PRACTICAL HOME-PLANNING FOR THE MAN OF MODERATE INCOME—NEW FASHION FEATURE

ONE FREQUENTLY MAKES TOO HEAVY DEMANDS ON FRIENDSHIP

Others Required to Measure Up to the Standard We Set for Them, Although Falling Far Short Ourselves

HAS your dearest friend ever given you a severe jolt-been guilty of some perfectly impossible action that made you certain in consequence you could never entertain the same feeling for her? When two people are on very intimate terms I believe something of this sort is almost bound to happen.

For, unfortunately, although you are far from being perfection itself you want others to live up to your ideal and when they fail, as they will do, you think the whole structure of friendship has collapsed. And sometimes, if it is built of very flimsy material, it has collapsed

However, nine times out of ten you decide to accept this revelation philosophically, and years afterward can look back and laugh at the incident grown so small and unimportant in the distance until it almost fades into noth ingness. But how big and dark it loomed in the foreground.

I CAN remember spending my vacation with one bestest friend five or six years ago. All went merrily until one day a most distressingly embarrassing thing occurred. It was a matter of a bill, and this girl whom I thought I knew revealed a side I had never susstanding. Yet today we are on a much better footing, if anything,

She never again exhibited that side of her nature, and I've wondered whether after all that momentary incident had to one of those uncontrollable impulses of heartily ashamed after yielding to them, own characters.



We've always been told that look very well indeed.

a something satirely apart from one's

pected. For a long time I felt that with HAVEN'T you the memory of opinions one whose ideas were so totally different. Haven't supposed which were enthere never could be any real under- tirely at variance with your real ideas and which you would have given much to recall because they were not in any

If so, and it is almost certain to be so, you can find it in your heart to be when you know they are just that-mis-

THE WOMAN'S EXCHANGE

white flannel trousers?

2. How can grass stains be removed from colored fabrics without affecting the color?

3. How can bottles which have contained lodeform, assistida, ichithyal or valerian be cleaned so there will be no odor left?

3. How should napkins be placed at dinner?

ANSWERS TO SATURDAY'S INQUIRIES

1. New rubbers should be purchased when | I. To give the hair a gloss after shampeoing packing preserves; the old ones, while often it brush a very small amount of liquid vascline apparently good, are almost certain to be into it with a stiff break

2. To remove wallpaper in a much shorter cupful of cornmeal, warm it in the oven, add time than it usually takes, upply a solution of one-quarter cupful salt to it, mix well, then bolding the head over a cloth or newspaper rub the water with a whitewash brush. Keep all the old and dire will be obtained for well be obtained for well be obtained. the water hot, and after a few applications the paper can easily be pulled from the wall.

Preserving Strawberries in Sunshine To the Editor of Woman's Page:

Place in a preserving kettle in layers as many pounds of super as of sound ripe berries, which have been hulled and washed. and when the juice in drawn out a little set it over the fire to cook, let cook twenty minutes after boiling begins. Turn the berrise into earthen or agate plates, ever each with a pane of glass to fit lightly over the top and place in the sun. Let stand two days, stirring two or three times each day. At the end of this time place in sterilized jars, seal and store them without reheating.

Canning Kale and Spinach To the Editor of Woman's Page:

Spinach is cained as follows: Pick over the spinach, wash theroughly through many waters, then set to cook in a cupful of boiling water to each peck of spinach. When tender skim it from the water and been sterilized, packing it in solidly. Adjust the rubbers, strain the water in which the spinach was cooked through a piece of fine lineu, reheat to the boiling point and fill each jar to overslowing with it. Put the lid on, let the jars cook in water ten minutes after boiling begins, then tighten the utes after boiling begins, then tighten the

I am told kale can be done in the same

Recipe for Stewed Tripe

To the Editor of Woman's Page:

Buy tripe which has been thoroughly cleaned and is ready for boiling. Then cut cleaned and is ready for boiling. Then cut it in half-inch squares, put in saucepan and cover with cold water. Bring slowly to a boil and simmer steadily for at least four hours, at the end of which time drain off all the water except a gilt add to this one cupful of stewed and strained tomatoes, a dash of onion fuice, sait and paprilsa to taste. Blend one tempoonful of butter and flour and stir this into the mixture until the sauce is smooth and thick. These are a number of variations. Farmesan cheese can be added just before serving the trips, or celery can be added to it.

