EVENING LEDGER-PHILADELPHIA, FRIDAY, JUNE 1, 1917 10 \* NEW DAILY SERIAL WITH A HEART-THROB-OTHER MATTERS OF INTEREST TO WOMEN LIVING UP TO BILLY ARE YOU GLAD YOUR SON CAN IN THE MOMENT'S MODE THE GOOD HEALTH By ELIZABETH COOPER FIGHT, OR DO YOU RESENT IT? QUESTION BOX This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary By DR. JOHN HARVEY KELLOGG Different Views Held by Women Whose Men Folk FOOD is the natural laxative. For a healthy colon, a healthy alimentary canal, it is all the laxative that is required To be soft and lacy and products of the Twentieth Century. Have Been Called to the Colors-Those utterly feminine in the matter of lingerie frocks is to to grow up big and strong like other boys. days. This summery frock is of white chiffon, partly, I got a lo Who Keep a Brave Front v I All the way in on the train, I kinda cussed Whenever food is taken into the stomach. peristaltic activity is immediately set up, a I got a lot to tell you cause things have under my breath, to think I had to take shaken up a bit. Do you remember that him back to that dirty little room, and the peristaltic wave traveling from one end of F YOU are a mother with a son or the rest is of ecru filet lace. The back and the Vyvettes the alimentary canal to the other. little English woman who had a paby in the girls who were always talking to him and everal sons of fighting age, are you hospital next to Billy? Well, I went out to feeding him things he orter not have, and The alimentary canal is thirty feet long id of the fact, even though you may front are exactly alike. Af-Suppose you have a rope thirty feet long and take hold of one end and give a litte twitch—a little wave travels to the other end of the rope. Now that is what hap-pens when food is taken into the stomach see her one Sunday. It was such a nice. him a hearing things that perhaps he will ter all, the only startlingly fear for their safety-or do you resent warm spring day, just seemed as though I remember when he grows up, and it may new feature about it is the other women's suggestions that your neck, and perhaps the panels of lace, back and had to do something different, and the make him do a lot of thinking by myself. sons go to the front? greatest shock I could give my system was I wish I could do something, but I don't It is queer the different views held by Waves travel from one end of the stomach to the other. These waves do not stop will the lower opening of the stomach, but con linue all the way along down to the lower opening of the intestine. front. The hat is of purple lace and chiffon. Some fruit to leave the pavements of New York for a know what I can do. I feel helpless, as mothers about their sons. A woman who time. I dressed Billy in a blue velvet coat I if my hands was tied down by my sides. and berries and a bit of black velvet ribbon constihas a son in the reserve corps was tell. bought at Macy's, and he had on a blue hat | and I couldn't get them loose. ing another of the possible call he would Good-by. I am kinda sore tonight, Seems to me we got in wrong somewhere, Kate, and I don't know where nor how, over his little red curls, and his shoes had This explains why there is a natural de-size for browel movement directly after each meal. Observations made by the X-ray show, for example, that during the hour of the eating of a meal, and immediately after-ward, the material in the intestine moves forward more than it does in five or six hours newtonale. eive and bewalling the fact that he was tute the trimmings. dark blue tassess on the front of them, and not so tied down that he would not be dark blue tassels on the front of them as Kate, and I don't know where hor how, he looked cunning enough to eat. He was It ain't your fault, and it ain't mine, but it don't seem to me we have had our it don't seem to me we have had our chance like other women have. I saw'a chliged to fight. A The second woman stared at her un so proud of his usessis that he shows and in the to everybody in the street car and in the train. It took us almost two hours to get out there, and the people met us with a horse and buggy and drove us to their house. Why, Kate, I didn't know there was such places! The house is on a side hill with great trees around it, and in the front of it is a little lake with ducks and grees swimming on it. They had a great big stable opening on to a pasture where there was calves and horses and horses and pigs. to everybody in the street car and in the comprehendingly for a moment, then said PSYCHOLOGISTS DISCUSS "You know I spend my days envying you hours previously. who have husbands or sons who can fight MENTAL DISEASES Food supplies all the necessary bulk and for their country and wishing I were repprovides the necessary lubrication and like-wise the necessary chemical atmulation: indeed, all that is necessary to promote intestinal activity. esented in some way. But I have no Philadelphians Take Prominent Part at male relatives." And she was thoroughly Meeting of Association in aincere in this. In her own way, the But we have ceased to live biologically and in consequence constipation has come to be an almost universal disease, a maindy that interferes more with human happiness New York way of a woman when war comes, she Dr. E. A. Strecker, of the Pennsylvania Hospital staff, Kirkbride's, spoke at the Hotel Astor, New York, today before the Medico-psychological Association on the was giving all her time to working for ter