THE NECESSITY OF FORTUNATE COMPANIONSHIP—INTERESTING ARTICLES ON HOME-BUILDIN

COMPANIONABLENESS ONE OF THE MOST NECESSARY ASSETS

The Girl Who Lacks This Quality Misses Much of the Good in Life-The Psychology of Tipping

Vyvettes

To be really in the height of fash-ion this spring, one must have at least one high hat. This little lady's

toque not being high, she has tried

to hide the fact by setting up three

wings, over which the person of average height, at least, cannot look!

be deferential enough to the women. lit-

erally fail all over themselves when men

I. What is the simplest way to attach collars

2. Is the broad, square cultar becoming to

3. Are pacifiers injurious to children?

frequently for laundering?

COMPANIONSHIP is one of the necessary things of life. The saddest thing In to see a woman who goes through life alone because she is not companionable To have one's presence desired-this is one of the greatest happinesses.

My heart aches for the girl who does possess the sympathetic quality which attracts others to her. I have one particular girl in mind. She is one of the persons always designated as "nice" those seeking to find some redeeming trait in her, and hardly noticed at all by others. She is always singled out for any special work to be done and always discharges her duty faithfully, but you foel that she is really a stranger to you after a year or two or three years'

A companionship must be either a very real thing, helpful and ennobling, or the reverse, wholly a drawback. Every one possesses in herself an influence for good if she will. And to imagine that you can go through life without bringing some influence to bear on those with whom you associate is as absurdly futile as the actions of an ostrich hiding his head in the sand.

There is something of the sheep in most human animals; they follow after or are influenced by one of their number with a little more force of character.

Every one of us leaves the world a Little better or a little worse than we found it. But the purpose of our exist once is to hand down better things to succeeding generations. We cannot live THE system of tipping as it has grown result the services are performed very

In this country is all wrong. But still, perfunctorily. It has become a custom, and if one desires any service at all it seems to be

In summer hotels it is always amus, in the future" to the average waiter,

eler to determine whether it is of the proper beat for cooking doughnuts, fritters, etc.?

What is the approximate length of time for

Parsley, mint, watercress or ce'ery tops be used to garnish ments or various other

The tough ends of asparagus can be boiled han pressed through a sieve and used in making

In mixing a cake the butter and sugar can e-made to cream easily if the bowl is first lightly warmed with hot water.

To the Editor of Woman's Page:
Dear Madam—Can you give me satisfactory
directions for baling white wheat bread at home?
I am told I can save money by this. Also, if
you can give me a recipe for whole wheat bread
I shall be obliged.

yeast is substituted for the compressed sort the ingredients should consist of one-quar-

ten minutes. After the flour is added cover and allow to rise one and three-quarter hours at a temperature of 86 degrees; it may be better to set it at a lower temperafure, but the lower the temperature the longer the time required for the rising. Cut down the dough from the sides of the bowi:

grease the hands slightly, knead a little and set aside to rise again for one hour.

st aside to rise again for one hour. With a good bread flour the dough should treble the bulk in each rising. With a soft wheat flour, it should not rise much beyond twice its volume. Divide into portions, mold and place in greased pans of standard size one

and a half quarte). Allow to rise until a

ffty minutes.
Whole-wheat or graham bread—One and
half cupfuls lukewarm milk, three table-

spoonfuls brown sugar, one and a quarter tempoonfuls salt, three cupfuls whole-wheat or graham flour, one-half yeast cake.

Scald the milk, together with the sugar and salt. When lukewarm add the yeast, relxing it first with a little of the milk Add the flour, beat well and let it double its

volume. Beat it thoroughly, put into a pan and let it rise. In a pan of standard size it should come nearly to the top.

e breads are desired as a means of nting constipation.

preventing constipation.

In making such bread with a view to sconomy the housekeeper should compute what it will cost her per loaf, including labor and fuel, as compared with other breads she makes. Skim, milk instead of whole milk can be used; home-made yeast, either liquid or dry cakes, is a possibility, and some might like the bread with less sugar or unsweetened.

