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 fust so much more vital force use lessly? 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

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 sortie and come out of it, whether victor or van quished, at least in a more screne frame

BUT if you are in the habit of indulg-ing 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 with out 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 defiant.

Vyvettes



wearing chapeaux like the caps of the French sailors. Here is one of dark blue, with a red silk pom-pom, and white stripe.

who has remained a spinster and won ders immediately why she should not have married, feeling sure it could not have been for lack of opportunity. Perhaps not. But on the other hand, the woman who is extremely unattractive never is cause for speculation. You put her down as unable to avoid spinsterhood if she would.

Yet so often there are surprises. One of the most hopelessly unappealing women I ever knew, one "who fairly bristled old majdishness was. I found out after some time, actually having a very hectic love affair. Yet one would never have guessed that under that stiff demeanor there was really a heart, and YOU never can tell about types. One women always dismissed her with a

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

When a white dress has a grass or fruit a what should be applied to the spot before ing it to the laundry?

3. How can a rubber hose be more easily

ANSWERS TO YESTERDAY'S INQUIRIES

Vegetables if allowed to stand in the water hich they were boiled will become soggy. Either a cloth or dollies may be used for the formal as well as the informal luncheon.

2. Some persons find it difficult to digest strawberries and cream, as the berries curdle

3. If coffee is to be kept over from one meal the next it should be placed in a china or se receptacle and not in metal.

To Save Every Bit of Bread

Keeping Butter Fresh To the Editor of Woman's Page:

Dear Madam-When one is light bousekeep and does not have to in warm weather h may butter be kept hard? (Mrs.) E. S. L. 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

Proper Apportionment of Salary

To the Editor of Woman's Page:

Dear Madam—On an income of \$1200, which is little more than \$20 a week, of which one of your readers spoke, my husband and I live as come. \$465, fuel, light, service atc. 10 per cent. \$165, tuel, light, service atc. 10 per cent. \$165 ber cent. \$192. We have two children, but manage very well by close featuring.

[Mrs.] CHARLES B.

Unnecessary Waste of Fuel

Unnecessary Waste of Fuel
To the Editor of Woman's Page:

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, if not only caves money but also heat in this weather. For instance, when a hot oven is needed for a reast I cook either dishes at the same time which also require a high temperature. Fotatoes can be baked at the same time and other vegetables and fruits can be cooked in the oven. Steamers with three or four compariments also save much waste. When using the gas stove as soon as the food which is buing cooked has reached the builing point turn the huiner down.

HEGULAR SUBSCRIBER,

Cleaning White Iceland Fox

To the Edutor of Woman's Page:

Dear Madam—Kindly publish 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 it cleased it will become uncuried, or will you have to use another method for doing A READER OF THE EVENING LEDGER.

Brush the fur thoroughly, then comb twice. Heat dry corn meal and sift into the fur, rubbing it well in. Allow it to re-main wrapped up for forty-eight hours, then shake out well. Cover with starch and whiting in a fine powder, let stand a day or two, shake out, brush and comb hard and shake again. If the fur is a good one the curl should come out of it and it should be fluffy after this treatment.

To Properly Wash White Silk

To the Editor of Woman's Page:

Dear Madam—Can you tell me the best way
to wash white slik so it will not turn yellow?
Ellik underwear weers so much better than that
of batists of mainson I have found, but the one
edection to it is that it turns so yellow.

CARA T.

It should never be allowed to become so badly soiled that scalding water must be used to make it clean. Wash it in lukewarm, not hot, water, in which a pure white shaved soap has been sifted, then rinse in water to which bluing has been added. Hang up to dry and when still damp press with a warm iron.

Hemming Napkins

Dear Madam—In hemming naphins put the hemminer attachment on the machine without inread, turn as even hem and then keen by heard. This line of accurate perfectations is very heard. This line of accurate perfectations is very heard. The line of accurate perfectations is very heard and heard the length of the line as very machine, the satisfaction to the dign as in ordinary hemming. (Mrs.) C. B. E. (Mrs.) C. B. E.

Natural Color of Ivory

To the Educy of Woman's Page! Done Madam-What is the satural color of

sees an unusually attractive woman 'Poor thing-she's so nice, but-

TODAY'S INQUIRIES

1. How can eliciath be cleaned so as to pre-berre its surface?

1. With what initials should a widow's house-hold linen be marked when preparing for her second marriage?

2. How should sliver which is to be given as a wedding present to a widow be marked?

3. In sending a gift it is not usual for a woman to cross off the "Mrs." on her card un-less she writes a special message, in which case she crosses off the whole name and signs her name at the bottom of the card-

3. The service plates at a formal dinner remain on the table until the fish course is served.

Women Clerks in Hotel To the Editor of Woman's Page:

Dear Madam—Can you tell me whether there are any openiuss for sirls to work as clerks in summer hotels? I am thinking of taking such a position if I can secure one. JESSIE.

