

VARIETY OF FEMININE INTERESTS—NEW SERIES OF INTERESTING LETTERS—RECIPES

YOUR PARTICULAR JOB ALWAYS MORE DIFFICULT THAN ANY ONE'S

The School Teacher Thinks Her Lot Is the Hardest, While Others Envy Her the Long Summer Vacation

WHY is it that your own particular job is harder than the jobs of every other girl you know? That most of us hold this viewpoint is impressed upon me recently after hearing at least a half dozen girls complain of this or that, the tremendous amount of work they had to do, or the way their time was restricted, or the nervous strain they were under, or—something else.

And men cannot be excluded from this class. Every man believes himself to be a twentieth century Atlas.

A YOUNG woman, a teacher of small children, complained she was under a constant nervous strain. And this, with the summer vacation only a few days off! Another girl declared upon hearing her that after working for four years, with only a month's vacation each summer, she felt she could be a hoadcarrier if she were given three months' vacation every year. Why? another piped up and said the girl with a month of her own was lucky. For her part, she could only get away from the office for two weeks. It reminded me for all the world of the mouse-and-lion fable.

The woman who is shackled to a time clock feels she would do almost anything to have her working hours regulated by herself, while she whose time is nominally her own, yet whose work is of the kind that is never finished, feels she would like to exchange her supposed independence for eight hours of regular "by-the-clock" work.

Then, again, the school teacher is dissatisfied. She envies those who continue to draw salaries all summer long, forgetting that probably her own salary has been made on a yearly rating, even if

Yvyettes



A straw motoring bonnet in the shape of a French helmet.

she only receives it during eight or nine months of the year.

I SUPPOSE it is natural to want that which is just beyond our grasp. All of us have gone picnicking and looking for a pretty green spot to spread lunch upon, only to find, when it was reached, that the grass was not as carpety as it seemed, the spot not as cool, but that just across the meadow there was a most inviting spot. Yet this, too, when reached, did not measure up to our expectations.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited, but 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. What causes vegetables to be so sour?
2. Why do strawberries and cream prove indigestible to some persons?
3. If coffee is to be kept over from one meal to the next what kind of receptacle is best for keeping it in?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Scrambled eggs will become watery if they are allowed to cook too long.
2. Two cupsful of granulated sugar equal a pound in weight.
3. A longer time is required to boil new potatoes than old ones.

Recipe for Boston Brown Bread

To the Editor of Woman's Page: Dear Madam—Please publish a recipe for Boston brown bread and oblige. M. C. K.

Dandelion Salad

To the Editor of Woman's Page: Dear Madam—How do you make dandelion salad? READER.

Strawberry Charlotte

To the Editor of Woman's Page: Dear Madam—This is a delicious recipe for Strawberry Charlotte: Mash one quart of ripe berries and sweeten them to taste with the whites of four eggs until stiff and whip the berries, which have been strained through a sieve, with sugar and lemon juice. Put the mixture in a mold with sponge cake and turn in the mixture. On top put white cream and garnish with it as you please. Mrs. O.M.

Thank you, Mrs. O.M., for the strawberry dish, which sounds luscious. Try this recipe for ginger beer. Boll six quarts of water, to which six ounces of bruised ginger have been added, for one-half hour, then add five pounds of cut sugar, one quart of lemon juice, one-quarter pound of honey and sixteen quarts of cold water. Strain through a cloth and when cold add one egg and two spoonfuls of cut sugar, one quart of lemon juice, one-quarter pound of honey and sixteen quarts of cold water. Strain through a cloth and when cold add one egg and two spoonfuls of cut sugar, one quart of lemon juice, one-quarter pound of honey and sixteen quarts of cold water. Strain through a cloth and when cold add one egg and two spoonfuls of cut sugar, one quart of lemon juice, one-quarter pound of honey and sixteen quarts of cold water.