Strawberry Rolls

already mentioned.

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 celtor does not necessarily indoes the scatiment expressed. All communications for this department should be addressed as follows: The WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. Which contains a greater number of calo-to dresses when it is necessary to remove them

ANSWERS TO YESTERDAY'S INQUIRIES

THE GOOD HEALTH QUESTION BOX By DR. JOHN HARVEY KELLOGG

THE most common causes of constinu-tion are concentrated diet and neglect to respond promptly to the "call" for lowel

Depressing emotions such as anger, fear or despondency, all suppress the normal movements of the intestine.

Elevated budy temperature, whether nused by fever or by a hot bath of some ort, shows the intestinal movements Heat lowers inducular force. This is well seen in the relief estimated by the application of a four-cuttion to the absolute or the administration, or a lost both or a hot enema in a case of intestinal code or dist-

Hot drinks, as well as not hathe, tetal to bowel increments, and the habitual of enemia certainly aggravates the condition for which the treatment is given Sweating. If very profuse, encourages bowel imativity by recovering large quantities of water through the skin and thus producing excessive dryness of the intes-

Sleep and inactivity slow the intestina Seep and inactivity slow the intestinal movements by lessening the activity of the diaphragm and the abdominal muscles. The first voluntary movements made on awakening in the morning often start up peristaints, and often provoke a desire for evacuation of the bowels. Persons who lead inactive lives almost always suffer from constination. from constinution.

A diet largely made up of meat necessarily favors intestinal inactivity, because the complete direction of the most loaves too little residue to stimulate intestinal

Gastrie Juice

What is the source of matrix jure Gastrie jules is a special final produced by certain glands of the stomach. Each feed stimulates its own gastrie jules. As the food elements come in contact with come down for the week end. And why? the walls of the stomach they cause the Because men know the workings of their digestive glands to secrete the finds which minds. They feed a man a tip right at are adapted to the digestion of each particular food. The gastle blue produced minds. They feed a man a tip right at the beginning, while women dawdle along and expect the man to understand there is a tip in store for him. As a result the services are performed very perfunctorily.

Try the man's system this summer. As one man expressed it last summer. "A quarter in the hand is worth a dollar in the future," to the average watter.

What is retinable? C. Q. Q. By "peristable" is given the wave or worm-like movements of the intestines by which the food is moved along and the waste material discharged from the body.

Soap for the Scalp What is the best more for the scolp signipor

Any pure unscended soan. Mottled can-tile soap is pure and genuine. He sure the soap is thoroughly rinsed from the hair before drying.

Rheumatism

is if true that inflammation of the tensils causes bad cases of rheumations's MISS F SMITH. Yes. Recent investigations show this to

1. A white skirt and sheer blouse, a slik skirt and blouse or a sheer frock in white or some light color can be worn to a "shirtwaist

3. Baking soda used occasionally whitens the

Stamp Flirtation-Crossed in Love in love

The United States Department of Agriculture has issued a pamphlet containing full directions for making bread. The first method of baking white wheat bread, the method of baking white wheat bread, the opening of the proper crossylvant of the proper cro or. "I wish your friendship"; upside down, "Write no more"; same corner, crosswise, "I send a kiss," same corner, horizontal, "Do you love me." upper left-hand correr, upright, "Good-bye"; upside down, in same corner, "I love you"; crosswise, "My heart is another's"; horizontal, "I hate you"; lower left hand, upright, "I seek your acquaintance"; upside down, "I wish you joy"; horizontal, "Will you meet me?"; horizontal, "Will you meet me?"; lower right hand, upright, "You are very cool"; upside down, "Can you not trust me;"; horizontal, "You are changed"; middle at left side, "Accept my love" upside down, "I am engaged"; horizontal, "I long loaf of bread pour one cupful of boiling water, scalded milk or a mixture of the two into a mixing bowl over one teaspoonful salt, one tablespoonful sugar and one tablespoonful lard or other fat, if fat is desired.

