

Woman's Realm—Present-Day Fashions—Household Advice

THE GIRL WHO IS LEFT BEHIND PROVES THE GREATER HEROINE

More Credit to the Woman Who Sticks to Her Work Than to the One Who Shirks Her Responsibilities

GOING abroad to engage in war relief work is a splendid thing for women to do; but under some circumstances the girl who remains behind is performing a much more sacrificial act.

Several days ago a young woman mailed from an American port bound for "some-where in France." Before her departure she was fretted considerably, and on every hand she heard admiration expressed for this girl who had sufficient courage to give up a paying position for the uncertainties of this new venture.

Yet to my certain knowledge both of these girls contributed to the support of their families, by giving up their position, depriving their family of a much-needed stipend. She who was left behind is unable to go for that very reason. Her part is certainly less spectacular, but to which do you think belongs the credit?

THERE is much for every one to do in this country and only too great a rush of incompetents to the other side. To enlist as a Red Cross nurse sounds very fine, and many girls, carried away by the excitement of the moment, rush in as assistant nurses with visions of smoothing the fevered brow of a wounded hero, or reading to him, of tenderly binding up his arm or of taking his dying message, only to find when they are actually in the thick of it and there is no going back; that, as Elizabeth Frazer told so many when she was here some weeks ago being an assistant nurse often means

Vyvettes



We wonder how these ridiculously small aviator caps stay on anyway when the aviator fly high? This miss takes no chances of losing her cap when she goes up in the air—she has it securely fastened on by a single wide streamer.

carrying out amputated limbs, changing bed linen and performing other more sickening tasks for fourteen or more hours at a stretch, and often without a word of gratitude or encouragement from any one.

AS SOME one has said, pretty faces are not curative agents, nor will sympathetic temperaments alleviate pain. The girl whose means will allow her to do so, and for whom nursing is not just a romantic venture, should stick up for a course of training. She can be used at the front, but she whose circumstances will not permit her to board the first boat is performing just as great a service by staying at home and "doing her bit," unheroic as it may seem to be.

IN THE MOMENTS' MODES

Summertime Wraps Are Trimmed With Fur

The style folk seem determined that fur shall not languish as a summertime fashion factor. The newest warm-weather wraps for afternoon affairs and for semiformal evening functions have fur trimming. These wraps exhibit marked favoritism for cape modeling. Some hang in straight lines from the throat and some have yokes. The collar is invariably of fur, and frequently one finds bands of matching pelt used as trimming to outline the yoke joining and to trim the cape's lower edge. In some very effective models tails are used to decorate the hem. It is a very attractive summertime wrap that is presented in the accompanying illustration. The material here is figured georgette, twofold, and trimmed with collar and bands of gray squirrel. The hat is black lisse straw, with a drapery-covered brim of pink georgette. Pink crush roses and black velvet ribbon supply the trimming.



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

TODAY'S INQUIRIES

- 1. How can empty coffee cans, baking powder and syrup cans be utilized?
2. How can white breadcloth be cleaned?
3. How can iron rust be removed from delicate white fabrics?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Salted meat should be put on in water nearly boiling.
2. Too thick a crust and too many holes in Graham bread are caused by allowing the bread to rise too long and having the oven too hot when the bread is first put in.
3. Starch can be prevented from sticking to the iron by mixing it with soapy water or adding a little salt.

To Can Peas and String Beans

To the Editor of Woman's Page: Dear Madam—Please tell me how to make a recipe for putting up peas and string beans in jars for the winter. (Mrs.) JENNIE M. ... These directions are given by specialists of the United States Department of Agriculture. The washbottle method is entirely effective. If you desire, you may purchase a home-size water-seal or steam-pressure cooker, which will save both time and fuel. If you use a washbottle, provide a fat-bottomed wooden lattie work, comprising of wood or coarse wire netting. Fill the vessel with clean water to which the boiling water will cover the tops of the jars or cans. Begin heating the water so that it will be boiling violently by the time the containers are packed. See that all cans or jars are in good condition and absolutely clean. Sterilize the jars by using new rubber rings, and scald these also just before putting them on the jars.

Throw out all peas and beans which are withered, and if possible can them the same day they are picked. Prepare them as for table cooking; plunge them into boiling water for from three to five minutes, and from there into cold water, removing immediately. Pack at once into sterilized jars as solidly as possible without mashing and fill the containers to overflowing with boiling hot water to which a little salt has been added. Place rubber rings on the jars and screw down the top-rings. Put the jars at once into your washbottle or other canning device. If in the washbottle, they should be allowed to remain for two hours after the water boils up to a water-seal outfit, for one hour and a half, and in a steam-pressure cooker, for one hour. This time is for one- quart jars. Remove at the end of this time, tighten the lids of the jars and stand them upside-down in a cool place, being careful that no draft strikes the hot jars. Store in a cool, dry spot. There will be no spoiling if the directions are followed implicitly and the containers are sealed up tightly.

