# VARIED INTERESTS OF THE FEMININE WORLD—DOES MARRIAGE ALWAYS LEAD TO REFORM?

# THE GIRL TO WHOM SYMPATHY IS AS THE BREATH OF LIFE

When Constantly in Demand It Becomes Almost a Vice-Few Friends Withstand the Strain

THE girl who is habitually morose is unfortunate, but her associates are doubly unfortunate if, as is so often the case, she is not content to sit tight and think over her own troubles until the evaporate, but must and will have sym-

She acts as a continual damper. Her friends are made to feel that they are in considerate of her when they express their own happiness over anything, and unless she possesses a personality so unusual that it is not obscured by her selfabsorption she will find herself with few close friends.

Sympathy is a tonic, given in judicious doses; but unfortunately it proves so pleasant to some natures that they must constantly stimulated in this way. It is their "dope"; the habit grows.

THERE is an awfully attractive little woman I have in mind who has a host of friends. Until two years ago, if she had any sorrows one never knew it. Then there was an unfortunate occurrence and she was swamped with sympa thizing friends and relatives. After that one thing after another seemed to demand their sympathy, and now it has become almost as the breath of life to her. She actually invents misfortunes so she may ber that "a moral, sensible and well-bred be condoled with and petted. What a man will not affront me, and no other transition from her former sweet, natu- can." The person who deliberately sets ral self to this creature wearing the ex- about to wound another's feelings is so



A crown of soft ostrich tips that ruffle and billow like tiny waves in the breeze. The coloring is of light gray-blue and sea-green, with hat pins of deep gray, shading into orange. For the shore, of course, during the afternoon concert hour,

WHENEVER a person is inexpressibly rude it is bound to high. Yet it helps a little to be philosophical and to remem-

3. The left hand when not in use at the table

Clothes for Fortnight's Visit

ringham or linen frack will do an wel

Nursery Governess

To the Editor of Woman's Page:

Dear Madam Will you please tell me just what the dulies of a nursery governess are: I am twenty years old and would like to get such a position.

S. McL.

A nursery governess is really a sort of giorified nurse, and where the household is

always absorbing to those who are drawn

to them. It requires love and patience, com

Proper Serving of Asparagus To the Editor of Woman's Page:
Dear Madam-Should asparants be served on
the same plate with the meat or should smaller
aide plates be used for this vegetable?
FRANCER.

FRANCER.

It depends largely on the way in which the asparagus is cooked. If it is served with a butter, salt and pepper sauce in a vegetable dish it should be passed to each

guest with the meat course, and it may be placed on the dinner plate. This also if the

If, however, there are two or three other vegetables it is better to have a side plate,

that the dinner plate may not be crowded Some persons, however, serve it instead of a salad course, either hot or cold, with a French dressing. In this case it becomes

Man's Position When Walking

To the Editor of Woman's Page:
Dear Madam Will you kindly inform ma
through your column the proper way for a genlleman to walk on the street when accompanied by two ladies?

A man should always walk on the outside nearest the curb and not, as so many

seem to think, sandwiched between two women. The latter is very bad form.

Word Invitation To the Editor of Woman's Page:
Dear Madam—How should I word an invitation to the betrethal party of my daughter? I
am giving a reception for her and her finnes on
Sunday week.

(Mrs.) J. E. G.

Send your visiting card and in the lower

"Bunday, July 15 "from 5 until 7 o'clock."

Then inclose your daughter's visiting card and the visiting card of her fiance.

Removal of Hair

To the Editor of Woman's Page:
Dear Madam-Will you kindly tell me what
will remove superfluous hair from under the
chin? I am only twenty years oid.
A READER.

The electric needle is the only thing so far discovered which will permanently re-move bair. This kills the roots and few hairs ever return. The treatment is not altogether painless and should be given only by an experienced operator.

bined with intelligence.

auce is Holiandaise

a separate course.

#### THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper insignant signed with the same of the writer. Special queries like this or plays below are lawted. It is understined that the editor does not necessarily independ the santinger expressed. All communications for this department should be understand as follows: THE WOMA'S EXTRANGE, Exceing Ledger, Philiadelphia, Pa.

