

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

COMPANIONABLENESS ONE OF THE MOST NECESSARY ASSETS

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

COMPANIONSHIP is one of the necessary things of life. The saddest thing is to see a woman who goes through life alone because she is not companionable.

My heart aches for the girl who does not 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" by those seeking to find some redeeming trait in her, and hardly noticed at all by others.

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.

THE system of tipping as it has grown in this country is all wrong. But still, it has become a custom, and if one desires any service at all it seems to be a necessary evil.



To be really in the height of fashion 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!

ing to watch the negro waiters, who may be deferential enough to the women, literally fall all over themselves when men come down for the week end. And why? Because men know the workings of their 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.

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 waiter.

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 endorse the editorial expressions. All correspondence 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 calories, oatmeal or rice?
2. How can fat be tested without a thermometer to determine whether it is of the proper heat for cooking doughnuts, fritters, etc.?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. Parsley, mint, watercress or celery tops can be used to garnish meats or various other dishes.
2. The tough ends of asparagus can be boiled, then pressed through a sieve and used in making soup.

- Economy of Home Baking
Dear Madam—I am a satisfied reader of the EXCHANGE and would like to ask you if you could give me a recipe for whole wheat bread. I shall be obliged. INEXPERIENCED.
The United States Department of Agriculture has issued a pamphlet containing full directions for making bread. The first method of baking whole wheat bread, the short process, is given as follows: For one loaf of bread, use one cup of whole wheat flour, 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 as desired. Allow the mixture to cool until it is lukewarm. Mix one-half cake compressed yeast with a little of the lukewarm liquid and pour it into the other mixture. If liquid yeast is substituted for the compressed yeast, the ingredients should consist of one-quarter cupful of yeast, three-quarters cupful milk, water or milk-and-water mixture and the quantities of the other substances already mentioned.

Stamp Flirtation—Crossed in Love
Dear Madam—I am a constant reader of the EXCHANGE and would like to ask you if you could give me a recipe for whole wheat bread. I shall be obliged. INEXPERIENCED.
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Bridesmaid's Expenses
Dear Madam—I am asked to be a bridesmaid for a friend's wedding, which will take place in June. Is there any expense connected with the actual buying of the frock and hat? Miss A. B.
It depends largely on the circumstances of the bridesmaid. If she can afford to entertain the bride it is a gracious thing to do, but it is not at all necessary. And as a bride is usually only her intimate friends for bridesmaids, she would know if you could not afford to entertain and would not want you to do it.

Leave After Luncheon
Dear Madam—I have been invited to attend a luncheon on a day when I have a second engagement. Will it be possible for me to leave a short time after luncheon is finished? What is the etiquette in this matter? SALLIE.
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 be delayed to leave sooner than ten or fifteen minutes after. I think I would try to change the half after 3 o'clock to 4 o'clock, as the luncheon might easily last two hours.

Cutting the Hair
Dear Madam—Do you advise me to cut my hair off or make it grow? It is quite long below my waist, but straight down to a few inches. As so many girls are wearing their hair short, I thought I would cut mine, and perhaps it might be thicker. HELEN.
I would certainly not advise you to cut 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 sufficient.

White Shoes for Street
Dear Madam—Would you advise me to buy a pair of high white French kid boots to wear with a tan suit and thin dresses on the street this spring? A. C. B.
These shoes are in extremely poor taste for general street wear and should only be worn with light, dressy afternoon frocks.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THE most common causes of constipation are concentrated diet and neglect to respond promptly to the "call" for bowel movement.

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

Elevated body temperature, whether caused by fever or by a hot bath of some sort, slows the intestinal movements.

Heat lowers muscular tone. This is well seen in the relief obtained by the application of a fomentation to the abdomen or the administration of a hot bath or a hot enema in a case of intestinal colic or diarrhea.

Hot drinks, as well as hot baths, tend to slow bowel movements, and the habitual use of enemas certainly aggravates the condition for which the treatment is given.

Sleep 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 peristalsis, and often provoke a desire for evacuation of the bowels. Persons who lead inactive lives almost always suffer from constipation.

A diet largely made up of meat necessarily favors intestinal inactivity, because the complete digestion of the meat leaves too little residue to stimulate intestinal movements.

Gastric Juice
What is the source of gastric juice?
Gastric juice is a special fluid produced by certain glands of the stomach. Each food stimulates its own gastric juice. As the food elements come in contact with the walls of the stomach they cause the digestive glands to secrete the fluids which are adapted to the digestion of each particular food.

Peristalsis
What is peristalsis?
By "peristalsis" is meant the wave or worm-like movements of the intestines by which the food is moved along and the waste material discharged from the body.

Rheumatism
Is it true that inflammation of the tonsils causes bad cases of rheumatism?
Yes. Recent investigations show this to be a fact.

Hyperacidity
What causes hyperacidity?
The immediate cause of excessive acidity of the stomach is generally an excessive formation of hydrochloric acid. There may be several causes for this. Probably the most common cause is an inactive state of the bowels or chronic autointoxication.

THE CHEERFUL CHERUB
I wish I'd really fall in love.
Although I've searched in many climes I haven't found my soul-mate yet—
I've thought I had though, lots of times.

FRANKLIN GRANULATED SUGAR
Fancy Gelatines make delicious, nourishing desserts.
A Franklin Sugar for every use Granulated, Dairy Lumps, Powdered, Confectioners, Brown

Peggy's BLOUSE SHOP
1208 Chestnut St.
Have you ever seen anything smarter than 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 value, but my price 3.00 is—
And I have scores and scores of others—all \$3.00.

IN THE MOMENT'S MODES



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 itself to assure popularity. The large sailor collar, the cuffs and the huge pockets are gayly bordered with a strip of brilliant crimson. And, of course, the sash belt is featured in accordance with fashion's law of the moment.

ASK FOR and GET Horlick's The Original Malted Milk
Substitutes Cost YOU Same Price.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXXVI—Witty Wilbur
WE DIDN'T come from swimming till my father had gone watching last night, but we found where he had left some fried fish, so we made out a meal. Then Rowdy and I sat on the steps and looked at the stars a long time and I told Rowdy all about them, and he twisted his head sideways and listened, so I think he understood all I told him. I am glad that now he knows all about the stars as well as I do.

FRONT and DAUPHIN STREETS
Charming Frocks
Taffeta, Crepe de Chene
Satin and Georgette Crepe
"OVERCUT"
From a Prominent New York Dressmaker
Very recent model. Women of good taste will appreciate both the style and the price.

Women of Philadelphia!
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.

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