country, but, still, she felt that anythat interferes more with human happiness and human efficiency than any other one disease. It is a terrible handleap to many a man who tries to Reep his business go-ing while there is a cloud over his busin-so that he ree nothing clearly and cannot make quick and rapid decisions. His busi-ness is going wrong simply becaute things are wrong in his alimentary canal, his brath is beforged by the barrible points absorbed from his color. This universal stable opening on to a pasture where there was calves and cows and horses and pigs I think I stood half an hour looking at the pigs I: is funny, but I always thought a pig a cort of a ham hanging up in the window of a delicatesaen, instead of being a live, friendly animal that will come when you call it. There were a lot of chickens, white leghorns. I think the woman called them, and they looked friendly and home-like wandering around the place talking and singing to themselves like a bunch of happy women. Mrs. Smith let me feed them. She thing she, a mere woman, could do to There's nothing like having a snug it ain't for us. We got in wrong from the start, but oh, Kate, I do wish things was different. little Scotch cap that will stay on securely while motoring, or when express her patriotism was so inadequate linical aspects of "Late Katatonia" He ited numerous cases from his experience when compared to a man's God-given visiting the breezy shore. at the local hospital. Dector Strecker spoke especially on the modifying effects of certain incidental men-tal and physical factors, and raised the I don't care so much for myself, but I do want to get Billy out of this life where means of expression. But other women, those with husbands, It was interesting to watch the differen It was interesting to watch the unready are wrong in his alimentary cuture. In brain is befogged by the borrible poison is the primary cuture of most constituation is the primary cuture of most constituation is the primary cuture of most brave desit. Now the reason why this condition exists is because we have desited from the natural and primitive mode of life. We must learn to live biologically, cuterifically. thieving and being a crook is the natural brothers and sons going in training only thing, and a person on the level is looked upon as being queer. Sometimes when I see Billy do some little thing or have a wag their heads, declaring it is all very uestion as to whether katatonia is a disease or a symptom. Dr. Alfred Gordon, of 1812 Spruce street, was another Philadelphian who appeared before the association today. He spoke on well for her to talk, but if she had a sonlook in his face like Jim, my heart most stops beating. I don't pray, but I do say, "Oh, if there is such a thing as a God. I wonder! Would it change her attitude? singling to themselves like a bunch of happy women. Mrs. Smith let me feed them. She gave me a milk pan full of corn and told me to hit on its edge with a speon, and they came flocking from every direction, some half flying, half running, as if they were afraid they would miss the party. They were so tame that I had to hold the near up high to keen some of the sneary the "So-called lucid interval in manic-depressive psychoses and its medico-legal importance." In his address Doctor Gordon asserted that long duration of the interdon't let Billy grow up like his father. T IS natural for a woman to have many And, there are a lot of your little ways that I would just as soon not see cropping out in him. heart-breaking moments, but the really Another little woman was cheerful during scientifically. loyal woman should be so thankful her the time that the train stood in the shed. vals do not necessarily mean genuine men-tal soundness. He also said prolonged ob-servation enables one to appreciate the patient's attitude from the standpoint of male of kin is not a craven. Limb Swells and Aches at Times Well, good night, I am glad you are getbut after it had gone she broke down. Several weeks ago, when the first de- gave a few little sobs, then braced up and I had typhold fever about seven avera are not then my left limb smells a little and bes at times. What home treatment will held the condition? ting along so well. I can't send you any They were so tame that I had to noid the pan up high to keep some of the same roosters from clirabing into it. Mrs. Smith knows them all and can tell if one is miss-ing, though they all look allke to me. She says she hates to kill them cause it seems ting along so well. I can't send you any money this time, cause I am flat broke since I paid your storage bill, but I will give you twenty next month. Do write me a decent letter, Kate. Your last letter was simply a touch from the beginning to the end, and between you and your friends. tachment of men went off to the training left the station smiling. One couldn't help camp, the station platforms, of course, contrasting these two mothers, the second were crowded with women and girls, and so bravely overcoming her emotions. udgment on general and specific subjects this condition? The possible that you had a phie-bitis that is, an inflammation of the large veins of the leg, and you are likely to have more or less trouble with it the rest of your life. Temporary relief can usually be ob-tained by hot bathing. Apply hot fomen-tations to the leg and get into a very hot bath and let the water run is batter until. also from the standpoint of moral concep 31 144. 