We Seldom Hate Those We Really Know-Never Ignore the Possibility of Failure, Says Theodore Vail

Too many of us, I am afraid, are inperson whether that person is likable or not, and to abide by that first impression for always, unless something happens to paset our views.

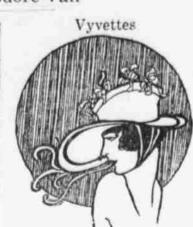
There is the fortunate being whose personality attracts immediately, others who make no impression whatever; still others who leave one with a disagreeable sensation. I believe there is more hope for this last type than for the absolutely colorless individual. The person whom you positively dislike on first acquaintance often, after this is discounted. proves extremely interesting when you learn to really know him.

COME one has said that we seldom hate any one we know very well. This in true. We could not have known them. well unless there was something in common, and that something must always be a bond, even though there may be misunderstandings which cause an estrange-

you find yourself sympathizing when you ness. hear of any misfortune she may have had, or wondering, half-amusedly, just what she has done under certain circumstances?

other than they really are

Theodore N. Vail. "If I was ever discouraged," he says in difference quite plainly,



A charming poke honnet, trimmed (as good little pokes should be) with streamers and hows.

an Interview published in the American. "I never let anybody know it. Yet I have never had absolute unquestioning Haven't you known another girl, per confidence in myself. I always kent in baps intimately, only to have a disagree. mind that there lay ahead the possibility ment which put an end to an easy going of failure, and, therefore, I did everything friendship? But although you may never possible to guard against it. There is see her, do you really hate her? Don't nothing more dangerous than rocknure

"Successful achievement depends large ly on getting the right perspective, on judging the frue value of things, on not mistaking the immaterial for the mate-I think we are so often prone to crit. Fixt. Because a thing is near you and icize the actions of those we know only covers a large part of the horizon it may by name, assuming their motives to be seem something very big; but the fact in. the higher a mountain is the more it Whereas with acquaintance comes un, stands out as you go away and the derstanding and the prejudice frequently smaller it appears as you come toward it. if it is surrounded by other mountains If you stand in lower Broadway and look ONE can hold before himself the possibility of failure and yet have per- Woolworth buildings do not seem much fect confidence in himself, according to higher than their neighbors, but when you are at a distance you can see the

THE WOMAN'S EXCHANGE

Lefters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Execute queries like those given below are unified. It is understood that the editor does not necessarily indoese the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. What is meant by braising?

3. When soup stock is facility in richness how

2. It takes nine eggs of ordinary size itn

2. To properly bake pic crust the oven should a. To properly take pie crist the over maintain a temperature of 430 degrees Fahren-beit for the first fifteen minutes, reducing to possible after the receipt of a note from a young woman telling of her engagement.

Frozen Macaroon Whip

to the Editor of Woman's Page:

To Fry Cucumbers

To the Editor of Woman's Page:
Dear Madam—Please tell me bow to rock encumbers.
ZANE T.

There are several ways of cooking them, the most successful, however, being to fry them. Pare the cucumbers and cut across in thin silices. Dry, sprinkle with salt and pepper, dip in cracker crumbs, then in egg and again in cracker crumbs, fry in deep to add drain.

Spring Onions To the Editor of Woman's Page:

Dear Madam—Spring entions are not mily de-licious, out healthful. I am sending you several recipes. Scalloped entions—the boiled entions into quarters, put in a buttered backing dish-perture with saver, aprintic with buttered with the saver, aprintic with buttered stated ention—themses the saver from the entions and partial ten minutes in boiling salted water. Turn upside down to cool and remove a portion of the centers. Fill the ravities with equal parts of finely chouped could entice. Take soft breadcrumbs and finely chopped enton essagned with salt and proper and moistened with cream and butter. Plays in a shallow baking pan sprickle with breadcrumbs and hake in a moderate oven.

Spring Vegetables and Macaroni To the Editor of Woman's Page:

To the Editor of Woman's Page:

Dear Madam—Macaroni can be successfully combined with green vegetables. Following are several good recipes:

Asparague and macaroni—Salt and hold macaroni twenty minutes. (Don't let it become sicky.) Hold the saparague arrange layer of macaroni and layer of asparague in serving dish, pouring over the following sauce: following sauce: following sauce: following sauce: following sauce: following sauce: and add one cupit of heavy cream or diluted condensed milk. Cook over hot water, stirring constantly until mixture thickens. Add once onarter cupful butter, one-half teampoonful lemon duce, and salt and pepear to taste. Neve at the constant of the co

commandly until mixture thickens. And onequarter cupful butter, one-half teaspoorful temon
lutes, and sait and peoper to make. Herve at
one.