TODAY'S INQUIRIES

- 1. What is an effective method of banishing | 1. What can be substituted for face powder to remove aline from the face?
- S. How can much of the sait be drawn out 2. How can hair be made to carl tightly?
- 3. What can be added to thin cream to make

ANSWERS TO YESTERDAY'S INQUIRIES

1. If a little and is placed in the bottom of fanancese lanterns the weight will build them farm and there will be less danger of their catching on fire.

5. If dampened sawdust is surinkled on a farthest away from the plate and work in, sor before it is swept the dust will not be but when there is doubt and the knives have

not been placed in their proper order, save the steel-bladed one for the meat course. apply a solution of equal parts of seda and quicklime with an old brush and in a few min-lites the paint will be softened sufficiently to wash off with hot water. The surface should, should be allowed to lie idly in the lap, although the position should not be stiffly kept during the entire meal. be again washed with vinegar to remove all traces of alkall.

To Can String Beans

To the Editor of Woman's Page:

Dear Madam—Kindly advise me how to can string beans in glass lart. I do not ear for the culd-pack method. I tred to can then last season, but they all spoiled. Do you think they require any preservative?

What will clean an imitation Panama hat ladles it is there a dry method?

No preservative should be necessary; the most important point to observe is to have everything you use—lars, lids, rubber rings—absolutely sterile. Marion Harland give the following method: Remove all the strings from both sides of the beans cut them into inch lengths and cover with water. Boil until tender but not soft, season with sait and pepper. Take the beans from the pot with a perforated spoon and place them in the sterilized jars, which should be standing in a pan of hot water. Boil up and skim the liquor remaining in the kettle and fill the jars to the brims with this. Beal at once.

Clothes for Fortinight's Visit

To the Editor of Woman's Page:

I had adam—Will you tell me what I will need for a tring two sewels duration at the season will read to can then season with sair of power and the season will sair and people. Take the beans from the pot with a perforated spoon and place them in the sterilized jars, which should be standing in a pan of hot water. Boil up and skim the liquor remaining in the kettle and fill the jars to the brims with this. Beal at once. and skim the liquor remaining in the ket-tle and fill the jars to the brims with this.

You may be successful in cleaning the at with dampened comment or with French chalk, but for a straw hat a scrubbing is the most satisfactory method. Subject it to a scrubbing with Castile soap and warm water, using a nail brush for the pur-pose. Place in the sun to dry. If you will add a little glycerin to the rinsing water I think you will find the straw will not stiffer

### Canning Tomatoes

To the Editor of Woman's Page;
Dear Madam—Last year I put up a dozen larg of whole tomatoes and only one lar kept. This year, when the season is here. I want to try my hand again. Can you think of any reason why these eleven are should have spoiled and one kept! In using a steam-pressure canner how long should the tomatoes tay in?

(Mrs.) W. B. T. If one tomato in the jar was slightly tainted the others would most certainly spoil; this danger is always present when canning whole tomatoes. Or the spoilage may have been due to insufficient steriliza-tion. The tomatoes should remain in the eteam pressure cooker for fifteen minutes secording to the Government schedule.

### Fillings for Sandwiches

To the Editor of Woman's Page:

Dear Madam—Can you suggest some fillings for sandwiches? Also, will you tell me which is the best way to cut bread for sandwiches: whether each piece should be huitered before being cut off the loaf or afterward? I have beard the former way advocated, but have never found it very successful. Some persons seem to be able to make such nice thin sandwiches, but mine always crumble. [Mrs. 1.0. G. T. Filhert nats. Filbert nuts and lettice in brown bread; peanut butter and chopped dates in Graham bread; sliced tomatoes, lettuce and mayonnaise, cream cheese and chopped nuts in Boston brown bread; minced ham and mayonnaise in white bread. The secret of this slicing is to have the bread a day or two old; fresh bread will always crumble. Then use a very sharp knife, dipping it in hot water to make the cutting easier. I have found that it is better to cut the bread first and trim off the crusts before buttering. Be sure that your butter is not as ing. Be sure that your butter is not as hard as when just off the ice. Boston brown bread is excellent for sandwiches, as it cuts so easily and holds jogether. Some bakers sell a fine-grained white bread especially for sandwich making. When making the lettuce sandwiches do not trim off the crust until you insert the lettuce, then cut it off with the crust. When