Care of Palm

K. W.—Your question comes under John Bartram's department; he will send you an answer shortly.

Home-Made Soap

To the Editor of Woman's Page: Dear Madam—Please tell me how to make soap out of fat and lye. (Mrs.) ... One can of potash, one tablespoonful borax, three-quarters of a cupful of ammonia, two quarts of fat and one quart of cold water. Stir the potash into the water until dissolved, add the borax and ammonia, let stand until cool. Then add the fat which has been melted, but is not hot. Pour potash into the fat very gradually, stir for fifteen minutes and mold into a shallow pan. Let stand until quite hard, but not too long. If it gets too hard it will not cut without crumbling. Cut it into squares, then allow it to harden.

What about a Ukulele?

To the Editor of Woman's Page: Dear Madam—While on a visit to the camp of the 1st Regiment, N. G. P., at Yonkers, I saw a Ukulele, a small instrument of some kind, which I know that if some one would give me one, I would be very glad to have it. I would like to know if you could help me in this matter. (Mrs.) ...

Stays Too High

To the Editor of Woman's Page: Dear Madam—Will you please let me know whether there is any way I can cut stays down, I got a new pair and find after wearing them a few times that they are too high. I have a poor girl, I cannot afford to have it made. (Mrs.) ...

Suggestion for Shower

To the Editor of Woman's Page: Dear Madam—I have a friend who is going to be married next month. Can you tell me what kind of shower I could give for her? She has already had a kitchen shower, a linen shower and a silk-dressing shower, which is to give her something else. ANNA M. ...

Entertaining by Young Matron

To the Editor of Woman's Page: Dear Madam—How many times a year do you give a party? I have been thinking of giving one, but I am not sure of the best way of simple entertaining. (Mrs.) P. K. ...

Girl Scouts' Headquarters

To the Editor of Woman's Page: Dear Madam—Will you kindly tell me where I can get a Girl Scout's uniform? I would like to have one, but I do not know where to go. (Mrs.) ...

Wants Poem Published

To the Editor of Woman's Page: Dear Madam—I have written a poem, I would like to see it in print, if you could explain how to do it. (Mrs.) ...

To Brighten Eyes

To the Editor of Woman's Page: Dear Madam—Can you tell me of any way to brighten the eyes? Will belladonna hurt them? Also, what can be used to remove dry wrinkles which have appeared at the corners? M. E. ...

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 staying tonight at Lake Rest and it seems like home. I am sitting in front of a fire of logs in a great, big fireplace, and the flicker of the fire and the ticking of the clock seem a sort of music to me. Oh, Kate, it is wonderful here now! It is a little cold and the little around the lake, instead of being green, are all scarlet and brown. The maple trees look as if they had put on their dancing dresses and the ocean turns to gold when the sun strikes it. The bitter-sweet has little yellow berries which burst open and show the red center, and the sumac is all round the ending stiff and straight as if waiting for the calcium to be turned on. The brown of the oak trees seems only made to show off the green of the pines and hemlock and spruce, and the brakes that are now so green and lush are, now all ripening up and dying along with the golden red and the purple asters. The ground is covered with a thick brown carpet of oak leaves, that rustle when you walk through them, as if the forest Mrs. Smith reads about was trying to speak to you.

I rained yesterday when I came, and of an unhappy rain that made little ripples on the water, and the lake was covered with gray shadows that said as plain as they could, "There is something deep and wonderful below me here that I am covering up with my veil of mystery." I was disappointed that I could not see the moon, but I broke out of the clouds a while ago and touched their edges with silver. I am sure it isn't the same sun and moon shining here that shines on my street. This morning I woke up early and from the ground to the sky there was nothing but a sea of color. It looked as if the world was on fire over there beyond the hills.

I wanted to write a great crimson thing without a shadow, and then I changed to colors which I have never seen before and I felt I was looking into a world of beauty that drew the heart right out of me. The sky above grew blue and lighter with only here and there a cloud till it was lost in a great up-thrust that covered the earth like a cap of silver.

Oh, Kate, I love it here, I wish I never had to go back. After I have had a night here with the quiet and the peace that seems to be everywhere, the restaurants, and the smoke and the people make me think of the calcium to be turned on. I would never have a couple of nights I slide back into it again, and like it, I suppose because I have never known anything else. But I believe that if I had a home like this I would never have a couple of nights I slide back into it again, and like it, I suppose because I have never known anything else.

