LENDING A HELPING HAND TO THE BEGINNER—DEAN OF CARSON COLLEGE ADVISES GIRLS

I HAVE COME

TO RELIEVE

YOU FOR THE

FRONT "

MAID WHO YEARNS FOR FARM WORK

DO YOU WELCOME OR "FREEZE OUT" | WOMAN'S WORD OF CAUTION TO CITY THE NEWCOMER IN YOUR OFFICE?

Women Who Do Not Remember Their Own Unhappiness When Taking a New Position. A Wisely Indulgent Mother

MANY women in business, forgetting entirely their own trials when first taking a position, make it extremely difficult for the new girl. Instead of smooth ing the way for her, explaining little de tails of the office routine which she cannot be expected to grasp at first, helping her over little difficulties, they band themselves together and maintain a virtual armed neutrality. And some girls do not survive the test.

This form of refined cruelty causes many unhappy moments to the girl who is at all sensitive, and often the first few weeks in an office are remembered only as a time of misery rather than of interest and enthusiasm for her new work, as the case should be.

This spirit of alcofness is more preva lent in the East. Western women, who are noted for their cordiality, carry the spirit of friendliness into business life with them and are generally willing to "lend a hand." We in the East would do well to follow the example set by them in this one particular.

"You were speaking of the imaginative child," writes Mrs. J. T. M. "Do you not think that, although he may be harder to deal with, he has a great many compensations?

"He is resourceful and plays with so much more enthusiasm than the literal type of child; he is quick to Invent. But he must be dealt with very tactfully. adventure at hand before sending them to Many parents fall to realize what a rude hed. I consider the five or ten minutes interruption it is to a child to be told to beyond their bedtime spent more profit go to bed when he is perhaps trying to ably than in fretting.



patriotic sailor for a patriotic little Indy! Two red straw stripes on a white atraw brim and stars on

take a stagecoach safely through a moun tain pass, or, as engineer, beat the throt tle of the eighteen-hour limited to Chicago, or is making a record run to a fire The adventure of the moment is verreal to him and he comes back to earth reluctantly.

"When my children are playing I al-

Miss Elsa Ueland, Dean of Carson College, Points Out Physical Exertion She Should Avoid and Advises Co-operation With

By M'LISS

Man was not meant to farm alone. Nor was woman,

MISS ELSA

Let them farm together, the farmer and the farmer-ite, he wielding the plew and the spade, she picture-squely nowing the

nicious little weeds

A word of cautim i: the city-beed damsel who yearns "Ah, to be a farmer, now that war is here," has been uttered, a hand of warning to the little anemics in whose freums all college books, office typewriters and school blackboards are at once con erred into heer and spades and plow haves has been uplifted. Miss Elsa Usland has done it. The charm-

ing and altogether magnetic young dean of Carson College, who has placed a woman. Miss Charlotte Passmore, at the head of the college farms, believes that much harm will come of the back-to-the-farm ent on the part of women if they don't

shism is arcused we work on until we drop. "Men do things differently. Look at the ditch diggers. They pause long and restfally after every shovelful, just as the heart takes a rest after each beat Women work frantically and with less evenness. "I think a word of caution should be uttered to the women who are considering farm work. They should not expect to be able to rush in immediately and make a living at it. It will take a year at least to work out the new farm-woman's problems. Certainly we haven't arrived at any adequate wage system for them yet; nor have With absolute faith in woman's ability o do almost everything she sets out to do and she has proved this faith by appointng Miss Passmore as farm manager of farson) Miss Usland still believes that there Carson's Miss teland still believes that there are some things for which women are some things for which women are physically unit. Heavy farming, unless the functional physically unit. Heavy farming, unless the function was system for them yet; nor have this day when every one's trying to "do his hit "usually a "bit" for which he is least fitted.

These ideas germinating in Miss Ueland's head, came to positive fruition as the result of a visit to the College; arm, at Flourtown, the last week-end. There she found Miss Passmore's three female farm assistants, novices with secans of enthusiastic patriotiem, physically lines and gasping for air, the plays the spades. Woman can do her share, and it is not an inconsequential one share and it is not thing.

