EVENING LEDGER-PHILADELPHIA, TUESDAY, MAY 29, 1917

THE BOOSTER VERSUS THE KNOCKER-DAILY HOUSEHOLD HELPS-TUESDAY'S FASHION HINT

THE GIRL WHO IS GENEROUS ENOUGH TO BOOST A RARITY?

Little Achieved in the End by the Girl Who Is an Habitual Knocker-Is This a Purely Feminine Trait?

DID it ever occur to you when you are bually knock-knocking another rirl that you are perhaps guilty of one adred such knocks to one boost? And that the habit is constantly growing? When one actually hears one girl praise another the occasion calls for comment. You may be working in an office with another girl whose work is more than satlefactory. She may be extremely conscientious and all that, and may plug away for eight hours each day six days in the week, but just let her take a few hours off and if you are obliged, in the absence of an office boy, to answer her telephone two or three times you put her down as inconsiderate, forgetting completely the many little duties she has performed for you at odd times.

Too frequently girls who are working little the work of the other. From men I purely feminine trait, for men, most men. are too big for such pettishness.

DOES the description fit you?

OR ARE you one of those rare individuals who believe in giving praise where praise is due and are generous endugh to carry out your theories? Several days ago I heard one girl speak of another in glowing terms. And this the little meannesses of which they have with their offices adjoining and their work constantly overlapping!

Did it lessen one's opinion of the capabilities of the first? Not at all, but rather strengthened men.



Vyvettes

one's belief in the efficiency of both and on an equal basis are prone each to be certainly in the generosity of the one who paid the tribute. A feeling of jeal have been led to believe this to be a ousy or antagonism. I believe, is more prevalent where an office force is small in number, for when there are scores of girls or women each becomes an autom aton. But where there are two or three there is more opportunity for a display of individuality, often with rather dis

> astrous results. Now that women have become so firmly fixed in the business world they must learn to put aside their little prejudices. been guilty in their sheltered lives, and to work with a largeness of purpose and bigness of nature. Only in this way can

they hope to compete successfully with

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 inderse the emitment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INOUTPIES

TODAT S INQUIRIES																
1. How	-	pletur	res b		nade	to	hang	be a	How made?	ean	a	bleach	for	tan	and	freckles
1. How			etains	tre	rem	oved	from	2.	What	t mak	ien (an effer	tive	nall	bleac	h?.

3. What should be added to the last rins 8. What should be done to a hard-belled ess water when rinsing blond hair to keep it light the shell can be easily removed? and floffy?

is desired.

ANSWERS TO YESTERDAY'S INQUIRIES

1. To property sterilize milk, fill your bottles with the milk mixture and stopper them well with cottom. Place a block of wood in the bottom of a kettle half filled with cold water. bettom of a kettle half filled with cold water, and stand a rack containing the bottles on the black. Being the water to the bottles on the black. Being the water to the bottles point and allow the bottles to steam in the closely severed kettle for one hour. The milk is then cooled and placed upon ice. Every bottle and all utcashs used in the preparation of the milk must be thoroughly scrubbed with hot scapenids. rinned in cool water and bolled before the milk somes in contact with them.

ashes are dampened before being re-

2. When washing delivately colored frocks, ran water should be used instead of soap-is whost bran loosely in a thin cioth and rub is clothes with it, using lukewarm water. mickly and hang to dry in shade.

Toothsome Peanut Butter Recipes To the Editor of Waman's Page.

probably you could suggest something of the latest. Now, in regard to sending the invitations to my friends for the affair, kindly advise how they are written to indicate that it is a "miscellaneous dam-Few hor

SOCIETY GIRLS DROP BRIDGE PARTIES FOR VOLUNTEER NURSING AMONG POOR

 \diamond

Step Out of the Sunny Side of Life Into the Gloom of Suffering and Sickness

Mornings Devoted to Irksome and Sometimes Unpleasant Toil at Barton Dispensary

By M'LISS

THEY are all of them fond of bridge and fudge and golf and dances. To put t in another way, they are all of them attractive and charming specimens of womanhood with a predilection for the sunny side of life, and yet for a year or more, quietly and unostentiationsly, they have been givand industrial lossly, they have been giv-ing up their mornings in order to learn real first-hand nursing at a downtown dis-pensary—a dispensary where the glint of the romance of nursing is somewhat duiled by the fact that the patient, likely as not, wears the only set of underwear he pos-sesses and is as much in need of a bath as of medical treatment. of medical treatment.

2. In embroidering thread, the thread should be fastened by drawing through the material. Knotting should be avoided if a next appearance When six eager women-the Misser Mary Coates, Anne Griffith, Esther Mulford Slise Hepburn, Helen Leonhardt and Hol-comb-asked Dr. Leo Bernd, in charge of the Barton dispenary at 325 Washington avenue, maintained by the Woman's Medical follows: One dram zum arable, one dram sugar, two onnees rose water. Mix and dis-solve. Molsten the hair with the solution, then twist on curlers. College, if they couldn't please come down mornings and nurse people who really needed it, instead of taking a theoretical source comewhere, where they'd only play at nursing by tying gauge on a healthy model, he hesitated.