### Wartime Cake

To the Editor of Woman's Page Dear Madam—This recipe for cake is simple and Inexpensive: Mix three teaspoonfule of cocoe with one cupful of milk, bring to a boil, then set aside to cool. Cream one-half cupful butter with one-half cupful sugar, add one eggbest, then pour the mixture ou the milk and cocoa. Affi into this one cupful flour, with one teaspoonful baking powder. Beat well. Greane cake pana. Hee them with waxed paper, pour in the mixture and bake in a moderate oven for one-half hour. When cold cover with plain white thus and decorate the top with melted scene if desired.

[Mrs. 1 S. J. McC.

### To Clean White Shoes

To the Editor of Woman's Page:

Dear Madam—Loaking over your column I see that some one has three dogs to give away.

will appreciate it very much if she can send me one. I would like the for terrier, but if some one class has claimed it either of the others will do. I hope the poor animals will find nice some.

Please tell me how I can clean white glace and shoes, Many thanks. There have been so many applications for these little dogs that I am afraid your chance of getting one of them is slim. If I hear of any more I shall let you know.

Your shoes can be cleaned with gasoline and white soep, although a more satisfactory way is to use the patent cleaners which sold in most stores for the special pur-

#### Free Primers for Housewives on Canning and Drying Food

Readers, by sending this coupon and 2-cent stamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will receive FREE OF ANY CHARGE a primer on canning and drying vegetables and fruits. Indicate which is de-

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#### THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THERE is, perhaps, no better mental tonic I than fresh air, rest and exercise. Pifteen minutes' vigorous walk in the open air will ure a had case of the "blues," and the outlier who feels herself depressed should make an effort to get away for a little while each day for an entire change of surround

The cultivation of an optimistic spirit spite of sometimes almost unavoidable depression, is a duty which the mother owes to her child; as the quality of her mills is quickly affected by her own mental

"moods," nor to become excited or angry. glands respond almost instantly to any attirbance of the nervous system.

When a matter becomes angry her blood med, the milk also becomes possoned od the numing baby may be made accounty Numerous cases are on record in which dent convulsions have been produced in

cryous should be avaided. Books that ave a depressing effect on the mind should be sliumed, and only those of a cheerful and inspiring nature should be read. The 3. How can the face be prevented from blispriversation in the home should be on

> Other members of the family should abor to make the atmosphere cheerful and the mother happy. It is not necessary that she should be treated as an invalid; but her first care for the first six months should be her infant and herself, and so far as possible she should be relieved of irksome asks and responsibilities and protected from warries.

# Buttermilk as a Food

Buttermilk is a food and the calori of this amount the protein is 25, the fat ). I and carbohydrates 5.6. Milk is also a food and never a beverage. It may be taken with junch or dinner or if the meals are very moderate, it may be taken be-tween meals. The best thing to take between means is some fruit juice.

#### Foods and Drinks for One With Poor Digestion to Avoid

Name a few fields and drinks which a pe-son of forty-five with a little digestive troub-might better do without. H. REED. The foods and drinks to avoid are tea. coffee, all alcoholic drinks, meat, fish, poultry, cheese, fried foods, highly spiced or sreasy foods and rich pastries. When eggs and milk disagree with a person, they also should be avoided.

