EVENING LEDGER-PHILADELPHIA, SATURDAY, JULY 7, 1917

Varied Interests of Women-Household Advice-Daily Fashions PHOTOPLAY AND VAUDEVILLE JOTTINGS

DOES YOUR MANNER WELCOME OR REPEL NEW ACQUAINTANCES?

The Girl Who, Because of Sheer Nervousness, Challenges Friendship-Fortunate the Person Who Is Always Ahead of His Work

THERE are some persons who go through life looking for and expecting friendliness; others who hold back and by their manner challenge others. These latter are often unhappy. They frequently rob themselves of very worth. while friendships just because they never for a moment presuppose they will be liked, and when others do look upon them with favor they are blindly grateful, not realizing that they in their turn have something to offer.

ONCE upon a time, except that this is not a fairy story, there was a quiet young girl who possessed more than the average share of good looks and could be altogether charming in manner. But because of timidity she adopted an antagonistic attitude toward every one she met and made very few friends. Others thought her attractive, but were repelled by her manner.

Then along came another girl a little older, who had gone through that same phase of self-consciousness, so that she ould not let herself feel anubbed. She became the girl's champlon and gradually, by strenuous campaigning, had her accepted by others.

And the little diffident mouse positively basked in the sunshine of friendliness.

Her case was fortunate, for unless she had happened on some one who was keen enough and interested enough to understand her she might have spent many long, lonely hours.

It behooves any girl who feels as this girl did to force herself to meet others half way, or she is storing up many lonely hours for herself.

Vyvettes

A little hat that has its wealth of trimming in a bank of flowers.

doubt these tales. The woman who experjences little difficulty in getting through her allotted work each day and who is always just a little ahead of the game is a paragon.

DON'T you often go to sleep at night with the firm intention of starting early the next day and making up that extra work, experience a helpless, crushed feeling in the morning when you realize how much there is to be done, but finally hold your breath and plunge in and de the work immediately at hand? At the end of the day you realize with a start how much there is left to de. And you thank your stars that you are through for the day, for you believe you could not possibly cross another "t" or dot an-

ONE hears of extraordinary beings who other "L" are always up to date in their work, But It is curious that when there comes who can set themselves to a task and go an actual necessity for heavier work you even beyond that without any apparent | find you can do it, in spite of your doubts trouble. Personally, I always rather and fears.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the power only and signed with the name of the verticer. Special queries like these given below are invited. It is universitiant the editor does not necessarily independent when entire expressed. All communications for this department should be addressed as follows: THE NOMAY'S EXCHANGE, Evening Ledgers, Philadelphia, Pa.

TODAY'S INQUIRIES

1. How can the glass stoppers of tellet bothies be prevented from sticking?	1. How can the teeth he kept white and free from tartar?
2. How can a bedatead be prevented from reaking?	Is there any way of correcting the habit?
3. How should old lace, delicate bandker- hiefs, etc., be starched?	

ANSWERS TO YESTERDAY'S INQUIRIES

1. Twenty drops of carbolle acid allowed to f 1. Plain constarch or rice flour can be sub-stituted for face powder to remove shine from the face, although melther is as fine as face orate on a hot pan will hanish files from owder. 2. A little vinegar added to the water in which sait fish is soaking will draw out much of the sait.

2. Hair can be made to curl tightly if it is dampened with whisky and sugar before being rolled on the curters; this should not be prac-ticed regularly, however. 5. The white of an err added to thin cream will make it whip as easily as thicker cream.

To the Editor of Woman's Page: Dear Madam-Please print a recipe for aspic felly. (Mrs.) H. A. H. exposed to the sun's rays. Four heaping tablesponfuls powdered gelatin, three and a haif cupfuls stock or water, one lemon, three bay leaves, blade

of mace, three cloves, one teaspoonful salt,

IN THE MOMENT'S MODES

Black Satin and Lavender Jersey Bathing Costume

With jersey cloth being used for street suits as well as sports frocks, it is not at all surprising that it should find itself in the list of materials employed in the fashioning of bathing cos-Some ultratumes. modish beach costumes are fashioned entirely of this material, but others equally smart reveal it in combination with silk and satin. It goes into the development of overblouses and skirts, and in other instances it is used as a trimming material. It is fascinating little bathing costume that is pictured in today's sketch. Here we find jersey serving as a trimming material. The sleeveless blouse and the harem skirt are fashioned from black satin. The semifitted bloomers, the deep, crush girdle and the draped collar are of lavender jersey. It will be noticed that the skirt is so generously full that its harem hem gives it the appearance of voluminous bloomers. LIVING UP TO BILLY