He knew that to have to dress a loathe-ome abcess on a squalling, bright-eyed little slum baby is strong woman's work

Entertaining for Brides-to-Be To the Editor of Womon's Page: Deer Madam-I have a most intimate girl friend who is to be married in the early fail. I should like to give what is called a "miscellaneous shower" before that time in her honor and expect to have about a dozen girl friends in all present. Will you kindly advise mast pleasing to the bride-to-be? I mean, how can I arrouge the affect to make it pleasing to here as well as to every one present? Of course, there are. I know, guite a humber of ways in which to present the gifts to her, but I thought intoher as well as to could suggest something of the intent. Now, in regard to sending the invitations to He knew that quite frequently an after math penalty of downtown dispensary work was to come home with crawling things on

math penalty of advertex matching things on one. He had an idea that six delicately nurtured young girls wouldn't last long at this kind of actual nursing. But they begged and they pleaded, and Doctor Bernd comes from South Carolina, and need it be added that he gave in?

Six members of Philadelphia's social set-the Misses Mary Coates, Anne Griffith, Esther Mulford, Elsie Hepburn, Helen Leonhardt and Holcomb-are devoting their mornings to practical first-hand nursing at the Barton dispensary of the Woman's Medical College, at 335 Washington avenue. Under direction of Dr. Leo Bernd, they are becom-

of the ear. was being "hypodermiced" with some anti- prove that assertion. They have done

ing adepts in this useful charitable work. Above are shown Miss Hep-burn administering antitoxin to a baby patient. Miss Coates giving similar treatment to a woman and Miss Mulford treating an abscess

as being "hypodermiced oxin, a young man was having at any an his neck treated. The six young women - they used to scream at mice and long black bugs, even a glance now and tiffn and a word of ad-vice from Doctor Bernd or Doctor Spears, they were dispatching the busicess of the day with a cool efficiency that was ad-the A volunteer young man heid back to a the was got into their the was due to the volunteers to a mow," is the way "becaus

"I believe I could go to the front now.

Miss Hepburn stopped long enough to say "without a quaim and do whatever was needed, but perhaps the need is greater here back home. At any rate. I'm glad-that I got down to real cases when I dethat I ought to prepare ided.

Every now and then we hear the asser-

tion that the youth of Amorica do not realize that war has come to them. These

young women anticipated the war and dis

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 anyproventive medicine, but in no case will be take the risk of making diagnoses of or prescribing for ailments requiring surgical treatment or drugs.

meal.

Climbing Steps for Exercise

Is climbing steps beneficial for a woman who a in rather delicate health and for whom ever-ies has been prescribed?

cise has been preserved. No. L. Yee. Going up and down stairs is splen-did exercise. There is nothing better than mountain climbing as exercise, and if you haven't any mountain in your vicinity, use

Weak Eyes

What is the remedy for weak eyes when first waking in the morning?

Bathe the eyes with hot water for five minutes three times a day. Consult an oculist.

Too Much Acid in the Stomach

How can one know that he has too much actd

By consulting a physician and having a test meal. If you have a burning at your stomach and a sensation of something acid

in the throat one to three hours after meals that is pretty good evidence that you have

(Copyright.)

A Degenerate Generation

A Degenerate observation of IN THESE days when the question of preparedness is being so earnestly dis-cussed. It is very instructive to learn such facts as those revealed by the examination of the 764 young men who last year entered Harvard University. Of these only 145, or 20 per cent were able to assume a normal 20 per cent, were able to assume a normal posture in sitting or standing, even when

shown how to do so. Nearly as many, 18 per cent, were found to have feet so de-fective that they could not do military duty. No further information is given about

No further information is given about this particular class, but no doubt a fuil report of the examinations would show that defective hearts and lungs, disordered stomachs and kidneys and general physical deficiencies were even more numerous than defective feet. The present generation is sllowing up the results of the wrong-doing of the two pre-ceding generations. "The fathers ate sour grapes and the children's teeth are being set on edge." Could the United States raise an army of 5,000,000 sound and healthy men, men who could measure up to the present standard of fitness for military training? Probably not. Possibly mot. L080,000 such men could be found in the United States.

of fitness for military training? Probably not. Possibly not 1.000,000 such men could be found in the United States.

If we have to send a million of our best ung men to be shot to pieces on the battlefield, what will the next generation be? The great need of the country at the present time is health conservation. We present time is health conservation. We need to cultivistic the simple life. Military training will not make us a healthy, hardy and enduring people. Temperance, simplic-ity in diet, sane scientific living are essen-tial. We are suffering from too much iuxury and self-indulgence.