"I think, instead of paying for vacations," "I think, instead of paying for vacations," Miss Usland continued, "E would be a good libra if school teachers, college girls and office workers who want to help increase the food output would undertake light farm work and be content with earning their board. Four or five hours would be a sufficient working day. For them to attempt to work longer and make money at it would be foolish, indeed, and might bring on nervous exhaustion. We ought to direct on nervous exhaustion. We ought to direct our enthusiasm before we get into this farm

rassinore's three female farm assistants, novices with oceans of enthusiastic patriotism, physically limp and gasping for air, though with spirits, despite the ardnous work of the week, undainted and indomitable. One of the girls has a sprained wrist. She got it planting cabbages. "The treuble with us women is," said Miss Celand, smiting grimly, "that we have too much srit too much endurance and nor. share, and it is not an inconsequential one by any means, by sowing the seeds, weed-ing, taking care of the kitchen garden and the small fruits. She can raise chickens and bees and missircoms. She can do the canning. There is planty for her to do. Much can be taken off the men's hands, but I believe it would be very unwise for women to rush in and expect to do every-thing. too much grit, too much endurance and ner-your energy. We can't seem to realize that very heavy work, lifting and digging, was not meant for us to do, and once our enthu-

PATSY KILDARE, OUTLAW

Making Up With June

girl, not yet seven, and how the days used and now the days are fairly flying by.

When Rowdy and I went past Wilbur 'arpenter's house he was out on the step with his mother, and she wiped his nose and kissed him good-by. It made us feel kind f lonesome for a minute, for Rowdy and haven't got any one to wipe our noses and kiss us good-by, I mean, of course, I haven't. Rowdy is only a dog and he has got more good-by. Anyhow, I would rather have obody than to have Mrs. Carpenter kiss no. It is a sweet thought that I am better off than Wilbur.

I heard today that Miss Jones's beau, I forgot his name, will tell a story for children at the library hall on Saturday. I shall go to hear him, though it will interfere with my plane. But I have got to hand it to him, for he is a dandy story teller, even if he has no better sense than to go with Miss Jones. Of course, we all have or faults, and maybe he can't help it. You never can tell.

I went swimming today and flipped over endways and walked on my hands. Then I went to June's and she sat in the hammock and looked at me and I sat on the step and looked at her, and finally she said, "Well?" I said, "Yea ma'am." Then she laughed and I told her that somebody had fixed the pail of water over the door as a joke on me. After that I got into the hammock and she hugged me and told me that a woman "NEW ACQUAINTANCES," another Pale Kildare adventure, will appear in tomotron's Evening Ledger.

TT IS just like my father says. When a recele bunt my bare legs, and she was so person begins to get old time goes a lot glad when I pushed his face that she did faster. I can remember when I was a little not know what to do. So June said she was sorry and I told her not to mention it to drag and then my seventh birthday came that, of course, I could never love her like I did before, but that we should always be friends, and she said I was a funny his. and I said, "Ain't that the truth?"

Then we had supper, and there were hot biscuits and honey and fresh milk. Maybe my mother in heaven in getting ready to reach for me pretty soon and is putting it into everybody's head to feed me on milk and honey so that I will be used to what ense than to want any one to kiss him they eat in heaven. I don't care much if she will only wait until I get acquainted with the two new kids that have just moved into our neighborhood. I want to know whether they are going to play with ma or whether I have got to show them who is the born

I said my prayers in the pink nightle this time, the first time in a long while. 1 prayed: "Dear God which art in heaven, hollered by Thy name. I am praying to you tonight because I think my mother is getting ready to yank me out of here and bring me to heaven, and I wish you would get that out of her head. Tell her my father needs me and Rowdy needs me and all that sort of thing. Bless my mother and my father and make me a good girl. I don't remember whether I asked you to hand June a package or not. If I did, please don't, for she and I are friends again and she has come across with the pink nightle.

(Copyright.)

or six quarts of fluid required for one days milk ration. It is also important to maintain a constant stream of fresh material passing along the alimentary canal so that a considerable portion may reach the colon

undigested and unabsorbed. It is especially important that a sufficient amount of milk sugar should reach the colon unabsorbed

to maintain in the colon a state of sold

fermentation, thereby preventing putrefac-

Symptoms of Appendicitis

What are the symptoms of appendicitis and is

as to whether an operation or not shou be performed should always be followed.

What Will Give One an Appetite? What will give see an appetite? I have a ad taste in my mouth and cough after meals mill I can hardly get my breath. The coughing takes me perspire.

A READER.

fruits and fresh vegetables and take bran

with your meals you will get rid of the poisons which are now affecting your system. Consult a lung specialist and see if there is any trouble with your throat of lungs. The perspiration is due to the exhausting effort of coughing. You must build up your general health.

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

In answer to health questions, Dactor Reliage in this space will daily pive advice on prevent medicine, but in no case will be take the risk of making diagnoses of or prescribing for allments requiring surgical treatment or drugs.

every half hour or every forty minutes is the usual plan. This is necessary to make if possible to take into the stomach the five

THE liver has a great variety of func-I tions. The most important are the fol-

To produce bile, an excretion that car-ries off certain waste and highly poisonous matters.