Nasturtium Seeds as Substitute for Capers

To the Editor of Woman's Page: Dear Madam—Have you been successful in obtaining information heretofore, I am coming to you again. Can you tell me how nasturtium seeds are prepared to make them an acceptable substitute for capers? I know that there is a way to buy them, but I am sure it is added to that previously collected until one has sufficient quantity to fill the bottle or jar, when it is all prepared together. Capers cost as much, but are also to be had. If a woman who needs clothing will supply me with information regarding shipment, etc., I shall endeavor to send her some lines for herself, and if she will tell me the ages and sex of any children, possibly she will help her too. At any rate, I shall be glad to try.

I am sorry I cannot give you this information, but perhaps one of the readers of the Woman's Exchange may know how to prepare these imitation "capers." There is an imitation caper sauce made from cucumbers, pickles, as you doubtless know, but I have never heard of the use of nasturtium seeds for this purpose.

Thank you so much, Mrs. D., for your offer of clothing. I am sending you the name and address of a woman who is badly in need of such; she will be deeply grateful. I assure you, for your assistance.

To Clean Gas Mantles

To the Editor of Woman's Page: Dear Madam—Can anything be done to gas mantles to make them burn brighter? (Mrs.) C. T.

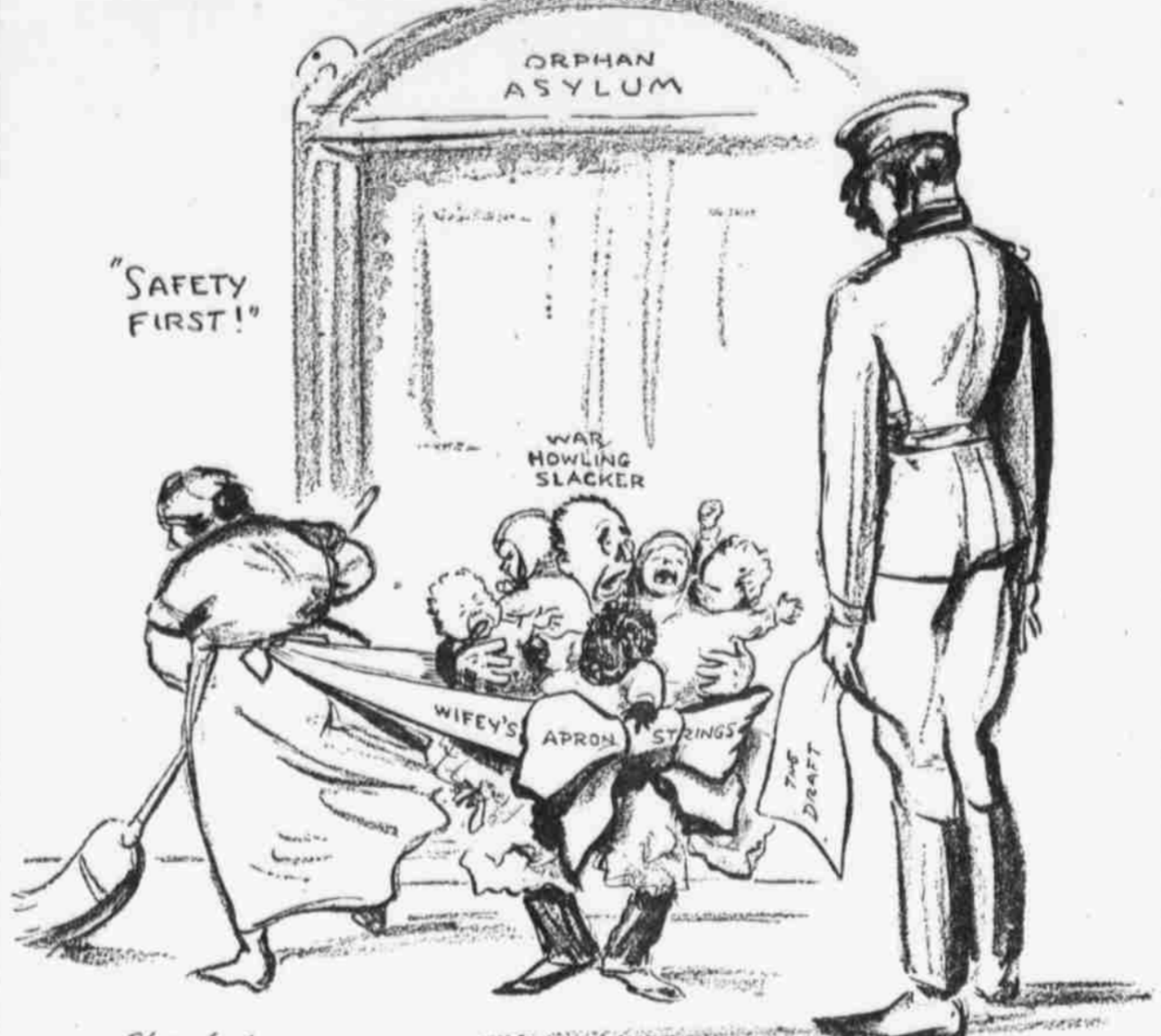
It is said the black which accumulates after a time can be removed by sprinkling salt on it when the gas is lighted. The flame will at first flicker and flare up, but will then settle down to a clear white light.