Removal of Smoke Stains

To the Editor of Woman's Page:

Dear Madam.—How can I remove the marks made by a smoking chimney on a plastered wall?

Wall? Shave half a bar of soap into one cupful of boiling water, dissolve, add one cupful of turpentine, one cupful of kerosene and one-half cupful of ammonia spirit. Mix and cover. Spread on the stain, let stand five minutes, rub briskly with a hard brush, then wash off with hot water.

Genuine Creole Gumbo

Genuine Creole Gumbo

To the Editor of Woman's Page:

Dear Madam—This is a senuing recipe for escale aumbo as it is made in the South: Fry together three-quarters of a pount each of diced was and ham in frying pan with two medium-sized. These chapped outons. A small portion of green peoper and a few buttons of garle also may be added to this. And one quart of tomatoes after meats are done and let simmer for half an hour. Then add one quart of remained after minutes and the same performaly heated in the can, and ist simmer for fitteen minutes. Bed peoper, with said, etc. should be added it this time. (For an 'a la diable' put in a few peops of rimit red pepting when tomatoes are added.) Just before serving add the pound strings. Many thanks for this recipe.

Employment for Young Girl

never looks well to do things half way.—but trimming hats only half-way round with pompons seems to

normal self.

sense representative of you?

do with her nature, but was not instead tolerant of the mistakes made by others which so many are at times guilty and takes-and not really reflections of their

TODAY'S INQUIRIES

1. How can grass stains be removed from . . In serving some at dinner is it good form to hite flannel trousers?

2. What kind of spoon should be previded for

2. To give the hair a dry shampee take one all the off and dirt will be taken out.

3. Cold cream should not be used frequently 3. To remove stales from granite scour with a paste made of one cause of exactl, one gill strong solution of caustic sods, one and one-half tablespoonfuls turpentine, sufficient pipe clay to make it thick.

On a greasy skin. Wash thoroughly with warm water into which a bran has been put. Follow this treatment with cold water with a few draws of bearons in it. Several times a day apply leman Juice and water to the face with a piece of absorbent cettan.

To Celebrate Silver Wedding

To the Editor of Woman's Page:

silver anniversary, it would be pretty to engrave the invitations in silver, but it this proves too expensive several silver weeding bells might be embossed at the top of the noteguper on which the invitations are

Mend the usual formal invitation, and in the lower left-hand corner of the page write "Enneime." For refreshments serve chicken or lobater saind, light sandwiches, charet punch, ices, sales, bonbons and saifed mats.

Luncheon Silver 's the Editor of Woman's Page.

Wear regulation evening clothes.

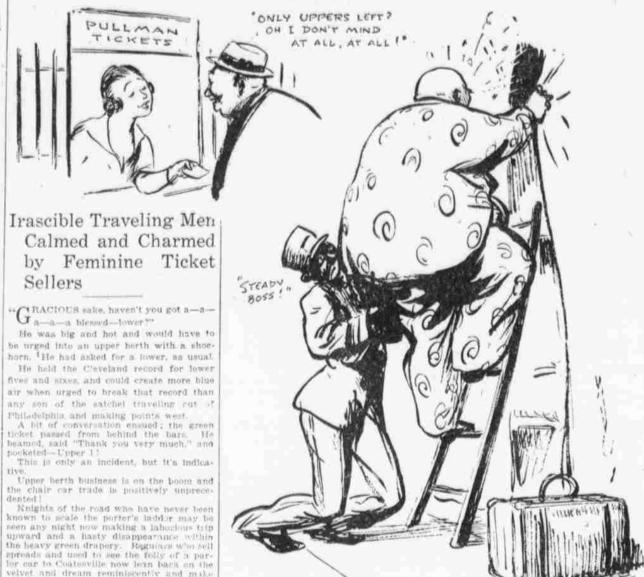
Dwar Madum-When arranging a table for neckeol, where are the forks, specia and wives placed? I expect to have bouilby, meat, alad and dessert. Place the small knife used for butter or choose served with the saladi on the right side next to the plate, then place the knife for the meat course next and the bouillon spoon on the outside. On the left side place the smaller fork for sailed next to the rim of the plate and put the inreer fork for the meat course on the outside.