## Bran as a Corrective

you must take into consideration the fact that the stay is for two weeks and you will not want to have your clothes wanted during that time. If you do, you can so on less. In fact, the shirts and white skirts or a gingham or issue the shirts and white skirts How is bran used as a corrective?
MBS. M. E. W. Bran should be taken uncooked with the One or two tablesmoonfuls may be or a gingham or linen frock will do as well for aftermen at the seashore as a georgette crepe or silk, and yet there might be an invitation to a card party or some such small entertainment, when you might want something dressier. Also, one evening dress would do, if you happen to have no other fresh one, and, of course, one sweater is crough, but if you have those extra things it would be better for you to take them. An evening coat would also be useful. mixed with cereals, soups, vegetables or fruit sauce. Some people drink it in water at the beginning of mosts. It may also be combined with cream and whole-wheat flour in gens and bread. It may also be used by itself as a porridge with milk or cream.

### Cure for Pin Worms

What is the cure for pin worms in small Enemas of salt and water are useful in the proportion of a teaspoonful of salt to a pint of water. The parts all about the anus should be kept scrupulously clean.

#### Lemons and Honey-Enlarged Finger Joints

grouned nurse, and where the household is run on simple lines she takes the care of children that a mother would. She is not expected to assist in any work about the house, but is usually expected to keep the nursery in order. Many mothers do not realize the importance of such a person. If you are qualified for the work you will find it delightful and interesting, for children are siways absorbing to those who are drawn What is the effect on the health of eating emons and also honey? Is there any remed or enlarged finner joints? E. M. Lemons and honey in moderation are entirely wholesome. A person who has en-larged finger joints should follow an anti-toxic dist when this condition is acute. The throat, nose and teeth should be carefully examined and treated if there is any disease present. Trouble with the finger cints often accompanies had throat condions. The enlarged joints may be caused y an excess of uric acid. Sometimes this indition is associated with nervous dis-Consult a physician and if the orders. cause of these symptoms can be removed, then there will be no increase of the trou-ble. Finger joints that have been en-larged for some time cannot be reduced. (Copyright.)

# WOMAN'S PATRIOTISM SEEN IN LEANNESS OF GARBAGE CAN



Waste Reduced 25 Per Cent and Collectors Have a Steadily Increasing Grouch Because of Meager Returns of Their Daily Scavenging

THE Philadelphia woman has furnished | chicken careasses from her garbage can concrete proof of her determination to be a practical patriot. She has reduced her garbage waste 25

She has reduced it too, in the line that most counts, in the richest foods, the fats.

And there you have the reason for the dour countenance pulled by the garbage

the at the Pern Reduction Company, which company holds this year's contract for the disposal of Philadelphia's garbage, they are doing some interesting figuring-figuring which gives them an amazing insight into the seriousness with which this ity's women are meeting their war prob-

to the sariage cans holding one-fourth less whate than before our entrance into the world war, the waste that is thrown into the cans is really waste, not rich food that might have been used, but almily was thrown away, after the extravagant American habit.

For years and years the American woman For years and years the American woman has had it dinned into her ears that her garbage can was one of the national disgraces. For years and years the frugality of her French sister has been held up to her until she bogan to hate the very sound of the furrign lady's domestic virtues. Piotures of the glassis of French homewices plucking discarded letture leaves and

Lane away from little on New Yours, all those pipes come true. Yours, NAN.

(CONTINUED TOMORROW)

what I mean. They seem to be saying on fats and greases particularly—the stuff that

Is most valuable to us.

Those women who do their own

"Rut numeric' buy wolly 'ew

#### we are going to be happy as goats when LIVING UP TO We will shake Jun some way, and, anyway, it will be a long time before be in out, and we will begin over again and you will keep house for filly and me and—first can't talk I am so happy. Hencen's going to have to offer a lot to coax Namey Lane away from little old New York when BILLY

By ELIZABETH COOPER

Oh, Kate, but your letter made me happy just carry it round with me and take . peep at it every once in a while to make ure it is real. You say when setting alone you have been thinking and you want to go straight when you come out for Billy a ake. I understood how you feel about me giving blm away and that it was a retten trick for me to play you, but I didn't know what else to do then. And then you feel so glad to have him back and know you can see him again, that it has kinda braced you up. Now perhaps if I had not give him away, and be hadn't been nearly drowned, you wouldn't have had the scare about losing him, and you wouldn't never have known how much you cared fo Oh, Kate, I just feel it in my bones that





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#### "MA" SUNDAY'S INTIMATE TALKS The wife of the famous evangelist discusses everyday topics in

a helpful and wholesome way.

