

ALL FEELING OF GRATITUDE KILLED BY CONSTANT REMINDERS

Many Persons Unable to Find Expression for Their Thankfulness—"I'm Sorry" the Polite Phrase Now in Use

NOTHING so quickly kills all feeling of gratitude as a constant reminder of the benefits received from the person who is responsible for giving them.

Yet it is well to remember that there are many so constituted they cannot give expression to their feelings, and expect you to understand by ever so slight a sign that they are grateful.

ONE woman I have in mind is like this. She will accept really considerable favors with the greatest indifference, and many times those who do not know her well think her an ingrate; yet when opportunity offers she will inconvenience herself not a little to return these obligations.

And, obversely, she believes others are imbued with the same sentiments, when as a matter of fact too many of us expect to be patted on the back for every unselfish act, and, failing to receive the share of applause we consider ours by right, we feel that, alas, we are not appreciated!

A WRITER has been singing a requiem over a phrase which has become virtually obsolete. It is "I beg your pardon." True, as she says, its omission can mar a whole day, its use make even the most weary smile with contentment.



Oh, tell me, little children, have you seen her—The tiny maid from Norway, Nikolina? Oh, her eyes are blue as cornflowers, 'mid the corn.

Yet its successor, that phrase which is now in more or less common use, goes even further, to my mind. It is "I'm sorry," spoken as if one really meant it.

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 also give names and addresses. It is understood that the editor does not necessarily endorse the sentiments expressed. All correspondence should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia.

TODAY'S INQUIRIES

- 1. How can wilted flowers be revived?
2. Should the leaves be pulled off flower stalks before placing the flowers in water?
3. What makes a good preservative for cut flowers?

ANSWERS TO SATURDAY'S INQUIRIES

- 1. Thick glassware cracks more easily under heat than thin glass, as the outside of thick glassware does not always expand rapidly enough.
2. When making jelly it is better to cook a small quantity at a time than a large quantity. If necessary to cook a large quantity divide it into several small receptacles.
3. An overment of sugar, instead of hardening jelly, will make it soft and syrupy.

To Can Eggplant and Beets

Dear Madam—Will you tell me through your column, please, how to can eggplant and beets so they can be used in winter? (Mrs.) K. R.

These vegetables can be canned with very satisfactory results. To can the eggplant, pare it, cut in thin slices as you would for frying and drop it in boiling water for fifteen or twenty minutes. Drain off the water and pack the slices into jars, cover with water, then after placing the rubber rings around and the lids on loosely, but without putting down the springs, place the jars in the boiler, leaving down space between each, pour in about three inches of cold water, or just enough to form steam and to prevent the boiler from going dry, put the cover on the boiler and set on the stove. After the water begins to boil keep it boiling for an hour, at the end of which time remove the cover of the boiler and let the steam to escape, press down the springs at the sides of the jars, remove them and allow them to cool. Next day place them again in the boiler and boil for an hour after loosening the springs on the jars again. Repeat this process on the third day, then set aside for a day or two before testing. This is done by releasing the spring at the side and turning the jar upside down. If sterilization has not been completed or there is the slightest decomposition, the top will come off; otherwise it will hold.

Beets are prepared by washing, cutting off the tops, slow boiling for an hour or more until they are thoroughly cooked. Then remove the skins, cut in slices and pack into the jars, cover with water and sterilize as you do the eggplant.

Caramel for Soups

Dear Madam—How do you make caramel for coloring soups? A. M.

Put two tablespoonfuls sugar into a small saucepan and let it melt, then bubble over the fire. When it is brown pour in two tablespoonfuls boiling water and stir until the sugar is dissolved. A very small quantity will color the soup sufficiently.

Recipe for Artificial Honey

To the Editor of Woman's Page: Dear Madam—Will you kindly give us a recipe for artificial honey? ADLIE B.

This recipe is a good one if the directions are carefully followed: Ten parts sugar, three parts rainwater, bring to a boil over a slow fire and let both simmer ten minutes, skimming all the while. Let cool, add three parts of good old strained honey and five drops of oil of peppermint to a gallon of the sugar syrup. Low sugar is better than any other for this purpose.

To Make Opaque Screen

To the Editor of Woman's Page: Dear Madam—Will you tell me what preparation is used to make an opaque screen for the sake of shading or other film cloth? Also, will you please tell the directions you give some time ago for removing chewing gum from cloth? (Mrs.) D. E.

Beat the anchovies to a paste, then pass them through a sieve, add twice their quantity of butter and cayenne pepper or paprika and other spices to suit.