Removal of Ink Stains

To the Editor of Woman's Page: Dear Madam—How can ink stains be removed from an ink table? M. C. K.

Paint the spots with a solution of a few drops of ammonia in a teaspoonful of water. Then wash with cold water, dry carefully and repeat the process.

WHILE WAR CLOUDS THREATEN DARKSOME WEATHER THE CRAVEN FAINTHEART DONS WHITE FEATHER



Youths in Whom the Blood Is Thin Shrink From Battle's Dreadful Din, Think the Matrimonial Yoke Less Severe Than Cannon Smoke

"THE war has come," the slacker whined; "I'll go and get me, quick, a wife; I'll risk my purse and peace of mind, if only I can save my life." But Uncle Sam, who thought to scare them, spread the rumor wide and far, that he really couldn't spare them and marriage wasn't any bar. This only good and iron-clad reason to keep a man from out of the ranks, short of his committing treason or other serious little pranks, was for him to be the oak round which little babies were jangling babies who would likely creak did he up and quit his working.

Impaired with dreadful awe, those who wish to "see it through." But Uncle Sam, who thought to scare them, spread the rumor wide and far, that he really couldn't spare them and marriage wasn't any bar. This only good and iron-clad reason to keep a man from out of the ranks, short of his committing treason or other serious little pranks, was for him to be the oak round which little babies were jangling babies who would likely creak did he up and quit his working.

Then the slacker, one and all, without regard for rhyme or reason, to Mister Stark sent out a call. To some he said: "It's not the season." These then rushed with frantic hurry to the bureau of adoption, where without a bit of worry they obtained a legal option on a little boy or girl. Thus they have avoided flight in war's mad and bloody whirl. To stay at home they've earned the right. They've got a parcel of dependents who may grow up to call them "oh-oh." It is a habit of descendants.

IN THE MOMENT'S MODES



This is the sort of frock that is a boon to every ambitious woman. To be well-gowned on all occasions is quite a feat, hence a gown that lends itself gracefully to almost any occasion is truly indispensable. The model shown is of white georgette crepe trimmed with myriads of tiny white beads, five rows deep. The sleeve is bell-shaped, the neck V-shaped; the frock has a panel front and a girde loosely encircles the natural waistline. Practical, dainty and generally becoming.

Tomorrow's War Menu

- Wednesday: Stewed Prunes, Boiled Rice Cereal, Fish Cakes, Coffee.
LUNCHEON: Deviled Eggs on Toast, Macaroni and Potatoes en Casserole, Biscuit, Tea.
DINNER: Split Pea Soup, Boiled Herring, Stewed Dandelion, Loin Mutton Chops, Fruit Salad, Devil's Food, Coffee.

BEQUEST TO A CHURCH

The \$4500 estate of Caroline Uhl, 2055 Sharpnack street, is left to St. John's P. E. Church, of Comfortville, Chester County, by the will probated by Register Sheehan today. Other wills probated were those of Phoebe A. Leferts, 212 Sumner street, who left to St. Mary's \$2500; Charles M. Coffey, 1400 Locust street, who left to St. Mary's \$1000; and Mary Toohay, 1111 North Twenty-third street, \$2500.