#### The Girl Who Married a Man to Reform Him

THEY found her with a bullet wound in her brenet, that had just missed her heart. Her little girl, who had run screaming to the neighbors, had given the alarm. The discipated husband and father, who had fired the murthal tit would have been a whole let be for her to have superi her life. derous shot in a fit of drunken fury, had disappeared

imally dragged her the realization that she was doomed to be a permanent in-valid. Had it not heen for the child, am quite sure that terred that the surgeon's knife, which had extracted the

"MA" SUNDAY builet from her breast, had not heen successful.
And yet five years before Jennie K-was one of the most lighthearted and beautiful girls I have ever known. She had made one of those ghastly mistakes that I see women making all the time, for they never seem to learn from the tragedies of others. She had married a man to reform him.

Ben was one of the rising young lawson was one of the rosing years of the community, a really brilliant chap, who had already won several specacular cases, in spite of his youth. But to wan laboring under the handcap of a labit that even then was threatening to wreck his career. He maintained he was not the slave of whisky—that it was his playe, that he used it as a simulant to carry him over the hard points of his work. nd he could stop its use whenever he de

he pleiged herself to him, she insist he rove his worth and his honest desire to ave her for his wife by going for at least ne year without liquir of any kind. This could have been a fair test. haunted for in her drams, and yet the extravagance continued.

Servants were cuittoned with indifferent regularity but the phrase, "I might just as well throw it nearly as to let it spoil and

would have been a fair test.

But Hon overcame her argument, as a man always seems to overcome the arguments of a woman who loves him.

"Marry me now," he urged, "and your presence and your inspiration will help me to do as you wish. If you really want me to give up whisky, your help will do more for me than anything else. If you love me, you will want to aid me."

And Jennie gave in, against the advice so that there would be nothing either to spoil or to throw away was thought too pally to strive for. And the argument that an entire foreign fundly could be fed on her kitchen waste left the American woman

And Jennie gave in, against the advice of parente and friends, and Ben claimed her for his bride.

Of course, he didn't break away from "But sumply has wobe em up," is the way the superintendent of the garbage stingers phrases it. 'What's in the cansiblese days ain't worth much, and what with the labor troubles we're having and the cutting down on us of the garbage we're losing considerable. That is, we're getting 25 per cent less than we got before all this

Is drinking. A man never does who col-sets his payment for success in advance ree years Ben had lost his prestige ut

inter of his life, and his resistance seeme

# Infants-Mothers

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for her to have spent her life as ar maid than to have given her name into keeping of a man who had to be refer before he could make a decent huse A man who can't make himself over love of a woman before he marries her After weeks in

seldom do it after he actually has seldom do it after he actually has he Remember that.

The man who cells you that he with the change his life, girls, after he slips the selding ring on your finger, will keep waiting, nine times out of ten, until be of you have gone down into tragedy you are not worth more to him than head habits, you had better give him his wand his engagement ring, and see him the door. If he is not willing to make a supreme fight for his manhood before claims your womanhood, you can put he claims your womanhood, you can put down as a weak-kneed brother who to

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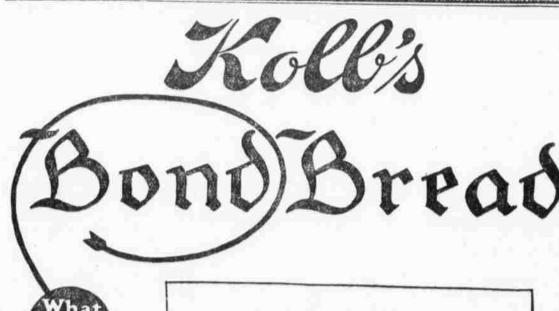
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Molb bond. That is where "Bond" Bread gets