

Varied Interests of Women—Household Advice—Daily Fashions

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.

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.

Then along came another girl a little older, who had gone through that same phase of self-consciousness, so that she would not let herself be snubbed.

It behoves 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.

ONE hears of extraordinary beings who are always up to date in their work, who can set themselves to a task and go even beyond that without any apparent trouble.

Vyvettes



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

doubt these tales. The woman who experiences 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 do the work immediately at hand?

But it is curious that when there comes an actual necessity for heavier work you find you can do it, in spite of your doubts and fears.

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 costumes.

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 just don't know how I can tell you all about it. Jim is out and it is awful. I suppose you know it by this time in that way that you people seem to get all the news, especially any news that has to do with crooks or prisons. The papers say that him and French Louis hit one of the guards over the head with a hammer while coming from work and got away. They hit too hard, and the guard is dead.

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, but in no case will he take the risk of making diagnosis or prescribing for ailments requiring surgical treatment or drugs. Questions will be promptly answered by personal letters to inquirers who include stamped envelopes for reply.

Nervous Indigestion

THE Chinese believe the seat of the soul to be the stomach. The ancients regarded the bowels as the seat of the emotions. The old Greeks called a man who was depressed a hypochondriac (below the ribs); we say he is "down in the mouth," because the angles of his mouth are drawn down, instead of up as in smiling or 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.

THE CHEERFUL CHERUB

Sundays in the summer time—Ah me, what suffering they mean! To have to stay dressed up all day and feel so stiff and hot and clean.

PHOTOPLAY AND VAUDEVILLE JOTTINGS

AT NICOTINE'S SHRINE



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

THEATRICAL BAEDEKER FOR THE COMING WEEK

STANLEY—"The Little American," with Mary Pickford, all week. Others: "ARCADIA"—"That Boy from Back Yonder" with Charles Ray, first half of week.

WHY I HAVE NOT YET ENTERED CAMERALAND

Chief Reason Is the Annoyance of Guarding the Gold I Would Make. By NORA BAYES (At Keith's Next Week). Why don't I become a screen star? Because there is too much money in the picture business.

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.

Tomorrow's War Menu

- BREAKFAST: Chilled Orange Juice, Chopped Beef on Toast, Rice Cakes with Strawberry Preserves, Coffee. DINNER: Pot Roast of Beef, Creamed Carrots, Kale, Scallops, New Potatoes, Cole-slaw, Coffee. SUPPER: Creamed Potatoes au gratin, Stewed Rhubarb, Crackers and Marmalade, Iced Tea.

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 American Legion of the Canadian Army, are being filmed near Valley Forge. The men behind the production believed that no film dealing with its subject would be complete if it did not contain scenes from the historic camp ground which saw the turning point in the nation's struggle for liberty.

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

Much of the picture was filmed in Canada. General Sam Hughes, of the Canadian army, displayed particular interest in the making of the film, and offered the company his whole war machine to provide background and local color. His assistance was of such a substantial nature that estimates place the number of individuals appearing in the picture at a million.

DRAFT DODGERS FEIGN EYE AND EAR TROUBLES

WASHINGTON, July 7.—Another dodger of the war is being shirked 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 eyesight and hearing. The market in eyeglasses is 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-sightedness and deafness.

Here is one of the ways of catching a man feigning deafness. During the examination a handful of silver coins is dropped on the floor in the next room. Invariably the suspect turns toward the sound.

Ma Sunday

will talk on sex stories and what they do, in Monday's Evening Ledger

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. It is understood that the editor does not necessarily endorse the sentiments expressed in the correspondence. This department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. How can the glass stoppers of toilet bottles be prevented from sticking? 2. How can a bedstead be prevented from creaking? 3. How should old lace, delicate handkerchiefs, etc., be starched?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Twenty drops of carbolic acid allowed to evaporate on a hot pan will banish flies from a room. 2. A little vinegar added to the water in which salt fish is soaking will draw out much of the salt. 3. The white of an egg added to thin cream will make it whip as easily as thicker cream.

Recipe for Aspic Jelly

Dear Madam—Please print recipe for aspic jelly. (Mrs.) H. A. W. Four heaping tablespoonfuls powdered gelatin, three and a half cupfuls stock or water, one lemon, three bay leaves, blade of mace, three cloves, one teaspoonful salt, four tablespoonfuls vinegar, one-half cupful sherry, twelve whole white peppers, one stalk celery, one onion, one small carrot, one slice turpin, whites of two eggs, two tablespoonfuls tarragon vinegar. Put the gelatin into a sauceman, add the stock and water, clean and cut the vegetables into small pieces and add these, the vinegars, seasonings, rind and juice of the lemon and the slightly beaten whites of the eggs; place over a gentle heat and bring to a boil. Let it boil up without boiling over, then draw the sauceman 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.

Nasturtium Sandwiches

Dear Madam—Will you tell me what part of the nasturtium is used for food and how to make sandwiches of it? Wash and chop the nasturtium flowers, season with salt and a little pepper, spread between thin slices of crown 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 and blossoms on butter, thus favoring the butter and using it in sandwiches, thickening with thin slices of cucumber. The nasturtiums can also be used with sliced meat or egg sandwiches.