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What to Buy Now in Produce Markets

THE produce market report of the Home Defense Committee advises women as follows:

SCARCE GROUP Peaches, cantaloupes, watermelons, blackberries, huckleberries, green corn, lima beans are just beginning to arrive in market and are high in price.

Strawberries are scarce because the rain shortened the season. Cherries are scarce because the rain virtually ruined the crop.

Tomatoes are coming from Mississippi only. Potatoes are scarce on the market today, but prospects are that they will be more plentiful next week.

NORMAL GROUP Cabbage, carrots, cucumbers, eggplants, asparagus, peppers, spinach, cauliflower.

ABUNDANT GROUP These products are plentiful and cheap. They should be used heavily: Rhubarb, green string and wax beans, beets, onions, lettuce, peas.

Parsley, kale, radishes are also plentiful. The housewife should take advantage especially of the rhubarb, peas and onions, as this is the height of the season for them and they must not spoil.

J. RUSSELL SMITH, Chairman.

Nikolina

Oh, tell me, little children, have you seen her—The tiny maid from Norway, Nikolina? Oh, her eyes are blue as cornflowers, 'mid the corn.

Oh, her cheeks are rosy red as skies of morn! In her little garden many a flower is growing—Red, bold and purple in the soft wind blowing.

But the child that stands mid the blossoms is sweeter, quieter, brighter 'em than they.—Celia Thaxter.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

Holding the Breath

THIS has often been mistaken for merely temper, when it is a nervous affliction and entirely out of the child's control. It is a disease, rather than a voluntary action or habit, and should receive the consideration to a wrong condition. The fact that it so often happens when the child is angry does not disprove this statement, as the physical effects of strong emotions are not usually recognized by the mother; they require treatment both from the physical and psychical side.

The excitement of anger often causes spasmodic contraction of the breathing muscles. Sometimes a child will suddenly stop breathing and become blue in the face, perhaps unconscious. Often no cause can be assigned; some disturbing influence has caused the muscles of the larynx suddenly to close. There is no reason for anxiety, as the application of cold water to the face and chest will usually correct the immediate trouble. But a child so affected should be carefully guarded from excitement and special care given to his diet.

Constant recurrence of this trouble indicates some constitutional disease, and should receive the attention of the physician. Usually the child is delicate, superstitious, and needs "hardening" by cold baths, out-of-door life, including outdoor sleeping, short sun baths, regular bowel movements and attention to his diet.

To Improve the Circulation

What can a person aged sixty do to improve his circulation so he will not require heavy clothing? R.

He can exercise in the open air if his health is not weak and his arteries diseased. He can now wood, golf, work in a garden.

He should eat moderately and his diet should consist of plain, wholesome food. Fruits and vegetables are advised to the exclusion of coffee, meat, fried food and bread. The bowels should move freely without the aid of medicines. Two tablespoonfuls of bran should be taken with each meal. It can be mixed with cereals and taken in soups or with vegetables. One person's need for bed covers cannot be a guide for others. People in health vary in their requirements.

Hip Reducers

Are rubber hip-reducing garments injurious? Such garments cannot be recommended. Exercises to reduce the hips are healthful and effective.

To Reduce Fat and Blood Pressure

What food and how much should a person eat to reduce fat and blood pressure? Are hot or cold baths best? A. S. P.

Very meager meals are prescribed in such cases. Gluten bread, fruits and vegetables. The bowels must be made to move two and three times daily. Take paraffin oil or petroleum at the bedtime. Omit from the diet meat, poultry, fish, cheese, cream, butter, all fat, sugar and bread and breakfast cereals. Eat lettuce, spinach, asparagus, celery, cauliflower, cabbage, etc.

Neither very hot nor cold baths are advised when there is high blood pressure. Take baths of a comfortable temperature. All exertion, exercise or work that is a physical or mental strain should be avoided when there is high blood pressure. Sweating baths are useful and exercise. A walk of three or four miles at a moderate gait will burn up an ounce of fat.

Ankle and Arch Supports

My ankles frequently turn over. Would the wearing of arch braces cause them to be weaker? My third toe has a swelling under it. I have been advised to wear arch supports. What is your opinion of these appliances? (Copyright.)