AT NICOTINE'S SHRINE



Charles Ray, who as "That Boy from Back Yonder" will rivet the at-tention of Arcadia patrons the first half of next week, discusses the delights of the weed with Charles K. French and Howard Hickman, Bessie Barriscale's husband, at the Kay-Bee-Triangle studios in California.

THEATRICAL BAEDEKER

FEATURE FILMS STANLEY-"The Little American," with Mary Pickford, all week. Others.

ARCADIA-"That Boy From Back Yon der." with Charles Ray, first half of week "At First Sight," with Mae Murray, lat ter half of week. Others,

Douglas Fairbanks, all week. Others. PALACE-"On Trial," with Sidney Ains worth, all week. Others.

Friday, Saturday,

ENTERED CAMERALAND

Chief Reason Is the Annoyance of Guarding the Gold I

right, and then he sneaked out. I come back and sat down in a chair and set there till morning. I was just all in. Now when everything was coming along so nice, Why don't I become a screen star? Be cause there is too much money in the plo ture business. Moving-picture actors, authore, directors and everybody identified with the industry receive altogether too much money for their own good. I know, because everybody tells me so. You und?r. stand English, don't you? What do you

MARTIAL SPECTACLE WRITTEN BY EXPERT

"For Liberty," Produced by Local Firm, Owes Authorship to Ex-Soldier

Several sections of "For Liberty." Captain Edwin Bower Hesser's story of the Amer-ican Legion of the Canadian Army, are be-ing filmed near Valley Forge. The men beican Legion of the Canadian Army, are be-ing filmed near Valley Forge. The men ha-hind the production believed that no film dealing with its subject would be com-plete if it did not contain scenes from the historic camp ground which saw the turning point in the nation's struggle for liberty. Sham battles and other sensational devel-compared of the story are being portrave opments of the story are being portrayed in the very fields trod by the heroes of the Continental Army.

Continental Army. The film is being directed by Romains Fielding for the S-M Films Corporation of Philadelphis. The stars in the production are E. K. Lincoln, Romaine Fielding and Barbara Castleton, who scored a hit in "On Trial." The film is nearing completion. It is expected that its eight reels will be released shortly.

Much of the picture was filmed in Can-ada. General Sam Hughes, of the Cana-dian army, displayed particular interest in the making of the film, and offered the in the manual of the him, and offered the company his whole war machine to provide background and local color. His ansistance was of such a substantial nature that ent-mates place the number of individuals ap-pearing in the pictuce at a million.

pearing in the picture at a million. The author of the story, Captain Hesser, has seen actual service in France. He was a newspaper man and free lance maga-sine writer in New York when the Euro-pean war hegan. He enlisted in the Ameri-can Legion of the Canadian army. Be-cause of his zeal and intelligence he was gradually elevated from private to captain, and during his service abroad was decorated for bravery.

and during his service abroad was decorated for bravery. About the time this country entered the war, he was wounded in action and sait huck to Canada to recuperate. As soon as his condition permitted it, he was as-signed as aide-de-camp to General Hughes and made a director of recruiting publicity. As soon as the United States began to organize its army for foreign service, he organize its army for foreign service, he applied for and received an honorable dis-charge so that he could serve in the ranks of his countrymen.

DRAFT DODGERS FEIGN FOR THE COMING WEEK EYE AND EAR TROUBLES

neing; Jack and Phil Kaufman, black Government Authorities Ready to Foll face comedians; Golet, Harris and Moray, music melange; Marie Baer and Edward H. Latimer, in "The Lingerie Laureate"; Caites Brothers; Selma Braatz. All Such Army Slackers

Cooling a Playhouse

TLOBE-"The Sunny Side of Broadway" Four Melody Monarcha; Edgar Foreman, Cotter and Bouldar; Nolan Sisters; Ro-dair, Ward and Farnon; El, Coles.