Eczema

Is ergema a skin or a blood disease? G. F. A. It is a skin disease, due to a disordered state of the blood. So jong as the blood is bsolutely healthy the skin germs are held

too much acid.

Maison de Mode

PRE-INVENTORY SALE

Without reserve until Saturday next our entire display is offered at such generous reductions as to make this sale a long remembered event.



Children's

Formerly \$22.50 to \$100.00

Formerly \$3,75 to \$18 NOW \$3 to \$13.50

NOW \$16.50 to \$65.00

SPORT SUITS—Burellas & Jerseys Formerly \$27.50 to \$38.50, NOW \$22.50

SPORT SKIRTS

Formerly \$5.00 to \$30.00, NOW \$3.75 to \$22.50

1225 WALNUT STREET No C. O. D.'s No Charges. No Approvals

the girls themselves phrase R, now we're really needed." -----

DRESSES

full the nourishing value of peanut butter, up confining its use to the picnic spread, are some ways of using it for the table: anaroni with meanut butter.—Cook innearoni drain; cover with sauce made as follows; pint milk, one tablespoonful flour, one-half poonful sail, one tablespoonful flour, one-half poonful sail, one tablespoonful flour, one-half poonful sail, one tablespoonful flour, one-half ent sauce of butter, flour and milk, add ut butter to the hot sauce. Alternate isvers exerced and succe, flatting dich, adding thay and succe of a batting dich, adding thay and sauce of a cover with cheese, until brown.

my be dipped in ear and breaderunds and fried deep fal. Peanut butter toast—One tablespoonful but-r, one tablespoonful four, two tablespoonfuls muter in succesan, add four, str until smooth-did peanut butter. Mix theroughly, add milk bough to this to right consistency. Pour over in side sides of tosst, place a silce of crisp bacon mach silce of tosst, place a silce of crisp bacon mach silce of tosst, place a silce of the bacon mark, one cupful maple sugar, two thirds rup-all may be formed when mixture is tried in all may be formed when mixture is tried in all may be formed when mixture is tried in all may be former silts to a creamy con-inter, y, turn into a buttered pan, cool slightly at cut in equares.

Recipe for Butter Icing

To the Editor of Woman's Page: Dear Madam-Please publish a recipe for but. ter icing. H. C.

Work together until smooth and light three-fourths of a cupful of powdered sugar and the yolks of four eggs. Add to this, a little at a time, one cupful of boiling milk. stirring constantly, place over the fire and stir until it reaches the boiling point, re-move from fire, flavor and strain. Stir fre-quently while cooling. When it is lukewarm add to this mixture one and a half cupfuls butter and beat until creamy.

Mock Brains

To the Editor of Woman's Page: Dear Madam-Left-over eggs can be utilized in the following way: For mock brains beat the egg yolks until light, add one tesponful water to each two yolks, or milk if preferred, season with pepper and sait and scramble with a small amount of butter. _____ (Mrs.) C. M. J.

Trouble With Coffee Pot

Trouble with course and The Editor of Wanna's Page: Dear Madam-Can you answer the following: Why will coffee not boil up to the top of an alumninum coffee pot? It did until the last for L. F. S.

Puttatown, Pa.

The only reason I can assign for this is the thick coat of black which has probably formed on the bottom of the pot and which leasens the heat. Keep the bottom bright and the difficulty may be done away with. It is just possible that the trouble may be sensed by an outlet for the steam other used by an outlet for the steam other ian that designed for it.

Making Sour Cream Sweet

he Editor of Woman's Page: at Madam-Is preparing my dessert the day I found that the cream I was to use whipping had soured slightly. I added a at of edd, then whipped it in the usual man-and the sour fasts could not be detected. mod way to use up stale bread is to creak waise, drain dry, put a layer in a haking with a curiful of grated cheese, sail, popper builte to laste, repeating its layers as do . Pour a cupitul of milk over the mixture. to a solders brown and serve at once. (MEES.) M. M. Editor of Woman's Page:

Possible Work for "Olympia"

suppart signific forces (Copulping oring to do at knows, it has do-neat if she field an application at greenal. Towardy stath stad Gray a conid very probabilit serviry work online of women have been em-imple sitera and other working as the dastpage, siz, to are in

are written to indicate that it is a "miscellaneous shower." which means sifts for the guest of bonor. Now, haw shout the bride-to-be's invita-tion? Of course, you wouldn't want her to know that she is going to receive sifts, would you? Is it also proper for her future hushand to come for her at the close of the affair and be in time for the luncheon? "DOTTY." Different novel ways have been devised

