

A PAGE OF INTEREST TO WOMEN IN ALL WALKS OF LIFE—FASHION, BEAUTY, THE HOME

CONSTANT IMAGINARY CLASHING WITH OTHERS A MENTAL STRAIN

The Harmful Effect of Picturing to Yourself a Quarrel—The Unappealing Woman Has Her Appeal After All

DO YOU realize when you mentally forestall a quarrel that you are using up just so much more vital force uselessly? No one can be responsible for the thoughts which enter his head. But we can always control and direct those thoughts and the amount of "control" we have acquired is always reflected in our faces.

You may have a grievance against another person. For hours or even days the thing brews; you picture her hurling forth unkind remarks and yourself making counter-charges. But in the end it is you who come off with flying colors.

In these imaginary battles you grow tense; every nerve is a quiver, and the effect on the system is almost as harmful as a real scene would be, but without any appreciable result. It is, perhaps, those of us who dread scenes who take this way of venting our wrath; the woman or girl who is hysterical and impulsive will have her little scuffle and come out of it, whether victor or vanquished, at least in a more serene frame of mind.

BUT if you are in the habit of indulging in these disastrous day-dreams suddenly bring yourself "to" some day; you will find that your face reflects the turmoil within, the mouth is drawn down at the corners, there is a vindictive glint in the eyes.

Isn't it better to think of the pleasant and amusing things of life when you have an hour's train ride ahead of you without a thing to read, even if you do smile "right out loud" rather vacantly when something particularly funny is brought back to your mind? You find if you cultivate the latter habit that you will feel rested instead of fagged out, alive and buoyant instead of sullen and dejected.

YOU never can tell about types. One sees an unusually attractive woman

THE WOMAN'S SEXCHANGE

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 endorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S SEXCHANGE, Evening Ledger, Philadelphia, Pa.

- 1. How can clothing be cleaned so as to preserve its surface?
2. When a white dress has a grass or fruit stain what should be applied to the spot before sending it to the laundry?
3. How can a rubber hose be more easily cut?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. Vegetables if allowed to stand in the water in which they were boiled will become soggy.
2. Some persons find it difficult to digest strawberries and cream, as the berries curdle the cream.
3. If coffee is to be kept over from one meal to the next it should be placed in a china or glass receptacle and not in metal.

To Save Every Bit of Bread
Dear Madam—It is a mistake to throw away the smallest scrap of bread. It is a waste of money to buy bread and not eat it. It is a waste of time to buy bread and not eat it. It is a waste of space to buy bread and not eat it.

Keeping Butter Fresh
Dear Madam—When one is light housekeeping and does not have a refrigerator, butter may be kept but not for long. A dish of butter can be covered with a cloth wrung out of cold water. In this way it will not become rancid for some time. Butter can also be kept fairly well packed in a stone crock with a piece of charcoal and kept in the cellar or some other cool spot.

Proper Apportionment of Salary
Dear Madam—On an income of \$1200, which is little more than \$20 a week, of which one of your readers writes, my husband and I live as follows: Rent, 20 per cent; \$240; food, 20 per cent; \$240; fuel, 10 per cent; \$120; clothing, 15 per cent; \$180; savings, 10 per cent; \$120. We have four children, but manage very well by close figuring.
(Mrs.) CHARLES B.

Unnecessary Waste of Fuel
Dear Madam—I find that so many people waste fuel by not enough planning of their meals. I always plan to cook with the least possible use of fuel. It not only saves money but also heat. If you are cooking a roast, I suggest that you use a pressure cooker. It will cook a high temperature. Potatoes can be roasted in the pan with the meat, puddings can be baked at the same time and other vegetables and fruits can be cooked in the oven. Steamers with three or four compartments also save much waste. When using the gas stove as soon as the food which is being cooked has reached the boiling point turn the burner down.

Cleaning White Iceland Fox
Dear Madam—Kindly rebuke how to clean a white Iceland fox. Also how to get it straight, as it is curly from wearing in the rain. Do you think if cleaned it will become unquipped, or will you have to use another method? We follow the usual method.
A READER OF THE EVENING LEDGER.

To Properly Wash White Silk
Dear Madam—Can you tell me the best way to wash white silk so it will not turn yellow? I have a white silk undergarment which has become very soiled and I think it is that it turns so yellow.
K. A. T.

Obtaining Marriage License
Dear Madam—Will you kindly tell me if a marriage license can be obtained in the morning and the persons be married the same day in Philadelphia, both parties living in Nazareth Pa.?
A. E. S.