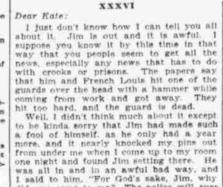
WASHINGTON, July 7.—Another dodge of would-be shirkers of the draft has been uncovered. Tips from many sources are reaching the War Department that certain young men of draft age are suddenly developing poor sys-sight and hearing. The market in eyegiance is booming and myopia is on the increase CROSS REYS-Joseph Watson's miniature review; Senator Francis Murphy; Mont-rose and Allen; Hennings and Roy; Fenwick Sisters; Four Rajahs, first half of week "Ladyville Minstrels"; Fowers and Smith; Conley and Conrad; Kenny and Lusby; Harry and Myrtle Gilbert; H. s booming and myopia is on the increase But the medical department is ready for them. They have an almost infallible test to detect cases of feigning short-sightedas and deafness

S. Harris and company, latter half Here is one of the ways of catching a man feigning deafness: During the examina-tion a handful of silver coins is dropped en the floor in the next room. Invariably the GRAND-Minerva Courtaey and company; Mile. Vera Sabine and company; the Misses Gaylord and Sanctin; Ben Linn; Carlisle and Roma; Pathe News. suspect turns toward the sound.

Ma Sunday

The coolness of the Great Northern con-inues to be the subject of favorable comwill talk on sex stories and what ment among patrons of this uptown play-bouse of motion pictures. This new cooling system which has been installed by the they do, in Monday's management has proved eminently satisfactory. There are sixty-eight fans and four suction air pipes going full force. These in the auditorium have air from all directions, with pothing to obstruct it on a clear sweep. Evening Ledger

The Stanley Booking Corporation THE following theatres obtain their pictures through the STANLEY Booking Corporation, which is a guarantee of early showing of the finest productions All pictures reviewed before exhibiting. Ask for the theatre in your locality obtaining pictures through the STANLEY BOOKING CORPORATION.



3. If the face is coated with cold cream, which is then partially removed and a thin layer of powder applied, it will not blister when

Suggestions for Lawn Party

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was all in and in an awful had way, and t said to him. "For God's sake, Jim, why did you come to me? The police will sure He said, "I couldn't help it. Nan, I am sick nd broke and I got to have money and didn't know who else to touch who

ouldn't peach.

This powerful, human document, written in the form of letters in a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

By ELIZABETH COOPER

there with his hands in his pockets a long time and then said. "So that is the kid: Well-well-ha don't look like me, does he?" But he is mine, and if I ever get out of this scrape I'll take him." That made me sick and I nearly said. "Well, I hope you won't get out of this scrape then."

I felt for a minit that if I thought he would get Billy that I would peach on him, though that is the lowest trick and him t done by no one who is white I went downstairs first to see all was

wouldn't peach." Well, I just stood with my back against the door and looked at him, with one car ready to listen if any one come up the stairs. He sure did look tough. The year the stairs is the sure did look tough the stairs.

stopped him and said, "Don't tell me, Jim stopped him and said, "Don't tell me, Jim. Then I won't know if the police get efter me." I said, "Here is \$50, all I got now, but I will get you more, only don't let no one come here or don't send no let-ters nor nothing. The bulls are bound to think of me first thing." Billy was laying in the bod and hadn't waked up cause we talked in whispers, and when he got ready

VAUDEVILLE

WHY I HAVE NOT YET

By NORA BAYES

to so, he walked over to the bed and looked down at him, and I really think something come into his rotten little heart. He stood

Would Make

(Af Reith's Next Week.)

VICTORIA-"Wild and Woolly," worth, an week. Others.
REGENT—"The Man Who Was Afraid," with Bryant Washburn, Monday, Tues-day; "Aladdin's Other Lamp," with Viola Dana, Wednesday, Thursday; "Her Strange Wedding," with Fannie Ward, Budday Gameration, With Fannie Ward,

KEITR'8-Nora Bayes. In new songs: Bankoff and Girlie, in dances; James Diamond and Sibyl Brennan, comedy and

of mace, three cloves, one teaspoonthi sait, four tablespoonfuls vinegar, one-half cup-ful sherry, tweive whole white peppers, one stalk celery, one onion, one small carrot, one slice turnin, whites of two eggs, two tablespoonfuls tarragon vinegar. Fut the gelatin into a saucepan, add the stock and water, clean and cut the vegetables into wall proces and add these the vinegar. water, clean and cut the vegetables into small pieces and add these, the vinegars, man pieces and and these, the vinegars, seasonings, rind and juice of the lemon and the slightly beaten whites of the eggs; place over a gentle heat and beat until boiling. Let it boil up without boiling over, then draw the saucepan to one side and cover with a lid. It should not simmer. After ten minutes, strain through a jelly bag, add the wine and let cool.