Allow the mixture to cool until it is lukewarm. Mix one-half cake compressed yeast with a little of the lukewarm liquid and bour it into the other mixture. If liquid yeast is substituted for the compressed sort ter cupful of yeast, three-quarters cupful milk, water or milk-and-water mixture and the quantities of the other substances If convenient, set the mixture of yeast, liquid, salt, sugar and fat aside in a warm place, not more than 86 degrees Fahrenheit.

place, not more than 86 degrees Fahrenheit.

for an hour before adding the flour. If not convenient to set the mixture aside add the flour at once, putting in a little at a time and kneading until the dough is of such consistency that it sticks neither to the bowl nor to the hands. This requires about girl becomes engaged a second time it is girl becomes engaged as s

It is customary to remain for at least one-half hour after a luncheon, but if you explain to your hostess that you must keep a previous engagement and, therefore, must leave a little earlier, you can do so. But should come nearly to the top.

The above recipe may be used in preparing bread from home-ground meal. There are many households, particularly in the country, where clean whole wheat can be obtained at moderate cost. If ground in the ordinary coffee mill, such wheat makes a coarse bread, not very light in texture, but of such good flavor that it may well be used occasionally to give variety to the diet. It is useful, too, in places where good bran cannot be obtained easily and where coarse breads are desired as a means of it would not be polite should the luncheon be delayed to leave sooner than ten or fif-teen minutes after. I think I would try to change the half after 3 engagement to 4 o'clock, as the luncheon might easily last

> your hair off short, or even to shoulder length, if it is so long, for you will find that unless you are in the habit of wearing it short with the ends turned under you will have difficulty in arranging it and your hats will not fit. Cut or singe the ends off for five or six inches; this should be suffi-

White Shoes for Street

To the Editor of Woman's Page:

Dear Madam—Would you advise me to buy a pair of high white French kid boots to wear with a tan auit and thin dreams on the street this sprins?

A. C. H.

These shoes are in extremely poor taste for general street wear and should only be worn with light, dressy afternoon frocks.

IN THE MOMENT'S MODES



in the stomach, giving rise to excessive irritation of the mucous membrane. The free use of meat is perhaps the most important of all causes which can be mentioned. The soluble substances of the meat.

which give to it its peculiar flavor, are most powerful stimulants of the gastric glands. Pawlow showed that the gastric

of the stomach is generally an excessive juice produced by eating meat is much formation of hydrochleric acid. There may more acid than that produced by bread, milk and other food substances. Copious

White angora wool is light enough and warm enough to be the ideal wrap after exercising, besides having the additional quality of soft becomingness. This last is a strong factor in it self to assure popularity. The large sailor collar, the cuffs and the huge pockets are gayly bordered with a strip of brilgayly bordered with a strip of brilliant crimson. And, of course, the sash belt is featured in accordance with fashion's law of

drinking at meals and the use of condi-

The Original

Malted Milk

little girl and she said I did right and a was cruel to the cans to dogs. Then the people came down off the porch to see that was the matter and Mrs. Carpenter and I needed a good spanking and one of the men said to Mr. Carpenter, "Why don't you shoot her dog? I believe he is danger, out." PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

XXXVI-Witty Wilbur

Then the lady who is the mother of the kind liftle girl pushed her face in and said. "I think it was sweet of this little girl to interfere and prevent Wilbur from perparating such a cruelty," Mrs. Carpenter said. "Do you mean to instinuate that my Wilbur is cruel?" The lady said. "I ornation for poor dumb brutes."

Mr Carpenter said. "I do not need to call on my friends to tell me how to raise my boy." Then Another man, who was the little girl's father, butted in and said. "I don't want to hear a word from you about the want to hear a word from you about the i have been aching for a long time to bell you what I think of your boy and where you get off."

you get off."

I thought there was going to be a seral and so I stuck around, but there want nothing doing. But the little girl was standing there with one arm around my wale and when they all went home the little girl said. "You must come and play with ms sometimes." I said. "You bet, and I'll bring When Bowdy."

Rowdy."
When Rowdy and I rambled Old Maid Tompkins had gone to bed and then I remembered that I forgot to ask the little girl where she lives. I suppose I'll have to see Mrs. Carpenter and maybe she won't tell

springs.