I am thinking of you, Kate, though I am awful tired. (CONTINUED MONDAY)

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, and will take the risk of making diagnoses or prescribing for ailments requiring surgical treatment or drugs, answered by personal letters to inquirers who enclose stamped envelopes for reply.

Stomach Rest

The gastric juices not only digest the food, but disinfect it, and after the food leaves the stomach the gastric acid disinfects the stomach itself. This is highly important as a preparation for the next meal. Hence, it is necessary that the stomach should become empty and should have a short period of rest after each meal before food is again taken into the stomach. This will prepare the stomach not only by insuring perfect freedom from infecting bacteria, but by giving the glands of the stomach and the nerve centers which control its action an opportunity to replenish their store of energy for use in the digestion of another meal.

The stomach should have a chance to rest for one hour after each meal before the taking of the next. If food is received into the stomach before it has disposed of the previous meal there is no chance for either rest or disinfection. The stomach is unprepared to do its work well and indigestion is the result.

A healthy stomach empties itself of an ordinary meal in four hours, so the usual meal hours, 6 to 8:30 a. m. and 6 to 6:30 p. m., afford time for rest and disinfection as well as digestion. But when the stomach becomes disordered so that it does not empty promptly, the meals overlap, the stomach is cleared only once during the day, during the night; the gastric glands become worn out with overwork, the mucous membrane of the stomach becomes infected and diseased and serious

gastric disorders result. This condition is exceedingly common among chronic invalids. There are very few persons suffering from chronic disease of the heart, blood vessels, kidneys, liver or nerves, who do not at the same time suffer from some disorder of the stomach or intestines. Constipation is almost universal in these cases, and the sluggish action of the colon, shared by the small intestine and the stomach, is the result of this delay, or "stasis," as the doctors call it. It is to encourage the development of bacteria and auto-intoxication.

Water-drinking affords a natural and efficient means of relief in these cases. If necessary means, two or three glasses of water should be taken four hours after each meal, at the time when the stomach should be empty. The temperature of the water may be hot or warm or room temperature, but water should be avoided. The effect will be mechanical cleansing of the stomach, but, by causing the gastric glands to pour out an abundance of hydrochloric acid. Since the gastric acid remains free and is, hence, highly active as a disinfecting agent.

The quantity of water taken should be about a pint, and the best time for taking is about an hour before eating.

Copious water drinking, as directed, not only rinses and disinfects the stomach, but supplies to the blood the water necessary for cleansing the tissues and aids the kidneys and other eliminative organs in removing from the body the damaging poisons which are continually pouring into the blood from the colon.

Nervous Indigestion

I suffer from nervous indigestion and I am afraid of insanity. I worry about my mind. EDNA. ... Your nervousness and "blows" are entirely due to the nervous indigestion. In all cases of hyperacidity (nervous indigestion) the most important thing is the diet. You should also be in the fresh air as much as possible during the day and sleep out if possible. Take a tablespoonful of olive oil before meals. This will lessen the acrid action of the acid in the stomach. If milk agrees with you, may take fresh butter-milk, malted milk, cream on your cereals, egg-nog, zwieback, all the flaked cereals, nut butter, nut, sweet butter, steamed fish, stewed prunes, pears, raisin pulp and baked sweet apples. In order to stimulate bowel activity you should take either a mineral or vegetable oil. As your digestion improves your worries will disappear. There is no reason for you to fear insanity.

THE CHEERFUL CHERUB

Some folks take for granted this wonderful world And nothing surprises them much. They don't stand in awe at the stars or the trees How deeply I marvel at such. (Copyright)

WHAT'S ON JULY THEATRICAL ROSTER

SAGACIOUS REPORTER'S ECHOES OF CONVENTION

Flashbacks Dealing With Exhibitors' League Meeting Here This Week

One of the wonders at the convention was Guy L., who manages the Wilson Theatre in Baltimore.

Unable to secure a Gold Rooster, Manager Osborn, of Pathe, bought a live one. Some day soon he will be able to have cold rooster.

While waiting for the eruption of Paramount's volcano, a salesman from the Vitagraph forces, entertained with a parodied version of "River Shannon." His five years in vaudeville did not go for naught.

When illustrated song-singing was first introduced, Allen May, manager of Bluebird, was one of the first to be engaged. He sang "The Liberty Bond" and "Judge" and Mrs. O'Donnell.

There was a dancing contest and the "Judge" won it. Quite unusual, that. The old style waltz was the means of securing the Liberty Bond for "Judge" and Mrs. O'Donnell.