41 tions and of general activity like eating some of the family. Her hus-band laughed and said. "I will tell you the tragedy of the wrong hen." He said. "You know once a week we have chicken THE WOMAN'S EXCHANGE THE CHEERFUL CHERUB I am kept pretty well cleaned up. NAN. (Copyright. All rights reserved.) (CONTINUED TOMORROW) 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 indorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa. **3 HONOR GIRLS INSEPARABLE** pot pie, and for seven days Mary goes mourning around wondering which one of her precious chickens she can part withbath and let the water run in hotter until it reaches 112 degrees Fahrenheit. Take that bath for five minutes and then dash a little cold water over the limb and the relief will be very decided. Heat kills pain. It is Before a sheet of Misses Edwards, Mishler and McEwen paper clean her precious encicens are can part with-and live. We hear the virtues and the vices of each old biddy, cause my wife loves each feather. The other day after heart-breaking talks Mary decided that Peggy could be killed, and a motherly old hen who wanted to set should be tied up. We caught them at night and put a blue string on Peggy and a white string on the Graduated From Mary Lyon School Each day I sit and SAVE THE FRUIT CROP TODAY'S INQUIRIES good for almost all kinds of pain Three of the five honor girls in the gradu-1. How can a hanging basket be simply made? | gaze and gaze, And think I may write 1. What can be substituted for some when iting class of the Mary Lyon School, in S. S. S. Sameral washing the face? Acid of the Tomato Swarthmore, have spent their whole school 2. What is the best way to water a hanging 2. What effect is camphor said to have if is the acid of the tomato good for one will commatism? tifs together. For the last eight years here a thought used too frequently on the face? Tes. The acid of the tomato is citric acid, the same as the acid of the lemon and the orange. It was once supposed that the acid of the tomato was exalle acid, but this Miss Dorothy Edwards, Miss Marian B. string on Peggy, and a white string on the motherly hen, and tied them to the lee-house door Mary took an hour and a half to explain to me that the chicken with & How can a Panama hat be cleaned? A To make me Famous Mishler and Miss Dorothy S. McEwen, all 3. How can basting stitches be always plainly residents of Lansdowne, who have been atall my days. tending the preparatory school, have ad-ANSWERS TO YESTERDAY'S INQUIRIES the blue string was to be eaten, and she FRANKLIN is a mistake. of the white string was to be left tied to the icehouse door until her longings toward motherhood would stop. vanced through each grade," always to-1. Tea stains, when freshly made, can be re-sered with sait and boiling water. If of iong anding, use gircerin and lukewarm water, i 1. To encourage the appearance of half-moons on finger nails, a little cold cream should be rubbed on the nail and the cutlele pressed back Bulgarian Buttermilk gether, at the head of their classes. Out SUGAR of classroom the three honor students were What quantities and for what length of the hould the Bulgarian buttermilk be taken to a be best results? "Is the morning when I went out to see these chickens, blest If I could tell which was to be killed, and which was not, but ring the gircerin until the stains disapeach night. inseparable. TER TRADUC In awarding their diplomas, H. M. Christ, There is no rule about it. The Bulgarian 2. Finger nalls should not be filed down on principal of the school, commented upon the Grease stains can be removed from silks sating by the use of a few drops of rec-apirits of wine. After applying it, cover material with a linen cloth, then apply a takes his yogurt buttermilk every day of his life. It is one way in which he keeps him-self so hearty and keeps his colon clear of harmful intestinal bacteria. The Icelander I thought I would take my chance on the fattest, and I took her head off. I sup-pose you noticed Mary's eyes—it was the the sides. This causes the pall to spread out Sold in convenient bags and cartor and lose the long, narrow appearance so desir able. College Girls Start War Farming harmful intestinal bacteria. The icelander uses skyr, another sour milk preparation. GIRL WILL DRIVE AMBULANCE wrong head.' When preserving fruit-3. A wooden instrument, preferably orange-Thirty Bryn Mawr students arrived at Went Chester today to till twenty acres of land donated by P. M. Sharpless on his Earlier practice work has taught the girls how to do farm work. They will "keep house" for themselves and rub finally with a little sulphurie remember there's should be used on the nails instead of in the same way. In this way the luster of the material metal. Miss Rose B. Dolan Hopes to Be First will not be affected. Hyperacidity of Sex in Field A Franklin Sugar for every use 3. To remove tar, apply turpentine or hero-May a person with hyperacidity cat figs dates? What fruits are best for one trouble with hyperacidity? C. F. K. Granulated, Dainty Lumps, Pow-dered, Confectioners, Brown Fails to Return Book Miss Rose B. Dolan, Philadelphia so-ciety girl, hopes to be the first American girl to drive an ambulance in France. She is on her way on the Ruchambeau. She decided to sail as soon as the rule barring To the Editor of Woman's Page: give this to Billy and let him have a chance **Directions for Making Potpourri** To the Editor of Woman's Pape: 

