in a warm place for half an hour or longer to retain its lightness.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, R. A., B. Arch.



Foundations

IN THE building of a home, though ever | siways be dug a foot beyond the wall line I so humble, it is of the greatest imas humble, it is of the greatest im-paragreed below the grade line by the mason portance that the owner become acquainted with the essential points of construction. little or nothing for this and it means that While this may seem impossible at first glame, efter getting into the study of it the home builder can easily acquire a sufficient amount of knowledge to safeguard himself against serious errors. He will find that not alone will such study help him to obtain better house, more economically built, but will render the building operation a very steresting and absorbing undertaking. We will begin with the foundation:

We will begin with the foundation:
It is certainly unnecessary to emphasize that a good foundation is of primary importance. The quality of mortar used has as much to do with lasting power and stability of the walls as the brick or stone which holds it together. Under no condition should material excavated from the foundations be used for mortar, for the reason that in ninety-nine cases out of a hunson that in ninety-nine cases out of a hun-dred the earth coming out of an excavation contains a very large percentage of clay and only a very small amount of sand. Sand, being the essential factor in the com-position of good mortar, is thereby vir-tually eliminated and replaced by clay or loam, which is absolutely detrimental to

nasonry of any kind. There are a few cases in some localities where sand is found in sufficient quantities after going a certain depth. In most cases, however, what little sand is found is mixed with clay. Therefore the safe procedure is to insert in the specifications a clause stipulating that "no excavated material is to be used on this building for any purpose." Whether of stone, brick or concrete, the foundation should be of good material, which, in the long run, is cheaper to both contractor and owner, for the reason that the better grade of material is always more tainly gives more lasting results to the

When the foundation is of brick or stone the owner should see that his mason builds under the wall a footing which should pro-ject about six inches beyond its face. This is important and the extra tost is almost nothing, if it is built of the same material as that in the wall above. If a concrete footing is used under a brick or stone wall, as is very often done, it will cost quite little extra and is no better than brick or stone. The excavation should

over to a fairly even surface with cement. This prevents surface water from soaking through the wall into the basement. is always danger of this no matter how high and dry the ground may be. In many cases the mason will advise that the incases the mason will advise that the in-side walls of the basement be cemented. This makes a very good finish, but is expen-sive and is very often reserted to to cover a had job of masonry. A less expensive method is to point up the inside of the wall as it is built. This makes a neut finish. If a light effect is desired the walls can be whitewashed FRIDA' CORS Questions and Answers Which is more expensive for inside woodwork good wood stain or white enamel?

so that the wall on the outside can be

the entire wall under the grade is conted

Pine wood with a good white enamel

finish is more expensive than is chestnut wood stained. The latter gives a hardwood finish and has a beautiful grain. Pine or cypress looks very well when stained and costs much less than chestnut. Stained wood for interior finish is more practical than white and looks more comfortable.

What mixture should be used to make a good Use one part Portland cement, two and one-half parts of sand and five parts of crushed stone for undercoat. This should not be less than three inches thick. Make the top coat one inch thick with one part of cement to two parts of sand. There should be twelve inches of cinders under the concrete. Unless this is done, the underlying ground will freeze and force the

Is it possible to tint or color plaster walls satisfactorily? It is impractical to put coloring in the plaster before it is applied. The walls are best tinted with water color after being finished. Various good effects can thus be obtained and the cost is only from 53 to \$5 for a room, according to its size, (Copyright.)

Farmer Smith's Column

HE TALKED TOO MUCH! to a lot of young children—trying sent Billy over the tent.
to entertain them without making The springs, you see,

Right in front of me sat a little boy with his lips stuck together with court plaster. How sorry I was for him! If he laughed, I thought, it would hurt him : so I was very

careful, for I come very near knowing what will make little people laugh and what will After my talk I asked the teacher what was the matter with the little boy, and she said, "He talked too much, so I closed his mouth with court plaster."

Your loving editor, FARMER SMITH.

STRANGE ADVENTURES OF BILLY BUMPUS VISITORS

By Farmer Smith The morning after Billy Bumpus had been rudely thrown out of the tent he awake with the sun shining in his eyes. Everywhere he could see wagons and automobiles. "Ah!" he was thinking, "this is where I get something to eat without being hethered."

walked around among the wagons looking here and there for something to eat. Finally, when no one was looking, he climbed into a wagon and started eating the seat. It was so soft and dainty, he was thinking, when he suddenly struck the springs underneath the leather. "I wonder what those bouncy things are."

he was thinking, as he started to eat one of the springs. "Won't it be funny to have my dear little stomach filled with springs—

my dear little stomach filled with springs—
then what I eat will have a lovely time
bouncing up and down. MY: What a lot
of people. I never saw so many in all my
life. This really looks like war."

