

THE GIRL WHO IS GENEROUS ENOUGH TO BOOST A RARITY? SOCIETY GIRLS DROP BRIDGE PARTIES FOR VOLUNTEER NURSING AMONG POOR 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 busily knock-knocking another girl that you are perhaps guilty of one hundred 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 satisfactory. 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.

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 enough to carry out your theories? Several days ago I heard one girl speak of another in glowing terms. And this with their offices adjoining and their work constantly overlapping.

one's belief in the efficiency of both and certainly in the generosity of the one who paid the tribute. A feeling of jealousy 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 automaton. But where there are two or three there is more opportunity for a display of individuality, often with rather disastrous results.

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. Replies will be given in the order in which they are received. 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.

- 1. How can pictures be made to hang straight?
2. How can grease stains be removed from a kitchen table?
3. What should be done to a hard-boiled egg so the shell can be easily removed?

- 1. How can a bleach for tan and freckles be made?
2. What makes an effective nail bleach?
3. What should be added to the last rinse water when rinsing blond hair to keep it light and fluffy?

ANSWERS TO YESTERDAY'S INQUIRIES

1. To properly sterilize milk, fill your bottles with the milk mixture and stopper them well with cotton. Place a block of wood in the bottom of a kettle half filled with cold water, and stand a rack containing the bottles on the block. Bring the water to the boiling point and allow the bottles to steam in the closely covered kettle for one hour. The milk should be cooled and placed in the sterilized bottle and all utensils used in the preparation of the milk must be thoroughly scrubbed with hot soap-suds, rinsed in cold water and boiled before the milk comes in contact with them.

Entertaining for Brides-to-Be

To the Editor of Woman's Page: Dear Madam—I have a most intimate girl friend who is to be married in the early fall. I should like to give her a "miscellaneous shower" before that time in her home. I have a paper which contains a "dozen" of most pleasing to the bride-to-be? I mean, how can I arrange the affair to make it pleasant for her as well as to every one present? Of course, there will be a number of ways in which to present the gifts to her, but I thought that you could suggest something of the kind.

Toothsome Peanut Butter Recipes

To the Editor of Woman's Page: Dear Madam—Few housewives appreciate to the full the numerous uses of this delicious spread. Here are some ways in which to utilize it. Macaroni with peanut butter—Cook macaroni and drain; cover with sauce made as follows: One pint milk, one tablespoon flour, one-half cup peanut butter, one-half cup sugar, one-half cup salt, one-half cup oil, one-half cup vinegar, one-half cup catsup, one-half cup ketchup, one-half cup Worcestershire sauce, one-half cup onion juice, one-half cup celery salt, one-half cup paprika, one-half cup black pepper, one-half cup red pepper, one-half cup green pepper, one-half cup white pepper, one-half cup brown sugar, one-half cup molasses, one-half cup cornstarch, one-half cup arrowroot, one-half cup tapioca, one-half cup sago, one-half cup rice, one-half cup barley, one-half cup oatmeal, one-half cup bran, one-half cup germ, one-half cup wheat, one-half cup rye, one-half cup buckwheat, one-half cup millet, one-half cup amaranth, one-half cup quinoa, one-half cup speltz, one-half cup emmer, one-half cup einkorn, one-half cup farro, one-half cup durum, one-half cup semolina, one-half cup whole wheat flour, one-half cup whole rye flour, one-half cup whole oat flour, one-half cup whole barley flour, one-half cup whole buckwheat flour, one-half cup whole millet flour, one-half cup whole amaranth flour, one-half cup whole quinoa flour, one-half cup whole speltz flour, one-half cup whole emmer flour, one-half cup whole einkorn flour, one-half cup whole farro flour, one-half cup whole durum flour, one-half cup whole semolina flour.

Recipe for Butter Icing

To the Editor of Woman's Page: Dear Madam—Please publish a recipe for butter icing. 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 hot water, stirring constantly, place over the fire and stir until it reaches the boiling point, remove from fire, flavor and strain. Stir frequently 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 teaspoonful water and two yolks of egg, if preferred, season with pepper and salt and scramble with a small amount of butter. Mrs. C. M. J.

Trouble With Coffee Pot

To the Editor of Woman's Page: Dear Madam—Can you answer the following: Why will coffee not boil up to the top in aluminum coffee pot? It did until the last few weeks. Puttstown, Pa. J. P. B.