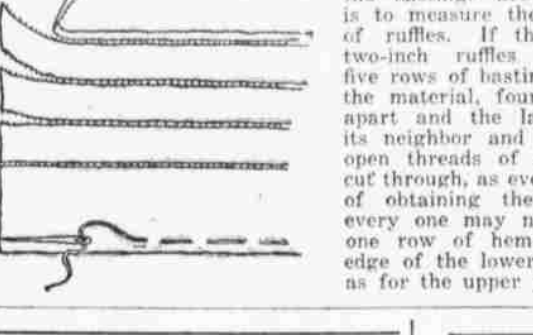
Bashful Lover
Dear Madam—I was interested in a young lady whom I have known for about three years. I have a reason for thinking she likes me. Can you tell me how I may find out if she loves me? I ask the young lady?

IN THE MOMENT'S MODES

Charming Graduation Frocks of Fine Net With Ruffles



Net is undeniably first choice for graduation frocks and this frilly feminine one will undoubtedly appeal to the young girl who naturally craves "something different" after the plain, serviceable school frocks she has been accustomed to wearing.



Tomorrow's War Menu

- Thursday BREAKFAST Orange Juice Hominy Poached Egg on Tomato Coffee Toast
LUNCHEON Potato Salad Cold Tongue Brown Bread Jam Tea
DINNER Potatoes Baked in Jackets Spinach Junket Pot Roast of Beef Sponge Cake Coffee

Arrest Woman for Taking "War" Food
HAZLETTON, Pa., June 6.—The first arrest under the provisions of the Food bill, making it a misdemeanor to steal anything planted for food in war times, was made here, when Mrs. Ellen Brooks was taken into custody on charges preferred by Mrs. Ann McCaffery, mother of Barney McCaffery, the lightweight pugilist.

Tea Sets Resilvered 75¢
Dea. Lauries Jewelry Factory, 736 Market St. Mesh Bells Replated, 25¢ up. Gold Plating Write or Phone (Market 1715) for Estimator

A White Sale of Fashionable Footwear
It is very unusual to be able to purchase White Kid and White Buck Shoes at a moderate price. Footwear of this kind and quality is worth almost double \$4.90, and in fact, is so priced elsewhere.



White Sports Shoes Ivory White Sole and Heel. In Kid, also in Buck.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

A wound which has been made by a clean knife, such as a surgeon ordinarily employs, needs no disinfection and injury rather than benefit is likely to be done by application of disinfectants or antiseptics of any sort. A wound through a dirty skin or soiled clothing or by a soiled instrument of any sort needs prompt disinfection and nothing is better for the purpose than iodine.

Facial Paralysis
In a case of facial paralysis, what is the best treatment? By bath of massage help?
Electrical applications, hot and cold applications and massage are the best means of relief.

Colitis
What is colitis?
It is an infection of the colon. Various kinds of germs enter the colon and adhere there and produce a condition very similar to a catarrhal condition of the nose.

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.

Dear Kate:
It is raining and I am staying in the room cause I hit my tongue last night and I can't talk. I am sore. Sometimes I think I will never do a good trick for a person as long as I live, and then, when the time comes I am always Mr. Easy.

(CONTINUED TOMORROW)

Ladies' Silk Hose. Best quality silk, black, white and colors. 59c Special Value. Also full line of ladies', children's and men's hose.

McPHILOMY'S, 1624 Market St. Next to Stanley Theatre. OPEN EVENINGS. Excellent Tuesday and Wednesday.

FACIAL BLEMISHES POSITIVELY REMOVED. I guarantee to remove all traces of age by a restoration of the face to its youthful contour.

Sterling Importers & Women's Tailors. Announces an Important Annual Clearance SALE. Drastic reductions have been ordered to make room for new Summer Models.

DALSIMER STANDARD SHOES. A White Sale of Fashionable Footwear. It is very unusual to be able to purchase White Kid and White Buck Shoes at a moderate price.

Summer Styles. Millinery, Dresses, Coats, Children's Dresses. Fur Alterations and Repairs Made at Reduced Prices During the Summer.

Novelties of Wicker and Cretonne and Porch use. Serving Trays, Tea Wagons, Sandwich Baskets, Moats, Floor and Table Lamps.

J.B. Sheppard & Sons. 1008 Chestnut Street, Philadelphia. The Lure of Summer Neckwear. Never before has our stock been so attractive, never so exclusive and so charmingly varied.