Plans for Giving Graduation Party

H. A .- Your idea of having a doll in car

Divorce for Desertion

HERE'S THE SECRET OF SUDDEN BOOM IN PULLMAN UPPERS AND CHAIRS



Securet's out, boys! If you're not already one of the make Pitts out he make Pitts burgh and points West via the right-hand hardway window, get in line and new what the exigencies of war did to the Pullman ticket office in Broad Street Station. Don't awear white in line, it's not fair any more.

This is the first time, according to head-quarters of the Pullman Company, at 1430 South Penn Square, that their years a man high the induced to take an upper, and no small amount of importance is attached to the change.

One official said that he would go beyond white in line, it's not fair any more. This is the first time, according to head- "when a woman's around and they can't

chickes of war did to the Pullman ticket tached to the could go beyond the fire in the not fair any more.

The said exigencies took three male dispensers of "sleepers" and chair cars—one calculations and two straight over the counter. telephanic and two straight over the counter woman so lent itself to the atmosphere of a woman so lent itself to the atmosphere of a poliman ticket office that the girls would mings, of 5326 Osage avenue. Mrs. R. Lauric, 1812 Sanson atreet, and Mrs. Martha L. Nes, 1300 Russell street, in their places.

"Men won't swear," the official said. you!

the draft.

The girls themselves who were formerly salesladies and bookkeepers, are tussling with mans and the suchlike appurtenances of a railroad that tell when not to get off

to go to Columbia and which trains have dinors. They like their jobs, very well, thank

in detail shortly. In the meantime, if you would like this information before that

Wednesday-The Choice of an Architect,

Tomorrow's War Menu

BREAKFAST Silced Oranges Malt Cereal Potato Cakes

LUNCHEON

Veal Hash

DINNER

Pea Soup with Croutens Hamburg Steak
Hominy Lettuce and Cucumbers
Orange Bread Pudding

Junket

ADVICE TO THE HOME-BUILDER

For who would Pullman seprn?" quoth

Why-the evolution and the calm and

There are three reasons-two blonds and

OF MODERATE MEANS By VICTOR EBERHARD, B. Arch., R. A.



Much of the interest possessed by Colonial doorways is lent by beautiful wrought-iron work. We could improve our front doors by trying to put a little art into the hardware we need.

The Architect's Work

hunted for our food in the forest, we made our clothes from the skins of animals we lew, we gathered the material and built our own houses or dug caves in the mountain aide for shelter.

But as we came into closer touch with each other we found it would make the work easier and better done if it were divided, so certain of us provided the food, others made the clothes, and still others built our houses,

thus we developed into specialists. Often this specialization is not to our benefit when we are satisfied to develop our selves only in Mint direction which concerns the making of our livelihood. We lose the making of our hechical to lose the opportunity for the enlayment of much pleasure or the obtaining of a broader sympathy which we might have without disturbing, but rather adding to, our development in our special work. However, on the whole we are certain that specialization or effort is a wonderful help to us. It has a some burdensome the providing of the age less burdensome the providing of the necessities of life and leaves us more time for the enjoyment of the other many things