"Many are called, but few get up." That is what happened when Manager J. S. Hebrew, of the Vitagraph Company, was announced to speak. He was looking after the return of William Dunn and Miriam Fougere, stars of the company who had to return to New York.

Herbert Given, manager of Triangle, now appreciates the meaning of the three points to this symbol. A baby has been added to the family, forming the last point in the angle. Paramount, with which he was formerly connected, has issued a comedy in his honor called "Oh Pop."

Louis H. Bell, Paramount's new publicity promoter, was the first to have his palm read by Violet Messereau. Like a true reader, she had no change, so Bell rang out a greenback.

Although Lina Cavalieri is to make pictures for Paramount, that did not deter her from having her in the Selenitic exhibition. However, it was her voice, as produced upon his \$300 Victrola.

Metro's manager certainly furnished a good story. It was in the person of Edith Storey, their new luminary.

In the election of State secretary of the league it was indeed a Goodwin for Charles H. of this city.

WRITE LIFE, ADVICE OF MABEL H. URNER

Author of "The Neglected Wife" Shows That the Prosaic May Be Interesting

"Don't write about life. Write life itself." This is the advice to ambitious young writers given by Mrs. Mabel Herbert Urner, author of the two novels which Pathe has made into the master serial, "The Neglected Wife." Mrs. Urner, who has an excellent following among newspaper readers as a young writer in America, believes that young authors are too much inclined to be governed by what others have written. "Balzac has said that any man who would put his own life on paper would produce a masterpiece. If we cannot do that, we can at least try to put somebody else's. It takes genuine courage to write unhampered and uninfluenced by what we have read and what we suppose people would like to read.

"The story of a common everyday woman struggling to hold the man she loves, if written with the pen of experience, is infinitely more gripping than a description of the 'Battle of the Marne' written by one who has never heard the sound of guns."

It was this quality in Mrs. Urner's widely-read novels, "The Journal of a Neglected Wife" and "The Woman Alone," which convinced Pathe that there was an opportunity to introduce a new kind of serial. The drama that is a part of every man and woman's life, that is older than war and more universal, is the keynote of these stories and the films that have been made from them.

"If you can make your readers say, 'Why that is just like my own experience,' you have succeeded in producing a story that must command attention," continued Mrs. Urner. "What has success my work has attained is due unquestionably to this feature. Thousands of women who see the Pathe films will see their own lives on the screen; their own troubles; their own problems; their own hopes and fears. To some various features will seem trivial, but you and I know that it is the trivial that shapes the ordinary person's life."

When Mrs. Urner writes on any phase of the household, she writes as an expert. She is the wife of Lathrop Colgate Harper, a New York bibliographer, famous in his own right. Mabel Herbert Urner, in her own words, is a housekeeper. "Balzac has said that any man who would put his own life on paper would produce a masterpiece. If we cannot do that, we can at least try to put somebody else's. It takes genuine courage to write unhampered and uninfluenced by what we have read and what we suppose people would like to read.

"Oh, don't—please don't! I can't bear it! There's nothing I can tell you—nothing." "Is that final?" His voice hardened.

"Yes, that's final." She heard him rise, cross the window drapery. She heard the door open. Alone, she slipped to the floor, her head on the window seat, as waves of scorching humiliation swept over her.

His face set in stern lines. Kennedy paced the length of the library. The situation was intolerable. He looked back to the hall. It had seemed like a withdrawal from the woman he loved; as though he had not been himself at her expense. Yet what could he have said that would not have increased her mortification?

And Norwood? What had he said to her on that evening? The mere thought of her further humiliation was measurable. He was at the telephone now, his hand on the receiver. What could he say that would

Tomorrow's War Menu

- BREAKFAST: Chilled Apples, Stewed Beef Kidney, Coffee, Griddle Cakes. DINNER: Jellyed Tomato Bouillon, Chuck Roast, New Peas, Baked Rice, Cherry Pudding with Hard Sauce. SUPPER: Cold Tongue, Rice Croquettes, Cream Cheese, Cake, Tea.

What to Buy, What Not, in City's Produce Markets

HERE is produce-market report of the food commission of Mayor's Home Defense Committee:

- Abundant Group: Potatoes, plentiful, continue reasonable. Spinach, Cabbage, Beans, Beets, Carrots, Kale. All these latter vegetables are plentiful and cheap. Normal Group: Oranges, Lemons, Carrots, Cucumbers, Gooseberries, Garlic, Egg Plants, Asparagus. Scarce Group: Green corn, Lima beans, Tomatoes, Strawberries, Watermelons, Cantaloupes, Pineapples, Peaches, Blackberries, Raspberries, Huckleberries, Grapefruit. J. RUSSELL SMITH, Chairman Mayor's Food Commission.