Dear Madam - You have given me information store. I wonder if you will tell me how to go hout making a rose jar, or poinourry in alled? With this backward season, i know, of parase, that roses will not be ready to gather for some time to come, but want to be ready

Dear Madam-1 and a student in high school and am troubled with a student in high school and am troubled with a kirl who fights with every girl she meets. I have stood her insults as long as I can be the girls to see her repent. as everybody kind the the girls to see her repent. as everybody kind the the girls to see her repent. as everybody with the the girls to see her repent. as everybody with the she girls to see her repent. as book about three her still her it slits. She goo not being able to control her trains. She goo her book about three her still has it. I asked her to the several times her and that it is asked her to read it. She sain a friend of raine wishes to here a thooped achieve her would give it hack

with hyperacidity? C. F. K. Yes, in moderate quantity provided he eats a little olive oil with them. Fruits that contain very little acid as the banana, pear, raisins, sweet apples, white cherries, alligator pear or mango and numerous other sweet tropical fruits may be eaten without difficulty.

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women from ambulance service was



The flowers should be gathered in the morning while still fragmant with the Toss them lightly on a table in a airy place, and let them lis until the has evaporated, then put them into a

large glass jar and sprinkle salt over every half-inch layer of the petals. Add to the first lot from day to day until enough have been gathered, then let them stand for ten days after the last have been put in, stirring every morning, but otherwise keeping m tightly covered.

Them tightly covered. Frepare ene-quarter ounce of mace, one-half ounce alispics and cloves, all coaraely ground or pounded in a mortar, one-half of a grated nutmer, one-half ounce cinna-mon broken into bits, one ounce of pow-dered orris root and one-quarter pound of dried levender flowers. Mix these together in a bowl-or double the quantity if you have many rose leaves: then fill the cose have many rose leaves, then fill the rose is with alternate layers of this and the petals. As the jar is in course of filling, put a few drops of oil of rose, geranium, bitter almonds and orange flower on the and over the whole pour one once of sau de cologne. This will keep for years, and from time to time tuberoses, heliotrope or some other sweet-smelling flower may be added.

#### Use of Evaporated Milk to the Editor of Woman's Page.

Deer Madam-I have heard that a saving can interfed by the use of evaporated mik mixed boles mike relater. I don't know which the mike relation which the prepare it for use? (Mrs.) W.