Little Girl Takes Poison

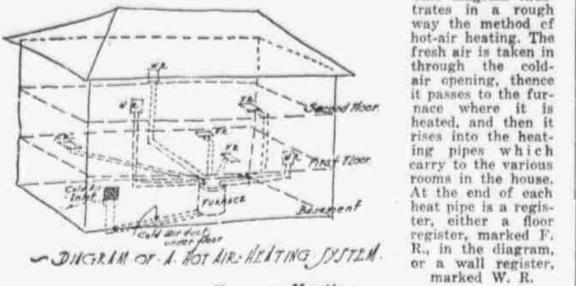
Mary Devine, three years old, of 1619 North Twenty-eighth street, is in a serious condition at the Mary Drexel Children's Hospital as a result of swallowing a poison tablet. The tablets were knocked from a shelf in the bathroom by the little girl's brother. She swallowed one before he could get them. Her father is a policeman of the Twenty-third District.

Uses Match to Find Gasoline Leak

Looking for a leak in a gasoline tank of his automobile, a lighted match caused an explosion which souly burned Peter Cafuti, twenty years old, of 315 Mount Vernon street, Camden. He was taken to the Cooper Hospital suffering from burns of the face, neck and head. The explosion was wrecked.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, B. Arch., R. A.



Furnace Heating

FURNACE heating has seemingly been forgotten by the home builder. Hundreds of houses are built every year that are of the size that could be better heated with hot air, but instead, an average of about \$200 more is spent for hot water. We think that this is not because money is so plentiful, but because the home builder is not well enough acquainted with this form of heating. Let us, therefore, go into the subject in sufficient detail to understand its theory and to be able to prevent faulty installation.

For warming residences not exceeding 1200 square feet of ground area, the author believes a good furnace, properly set and with hot-air pipes of proper size, suitably located, will give the best satisfaction, as it is economical in first cost, easy to maintain, costs little for repairs, and furnishes a pleasant and beautiful heat at no greater expense of running than for steam or hot water. The most common defects observed in furnace heating are overheating of the air, vitiation of the air by the gases of combustion and imperfect distribution of the heat.

The furnace should be divided into two parts, the production of heat and its distribution. The first two defects may be entirely avoided if sufficient care is exercised in the selection and setting up of the furnace and in tending the fire, and the last defect may be reduced to a minimum by a wise location and proper proportion of the pipes and radiators. The cause of the unsatisfactory heating of a great many houses by furnaces is the refusal of the owner or builder to pay the necessary price for a first-class furnace and for the best workmanship and materials.

The furnace should be made of cast iron, wrought iron and steel, either used singly or combined. Though there are excellent furnaces made of wrought iron and steel, the author believes that a heavy cast iron furnace is the most durable, and can be made as light as possible, and should be arranged so as to be easily cleaned.

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IN THE MOMENT'S MODES

Egyptian Bathing Costume of Khaki Kool



There is bewildering variety in the season's bathing costumes. There are straight jumper models, quaint aproned affairs, some belted designs, Empire effects and long-waist models. Of each of these one finds schemes employing an almost endless list of materials. One of the unique results of this effort of the style creators to give women something in bathing costumes is the beach suit, which finds its inspiration in ancient Egyptian garb.

THE CHEERFUL CHERUB

Advertisement for Horlick's Malted Milk, featuring a cartoon character and a list of breakfast items.

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Restaurant Flirt

"MAMIE and you do not seem to be as friendly as you were," I said to a young man the other evening. "What has happened?" "Nothing, no very much," he answered casually. "You seem to me to determine never to take her out to eat in a public restaurant again."

"To my surprise and dismay," Mamie said, "she wanted a cocktail, and as the waiter was hovering over us, I could not will protest without causing her embarrassment." "At the table next to ours was a party of college boys, who had been drinking freely. Mamie's fresh, wholesome beauty attracted them, and they began to ogle her. Instead of being angry, Mamie smiled and tossed her head, and kept throwing them glances of encouragement.

"When her cocktail came the boys, evidently rich men's sons, drinking champagne, raised their glasses simultaneously with a little significant gesture to suggest that they were toasting her. Mamie blushed and cast down her eyes, and then responded with her own glass. I was furious at the by-play, for I realized its significance if she did not.

"The music struck up a fox trot, and almost instantaneously the young chap nearest Mamie rose, and murmuring, 'My dance, is it not?' whisked her off on to the floor before I fully realized what was happening.

"This time I was so thoroughly incensed that I could hardly control myself, but, fortunately, I realized that a public restaurant was no place to make a scene. The thought that I had gone girl, under my escort, should allow herself to be picked up by a stranger in this free-and-easy way so enraged me I paid the bill while they were dancing, and when Mamie returned to the table, I told her we were leaving at once. She protested that she had not eaten her supper, but I was in no mood to argue, and firmly guided her toward the door.