Billy had finished eating the seat and all
the spring when he all at once decided to
take a walk. He moved in and out among
the visitors and how proudly he walked.

Every new and then some one would say. Every now and then some one would say. "That's one of the mascots—he goes with the army. They also have a parrot and a monkey. He is the cutest of them all." "I'm tickled to death to think there is a monkey around this place. I am just the boy to go and have some fun with him,"



Superfluous Hair Remover

hought Billy. At that moment he ran into a tent pole and it bounced his stomach so that he jumped a foot into the air. "Carrying springs isn't much fun," he was thinking when he came to where the horses were. "Hay for mine!" he exclaimed, as he started to eat, but unfortunately there was a soldier on guard and when he saw Billy eating the hay he gave him a blow in the stownsh which My Dear Children-The other day I was gave him a blow in the stomach which

The springs, you see, had bounced him over the tent and he lay on the ground very still, until he heard a voice speaking near his ear.

"I know what it feels like to fly in the air." he was saying as he trotted off in the direction of the grounds where target practices were held.

THE CHEERFUL CHERUB I won't let grief

engulf my soul for time is all nice free tomorrows: And so I'll just be And show Im worthy of my sorrows





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

In answer to health questions, Doctor Reliogs in this space will daily give advice on preventive medicine, but in no case will be take the risk of making diagnoses of or prescribing for ailments requiring surgical treatment or drugs.

Insufficient Bulk

length of the body, that is, of the trunk, The colon is sacculated like the colon of herbivorous animals, and like that of the higher apes, indicating the adaptation of feet tall should weigh 179 pounds. which is approximately half the height the intestines to bulky food. Fresh vegetables of all wholesome sorts are highly essential to give the food the necessary bulk required to stimulate the intestines to activity. A diet of bread and meat leaves almost no residue at all in the in

Fruits and fresh uncooked vegetables are used far less than they should be by the majority of people, especially by the poor. The Russian peasant avoids constitution by the use of sauer-kraut, which serves him the same purpose as the products of the 'slio' do the farmer's cattle.

Vegetables, especially such vegetables as Vegetables, especially such vegetables as carrols, turnips, beets, parenips, lettuce, cabbage and spinach, contain a large amount of cellulose, which is not readily digestible by the human digestive organs. This cellulose is highly important to make the nutritive elements of the food less concentrated and to furnish to the intestines the necessary stimulus to cause them to move the food and food residues along a

Nearly all fruits and most vegetables especially that curious vegetable fruit, the tomato, contain organic acids—citric, malic and tartaric. The free use of foods containing these acids is as wholesome for man as for other frugiverous animals. Their laxative effect is essential to main-

Baby Cries When Lifted

Why does my haby cry when I lift him? MRS. B. N. C. You probably hurt him by not lifting him properly. In lifting a baby, grasp the clothing just below the feet with your right hand, slip the left hand under the body from below upward until the head is reached, supporting with the hand and lifting the child on the left arm. Hemorrhage

How may hemorrhage be controlled? The principal means for arresting a

The principal means for arresting a hemorrhage are pressure, ice or hot water, or the ligature. The means to be employed vary according to the part of the body in which the hemorrhage occurs. Throbbing in the Head What is the remedy for throbbing in the head, ith a feeling of breathlessness? T. B. J.

The diet should be regulated to include fruits and bulky vegetables principally, and

THE alimentary canal of man, while not so long in proportion to his size as that of the herBivorous animals is much larger and longer than in animals which are intended to feed upon a flesh diet. The human intestine is approximately ten times the length of the body, that is, of the trunk.

Correct Weight



Butter with streaks and specks is dear at any price. It was spoiled in the making.

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is never mottled or streaked; never wet, garlicky or ill-flavored. It is always the same all the year round-and always uncom-

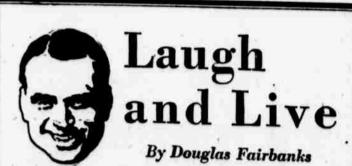
monly good. It is worth the slightly higher price to know the sort of butter you are getting, the place where it is made, the men who make it and the conditions which make possible the production of this uncommonly good butter. If you want the best, buy Meridale. It is never reprinted, but comes to you direct from Meridale Farms in our own dust-and-odor-proof, air-and-water-tight Merifoil

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PUBLISHING COMPANY, NEW YORK

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