LETTUCE DOESN'T LIKE HOT WEATHER; HOW TO CIRCUMVENT WARM DRY SPELL

Provision of Artificial Shade Helpful—Watering Occasionally an Aid—How Amateurs Can Prevent Failure—Advantages of Romaine or Cos Leaf

By JOHN BARTRAM

"LET me suggest that every one who creates or cultivates a garden helps, and greatly, to solve the problem of the feeding of the nation."—President Wilson. Bring your gardening problems to the EVENING LEDGER for practical, helpful solution. Address JOHN BARTRAM. There is time yet to start a home garden. Spade the ground and start this week. Beans, onions, peas, corn, beets, tomato plants, carrots, cabbage plants can be put in safely and profitably from now on. START NOW.

Lettuce is essentially a cool-weather crop, hence it does best in the spring and fall, so far as the heading varieties are concerned. The black-seeded sorts are planted for summer use. Leaf lettuce and romaine or cos, an upstanding kind with cape-shaped leaves, are also grown for summer salads. A shady part of the garden can be used for summer lettuce growing.

Quality is injured in hot, dry weather. For that reason part shading is desirable when the plants will not mature before hot weather sets in. Hot weather coming early in the life of the lettuce plant is what most often prevents it from forming any head for amateur gardeners. When the garden is not shaded lettuce may be artificially shaded by a movable screen made by stretching cheesecloth over a V-shaped frame made of light strips of wood. Six feet of the frame should be two or three feet wide, and the frame ought to be ten or twelve feet long. The cloth will partly shade the plant, retard evaporation of the soil's moisture and enable production of crisp, nice-flavored lettuce in summer.

Head lettuce seed should be planted early in the season, a half ounce being enough to plant 100 feet of row. The plants when small should be thinned to stand six to eight inches apart. Rows should be one foot apart at least. Lettuce needs much moisture, so frequent cultivation should be given. Watering helps the crop in dry weather. The entire head should be cut for use. Romaine leaves grow erect and form a loose head. The crop is grown the same way as head lettuce, except that when the plants are grown the outer leaves should be tied together at the top to bleach the inner leaves.

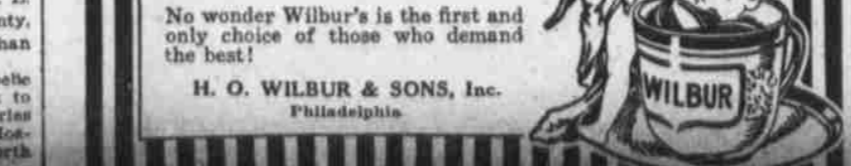
In the case of leaf and romaine lettuce young tender leaves can be cut and eaten again, care being taken not to injure the "eye" or crown of the root.

Lettuce can be started in a seed bed and successfully transplanted. Excellent varieties are Boston Market, extra early, small heading; Salamander, a second early head lettuce; New York, a large fine main crop, heading variety; Black Seeded Simpson, good for "hot spell"; Grand Rapids, loose head; All-Heart, a compact close headed; Romaine or Cos, delicious, upright growing crinkled leaf lettuce.

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 child should not be intrusted to the care of any one who regards modern methods of precaution as "crazy" and who is unwilling to exercise such precautions as physicians everywhere concede to be necessary for the protection of health. It is recognized that the conditions of modern life have greatly increased the danger from germs, but it is undoubtedly true that many adults are today paying a very heavy price for the ignorance of the last generation in regard to the source and origin of the various forms of disease. It is unfair to the child not to give him the benefit of all that science has to offer for his protection and his well-being. Unless the nursemaid employed is a trained nurse, the mother should supervise her care of the child as closely as possible. The ordinary young woman who offers her services in this capacity is likely to be ignorant of the first principles of the duties which she undertakes, and the mother should not only instruct her for these duties, but should make sure that she follows these instructions. The mother who is willing to entrust the care of the responsibility of her child into inexperienced hands is criminally negligent and the helpless child will pay the heavy price. There is no home or social duty so important as that of the care of the child for whose very being the mother is herself responsible. A little careful planning and systematizing of work will enable her to give the necessary care to her children.