The bile also contains certain substances which aid digestion by activating other digestive fluids and promote the digestion

and absorption of fats.

The liver performs an important function in the destruction of worn-out red blood. The liver has a variety of distoxicating

functions, whereby it destroys the toxicity of various poisons and prepares them for elimination by the kidneys.

The liver protects the body by absorbing certain poisonous metallic substances, such as mercury, copper, arsenic, etc., retaining

them within its substances.

The liver converts certain poisonous waste substances, formed from the wear and tear of the tissues and an excessive intake of protein in the form of meat and eggs, into urea, a comparatively harmless substance.

The liver completes the digestion of cer-tain substances that are not completely converted in the intestine.

A. R. O.

The symptoms of appendicitis are chronisconstipation and difficulty in digesting food,
headaches, nausea fever, chills, pain in the
right side of the abdomen between the
navel and the hipbone with screness of
pressure. Some cases of appendicitis recover without an operation, but the inflammation is liable to return and may be attended with serious results. The advice of
the physician in attendance upon the case
as to whether an operation or not should
be performed about a pressed by followed. converted in the intestine.

The liver performs an important office for the body, first in the retention of sugar by converting it into glycogen and then by the conversion of glycogen into sugar for circulation in the muscles as it is needed for the support of muscular work. In other words the liver acts as an automatic stoking device in resulating the supply of fuel Take some exercise in the open air every day. Walk several miles. Eat moderate meals consisting of fruits, vegetables and the ready-to-eat cereals. Chew your food thoroughly. Your bowels should move regularly and freely every day and if you eat fruits and freely every day and rake branch rults and freely every day and rake branch rults and freely every day. ing device in regulating the supply of fuel to the tissues. The liver has other subtle functions which are not yet fully under-stood. It is one of the most versatile and seful organs in the entire body. The human liver differs from the liver as found in many lower animals. Carnivorous animals have a liver three or four times as large n proportion to the body as the human iver. The liver of carnivorous animals is able also to convert uric acid into urea which the human liver and the livers of animals allied to human beings in their structure, such as the higher apes, cannot do. This is the reason carnivorous animals

Intestinal Dyspensia-Milk Cure

Is there any cure for intestinal dyspepsia? Is uttermilk a specific incidental to old age? In rescribing a milk cure what is the quantity o be taken each day, how often and in what usnitts?

Intestinal dyspensia of autointoxication

treatment by the use of mineral oil. The buttermilk is wholesome at any time unless a person is sensitized to milk. The Butgarians attribute their long life and sturdy health to the use of milk treated with the Bacillus Bulgarious. The milk diet should not be undertaken except under the direction of a physician. A half pint of milk

SAVE THE FRUIT CROP

Ulcers in the Mouth are able to live on an exclusive meat diet much better than human beings are able to

What is the cause of ulcers forming in the cuth every few weeks, on the tip of the tengus the gums? They are painful. MISS K. Be sure that your teeth and tonsils are in good condition. Use some simple saline mouth wash. You probably have some dis-turbance of the digestive tract and you should adopt an antitoxic diet. (Copyright.) can be cured by a proper diet of laxative foods with bran in addition. It may be necessary also to supplement this diet freatment by the use of mineral oil. The



Butter built upward to an idealnot made to sell at a price. That's

MERIDALE BUTTER

Made only from the whole, rich cream of purebred, healthy cows.

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good butter. AYER & McKINNEY (Makers of Philadelphia Bell Phone, Market 3741 Keystone Phone, Main 1783 Look for the "Merifoll" wrapper-air-tight, dust- and odor-proof-at your grocers.

ASK FOR and GET

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written an 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, Pu.

2. Of what is confectioners' sugar made?

ANSWERS TO SATURDAY'S INQUIRIES

1. Braising is a combination of stewing on top of the range and bahing in the oven. Tough meats or fowl are frequently cooked in 2. The rinds of bacon and sait purk can be utilized by cooking with animach or other greens, adding both flavor and richness, or they can be

used in greasing griddles. 3. A small amount of gelatin will improve more usual at formal dinners to sthe quality of soup stock when it is lucking in the guests have left the dining room

Real Old Virginia

Fo the Editor of Woman's Page:

Dear Madam-Can you describe to me in full the dishes which go to make up an old fashioned Virginia dinner and how they are prepared? I wish to give such a dinner shortly (Mrs. C. L. M.