Making Sour Cream Sweet

To the Editor of Woman's Page: Dear Madam—In preparing my dessert the other day I found that the cream I was to use for whipping had soured slightly. I added a pinch of soda, then whipped it in the usual manner and the sour taste could not be detected. I would like to use up stale bread in a new way. In water, drain dry, put a layer in a baking dish with a cupful of grated cheese, salt, pepper and butter to taste, repeating the layers as desired. Pour a cupful of milk over the mixture, bake to a golden brown and serve at once. M. D. M.

Send Impersonal Gifts

To the Editor of Woman's Page: Dear Madam—I visit a certain young lady quite frequently and she always writes me in any parties she has. We are simply good friends, but I feel that I have a good deal for the very first time I have when I attend her parties and meet her friends. Is there any way can show my appreciation besides just telling her? HARRY.

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 wonder whether the person so inquired because I used it. EDITH G.

Wore Another Man's Ring

To the Editor of Woman's Page: Dear Madam—am a girl seventeen years of age and am engaged to a nice-looking young man, but a few days ago he says a thing to me that made me feel very queer. He said that he had seen a ring which I am wearing and that he had seen it on another girl. I do not exactly grasp your meaning when you say a "semipublic" entertainment. The answer to the letter above will give you several suggestions which you can probably use.

SOCIETY GIRLS DROP BRIDGE PARTIES FOR VOLUNTEER NURSING AMONG POOR



Step Out of the Sunny Side of Life Into the Gloom of Suffering and Sickness. Mornings Devoted to Iridesome and Sometimes Unpleasant Toil at Barton Dispensary.

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

THEY are all of them fond of bridge and fudge and golf and dances. To put it 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 unobtrusively, they have been giving up their mornings in order to learn real first-hand nursing at a downtown dispensary—a dispensary where the glint of the romance of nursing is somewhat dulled by the fact that the patient, likely as not, wears the only set of underwear he possesses and is as much in need of a bath as of medical treatment.



Six members of Philadelphia's social set—the Misses Mary Coates, Anne Griffith, Esther Mulford, Elsie Heppner, 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.

When six eager women—the Misses Mary Coates, Anne Griffith, Esther Mulford, Elsie Heppner, Helen Leonhardt and Holcomb—asked Dr. Leo Bernd, in charge of the Barton dispensary at 335 Washington avenue, maintained by the Woman's Medical College, if they couldn't please come down mornings and nurse people who really needed it, instead of taking a theoretical course somewhere, where they'd only play at nursing by tying gauze on a healthy model, he hesitated.

Every now and then we hear the assertion that the youth of America do not realize that war has come to them. These young women anticipated the war and disapproved that assertion. They have done something real. They work hard, they do real good now in helping out a dispensary that is overpatronized, and they have equipped themselves with a knowledge that should stand them and their country in good stead in time of need.

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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 diagnoses or prescribing for ailments requiring surgical treatment or drugs.

A Degenerate Generation IN THESE days when the question of preparedness is being so earnestly discussed, 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 posture in sitting or standing, even when shown how to do so. Nearly as many, 38 per cent, were found to have feet so defective that they could not do military duty.

Climbing Steps for Exercise To climbing steps beneficial for a woman who is in rather delicate health and for whom exercise has been prescribed. Yes, going up and down stairs is splendid exercise. There is nothing better than mountain climbing as exercise, and if you haven't any mountain in your vicinity, use the back stairs. They will answer almost as well. If there are windows so that you can have plenty of fresh air during the step climbing, it is a capital exercise for the lungs and for the muscles. When one is going up stairs he is lifting the body. If it is twelve feet between floors, and you climb to the second story, you have lifted your body twelve feet. Suppose your body weighs 160 pounds, then you have done 1200 foot pounds of work, and if it is 200 pounds, you have done 2400 foot pounds of work simply in going upstairs.

Weak Eyes What is the remedy for weak eyes when first awaking in the morning? Bathes 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 acid in the stomach? 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, or three hours after meals that is pretty good evidence that you have too much acid.

Eczema Is eczema a skin or a blood disease? G. F. A. It is a skin disease, due to a disordered state of the blood. So long as the blood is absolutely healthy the skin germs are held in check.

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. WAISTS Formerly \$3.75 to \$18 NOW \$3 to \$13.50. DRESSES Formerly \$22.50 to \$100.00 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 Charges. No C. O. D.'s. No Approvals.

Children's Hickory Garters After your children have worn Children's Hickory Garters you will understand why so many of these improved garters are used. Note how long they wear. See how easily they can be attached and adjusted. Observe how securely and neatly the stockings are held up. The patent rubber clasp prevents slipping or tearing at the knees. Each pair is guaranteed. 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 PARIS GARTERS Chicago New York

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