The new to prepare it for use? (Mrs.) W. Yas, you will find a very good substitute is fresh milk can be prepared as follows: o one can of evaporated milk, costing weive cents in most stores, add one and os-half quarts of bolling water, stirring islowly. Then add two level teaspoonful of salt. Year cool you will find it is richer than much of the milk you buy and it will keep nger, which latter is certainly an advan-ge, particularly with the warm weather ming on.

## Lentil Soup

to the Editor of Woman's Page:

ar Madam-Please print a recipe for jentil READER.

ut one pint of lentils into two quarts of it one pint of lentils into two quarts of r with two tablespoonfuls butter. Let ter one and one-half hours, add two is of water, one whole onion, two po-s pared, and dropped in whole, and immer one hour longer. Take out the n make a thickening of flour and water. Two tablespoonfuls of diluted vinegar, cell five minutes and serve.

**Cleaning** Painted Walls

r of Woman's Page: Madam-Please tail me the best way of painted walls which are very dirly and H. K. F.

will find that common baking soda sork miracles. Use two pails of wet your cloth, sprinkle a little soda on it and wash the space within mich. Ringe at once and dry, always a in one direction to avoid streaking.

# Washing Bird Cages

ditor of Woman's Page:

m-Some me has told me that a bouid not be washed. Is this true? Must have it can be kept clean unless frequently. (Mrs.) C. M. J.

ainly necessary to wash a bird's Tour informer probably in perchas. These should a the wood stays damp for at the bind is in danger of at the bind is in danger of d or resumstant. They straping with fine sand-

when I e give me your advic good advice of you at A STUDENT. Write a note to the girl, asking her very Writes a note to the girl, asking her very politely but firmly to return the book to you, and in future, if she proves herself so undesirable, it would seem best for you to cut her acquaintance.

No Permission Should Be Asked To the Editor of Woman's Page.

Dear Madam - At a formal affair may a lady ance with another gentleman without the per-fitation of her escort? If not, who is to ask be permission, the lady berself or the gentle-nan who asks her to dance? What is the roper thing for a lady to say when a gentleman whe to secort her home, and is it expected that be lady extend an invitation to the gentleman when he haves her at her home? GRATEFUL.

At any affair, whether formal or infor At any attair, whether formal or infor-mal, a girl should always be free to dance with any one she pleases. The idea of a special escort with whom she may dance alone is not at all correct, and no girl should allow herself to be put in this position. Even if a girl is engaged to a man he will not object to her dancing with other men in these days. The old-fashioned idea that a woman should dance only with her fiance or husband is long since out of date, and for a girl who is not engaged the posi-tion is absolutely unthinkable.

If a man takes a girl home from a dance she should thank him politely and say she hopes she will see him on another occasion. If she cares to have him call she may may she would be gliad to have him call some evening. But it would be better not to name any time unless the young man asks her to do so.

#### Bridegroom's Raiment To the Editor of Woman's Page.

Dear Madam-How should the bridegroon dress for a 6 o'clock wedding? JOHN.

The correct clothes for a bridegroom at a 6 o'clock wedding are full-dress suit, white waistcoat and stiff-bosomed shirt, standing collar and small how tie of white lawn, black silk socks, pumps and white gloves. Any formal affair after 5 o'clock requires dress clothes for a man.

#### Gymnasium in West Philadelphia To the Editor of Woman's Pape:

To the Editor of Womon Progr. Dear Madam-Kindly furnish the following information: (1) Is there a symmatium in the visionity of Fifty-sighth stress and Baltimors avenue where children are instructed (2) Could you give the name of any tennis club where a stranger would be welcomed-a woman' (1 Also, can you tail me where one could take swimming lessons in West Philadeiphia? C. H.

The Sherwood Recreation Center, Fifty-sixth and Christian streets, is supplied with a gymnanium, tennis courts and a swim-ming pool, and the young woman in charge informs me they are open to persons of all ages at certain specified times.

### Care of Boy's Complexion

To the Editor of Woman's Page: To the gator will you please print how to Dear Madam-Will you please print how to remove pimples and blackheads from the face of a boy of about sixteen years of age1 A. J. T.

The second and and and a second secon

The name protects you

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R Jullas Roman & Oc.