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LIVING UP TO BILLY

By ELIZABETH COOPER

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 products of the Twentieth Century.

VIII Dear Kate: There is nothing to drink up here, and I don't miss it and I don't bring cigarettes with me. My friends think it ain't nice to smoke, and I would not hurt them for worlds. Their friendship and the love I show me is worth more than all the drinks and smokes in little old New York. Why, I would give up anything just to look in their faces when they meet me at the station, and I know they really want me to come.

It rained yesterday, not a dull, drizzling rain like we have in the city; but a happy, warm, good for your' rain, that washed old mother earth's face and left quiet gray shadows on the lake.

I never thought I could think a rain was pretty, but yesterday it was just beautiful as it came down at start-up on the tiful as it came down at start-up on the water. I have been coming long before it got to us, sounded just like the patter, pitter of soft-footed things on a chiffon carpet, and way across the lake we could see a blue-gray wall that came nearer and nearer. When the rain was falling a dull looking-glass, with every leaf and tree showing in its face. The birds began to catch one another again, and the robins came out on the lawn looking for worms. There is one saucy robin who comes toward me and cocks his little head and says, "Am I not a gentleman should?" Then he finds a big, fat worm and pulls and tugs until he gets him loose, and flies away to his wife and babies because, although his main support, quite likely of a large and growing family, he don't seem to have the air of a bachelor.

There is a loon at the other end of the lake that laughs just like a person, and one I have seen a big bird walking around on the edge of the water that Mr. Smith says is a blue heron. When we go up into the woods little red birds begin to peck at them. I have been fishing twice, but I won't do it no more, as I can't bear to take the hooks out of the fish's mouths, and when the funny waterbugs that make such big jumps. If we could jump like them, one good hop would take us from Fourteenth street to the Grand Central, and there would be no use for the subway.

I just live out of doors, setting on the veranda watching the mist rise over the lake, or when I am not helping Mrs. Smith, spending long hours lying flat on my back looking up at the sky and wondering what some path for me, and if I will ever find it. I think it is good to get close to the ground, and I tell it all my heart it gives me before.

Oh, Kate, I am so happy here! You know I have been hungry all these years and I didn't know it, just hungry for friends.

I wanted love that you didn't have to watch, and these people give it to me. They show me that they want me and I have a part in their life, eat the things they eat

and also to fulfill her other duties. It is true it will not enable her to be a social butterfly or attend all of the entertainments and club meetings which she perhaps desires to attend; but after all the baby is a baby for a few years only, and all the rest of her life she will be a mother. The mother can surely afford to sacrifice her own convenience and comfort—if it is a sacrifice—for a few years in order to give her babies the fair start which is their right.

Perspiration About Nose It it weakens that causes one to have greasy hair and a mustache of sebum. It may be weakness, but it is more likely a personal peculiarity.

Beer Some doctors consider beer good to build up the strength. Do you consider beer in moderate quantities a healthful beverage? Liebig, the great German chemist, many years ago made a careful analysis of beer, and he found that the amount of nourishment in a gallon of beer could be put on the point of a table knife. For an ordinary meal one would have to drink a half hoghead of beer. People do not drink beer for nourishment. Nor do they drink whiskey for food.

Graduation at Irving College CARLISLE, Pa., June 5.—The glacial concert last evening and a number of reunions today were features of the sixty-first annual commencement at Irving College. Tomorrow graduation exercises will be held.



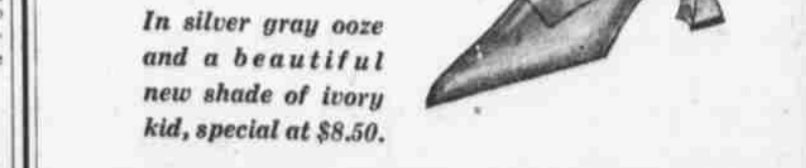
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