Realinped spinach and mucaroni—The dish of
scalinped spinach and mucaroni—The dish of
scalinped spinach and mucaroni—The dish of
scalinped spinach and mucaroni—The does no monbination of decided meet. Pick over and
wash the spinach carefully, then boil in saited
wash the spinach carefully, then boil in saited
wash the spinach carefully, then boil in saited
water until tender: drain, receasing with considerable force, that it may be as dry as possible, then put through the fond chopper. Hold
enething of a package of macaroni in saited
water until tender, turn into a colander and
rima with condition. The first both of drain, then
rule in which tenders. Hard both of drain, the
rima with condition throws as and season well.
Mix this with the spinach and season well. In a
deep buttered dish put aliarnate layers of the
macaroni, spinach, chopped www and systed
theses until the dish is filled. Have cheese on
tag, det with hits of butter and bake in a hot
even until browned.

(Mrs.) S. L. M.

To Remove Grease From Matting To the Editor of Woman's Page:

Dear Madam.—I wish to put down my aum-mer matting, but have found that a roll I had put away has in some war come late contact with some grease, which has left a spec. How can this be removed? I should think it could be removed by simply scrubbing with a nail brush dipped jute eastlle seep and water. See that the water is builing and continue to scrub until the spot disappears. Wash with a clean cloth and rub dry, always rubbing lengthwise of the grain.

Stains on Knives

To the Editor of Waman's Paper sized bhives be removed? INQUIRER. Out a potato in two, dip one of the pieces brichdyst such as is unually used for its cleaning, and cub the blade with it.

1. What is a fete changetre? 2. Is it necessary for a chaperon to be present

at a theatre party given for a number of soung men and girls? 3. Should after-dinner coffee be served at the table or in the drawing room?

ANSWERS TO YESTERDAY'S INQUIRIES

1. Sixty drops of liquid are contained in a component.

1. The girl who receives the ring in a piece of hirthday cake is supposed to be fitted for marriage; the coin brings wealth, while the thimble is supposed to signify single blessedness.

2. A letter expressing hope for the happines

3. When attending a tea given by another woman a woman should leave one of her own and two of her husband's cards.

Abiding by the Conventions

LADY CONNIE

It is not strictly conventional for a young girl to lunch with a man at a large hotel unchaperened, although many girls do so and there are, of course, circumstances which alter gases. A girl who has her own way to make in the world cannot always be bound by conventions which were designed for the young girl who lives a sheltered life.

Plans a Surprise Party

To the Editor of Woman's Page

Dear Madam—There is a boy friend of mine on the same afrest as myself and as a mere acquaintance I think a let of him. I had not sension to bim until less Runday as we had fallen out about something, but Sunday evening twas introduced to him until sension and be acted very live. If a hirrhday is the last of this month and I would like to get up a surprise party, but ato afraid his will know I did the asking and do not wish him to know It am a friend of his states and asked her about it and she said they would not object. But I have some no farther in making any arrangements until I receive your advice as its whether or not I should have asked about the party.

The suries and boxe of the community are

If you agree with me on the matter could you print in your column an intrappate way of getting it up to be a success and yet not have too much expense fall on one person as I know none of us could afford it.

I should think you could perhaps per-suade the boy's sister to arrange for the party if you do not want to be so much in evidence A small amount of money from each boy and girl would be sufficient to provide refreshments Nothing elaborate need be served, just hot chocolate, cakes.

The time is coming when everybody will HAVE TO BE BUSY.

You might as well get used to it NOW: salted nuts and candy; ice cream can be added if desired. Or serve strawherries and ice sream. As you say there are musical instruments in the house, the evening's entertainment will take care of itself.

Birthday Gift for Child

To the Editor of Woman's Page: Dear Madam—What do you advise as a birth-day present to a child of ten? How soon should one write a letter of thanks for a hirthday gift? R. H.

A pretty hair ribbon, a child's book, such as "Little Women" or the "Child's Garden of Verses." a jigsaw puzzle, a doli or a set of play dishes, any of these would be wel-comed by a little girl of this age. Letters of thanks should be written as soon as possible after the receipt of the gift. Never allow more than a day or two to elapse.