These are the dishes and the directions for making them as set down by an old colored cook at White Sulphur Springs. where these dinners are so much sought. after. Chicken, of course, is the piece de four corners are dishes of coleslaw with cream, spiced grapes or cherries, pickled peaches and mixed pickle or piccalilli, made in the autumn in sufficient quantity to last a year. There are corn fritters, of course, and there are beaten biscuits that melt in one's mouth, and there is "spoon corn bread," or "batter bread," as it is variously called. There are baked apples, baked in a covered crock in the oven until they jelly, and asparagus, green peas, spaghetti au gratin, candled sweet potatoes and stuffed baked frish potatoes, and with all this is that incomparable cream gravy that some-how none but a real dusky moning can ever make taste just right. Them, when every one his eaten so much that he cannot hold another mouthful, the waffles and maple syrup are brought on, and one starts all over again. maple syrup are brought on, and the notice all over again. Coffee, of course, but notice all over again sparkling spring water, for ing else save sparkling spring water, for the Virginias are dry. Then there is that Incomparable Virginia ham, served with the chicken and combining all the flavors of corneobs and hickory coals and the per-

corncobs and hickory coals and the per-fumes of Araby.

For the corn fritters allow one egg for every cupful of grated corn and a table-spoonful of cream. Beat the eggs until light, add the cream, one and one-half tablespoonfuls of melted butter and sait to taste. To two cupfuls of corn allow one cupful of sweet milk, and bind this with fust enough flour to hold it together. Pry in flat cakes in hot lard and serve on the platter around the chicken.

For the waffles beat four eggs until light, add one cupful of sour cream, one rounded

add one cupful of sour cream, one rounded teaspoonful of soda, half a cupful of melted butter and a little sait. Beat very light and bake quickly in greased waffle irons. Old Virginia beaten biscuits are made with one quart of flour, one heaping teaspoonful of sait, two tablespoonfuls of butter and lard mixed and sufficient milk to make a stiff dough (about one pint). Work the dough a little, then heat with a flatiron or biscuit beater until it blisters, which should be in about half an hour. Roll out thin, cut the biscuits with a small round cutter, prick with a fork and bake in mod-

Hatter Bread,-Four well-beaten eggs. one quart of sweet milk, one tablespoonful butter, half a pint of cornmeal and a little sait. Bake in a deep buttered pudding dish and serve from the dish.

To have the most successful fried chicken, each joint of the chicken should be rolled in

each joint of the chicken should be rolled in flour, pepper and sait and fried in a gen-erous amount of fat in a deep covered pan-using one-half clarified butter and one-half sait pork fat drained off the sait into a deep frying pan. Fry golden brown on one side, then fry on the other. The corn frit-ters will have a sublime flavor if fried in the same fat. Then, when this is done, make the cream gravy from thick, sweet-cream in the same pan. cream in the same pan-

Cleaning Hints

A thorough brushing and sunning is the most effective way of ridding pillows of moths. Select a bright, brisk, sunny day and let the pillows hang in the sun and wind for the whole day.

TODAY'S INQUIRIES 1. How should grapefruit be prepared for 1. What kind of window shades are best for the table?

2. How can a patient be reminded to take 2. Does chorolate contain much nourishment? 3. What is the best way to wave white hair?

> 1, A fets champetre, liberally translated, means a garden party

2. A chaperon should be present at a theatre party at which the guests will be young men and girls.

3. After-dinner coffee can be served either at the table or in the drawing room, although it is more usual at formal dinners to serve it after

Smoking While Walking With Girl

In the Editor of Woman's Page: Dear Madam Would It be degrading movelf the eyes of a young man if I permitted him a smoke while walking with me on the street? the about a man amoke when visiting a girl ber houn?

resistance. No hors d'oeuvres or soup are think, but unless you are walking in the I do not know what the young man might man certainly would not think of smoking. and certainly never when in the street with a woman. If you personally are willing to allow smoking in your home and do not mind a man's smoking while he is talking to you it is allowable, but unless a man were very intimate at the house he would scarcely think of asking permission. Of ourse, circumstances alter these things very greatly. Sometimes a girl likes to moke herself and asks the man to smoke with her. Strictly speaking, it is not conventional, however.