"THE NEGLECTED WIFE," PATHE'S NEWEST SERIAL

CHAPTER VIII—"Deepening Degradation" (Novelized from the Pathe serial of the same name, based on the novels of Mabel Herbert Urner) (Copyright, 1917, by Mabel Herbert Urner)

By JOSEPH DUNN help her? What would he say over the wire?

"The next moment her voice came, faint and strained, as he strove to reassure her. There was a furious sound from the hall. With a swift, noiseless stride, he reached the door and flung it open.

"Mary!" as the crouching figure fell into the room. A throbbing moment as she regained her feet and shrank back against the wall, in blanched, quivering defiance. "You were listening!" contemptuously. "You've been driven to that—by your unfaithfulness!"

"What do you mean?" sternly threatening. "I know—I have known for months! Now I've reached the limit of my endurance! You must give her up—you must promise me that you will!"

"I can promise nothing." In a low voice. "A rigid silence that was like a physical pain. Then he groping step on the stairs, and from above the thud of a closing door. Her room was empty, but from the bathroom came a creak of bottles.

"Mary! Open this door!" Then his flung weight forced the lock. Snatching from her the poison-labeled bottle he shattered it against the wall. With a low moan Mary had dropped to the tiled floor. Picking her up he carried her to the bed.

"For a long time he sat beside her, chafing her cold hands, as she lay with her face turned from him. Neither spoke. He knew there was but one thing that would help—and that he could not promise.

"The wretched tangle of his life loomed before him. He had brought suffering to the two women who loved him. He had gone so far that there was now no turning back by honorable way out.

When finally he left her, he went into his own room with a husky "Good-night." The very phrase seemed a mockery, for he knew the night would bring them both only a wretched, sleepless vigil.

It was noon the next day when the elevator boy brought a note to Margaret's door, and announced that a car was waiting.

With dread premonition, she rose open the envelope. "Margaret, I want to help you." His

QUITE BLACK FROM GRIEF



In this young thing who dances in "Canary Cottage," at the thought of leaving the Adelphi and Philadelphia tonight, when the musical comedy ends its local run,

voice was low and controlled. "Isn't there something you wish to tell me? You're so unfortunately alone, you have no one to protect you. Won't you confide in me?"

"I can't." Her tense fingers twisting her gloves.

"Don't you know that no explanation you could make would be worse than what I must infer from your silence? Margaret, I care for you so much that I would forgive a great deal, more than you would think possible."

"Oh, don't—please don't! I can't bear it! There's nothing I can tell you—nothing." "Is that final?" His voice hardened.

"Yes, that's final." She heard him rise, cross the window drapery. She heard the door open. Alone, she slipped to the floor, her head on the window seat, as waves of scorching humiliation swept over her.

His face half concealed by his visored cap, held open the door as Margaret approached.

In the cab's dim interior, vaguely outlined against the dark upholstery, was a heavily veiled woman. Without speaking, she, with her black hood and mask, motioned Margaret to the seat beside her.

An impatient panting, a rasping of brakes and the car glided off.

Swift terror was clutching at Margaret's throat. There was something sinister in this woman's silence. Why did she not speak? Who was she? Where was she taking her? (To be continued next week.)

THEATRICAL BAEDEKER FOR THE COMING WEEK

- STANLEY—"The Heir of the Ages," with Miss Peters, first half of the week. "Big Timber," with Kathryn Williams and Wallace Reid, latter half of the week. Others: ACADIA—"Madcap Madge," with Olive Thomas, first half of the week. "The Flame of the Yukon," with Dorothy Dalton, latter half of the week. Others: PALACE—"Patsy," with June Caprice, first half of the week. "Light in Darkness," with Shirley Mason, latter half of the week. Others: VICTORIA—"20,000 Leagues Under the Sea," with Jane Gail and Allen Holubar, all week. Others: REGENT—"Poppy," with Norma Talmadge, Monday, Tuesday; "Manhattan Madness," Thursday; "The Greatest Power," with Ethel Barrymore, Friday, Saturday. VAUDEVILLE: KEITH'S—"For Pity's Sake," with Charles Keith, Ray Samuels, "The Blue Streak" with Whitney Fox, and company; "The Late Lamented," with Whittney Fox, and company; "The Robins, initiator of musical instruments; Agnes Reilly, singer; Ted Lorraine, pianist; Francis Fritchard; Mollie Bart Company; Frank Quinn and Mamie Lempert; El Ray Sisters.