Recipe for Aspic Jelly

Nasturtium Sandwiches

To the Editor of Woman's Page: Dear Madam-Will you tell me what part of the nasturium is used for food and how to make andwiches of them? ALICE J. Wash and chop the nasturium flowers.

season with salt and a little pepper, spread between thin slices of brown bread, or white if preferred, and if you want them to be decorative place a few of the flowers on top. You can also press the fresh leaves top. and blossoms on butter, thus flavoring the butter and using this in sandwiches, combin-ing with thin slices of sucumber. The nas-turtiums can also be used with sliced meat or egg sandwiches.

Cocktail Sauce for Clams

To the Editor of Woman's Page: Dear Madam-Can you give me an inexpen-sive recipe for cocktail sauce to serve with ciame? Aino a recipe for purse of split rea soup? (Mrs.) L. A. One-fourth cupful tomato ketchup, one tablespoonful bottled horseradish, two

tablespoonful bottled horseradish, two tablespoonfuls vinegar, one-half teaspoonful rait, one teaspoonful Worcestershire sauce, dash of cayenne. Mix and serve in glasses

dash of chychne. Mix and serve in glasses or learned the swith six small clams in each. This will serve four persons. Purce of split pea.—One-half cupful split beas, four cupfuls water or ham stock, two slices onion, one cupful hot milk, one-sighth tenspoonful pepper, one tablespoonful bacon fat, one tablespoonful flour. Soak the peas overnight in cold water, then drain, add fresh water or the stock and onion, simmer about three hours, press through a siave, add milk and pepper and thicken with the bacon fat and flour blended to-gether. Serve with croutons.

Recipe for Sauterne Cup

To the Editor of Woman's Page: Dear Madam Please publish a recipe for seuterns cup and oblige. L. T.

Mix rive tablespoonfula lemon juice and four tablespoonfuls sugar together in a howi and place on the ice for an hour, then add one-half dozen thin slices of cucumber a slice of pinespie (diced) and one-half a banana cut into slices. Pour over this one quart of sauterne, mix well and turn on to a block of ice in a punch bowl. Just before serving dilute with a pint of soda or Appolinaria water.

Perspiration Marks on Crepe de Chine

To the Editor of Woman's Pager Deer Madam-Will yok kindly tell me how to many persuitation stains from under the arm to heavy white cross de chine wals? I have asked it with soap and hung it in the hot sun being us good effect. M. F. P.

I is as good effect. • M. F. P. Try ether on it. Make a swab of soft its slik filled with whiting, pour on the set a few drops at a time and dab the sits with it. If this fails deluge the marks in chloroform, rubbing hard until it aporates. These marks are extremely ment to remove. autorall to remove.

Crochet Work

the Editor of Woman's Page: Dear Madam-I am a point girl about seven in years of as add know how to crochet. I and like to work in a place where there cro with Will you plane tall me some place to the A READER.

I am corry, but names and addresses of unness firms cannot be given in these col-mrs. Watch the advertising columns of his more or insert an advertisement your-

and ought they to be served at tables or south one be allowed to help himself? (3) What games would be nice to play? (4) How should the guess he received? Musi I take their wraps in the sarilen or should they be allowed to remove them in the house. This applies mostly to the boys as the guilts will not very likely wear any. (3) Would a pink volle dress with ruffles be the proper thing to wear or must I have an eve-ning drass? (4) Bhoud favors he given? The guests will be helween the uges of sixteen and trenty years. It. W. G.