R. A.—Your idea of having a doll in can and gown in the center of the table is a good one; also for the pince cards. If you have a class flower use a number of the blooms as decorations, for instance, if rosse, place a bunch of rosses in a vase at each corner of the table, making four in all, and attach these with ribbons of the class colors to the doll in the center. This, of course, can only be done if all the colors harmonize. You could hardly combine pink rosses with red and vellow ribbons, for example. The class motto in cut-cut letters could be hung somewhere in a conspiruous piace in the room, or, if your dining room has a dome over the table, the motte could be used around the light, thus being illuminated. Latiterns in the class colors hung around the room would also be prestly. Your brother, if he is ingenious, could make these.

As to games, take the name of the achieving the proper cartificial snow—anything about the colors could be recited; if S. something about the class could be recited; if S. something about the class could be recited; if S. something about the class could be recited; if S. something about the class could be recited; if S. something about the class could be recited; if S. something about the solders could be given. Another good idea is to have a "knucking" party. Have a mound of white cotton, shaved white paper or artificial snow—anything to represent frest"; them give each guest in turn a miniature shove? and let him dig up a liftle white-covered package, which, when opened, will be found to have a small joke or "dig" for him in it.

Any set speech delivered while you were cutting the cake would be liable to fall flat, Just be natural; your guests, if they are having a good time, will probably be laughting the cake would be liable to fall flat, Just be natural; your guests, if they are having a good time, will probably be laughting the cake would be liable to fall flat, Just be natural; your guests, if they are having a good time, will probably be laughting the cake would be li

These copies are called blueprints.

In order, then, to obtain for us the best possible price on the house he has drawn up, he gives a copy of the plans and specifications to several builders or general contractors whem he knows to be reliable. The contract to build the house will naturally be awarded to the one whose estimate is the lowest. The architect then writes up a contract which protects our interests financially; this is signed by the builder and ourselves, and then the actual building of the house begins

THERE was a time way, way back in the proper that the centuries when we provided with our own hands everything we needed. We own hands everything we needed. We many things which come up and which it is ot possible to cover entirely in the plan-

> work to shoulder the responsibility which work to shoulder the responsibility which, in case we do not employ one, we must rely on ourselves for. He plans our house, he designs it to look well, and then sees to it that it is well built. This is his special works, therefore, it should pay us to obtain his services on the one condition, however, that in our selection of one we make the uponer choice.

Questions and Answers

Could you give me the approximate cout of House No. 3 published on June 67 INVESTOR. Just now prices are not at all steady, a hat an approximate price is very approxi-

HOT WATER this Summer with kitchen, install a Fleck Ohio Junior Water Heater and specifications Thus we see that it is the architect's

bucket of coal a day a unlimited bolling ar without heating up cellar. Write, call. gives unlim water witho the cellar. phone FLECK BROS. Co. Plumbing, 44

Heating and Water Supply. 506 Arch St.



THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellopp in this space will daily give advice on pre-medicine, but in no case will be take the risk of making diagnoses of or prescribing to mosts requiring surgical treatment or drups. Health questions will be pramptly a guered by personal letters to inquirers who inclose stamped envelopes for repts.

Exercise

By LACK of exercise the body becomes exercise. Sedentary persons depends upon this means of exercise should was four to eight miles a day, not leasurely, but the second search of the control of the con cially rheumatism, indigestion, diabetes, obesity, neuralgia, insomnia, constipation and premature old age.

at the rate of four or five miles an hon Young persons may engage in varie vigorous sports in which running is quired without disadvantage. Such as cises develop the chest by exciting vigors breathing movements. Running exerce are not to be recommended for adult won or for persons past middle age. Adults, unless from youth accustoment Exercise may be classified as gentle, moderate and violent. Gentle exercise is that which does not produce either fatigue or breathlessness. Moderate exercise produces Adults, unless from youth accustomed a running, should content themselves with slower pace. After running exercises the pulse and respiration should return with a few minutes to the normal rate. When the pulse remains quick for half an houre poors after exercising, the fact is estimated. fatigue, when sufficiently long continued, but not breathlessness. Violent exercise produces breathlessness, which is one form of fatigue, and if continued for any length of time produces exhaustion. the pulse remains the fact is evident that the exercise has been too violent Swimming is the most valuable of all form