Marriage License

To the Editor of Woman's Page:
Dear Madam—How old must a sirl be for a
marriage ileense in Pennsylvania?
Do you advise a girl with thin hair to have
it bobbed? Will this thicken it?
Do high or low sneakers injure the feet?
RAY H.

In order to secure a marriage license in Pennsylvania without the consent of her parents or guardian a girl must be twenty-one years of age.

I would not advise you to have your hair bobbed. Simple clipping will tend to make it grow thicker.

Some persons can wear sneakers without injury to the feet, but those who possess high arches cannot do so. If the foot tires after walking any distance in sneakers it is better to buy shoes with heels, although arch supporters can be bought and worn inside the shoes.

MISS AMERICA COSTUME



A costume typical of the country's unity shows a coat with large blue broadcloth cape, which is easily detached. The blue is trimmed with gray and buttons on which are cut small red crosses.

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

A Visit From June

BRUSHEIS my hair more than usual houses and lots of kids. Everybedy over after my father and Rowdy and I had there has got a dog and there isn't one of Lafter my father and Rowdy and I had eaten our cakes and it looked very pretty with the light shining through it. Then Rowdy and I rambled. When we went past the Carpenters' a lot of little boys and girls were there. Mr. Carpenter called "Patsy" from behind the vines.

I said. "What do you want?" He said. "Wait a minute." So I did. Then Mr. Carpenter said to Wilbur, "You go out there and thank Patsy for your not getting a little and does not to June's, and I find and there isn't one of them with enough sense not to tackle Rowdy. Sometimes two or three would tackle him at a time, which was not fair. All the people seemed to like to see them fight, and all of them were against Rowdy. So I picked up a club and we went back across the bridge and down by the river, where I played in the sand and had a lot of fun making houses.

Then I decided to go out to June's, and

and thank Patsy for your not getting a walloping yesterday." But Mrs. Carpenter said, "He shall do no such thing." "If he doesn't," said Mr. Carpenter. I shall give him the licking now." Mrs. Carpenter said. "The idea of a child of mine lowering." I hope I am welcome," I said.

and, "The idea of a child of mine lowering himself to the level of that rubbish."

But Wilbur came out and said, in a loud voice, "I thank you for asking my father not to lick me," and ther he said so low I could harely hear him. "You little trish tramp!" So I blammed him one on the nose and he fell over the horse block.

Mr. Carpenter came running out and said, Why did you hit him when he was being polite to you." I told him what Wilbur had called me and Mr. Carpenter said he would lick him anyhow and took him out to the shed and I heard Wilbur hollering. Rowdy and I rambled and went swim-

ming. I can turn over endways backwards now by doing it flow. I'll bet there are few grown-up women who can do that, to say nothing of children.

After a while we went over a bridge and

After a while we went over a bridge and through streets where there are little dare udventure, will appear in Monday's Evening Ledger.

that baby sister. Amen.

Farmer Smith's Column

EARNING MONEY

My dears-More boys and girls will be earning money this summer than ever be-fore in the history of the world. It is a terrible thing to jump from school to work or from college to the world of business without SOME training.

Did you know this? If you can earn money while at school and learn to APPRECIATE the value of money, then it will not be so hard when ou HAVE TO earn money.

You might as well get used to it NOW! Lovingly, your Editor, FARMER SMITH.

STRANGE ADVENTURES OF BILLY BUMPUS

BILLY STARTS HOME

By Farmer Smith

On the outskirts of the army camp our old friend Billy Bumpus eat thinking. He had lets of time to think, for the army cook had given him such a blow with the br

THE CHEERFUL CHERUB Perhaps you think my life is hard, It seems so poor and small without. But you can't judge my happiness-You don't know what I think about.

(Copyright.)

Some one had put a pall of water up

over the door, so that when she opened the

certainly a good joke and t laughed till I doubled up. But June was so mad that she held her head high and said. "You are absolutely impossible." Then she marched out and got into her auto and went away.

That night, when Rowdy and I kneeled down, I prayed: "Dear mother, I haven't said much lately about that hahy sister, but don't think I have forgotten about it.

I am having a pretty good time, but I need

that Billy started to run and did not stop until he was far, far away. Then he sat down to think. "That was a severe blow to me." he was saying over and over again to himself. "I think it is time for me to go home now and be a hero. I will have to stop and find out what a real hero is before I greet my wife. She'll think all the more of me after I have een through the war.