"The declared I was jealous, and that there was no harm in what she had done! If those are Mamie's views of what a good time is, I am through with her!" "Girls, why will you continually cheapen yourselves and lose the friendship and confidence of worth-while men for the sake of a minute's amusement? If you like a man well enough to accept his attentions, you, at least, owe him the courtesy of your attention when you are together, and should be above humiliating him with a stranger whose respect you forfeit by even noticing him without the proper introduction.

"God wants you to have a good time. Being a Christian does not mean that you have to bid good-bye to all the joys and pleasures of life. But a good time according to the right standards, and a good time according to the devil's standards are two vastly different propositions. (Copyright, 1917, by the Bell Syndicate.)

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: I am having the best time of any girl in the whole world. Oh, Kate, I do love to believe, cause dancing is just a saying the nice-thoughts inside of you with your body instead of your lips. And I think when you get better thoughts you do better work. I know mine is different somehow, cause even old, fat Casey who never throws you a decent word if he can help it, said I'd do.

When I used to dance in the joints around Fourteenth street and over on Eighth avenue I danced just the things I knew then, which was cafes filled with cigarette smoke, booze on the tables and puffy, bad-faced men staring at me. My dancing was not good, just making my feet go, but now I think about other things and I dance the buds coming out on the pussy willow, the dew-drops blossoming and the ripples of the lake when the moon shines on it.

I hear the crickets and the katy-dids and the little peepers from the pond, and instead of hard-faced girls puffing cigarette smoke, I see a man's face, his eyes with his curls hanging round his laughing face as he runs up the long road to meet me when I come from the station. My body seems to have grown bigger now, my feelings and it bends more easy and I believe I have even changed my face. I don't feel that all the world is against me and that I have to fight my way through it, cause I know an old love of mine, and he talks in your feelings, it is bound to make a difference in your actions, and that is the reason why I dance, I sway and bend and turn as light as if I were airy and feel about in story books. It ain't dancing, it ain't work. It is just telling all the world I'm happy.

Dancing in these better places is not bad for a girl. It causes the management, don't you see, to give you a better job. It makes you get fresh. Of course I get a lot of notes and bids to dinner, but I don't take them cause I have had them all my life. The only difference now is the quality is good in these and they are supposed to come from gentlemen. Yet I tear them up just as easy as I did the other kind. Mrs. Smith always scolded about me. I showed her a mash note once and she said, 'You ain't fit, but I tell her she don't need to worry about me. I know how to take care of myself all right, as I have been doing it all my life. I see too many girls who get into bad ways that I don't pay, never know a girl yet that went the limit but landed hard some day on the pavement. Even you, my dear, you ain't any good, and when you married Jim and he showed you how easy they went in other people's pockets, you kind a took to it natural.

I supposed that is because of father who is a born dip and it had come out again in some of the family. I wonder if lots of people ain't crooked cause they don't know no better. I have been thinking a lot lately about educating the children. I was in a boy's school in England, and he talks sometimes about the right kind of learning, and I sit by and listen trying to hear all I can that will help him. Mr. Smith says that if a boy has got the right kind of education, he will just naturally choose the right things in life. He don't believe because a father and his grandfather are dips that that is any reason that his son should be one. He says, give him the right kind of schooling and teachers that will understand him or show him what kind of books to read and tell him the great things that have been done by other men, and that he can do it if he tries, that it will make him ambitious and he will naturally choose the right kind of a life instead of the wrong kind. He will go with the right kind of people, instead of the wrong kind.

He wants to make Paul an electrical engineer, but first he wants him to go to college and get a lot of book-learning, so when he is by himself he will be willing to sit by the fire and read some book he loves instead of chasing down the Great White Way to find amusement. He says a man must

held for hitting wife with wrench. Accused of hitting his wife on the head with a wrench, Frank Carrigan, of 1926 Pierce street, was held without bail for a further hearing by Magistrate Baker today. The prisoner's wife is in St. Agnes's Hospital with a fractured skull. Her condition is serious. Carrigan was arrested by Policeman Bogel after the attack, which was the result of a quarrel. The couple have three children, who were turned over to the Society to Protect Children from Cruelty.

Advertisement for 'SAVE THE FRUIT CROP' strawberry jam, featuring an illustration of a strawberry and a jar of jam.

Advertisement for 'A Franklin Sugar for every use' featuring an illustration of a sugar container.

Advertisement for 'Flex Features' featuring an illustration of a person's face and the text 'Economy Demands'.

Advertisement for 'He Can Dress Better at Less Cost' featuring an illustration of a man in a suit and the name 'BILLY MORAN'.