Gentle exercise is adapted to invalids and very feuble persons. Violent exercise is per-missible only to young persons and to adults who have been accustomed to vigorous ex-orcise all their lives. Moderate exercise is the sort which is especially indicated for health in all classes. It must not be considered, however, that exercises are harmful that cause a person to breathe deep. Deep breathing is one of the most beneficial effects derived from exercise.

There is nothing better than physica labor for promoting muscular developme and securing the advantages which com-from exercise. But care should be taker continually to keep as nearly as possible n a correct poise. Ignorance, carelessness or weariness often leads a person to assume unhealthful positions while engaged in work, which, in consequence of the irregular muscular development thereby induced become fixed deformities.

For children, out-of-door play, light work, suisting in cultivating fruits, gardening and similar occupations are desirable exer-

Elderly persons require a considerable amount of exercise, but should be careful to avoid violent exercise of all kinds. They should especially be careful not to become greatly overtaxed or out of breath. The chest walls being rigid, the lungs cannot expand as in youth, and the heart may also be easily overworked. Elderly persons who are accustomed to exercise do not so quickly experience a sensation of fatigue, be-cause of diminished nervous sensibility. They are consequently very liable to over-work, not being aware of the fact until a lay or two later, when symptoms of secondary fatigue appear.

It is important that elderly persons should understand this fact, which applies to mental as well as physical work. An elderly man may be able to compete with a young man in exertion without apparent injury at the time, but will later suffer, while the young man will experience no injury, though at the time greatly exhausted.

A working man may perform work equiv-dent to lifting 900 tons a foot high in a lay. It is not probable, however, that so much work as this is required for the natutemance of health; but it has been alculated that at least one-sixth of this uncount of labor should be done by the everage man in order to maintain proper infore and activity of large house. average man in order to maintain proper vigor and activity of lungs, heart and of the various functions which depend upon the action of muscles. It must be borne in mind that the strength, health and vigor of the internal muscles, those of the stomach and intestines as well as of the heart, de-pend upon the strength of the external musmate. Somewhere between \$4800 and \$5200, es. When these are weak the internal uscles become weak also. Is it safe for me to use a not-air system of heat? How can I know whether or not it is properly installed? MISS E. G. It is our intention to cover this subject Women as a class, because of their more

ulet lives, suffer more than do men from ck of exercise. Walking is the most useful form of

makes the pain and distress in the stomach The food does not ferment in the stomach

of exercise, but must not be overdone

Carbuncles

What is the cause of carbancles? B. O. M.

Carbuncle is an infection with germs from

Food Ferments in the Stomach

No, but they do cause the stomach to

A Meal of Fruit in making a meal of fruit caty, should a cake one kind or a variety at the same meal. MB. V. H. SMITH.

One may take an many different kind fruits as he wants. Fruits are all frien They agree together. It is better for a people to take a little variety, though can make a meal of one kind of fruit a f he wishes to, but he should eat bran ale

Shortness of Breath

What causes shortness of breath when a The heart is not able to keep the blout of the chent and so it accumulates the chest, making a kind of dropay or a gestion. Shortness of the breath alw means congestion of the lungs. When hurry to catch a train and get very of breath or if you hurry upstairs or too fast you have temporarily comp lungs. One who has heart discuss st be careful not to get in a breathless condi-tion. Such a person should move glowly and cultivate a calm, quiet state of the min and body.

Climate for Anemia

Is lower Flurida too low an altitude for our offering with anemia? We L. H. Anemia is not affected by altitude. (Copyright.)

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