"How the people of Goatville will welcome me: I hope they have a band to greet their returning hero. Think of all the bat-tles I have been in:

"There was the one where I upset the mess tent. That's battle number one, and then there is my last battle with the cook. Ha! Ha! I can see that fat fellow yet as he ran after me. I can feel him, too, for my side is very sore.

"My, how I hate brooms!" Billy stretched himself out on the grass and began to yawn. He went to sleep in a jiffy, and when he opened his eyes once more whom should he see but Mister Jay Bird just above his head.

Now, Mister Jay Bird was a very wise oid fellow and he thought Billy had been up to mischlef, and so he asked: "What have you been up to, my good friend Billy?" "I've been with the army, I was the mascot—that's ahead of the general, you know. There were several of us, but I was the BOSS."

"Who ever heard of a 'boss' in the army?" asked Mister Jay Bird, with a laugh.
"There has to be a bons everywhere.
Didn't you know that?"

"No. I'm not as smart as you—what do you call yourself?"
"I'm a mascot and a hero, too," replied What's a hero?" asked Mister Jay Bird. "A hero is one who wears a medal for bravery," answered Billy. "By the way, where can I get a medal?"

where can I get a medal?"
"If you are a hero, you should have a medal," replied the bird.
"Say," began Billy. "You must really excuse me. for I'll have to go and get a medal before I talk any more to you."
Billy got up hastily and trotted off in search of a medal. Where do you think he

Fried Bananas

Select firm and rather slender fruit; peel and cut into sections about three inches long. Fry in hot butter, and as the bananas cook sprinkle with a little sugar and roll about carefully in the frying pan until a light brown all over.

Dish, pouring over any butter and sugar that remains in the pan. Serve very hot.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

ONE of the most ensential things for ap One of the most essential things for appetite, for good digestion—for every vital function in the body in fact—is muscular work. The muscles are the furnace of the body. If one does not use them his feed is not burned as completely as it ought to be. The exercise which one gives his muscles increases the flow of blood to the body.

his muscles increases the now of most through them and thus increases the con-sumption of material which involves a change of the substance of the body. It is a common belief that a complete change occurs in the body substance once in seven years. This is not true literally, because, as a matter of fact, some parts of This is true, for

in seven years. This is not true true; herause, as a matter of fact, some parts of the body never change. This is true; for example, of the ename; of the teeth. The blood, however, changes every eix weeks and other soft parts change perhaps every three or four mouths. These changes are going on continually. The soft parts change rapidly and the hard parts slowly.

Now, there is nothing that will quicken the movement of material through the body and aid the vital changes like exercise. That is why, if one feels drowny and sleepy and stupid, he may take a walk in the keen, frosty air of winter and come back feeling wide awake and with a good appetite. The change is due to the room that has been made for new material. The exercise and the stimulus of the cold air have accelerated the movement of blood through the body and created a craving for new material.

Strength comes with work. It is the only seen the world in which one can gain

Strength comes with work. It is the only way in the world in which one can gain

Electric Shock

What is the lies means of reviving a person who has been mids unconscious by an electric shock? Artificial respiration should be applied at the earliest possible moment. The pulmotor is the less means of applying artificial respiration. This instrument should alrespiration this instrument should always be at hand where there is danger from injury from electric shock. The apparatus is automatic when once in operation it fills the lungs with oxygen and tion it fills the lungs with oxygen and then empties the lungs and fills them again, and so on until the supply of oxygen is gone. The lung motor is a pump which may be used in a similar manner, but is less efficient

Rupture

What is the safest remedy for supture in the case of a man thirty years of age? T. L. S. An operation should be performed by an experienced surgeon. Other methods are altogether unreliable and some are dan-gerous. A truss may be used for tem-porary relief.

Vaccination for Typhoid Fever is vaccination a successful method of pre-enting typhold fever? F. S. S. The method of faccination against typhold fever perfected by Doctor Wright, of London, has now been used very extensively in the army of the United States and in other countries and is found to be highly successful. The vaccination is said to render the subject proof against typhold for

at least three years. Yawning

What can I do to cure the habit of yawning the sating? B. X. D. Many persons are inclined to yawn after a hearty meal. Bathe the face with cold water or drink a glassful of hot water.