With the shortage of men this summer with the shortage of men this summer and particularly young men of the hotel clerk age. I would not be surprised if some of the hotels would engage young women as day clerks, at least. The thing to do would be to search the columns of the papers published especially for hotel men, to write personally to the hotels at various resorts, and to advertise. It would be better to make applications to the smaller hotels.

Dancing at Reception

Dear Madam—At a wedding reception heleseveral weeks after the ceremony which will be attended by the paster who officiated at the time, and his wife, would the proper to have dancing? What should the dinner consist of How should the evening be properly spent?

How should the evening be properly spent?

It would be well to ask your pastor if It would be well to ask your pastor if he objects to dancing. It is scarcely necessary to provide any entertainment for guests at a wedding reception, especially if you have dancing. If your pastor objects to it it would be, of course, more respectful not to have it; in that case have an orchestra play during the evening, as it adds to the spirit of enjoyment to hear music, even if one is trying one's best to out-talk that

Serve a buffet supper; that is, place the serve a buriet supper; that is, place the edibles on the large table and have several waiters to aid your guests. The men in the party may attend to the women at a buffet supper, and this helps in the serving very greatly.

Have lobster cutlets, deviled crabs, chicken croquettes, chicken saind, rasped rolls, ices, cakes, bonbons, saited nuts and hot coffee for refreshments. Also serve

claret cup. At a reception the guests speak first to the bride and bridegroom and to their parents; they then talk together and pro-ceed to the dining room. If there is dancing, they dance after eating supper; otherwise after talking for a little while to their various friends they leave for their re-spective homes. No other sort of enter-tainment is expected at a wedding recep-tion.

Forget the Young Man

To the Editor of Woman's Page:

Dear Madam—I knew a young man of twenty-one. He is very handsome and I am deeply in love with him. I have tried to get mere acquainted with him, but have not succeeded. Sometimes when we meet in the street he speaks very politely and at other times he just looks right through me. Bometimes I think he ilkes me and again I think he does not. What shall I do to make him notice me more!

What shall I do to make him notice me more!

You would do better not to think of this person you describe as attractive; he seems rude and not worthy of a nice girl's interest. Love should not be confounded with mere liking, and, though you may be attracted to him through his very indifference. I doubt if one so indifferent would make a good life companion.

Obtaining Marriage License

To the Editor of Woman's Page:

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.?

Yes, providing both parties to the co tract are of legal age or, if not, the consent of the parents of the minor is obtained.

Bashful Lover

To the Editor of Womyn's Page:

Dear Madam—I am interested in a young lady whom I have known for thinking she likes me. that a good restorn for thinking she likes me. Can you tell me how I may find out?

Can you tell me how I may find out? Why sheet you sak the young lady?

IN THE MOMENT'S MODES



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. The underskirt of net is in two sections, the upper one of lining net and the lower one of the fine net, slightly gathered to the upper part and banded to the washable satin ribbon, which has frills of net above and be-low it. The home dressmaker need fear no difficulty in arranging or draping the overskirt, for it virtually arranges itself, being in reality a straight piece of net, uniform in length all the way round, finished at the bottom with two ruffles and at the top with a frilled heading, the ripple and puff at the sides being formed by the unat-tached sections of the heading, which fall loosely away from the satin belt at the sides. The front of the headis fastened to the belt with three

bodice, which has two rows of triple tucks front and back, there are two bands of the satin ribbon fastening un-der the belt in front and extending over the shoulders to belt in back. Excluding the heading, at the top of the over-skirt all the ruffles are picot-edged top and bottom. Probably no more practical finish has been devised than picot-edging for a sheer material such as net, and, in order to reduce the expense to virtually one-half when having a number of ruffle with headings picot-edged, one must avoid cutting each ruffle separately and basting it top and bottom (the basting denoting where the hemstitching is to be done). The better way is to first measure the length required for the ruffles. If the material is to be pieced, this is done before the bastings are put in. The next step is to measure the exact width and number of ruffles. If there are to be, say, three two-inch ruffles and one four-inch one, five rows of bastings are put lengthwise into the material, four rows exactly two inches apart and the last row four inches from its neighbor and finally hemstitched. The open threads of the hemstitching are then

cut through, as every one knows is the method of obtaining the picot-edge; but possibly

every one may not know that in this way one row of hemstitching forms the picot-edge of the lower part of one ruffle as well as for the upper part of another.

Tomorrow's War Menu Thursday

BREAKFAST Orange Juice Hominy Poached Egg on Tomato Coffee Toast

LUNCHEON Potato Salad Cold Tongue Brown Bread

DINNER Potatoes Baked in Jackets Sponge Cake Coffee.

Arrest Woman for Taking "War" Food HAZLETON, Pa. June 6.—The first ar-rest under the provisions of the Powell bill, making it a misdemenner to steal anything planted for food in wartimes, 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. Mrs Brooks, it is alleged, dug up cabbage and cauliflower plants from the McCaffery garden, and when discovered gave her pursuers an exciting chase through the nearby woods before she was caught.



elsewhere.