I went up and took the string out of Wilbur's hand and threw the can into the guiter and the other kids were afraid to do anything on account of Rowdy, except one pear in tomorrow's Evening Ledger,



"Yes," says Miss Spruce Street. "every olove in my trousseau is Kayser Silk-I wouldn't consider

Women of Philadelphia!

any other kind."

This year of all years buy silk gloves by name

THIS year, more than any other, you must buy silk gloves by name. The silk gloves for you to buy in a season like this a season of scarcity and high prices—are the gloves that you know you can depend upon to give you value-Kayser Silk Gloves. By insisting on the Kayser name in the hem, you are protecting yourself from unknown, cheap gloves.

What the name means to you

For thirty-five years, the Kayser name in the hem of silk gloves has had a very definite meaning to women. It has meant to them gloves that wear; gloves that fit perfectly; that wash easily and with perfect results; gloves that emphasize the natural beauty of any hand and add the final touch to any costume.

Women who have worn Kayser Silk Gloves understand the importance of the name in the hem.

In spite of the high cost and scarcity of materials, Kayser Silk Gloves are the same value this year as they have always been. They are made by the same skilled workers who have learned the very best way to make a silk glove through years of experience. They will be made of the same perfect silk fabric-all pure silk, durable and lustrous.

Your dealer recommends Kayser Silk Gloves to you. All Philadelphia stores carry them now,

Kayser Silk Gloves

THE CHEERFUL CHERUB I wish I'd really fall

Economy of Home Bread Baking

The Editor of Women's Page:

Dear Madam—Can you give me satisfactory rections for baking white wheat bread at home; am told I can save money by this. Also, if a can give me a recipe for whole wheat hread shall be folliged.

INEXPERIENCED

The United States Department of Agrished States Department of Agrished a pamphlet containing Although I've searched in many climes I haven't found my Ive thought I had though, lots of times.

dle at left side. "Accept my love"; upside down, "I am engaged"; horizontal. "I long to see you"; middle at top, upright. "Yea"; upside down, "On condition"; middle at bottom, upright, "No"; upside down, "You are too loving"; horizontal. "My parents object"; middle at right side, upright, "Write soon"; upside down, "I am sorry"; horizontal. "I am married."

Many girls who have been, as you express it, "crossed in love" recover in time. If a girl becomes engaged a second time it is

wiser for her to tell her flance of her former love affair, otherwise there may arise a misunderstanding.

Bridesmaid's Expenses

To the Editor of Woman's Page:

Dear Madam—I am asked to be a brideamaid for a frient at her wedding, which will take place in June. Is there any expense connected with this outside of the notual buying of the frock and hat? Must a bridesmaid entertain for the bride?

It depends largely on the circumstances of the bridesmand. If she can aford to enterthe bridesmaid. If she can afford to enter-tain the bride it is a gracious thing to do, but it is not at all necessary. And as a bride asks usually only her intimate friends for bridesmalds, she would know if you could not afford to entertain and light touch will make a slight dent. With good bread flour this happens when the dough reaches the top of the pans. Bake would not want you to do it.

Cutting the Hair

To the Editor of Woman's Page:

Dear Madam—Do you advise me to cut my hair off to make it grow? It is quite long, below my waist, but straggles down to a few strands. As so many girls are wearing their hair short. I thought I would cut mine, and perhaps it would be thicker.

I would certainly not advise you to cut

Chestnut St. Have you ever seen anything this gorgeous blouse? In the new Sport figured Georgette with white Georgette, button-trimmed, jabot and the new two-in-one collar that can be worn high or low. Easily a Six Dollar 3.00 value, but my price

And I have scores and scores

of others—all \$3.00.

Sold in 2, 5, 10, 25 and 50 lb. cotton bags and in 1, 2 and 5 lb. cartons, packed at the refinery

Fancy Gelatines make de-

licious, nourishing desserts.

A Franklin Sugar for every use

nulated, Dainty Lumps, Powdered, Confectioners, Brawn