

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

DO YOU WELCOME OR "FREEZE OUT" 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 smoothing the way for her, explaining little details 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 aloofness is more prevalent 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. Many parents fail to realize what a rude interruption it is to a child to be told to go to bed when he is perhaps trying to



MISS ELSA UELAND

take a steeplechase safely through a mountain pass, or, as engineer, sit at the throttle of the eighteen-hour limited to Chicago, or is making a record run to a fire. The adventure of the moment is very real to him and he comes back to earth reluctantly. "When my children are playing I always allow them to finish the particular adventure at hand before sending them to bed. I consider the five or ten minutes beyond their bedtime spent more profitably than in fretting."

WOMAN'S WORD OF CAUTION TO CITY MAID WHO YEARNS FOR FARM WORK



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

These ideas, germinating in Miss Ueland's head, came to positive fruition as the result of a visit to the College farm, at Flourtown, the last week-end. There she found Miss Passmore's three female farm assistants, plows, the spades, the heavy implements, the plows, the spades. Woman can do her share, and it is not an inconsequential one by any means, by sowing the seeds, weeding, taking care of the kitchen garden and the small fruits. She can raise chickens and bees and mushrooms. She can do the canning. There is plenty 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 everything.

"I believe," she continued firmly, "that farm work can be accomplished by the co-operation of man with woman. The man, even the city man, will always be better able to handle the heavy implements, the plows, the spades. Woman can do her share, and it is not an inconsequential one by any means, by sowing the seeds, weeding, taking care of the kitchen garden and the small fruits. She can raise chickens and bees and mushrooms. She can do the canning. There is plenty 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 everything."

"I think, instead of paying for vacations," Miss Ueland continued, "it would be a good idea 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 our enthusiasm here we get into this farm proposition."

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and stamped 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 sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. How should grapefruit be prepared for the table?

2. Of what is confectioners' sugar made?

3. Does chocolate contain much nourishment?

1. What kind of window shades are best for a kitchen?

2. How can a patient be reminded to take medicine at the proper time?

3. What is the best way to wear white hair?

ANSWERS TO SATURDAY'S INQUIRIES

1. Braising is a combination of stewing on top of the range and baking in the oven. Tough meats or fowl are frequently cooked in this way.

2. The rinses of bacon and salt pork can be utilized by cooking with onion or other greens, adding both flavor and sweetness, or they can be used in greasing griddles.

3. A small amount of gelatin will improve the quality of soup stock when it is lacking in richness.

1. A few champagne, liberally translated, means a carousal 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 the guests have left the dining room.

Real Old Virginia Dinner

To the Editor of Woman's Page:

Dear Madam—The dinner you describe to me in full the dishes which I wish to make for my husband's birthday. I wish to give a dinner which is prepared by Mrs. J. C. L. M.

Smoking While Walking With Girl

To the Editor of Woman's Page:

Dear Madam—Would it be degrading myself to smoke while walking with a young man? I should like to know what you think of a man who smokes when walking with a girl.

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. Chickens, of course, is the piece de resistance. No horn d'ouvers or soup are needed with such a repast. A great platter of fried chicken is put on the table, at the 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 "popcorn 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, candied sweet potatoes and stuffed baked fish potatoes, and with all this is that incomparable cream gravy that some how none but a real dusky mammy can ever make taste just right. Then, when every one has eaten so much that he cannot hold another mouthful, the waffles and maple syrup are brought out, and one eats all over again. Coffee, of course, but nothing else save sparkling spring water, for the Virginia are dry. Then there is that incomparable Virginia ham, served with the chicken and combining all the flavors of corned and hickory coals and the perfumes of Araby.

Order of Bridal Procession

To the Editor of Woman's Page:

Dear Madam—Please tell me the order of procession for a bridal party of ten, the bride, the bridesmaids, maid of honor, best man, the bridesmaids, and four ushers. How do they go up the aisle, and how do they go down after the ceremony?

Arrangement of Bridal Veil

To the Editor of Woman's Page:

Dear Madam—I am to be married in June, and you tell me to wear a veil over my face, as I don't care to do so. My friends would like to see my face. ANNA L.

At one time it was customary to wear a veil over the face going up the aisle, throwing it back before coming down after the ceremony. But many brides now prefer 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 pin would be a nice thing for me to give a girl on her birthday? She will be fifteen years old in June. Can you suggest anything else to give her? ROBERT J.

Unless the girl is your sister or some relation it would be out of place for you to give her even so simple a piece of jewelry as a friendship pin, and her mother would probably not approve of it at all. Send her a pretty book, flowers or a fancy box or basket of goodies.

Cleaning Hints

To the Editor of Woman's Page:

Dear Madam—Please tell me how to clean feather pillows so they will be free from moths. These pillows have been in the attic for five years. I would appreciate it if you would also advise me how to clean a white velvet corduroy coat which has a pink corduroy collar and cuffs. MRS. F. H. DAVIS.