There is no reason why you should not saile your friend to use the fickets and size you to the concert. I would certainly ake you to the concert. I would certainly be so. You are right in not expecting men to spend money on tickets. Of course, there are occasions when it is perfectly all right, but it is not well for girls to ask them

Order of Bridal Procession In the Editor of Waman's Page:

Their Madam Please tell me the order of terrors that the bridgerson find of honor best man no bridges and four union, best man no bridgesman's and four union, 100 down for the terror to the terror the terror that the terror the terror that the terror the terror that the

Your bridal party should have eleven members, the father of the bride or the person who takes his place and who walks with her up the aide making the eleventh. The bridal party should proceed up the aide in the following order: First the ushers walking two and two; then the bridesmaids, also walking side by side. The maid of honor follows the bridesmaids, but as she is alone she walks in the center of the aide. Last comes the bride, who places her right arm through her father's left one. They proceed in this order to the sanctuary or chancel rail, where the ushers and They proceed in this order to the sanctuary or chancel rail, where the ushers and bridesmaids separate and go to either side, while the bridegroom steps forward, having entered the church followed by his heat man at the door by the altar rail, and offers the bride his left arm, the father having stepped back. After signifying that he gives his daughter in marriage when the proper time comes the father goes into the front pew beside the bride's mother. After the ceremony the bride and bridegroom lead the way down the alsie followed by the maid of henor, then the two bridesmaids and the four ushers. Some persons have the best man walk down with persons have the best man walk down with the maid of honor, but it is more usual for him to leave with the ciergyman and join the party at the house.

Arrangement of Bridal Veil To the Editor of Woman's Page:

Dear Madam I am to be married in June.
Will you tall me whether it is necessary to wear
a veil dowr the face, as I don't care to do so,
yet my friends say I should. ANNA L.

At one time it was customary to wear a vell over the face going up the siste, throwing it back before coming down after the ceremony. But many brides now prafer to dispense with this. It is a pretty custom, but purely a matter of choice.

Friendship Pin for Young Girl To the Editor of Woman's Page:

Dear Madam - Do you think a friendship pi would be a tile thing for me to give a girl o her birthday? Site will be fitteen years old i June. Or can you suggest anything nice i give her?



IN THE MOMENT'S MODES

Here is a smart street frock of old blue taffeta with filmy georgette sleeves and collar. A striking feature is the girdle which crosses in front. Silver soutache braid lends itself admirably as a trimming to the long side plaits which originate at the shoulder line and continue down, uninterruptedly, around the edges of the huge patch pockets which extend bouffantly over the hips. Except for these pockets the gown follows almost exactly, in general line, the "Princess" dress of old. One of the popular-priced stores asked only \$15 for a frock like this.

Dried Vegetables

Russian laborers who are building the railroad from Petrograd to Kalo, the arctic port on the White Sea, are living largely on dried vegetables prepared in New York, California and New Jersey. The evaporating plants, which are usually run only to dry apples, are equally serviceable in the preservation of onions, carrots, cabbages and small fruits.

and small fruits.

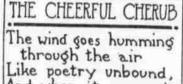
The principle of removing water from vegetables without cooking them and without changing their food content or physical structure has recently been successfully worked out. The water is gradually with-drawn from the peeled, sliced or shredded vegetables by passing over them expanded air at comparatively low temperatures. The water haves the cell structure without displacing or breaking it, and the temperature at which the practice in carried on is so low that the volatile flavors are last be-

fresher and better in every respect, after they have been restored by water, than fresh vegetables bought at retail after be-ing a long time off the farm, in transit, in storage or in the window of the grocery

If the practice of drying fruits and vege-tables is as feasible as recent investiga-tions make it appear, the expense of shipping water, which makes up 80 per cent of the bulk of these staple foodstuffs, will be eliminated, and if to this great saving is added the saving due to the lessened cost of preventing spoilage, the ultimate saving to the consumer will be great.

Brown Gravy

One cupful thick cream, one cupful water



And when it comes to obstacles



Rhubarb Canned in Syrup Rhubarb Canned in Syrup
Cut and peel rhubarb and fill fruit jars
with the small pieces of rhubarb until you
can't press any more in jars. To one cupful of sugar and one-third cupful of water
and let the sugar and water come to a boil,
then let boil two minutes. Pour it on the
rhubarb until it fills to the top. Have a
long steel knitting needle and put it down
through the rhubarb at the sides to let
the syrup flow down and let the air bubbles
out. Seal at once and turn upside down
until cold. Then put in dark closet. This
is ready for pie at any time and by just
heating for a couple minutes is ready for
shortcake or side dish. Add a pinch of soda
to each jar.

Sponge Cake

Just before putting sponge cake into the oven to bake, sprinkle over it a lit-tle granulated sugar. When this bakes it will form a thin, crisp crust.

When Youth Went It was not when I plead with her And on a tragic day Clung sobbing to her skirts of rose That Youth went away:

Oh, not when from the cruel glass My face showed lined and chill. Her eyes burnt wild behind the mask, Her pulse hurt me still. But when I saw young lovers pass And watched them, well-content.

Nor felt my eyes grow hot with tears To gaze where they went. Oh then, I knew my time was through And pleasured in the day.

At peace to know of love and spring. And Youth, gone away.

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-Margaret Widdemer.

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