Mineral Waters; Mineral Oils Are laxative interest waters mafer to take

No. Laxative mineral waters are harn ful because they irritate the mucuous men brane and in time produce intestinal catarri or collin. They also increase constipation by causing spasm of the lower bowel and everse movements in the colon, beside imosing an extra burden upon the liver and

IN THE MOMENT'S MODES



The charm of this empire gown of soft white nainsook, with its becomingly frilly yoke of valenciennes and shadow laces and em-broidered motifs, is enhanced by the addition of rosettes of blue rib-bon. Either white or flesh color may be used effectively. Three dollars was the price of this gar-ment in one of the large stores,

If You Want

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WOMAN'S VARIED INTERESTS-HER HOME, CLOTHES AND HEALTH RUSSIA IN TIME OF WAR WHEN THE GOVERNMENT FAILED THE RUSSIAN PEOPLE TOOK CHARGE

> The Revolution in the White Empire Grew Out of the Necessities of the Situation-Record of a Tour of Inspection by an American

A PRUSSIAN reactionary remarked to Arthur Ruhl in Petrograd last year that the Duma must not be allowed to interfere between the Czar and his Government. This was the typical state of mind of the bureautrat. The tovernment and the people were two distinct entities, and the people must crat. The Government and the people were two distinct entities, and the people must not meddle with their rulers. But the peo-ple discovered soon after the war began that their rulers were not taking very good care of the armies. Their popular assem-blies formed a union and began to do some of the things that the beautiful authorities of the things that the Petrograd authorities were leaving undone. An attempt was made



ARTHUR RUHL

to stop them, but they persisted. The outpeople to look after their own affairs was the refusal of the Duma to be dismissed, the dethroning of the Czar and the beginnings of popular rule in the empire.

of popular rule in the empire.

Mr. Ruhi makes this and other matters clear in "White Nights and Other Russian Impressions: a record of his experiences during a tour of Russia, which took him from Petrograd to Astrakan and from Mos-cow to the front, where the Russian armies are fighting the Central Empires. The impression left by the book is that the Russian people are children just beginning to grow up. They are friendly. They accept life with philosophic calm when they are not metancholy. They have moods of depression joyous abandon. The soldiers whom Mr. Ruhl saw at the front were fighting with greater courage than they showed a year before, the armies were better organized.

Small Talk About Books and the Writers of Them

Montaville Flowers, author of "The Jap-anese Conquest of American Opinion," went from Florida to North Dakota a while ago. He had his heavy fur overcost shipped to his hotel at Chicago, intending to pick it up en route. On arrival the coat was not to be found, nor yet after five days of anxlour inquiry of the express and postal clerks in the hotel. He wired and found the coat had been sent long ahead of time. On the fifth day it was discovered in the refrig-erator of the hotel. When it arrived parcei post the mail clerk saw "Flowers" in big letters on the box and promptly put th

The Page Company, of Boston, announces that it is obliged to increase the pub-lished prices of many books on its list because of the following twelve reasons: Paper has increased in cost 100 per cent ink has increased in cost 50 per cent, press rollers have increased in cost 200 per cent. binders' cloth has increased in cost 25 per ent, binders' board has increased in 100 per cent, goldleaf has increased in cost 25 per cent, leather has increased in cost. 100 per cent, give has increased in cost 52 per cent, labor has increased in cost 10 per cent, thread has increased in cost 50 per cent, paper boxes have increased in cost 50 per cent and crash and supplies have in-

The Fairy Book

In summer when the grass is thick, if mother has the time, She shows me with her pencil how a poet makes a rhyme.

And often she is sweet enough to choose

a leafy nook.

Where I cuddle up so closely when she reads the Fairybook. In winter when the corn's asleep, and birds

are not in song.

And crocuses and violets have been away too long.

Dear mother puts her thimble by in answer to my look. And I cuddle up so closely when she reads the Fairybook

MademoiselleMiss

al at the front.

Published for the Benefit of the American
Fund for French Wounded. Price, 50 Cents

W. A. BUTTERFIELD, AD BROWNIELD ST.

Mr. Ruhl finds much in Russia to warrant great hope for the future.

In these days when we are all curious about conditions in the country which stretches across Europe and Asia a book like Mr. Ruhl's, which gives an intimate picture of the manner of life of the people and their way of thinking is of inestinable value, its value does not ite alone in the information that it contains, but is found also in its revelation of the fact that the also in its revelation of the fact that the Russians are also men and brethren with like emotions with ourselves. It fosters the feeling of international brotherhood and prepares the way for a better understanding among different races which must preceds that federation of man when wars shall

WHITE NIGHTS and other Russian impressions By Arthur Ruhl, With illustrations from notingraphs. New York: Charles Scripter's Sons, \$2.

6-ROUSING NOVELS-6 WHEN NERO REIGNED

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