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.

White corduroy washes beautifully. I would advise you to tie the collar and cuffs in the wash, washing them separately, so the cords of it runs at all will go into the wash. A thick better results can be obtained by washing the cords in cold water.

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 girde 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, uninterrupted, around the edges of the huge patch pockets which extend buoyantly over the hips. Except for the 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.



Here is a smart street frock of old blue taffeta with filmy georgette sleeves and collar. A striking feature is the girde 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, uninterrupted, around the edges of the huge patch pockets which extend buoyantly over the hips. Except for the 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.

THE CHEERFUL CHERUB

The wind goes humming through the air Like poetry unbound, And when it comes to obstacles It simply goes around.

Rhubarb Canned in Syrup

Cut and peel rhubarb and fill fruit jars with the small more in jars. To one cupful of sugar add 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 escape 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 little 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 pleased in the day and spring At peace to know of love and youth, And Youth, gone away.

—Margaret Wildemeyer.

Mason & Hamlin PIANOS

A gift for a lifetime to a June bride.

Call or Write for Catalogues

C. J. Hepp & Son 1117-1119 Chestnut Street Philadelphia

PATSY KILDARE, OUTLAW

IT IS just like my father says. When a person begins to get old time goes a lot faster. I can remember when I was a little girl, not yet seven, and how the days used to drag and then my seventh birthday came and now the days are fairly flying by.

When Rowdy and I went past Wilbur Carpenter'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 of lonesome for a minute, for Rowdy and I 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 sense than to want any one to kiss him good-by. Anyhow, I would rather have nobody than to have Mrs. Carpenter kiss me. 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 plans. 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 our faults, and maybe he can't help it. You never can tell.

I went swimming today and flipped over sideways 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, "Yes, 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 down the street had seen the kid on the tri-

"NEW ACQUAINTANCES," another Patsy Kildare adventure, will appear in tomorrow's Evening Ledger.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL.D.

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

THE liver has a great variety of functions. The most important are the following:

To produce bile, an excretion that carries off certain waste and highly poisonous matters.

The bile also contains certain substances which aid digestion by activating the digestive fluids and promote the digestion and absorption of fats.

The liver performs an important function in the destruction of worn-out red blood cells.

The liver has a variety of detoxicating functions, whereby it destroys the toxicity of various poisons and prepares them for elimination by the kidneys.

The liver performs an important function in the conversion of 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 certain substances that are not completely 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 regulating the supply of fuel to the tissues. The liver has other subtle functions which are not yet fully understood. It is one of the most versatile and useful 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 in proportion to the body as the human liver. 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 are able to live on an exclusive meat diet much better than human beings are able to do.

What Will Give One an Appetite?

What will give me an appetite? I have a bad taste in my mouth, cough after meals until I can hardly get my breath. The coughing makes me feel as if I were a READER.

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. Some novels should be read regularly and freely every day and if you eat 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 or lungs. The perspiration is due to the exhaustion of your coughing. You must build up your general health.

Ulcers in the Mouth

What is the cause of ulcers forming in the mouth every few weeks, on the tip of the tongue or the gums?

Be sure that your teeth and tonsils are in good condition. Use some simple saline mouth wash. You probably have some disturbance of the digestive tract and you should adopt an antipruric diet.

(Copyright.)

Intestinal Dyspepsia—Milk Cure

Is there any cure for intestinal dyspepsia? Is buttermilk a specific? In order to get the best results from the use of buttermilk it should be taken each day, how fresh and in what quantity?

Intestinal dyspepsia of auto-intoxication can be cured by a proper diet of laxative foods with bran in addition. It may be necessary also to supplement this diet treatment by the use of mineral oil. The buttermilk is wholesome at any time unless a person is sensitized to milk. The Bulgarians attribute their long life and sturdy health to the use of milk treated with the bacillus of Bacillus Bulgaricus. The milk diet should not be undertaken except under the direction of a physician. A half pint of milk to each jar.

SAVE THE FRUIT CROP

FRANKLIN'S SUGAR

Sold in convenient bags and cartons

Prepare to put up plenty of Jams and Jellies.

A Franklin Sugar for every use

Granulated, Lump, Powdered, Confectioners, Brown

Butter built upward to an ideal—not made to sell at a price. That's MERIDALE BUTTER

Made only from the whole, rich cream of pure-bred, healthy cows.

This cream is separated in our own sanitary creamery, scientifically ripened, specially inspected and pasteurized. In the churning, packing and delivering to your home no hand ever touches this uncommonly good butter.

AYER & McKINNEY (Makers of Philadelphia) Bell Phone, Market 3741 Keystone Phone, Main 1783

Look for the "Meridale" wrapper—air-tight, dust- and odor-proof—at your grocer.

ASK FOR and GET Horlick's The Original Malted Milk

Substitute Cost YOU Save Price