R. W. G. R. W. G. (1) Send inwistions. You can, if you like, send your own card with "At Home" and "Garden Party" written in the lower left-hand corner, also stating the time of the sector of the sector. affair. However, it is better to write out in-

affair. However, it is better to write out in vitations as follows: The Knoll, Torresdale, Miss R.—. W.—. G.—. requests the pleasure of Miss for Mr.) Mary Ann Smith's

company on Saturday evening, July 14, from eight until eleven o'clock Garden party

Garden party (2) If you have sufficient room and the proper facilities it is nice to have small tables set here and there on the lawn and a long table containing all the necessary paraphernalia, food, forks, spoons, plates, etc. then the boys can serve the girls. You can serve chicken or lobster salad, small nandwiches filled with a meat paste, lettuce or cheese, finger rolls, salted muits, borbons r cheese, finger rolls, salted nuts, honbe frappe, fancy cakes, punch and demitasse coffee. Omit the salad and coffee if you festre.

(3) The planting game is played as folows: Before the party cut from cardboard as many little shovels as there will be que tions, then on each shovel or spade writ questions like the following: "When plasted in the afternoon what came up! write "When I (Four o'clock). "When I planted Boreas what came up?" (Snowflakes) "When I planted Chanticleer what came up?" (Cox-comb.) "When I planted Romeo on a dull day what came up?" (Love in a mist) The day what came up?" (Love in a mist.) The leader reads out each question and the first one to answer receives the spade on which that question is written. A prize can be given to the one holding the greatest num-ber of spades. If you have been following these columns no doubt you have seen the suggestions for outdoor games which have appeared recently. For lack of space I can-net republish these. not republish these.

(4) The guests on their arrival should enter the house. Set aside a room for the girls and one for the boys, for even if the girls do not wear wraps they may want to give one last pat to their hair. (5) The pink frock will be quite the thing

for the occasion; an evening dress will no be necessary. (6) It always adds to the general gayety to distribute favors, no matter how signal inexpensive they may be.

Serving of Wine

To the Editor of Woman's Page: Dear Madam-At while time during a meal about champegne be served 7 Also, when are cocktalls to be taken? (Mrs.) E. D. R.

If champagne is the only wine served at dinner it should be poured into the glasses after the soup is served. If, however, you have sheary or Madeira with the soup the champagne should be kept until the meat course.

Cocktails are usually served in the drawing room before dinner is announced; they can be served on sitting down at the table

Queries Answered

Philip N. 8.-Regarding your first ques-tion, Muldoon's, at White Plains, N. Y., could probably best answer it. (2) They do not, always. (3) The most authentic ver-sion is printed.

A LA LA CALLER

mean to croak him. We didn't hit hard enough to break a baby's head. It must a been like mush." He got up and walked up and down the room and was all in a

up and down the room and was all in a tremble and he kept saying, "We didn't mean to croak him." I asked him how he got in my room cause my door was locked, and he just laughed and said, "Well, if I get so as I can't unlock a crazy lock like this, I better stay in for the rest of my life." He taiked about haif an hour with me and I was correct that he hod with me and I was scared that he had been seen, and I tried to get him to go away, but It seemed he wanted to talk with some one he was not afraid of. I asked him what he was going to do, and he started to tell me where he was going to hide, but I

story man or something big in the pro-fession so as he could live off him. Well, he won't get him, although that is rotten in me to even think such a thing. When it come light and nothing hap-pened, I laid down on the bed by Billy and out my face against him and cried till

put my face sgains nim and cried til i woke him up, an he was so sweet. He said. "Poor Nanny, somefing hurt her. Let Billy kiss it," and then I broke all up for sure. I got to get some of my money out of the bank so I can have it handy when Jim sends

keep you posted, and I'll send you so money next week. NAN.

Nausea and even vomiting may be

tines and other abdominal organs are to

rob the brain of blood during the early part

of the digestive process.

symptoma

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

In answer to health questions. Doctor Kellagy in this space will daily give advice an pri-medicine, but in no case will be take the risk of making diagnones of or preserving for mants requiring surplical traditions and any statement of durations will be promptly swered by personal letters to inquirers who inclose stamped envelopes for reply.