3. A curling fluid for the hair is made as

Entertaining for Brides-to-Be

from time to time in presenting the gifts to a bride-to-be, but most of these are an exhatter a layer a little tomato cature. a layer a little tomato cature. and bake fifteen or twenty minutes. They a bake fifteen or twenty minutes. They and bake fifteen or twenty minutes. They and bake fifteen to ast. ast.

broker, the utomain necessary for the prepa-ration of a meal, with a continuous rhyme, beginning with the first girl's package and ending with the hast. A bathroom shower is helpful to the bride. For this bath towels, guest towels, washcloths, soap re-ceptacles, bath mats, mirrors, towel racks and other articles can be given. In sending out the invitations simply

In sending out the invitations simply write in the lower corner "Miscellaneous shower to meet Miss Helen Blank." On the invitation to the bride-to-be this can be omitted. Or better still, if you want to really surprise her, just ask her quite in-formally to apend the afternoon or evening with you. It is quite proper for her flance to call for her; in fact, if the affair is given the evening, you could invite a nur in the of men.

To the Editor of Woman's Page

To the Sator of woman's Page Dear Madam-I am planting a sort of semi-public entertainment for several brides to be of a club of which I am a member. Can you help me or suggest any lotto novel, inexpensive form of entertainment? I have planned to serve for cream and cake for refreshments. KITTY.

I do not exactly grasp your meaning when you say a "semipublic" entertainment. The answer to the letter above will give several suggestions which you can you several probably use.

Send Impersonal Gifts

To the Editor of Woman's Page: Dear Madam-I visit a certain young lady oute frequently and she siways invites me to any partles she has. We are simply good friends, but I feel that I owe her a knod deal for the very sloe times I have when I attend her partles and meet her friends. Is there any way I can show my appreciation besides just teiling her? To the Editor of Woman's Page:

Send her now and again a few flowers. Send her now and again a few flowers, a popular book or a box of candy. These attentions are not looked on as serious and every girl appreciates them. It is a per-missible and gracious way of expressing your gratitude for her kindness and general good comprehention.

good comradeship. Use of Green Ink in Correspondence

To the Editor of Woman's Page: Dear Madam—Will you please tell me whether it is incorrect to write with green ink? I wrote a letter in green ink and I have not received an answer, so I wondered whether the person was insulted because I used it. EDITH G. The use of green lak or, Indeed, any ink other than blue back or black for persons other than blue-back or black for personal correspondence is incorrect, although the person to whom you wrote is rather more at fault for neglecting to answer your let ter under any circumstances.

Wore Another Man's Ring

Wore Another plans better To the Editor of Woman's Pape: Dear Madam-1 and a girl seventeen years of are and an ensaged to a niew offing young man, but a few days acco a niew offing on my inter and got angre at ma Could you tail me if 1 dd worm, and they acco a niew of the but the first the ting belonged to a failow that works where I do, who is any a friend of mine. Plane but into the two is any a friend of mine. MABEL MABEL

The young man is quite right to resent your wearing another man's ring if you are engaged to him. Explain to him that it was only a joke.

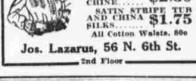
The result is that he has six very able and efficient assistants on his hands, and that with only a word of advice here and there from him or Dr. Mary Spears, the resident physician of the dispensary, they can handle any case from the dressing of a fractured elbow to the vaccination of a

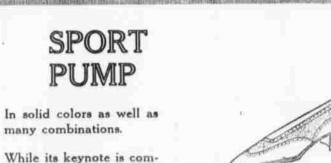
wriggling little worm of a kid. When I stepped into the dispensary, or squeezed in, rather, since it was overflow-ing with fat Italian mothers and millions of bables, some alling and some setting up a sort of a Greek chorus dirge of sympathy, the young women were hard at their work with the deft sure touch of good nurses whose sensibilities have been tempered by weeks and weeks of close association with pain and the ugly manifestations of dis-

Two bables were being vaccinated, an emachated little boy was having a frac-tured elbow bandaged, a howling little girl

The second second second

AIST AT FACTORY PRICES CHEFE DE \$2.50 CHINE





While its keynote is comfort, it is strikingly shapely.

many combinations.

PUMP

Can be worn with or without spats.

CLAFLIN, 1107 Chestnut

Luxurious **Hair Mattresses**

Hair Mattresses are of two kinds-good and poor. Thousands of the most critical people have named ours 'Faultless' because of the quality of the materials used, the luxury they afford, their beautiful workmanship and perfect fitting and the sanitary conditions under which they are produced. Isn't this the mattress you should buy? for town or country.

Dougherty's "Faultless" Bedding Hair Mattresses. Box Springs. Bedsteads. **1632 CHESTNUT STREET**



15c and up, per pair according to size

Those stores that are displaying Children's Hickory Garters in their windows are the ones where you can get these serviceable garters.

A.STEIN & CO.

Makers

New York

PARIS GARTERS

Chicago

(C. States