Cocktail Sauce for Clams

Dear Madam—Can you give me an inexpensive recipe for cocktail sauce to serve with clams? Also a recipe for puree of split pea soup? One-fourth cupful tomato ketchup, one tablespoonful bottled horseradish, two tablespoonfuls vinegar, one-half teaspoonful salt, one teaspoonful Worcestershire sauce, dash of cayenne. Mix and serve in glasses or lemon shells with six small clams in each. This will serve four persons. Puree of split pea soup: One-half cupful split pea, four cupful water or ham stock, two slices onion, one cupful hot milk, one-eighth teaspoonful 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 sieve, add milk and pepper, and thicken with the bacon fat and flour blended together. Serve with croutons.

Recipe for Sauterne Cup

Dear Madam—Please publish a recipe for Sauterne cup and oblige. Y. Mix five tablespoonfuls lemon juice and four tablespoonfuls sugar together in a bowl and place on the ice for an hour, then add one-half dozen slices of cucumber, a slice of pineapple (diced) and one-half 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. Before serving dilute with a pinch of soda or Appolinaris water.

Perspiration Marks on Crepe de Chine

Dear Madam—Will you kindly tell me how to remove perspiration marks from under the arms? A heavy white crepe de chine which I have washed with soap and hung it in the hot sun, so good as to be ruined. E. D. R. Try ether on it. Make a swab of soft white silk filled with whiting, pour on the ether a few drops at a time and dab the spots with it. If this fails deluge the marks with chloroform, rubbing hard until it evaporates. These marks are extremely difficult to remove.

Crochet Work

Dear Madam—Will you give me an inexpensive recipe for crochets in paper and beat soup? One-fourth cupful tomato ketchup, one tablespoonful bottled horseradish, two tablespoonfuls vinegar, one-half teaspoonful salt, one teaspoonful Worcestershire sauce, dash of cayenne. Mix and serve in glasses or lemon shells with six small clams in each. This will serve four persons.

Enlarged Finger Joints

When the finger joints are enlarged caused by lime deposit should one use CRIBBER. Enlarged finger joints may be caused by constipation and consequently autointoxication. In all cases of constipation brain is advised. When the finger joints are enlarged, activity of the bowels is a very important condition to maintain.

WEST PHILADELPHIA

- COLISEUM MARKET ST. Below 60TH: ALICE BRADY in "THE DIVORCE GAME". EUREKA 40TH & MARKET STS.: DOROTHY DALTON in "WILD WINSHIP'S WIDOW". THIS CALENDAR Appears in the PUBLIC and EVENING LEDGERS Every Day.

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 exhibition obtaining pictures through the STANLEY BOOKING CORPORATION.

- ATLANTIC CITY: THE COLONIAL. ALIAMBRA: 12th, Morris & Passyunk Aves. 2nd, 1st & 2nd. BLANCHE SWEET: "CONDONED SIN". APOLLO: 32D AND THOMPSON. THEDA BARA in "THE TIGER WOMAN". ARCADIA: CHESTNUT BELOW 10TH. ANN PENNINGTON in "THE LITTLE BOY SCOUT". AUDITORIUM: LOGAN—Broad St. HARRY MOREY and ALICE JOYCE in "HER SECRET". BELMONT: 2ND ABOVE MARKET. CARLYLE BLACKWELL in "THE PRICE OF PRIDE". BLUEBIRD: BROAD AND SEIGHANNA AVES. BLANCHE SWEET & THOMAS MEEHAN in "The Silent Partner". FAIRMOUNT: 26TH AND GIBBARD AVENUE. VALESKA SURATT in "THE FLAME". FAMILY THEATRE: 1311 MARKET ST. N. KIMBALL ORGAN. OLGA PETROVA in "THE HEART OF A PAINTED WOMAN". 56TH ST. THEATRE: MAT. DAILY Below Spruce. Eves. 7 to 11. MME. PETROVA in "THE UNDYING FLAME". GREAT NORTHERN: Broad St. At Erie Ave. NORMA TALMADGE in "POPPY". IMPERIAL: 60TH AND WALNUT STS. NORMA TALMADGE in "POPPY". JEFFERSON: 5TH AND DAUPHIN STREETS. EMMY WEHLEN in "THE DUCHESSE OF DOUBT". LEADER: FORTY-FIRST AND LANCASTER AVENUE. CLARA KIMBALL YOUNG in "THE EARLIEST WAY". WEST PHILADELPHIA: COLISEUM MARKET ST. Below 60TH. ALICE BRADY in "THE DIVORCE GAME". EUREKA 40TH & MARKET STS.: DOROTHY DALTON in "WILD WINSHIP'S WIDOW". THIS CALENDAR Appears in the PUBLIC and EVENING LEDGERS Every Day. NORTH PHILADELPHIA: FRANKFORD 4TH FRANKFORD AVENUE. ALICE BRADY in "BOUGHT AND SOLD". RICHMOND: 1734 RIDGE AVE. MME. PETROVA in "THE SOUL OF A MADAGASCAR". Also KEYSTONE COMEDY. TIOGA: 11TH AND VENANGO STS. HARRY MOREY and ALICE JOYCE in "THE QUESTION". "A BLACK CAT STORY".