White Sports
Boot With
Ivory White Sola
and Heel. In Kid,

THE CHEERFUL CHERUB Sometimes I wish I had a farm With trees and fields and grazing Flocks. Then I pretend I'm very small And living in our window POX .

Superfluous



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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 solled clothing or by a soiled instrument of any sort needs prompt disinfection and nothing is better for the purpose than lodine. The ordinary lineture may be employed, but the solution is strongmay be employed, but the solution is strong-ry than is necessary. The ordinary thecture may be diluted by three times its volume of alcohol and is still strong enough for disfection purposes. It should be applied to the wound freely as soon as possible, then the wound should be thoroughly washed and cleaned and jodine should be freely ap-plied again before the wound is closed.

For a suppurating wound or a wound which has become interes as a particular four a four-smelling discharge, the best application is what is known as taskin's solution. This solution has been developed during the present European war in the treatment of wounds and has been shown to be highly efficacious. The following is the

Irried soda carbonate fourteen grams. Hypochlorite of lime twenty grams.

free from infection. The citrate of soda prevents congulation of the albumin of the blood and so keeps the surface of the

This excellent solution was devised by the eminent Doctor Writt, of London, who worked out the life lastery of the mosquite.

Factal Paralysis

In a case of factal paralysis, what is the best reatment? Do baths or missing help? F. M. M. Electrical applications, but and cold apdications and massage are the best means

What is colitis?

It is an infection of the colon. Various inde of germs get into the colon and between tracked to the wall and adhere there come attached to the wall and adhere there and produce a condition very similar to a entarrhal condition of the nose. Colitis may be located in the lower part of the colon or it may extend to the entire colon. It is one of the mast common of all diseases. Persons who suffer from chronic constipation are very certain to have this disease terms of acres of the color of



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lesslike

LIVING UP TO BILLY

By ELIZABETH COOPER

It is raining and I am staying in the room ause I bit 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 never do a goed trick for a person as long as I live, and then, when the time comes I am always Mr. Easymark. Last night I was coming along home after work about 2 o'clock, and it was cold and rainy and a miserably burn night. At the corner of Sixth avenue I saw a fellow all sort of hunched up, walking along as if he had a jag. As I went by him I saw it was Fred Dennis, and he sure looked all in. He was shaking as if he had chills and fever, and I stopped and asked him what was the matter. He said he just come out of the hoser. He said he just come out of the hos-ital where he had typhoid. Between you nd me, I think he had been in the jag ward Bellevie, but that was none of my busi-ms, and he sure needed help. He said he is stone broke, that he didn't have the was stone broke, that he didn't have the price for a ten-cent ledging house, and he give me a touch. First I thought I would cough, then I looked in his shifty eyes and I knew he would go straight to Kelly's and get a drink and take a chance of sleeping on the floor, so I said to him, "You come Beric acid four grams.

Beric acid four grams.

Dottlied water one liter.

Add the carbonate of soda and hypochlorite of lims to the water. Allow to settle for half an hour, then filter and add the boric acid to the filtrate. Have prepared by a druggist.

Another solution which is very excellent for the treatment of wounds which are slow in healing and which greatly promotes the healing processes is prepared by adding to healing processes in healing p

But my tongue ain't half as sore as was when I went into my room this morn-ing thinking I would make Fred some coffee and give him a half a dollar, so as he could get a square meal. Now what do you think that piker had done? He had copped everything in my room that he could hock. He took my black bag, my winter coat, my new green silk petticoat that I got to wear with my slit skirt, the buckles off my dancing slippers, and the little silver frame that had Billy's picture in it. My can of cacoa was gone and he even sneaked the bottle of milk in front of the door. Can you beat that for nerve! Now, the next time I see a bum standing on a corner, shaking his teeth out with the cold, he can stand there and scatter his pearls from Fourteenth street to Forty-second for all me. I am just sore today. I have been a set-

ting here and a thinking that this game ain't worth it. There must be nomething hetter comewhere than living from hand to mouth with people that would steal the pennies off your eyes. You can't tell where

you stand with any of them. They will be you stand with any of them. They will be good to you one minute, and the next minute do you a dirty trick. Just like Ethel Rooney who sat up three nights running with Mamie Callahan when she was sich then pinched her only pair of slippers. I believe crooks have something wrous down deep inside of them. They never do nothing like other people. Their hearts are good, they will go to the pen for a friend rather than peach on him, and yet that friend wouldn't trust him alone in his room win a \$6 bill, and the women—if they don't steal each other's money, they steal each other's fellows if they're left around carlesslike.

I sent your letter to Jim, and I told yes before, I paid the storage man. Don't se so blue, it won't be long, and I am dong everything I can for you. You are always a kicking at me. Kate, and I am a doing the best I know how.

I am working like a dog, and I dost spend a cent for myself more than I have to. I am thinking of you, Kate, and I im you even if you do seem to always have a grouch against me. Yours, NAN.

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Solvent Ties

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