Nervous Indigestion

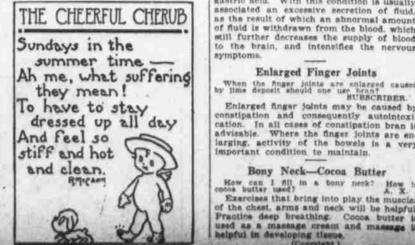
FTHE Chinese believe the seat of the soul | action. like manner, disturbed digestion may react upon the mental state unfavorably. to be the stomach. The ancients regarded the bowels as the seat of the emo tions. The old Greeks called a man who The after-dinner drowsiness, nervousness

was depressed a hypochondriac (below the and depression are to a large extent de pendent upon the relation of the abdomina ribal: we say he is "down in the mouth." blood-supply to that of the brain. The large vessels which supply the stomach, intesbecause the angles of his mouth are drawn down, instead of up as in smiling or These and other addominal organs are to-gether known as the "splanchnic vessels." These great vessels have twice the capacity of those of the muscles, and 50 per cent more than the vessels of the skin, and are capable, when distended, of holding all the blood in the body. After a meal they be-come distended with blood as the secut laughing. There is really good basis for the ancient notions referred to. The organs of the abdomen are much more closely associated with mental states than we appreciate.

come distended with blood as the result of the normal congestion attending di-gestion. Through lack of proper nervous regulation, the vessels of the various or-We do not think with the stomach not feel with the intestines, but the state of the stomach and bowels influences our thoughts and our emotions to a striking degree. The region of the stomach is the seat of the solar plexus, that great abdomgans of digestion are, in the neurasthenic person, widely dilated, so that these organs are overfilled with blood. The effect is to inal brain which exercises a controlling in fluence over all the functions of digestion, blood circulation, elimination-all the au-tomatic processes of animal life. The great sympathetic chain of ganglia is the center

This fact explains the mental confusion inefficiency, drowniness and sometimes faint-ness that follow a meal in cases of gastric neuraathenta.

Many gastric neurasthenics suffer from nnection between digestion and mental hyperacidity, due to excessive secretion of mastric acid. With this condition is usually associated an excessive secretion of fluid, as the result of which an abnormal amount



earnings would be secure. I'd probably de posit my savings in a dozen or more banks and then I would have to hire a couple of dozen detectives to watch each institution and report to me daily as to their solvency ank so I can have it handy when Jim ends for it. Well, good night, Kate, don't worry, I'll (CONTINUED MONDAY)

The mental angulsh 1 would suffer would make me unfit to enjoy life. No, siree, no movie work for me! 1 am quite content with my little two thousand dollars per in vaudeville and nothing to worry about say. I wouldn't be Charlie Chaplin with six hundred and seventy million dollars a year or Mary Pickford getting five hundred lecillion dollars every time a promoter with lead nencil comes in contact with a scrat

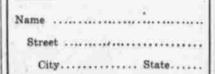
of paper for anything in the world. I would have so much business on my brain that it would interfere with my art and I wouldn't be worth the money I get from my mana

Please don't take my delirium seriously. While it is true that 1 am now receiving eight thousand dollars a week. I will shortly raise myself to ten thousand dollars. I will begin to throw about with careless abando conversational dollar marks with zero without end trailing along behind, unaccom panied by decimal points.

You know my time is worth two hundred dollars a minute, and I figure I have now consumed six thousand dollars' worth of my time just to give a measly little interview

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 desired. Fill out the space below and mail as this is a part of the personal service this paper aims to give its



BREAKFAST

Chilled Orange Juice

DINNER

Pot Roast of Beef

BUPPER Creamed Potatoes au gratin Stewed Bhubarb Crackers and Marmalade Iced

Creamed Carrota New Potatoes Colesiaw

Rhubarb Ple

Canning..... Drying..... E. L.

Tomorrow's War Menu

readers.

Enlarged Finger Joints When the finger joints are enlarged caused time deposit should one use brant SUBSCRIBER.

of fluid is withdrawn from the blood, which

SUBSCRIBER. Enlarged finger joints may be caused by constipation and consequently autointoxi-cation. In all cases of constipation bran is advisable. Where the finger joints are en-larging, activity of the bowels is a very important condition to maintain.

Bony Neck-Cocoa Butter

How can I fill in a bony neck? How A. X. Exercises that bring into play the muscles of the chest, arms and neck will be helpful. Fractice deep breathing. Cocos butter is used as a massage cream and massage is helpful in developing tissue. (Copyright.)



of the organic life of the body. Through the close association of the solar plexus and the brain there is an intimate