ASPIRATIONS, NOT ACHIEVEMENTS, TRULY REPRESENT ONE'S SOUL

Failure to Gain Worldly Success Not Significant of a Man's Character-One's Mental Attitude Affected by Others

AMAN, a successful artist, rather shocked me the other day by declaring he nad absolutely no use in the world for failures.

That from an artist, who should, of all people, know and realize that a man's aspirations represent the true nature of his soul much more than his actual sta

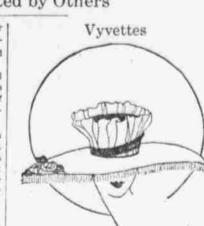
There are numberless artists who in the eyes of the world are unsuccessful, because they exist mengerly, yet who in their own hearts know they have not failed, because they are true to their ideals; they will not barter away their souls to sustain their bodies.

I CERTAINLY do not wish to cry down those who have attained eminence in their vocations. Far from it. They are, as a class, I believe, more interesting because they have a surety which engenders personality. The under dog, frequently ceing confidence in himself, also sinks his individuality.

But sometimes from the most unexpected sources you will find something helpful and stimulating-if you are willing to bring it out.

A little understanding, a little genuine

mental attitude and she whose own attithe former type than of the latter.



If you have a big hat and want to trim it simply, simply take a yard or so of fringe and run it around the edge, and there you are! And if you feel you really must have more trimming, just tack on a flower or two!

TRY it yourself. Go to the theatre, pick out a mediocre offering, and if you go into rhapsodies over it you will sympathy in your attitude, will give you find your companion agrees with you, the best that is in every one. As some perhaps because he is really made to one has cleverly put it, "It is not the think so, or perhaps because (and this I best people, but the best in people," that suspect) he is too indifferent, too mentally sluggish to combat your statements. Nine times out of fen this will happen. THERE are two distinct types, the girl and the tenth person is the exception who invariably plays up to another's proving the rule.

This, of course, where there is any detude always strikes the dominant note, gree of friendliness, for if the opposite Offhand, one is inclined to dismiss the condition prevails. I believe people are so first as a weakling. Yet this is not the anxious not to like each other that they case. You will find in a group more of deliberately disagree on even small mat ters.

2. When a man sends flowers to a girl before

taking her to a dance should she wear them

3. What is the eighth wedding anniversary?

A roung man who is in mourning eso wear a light straw but with a black bund during the summer.

Gioves when worn by a man in mourning should be black, unless he is wearing a light suit with simply a black band,

S. An easy way to fasten on buttons so they can be removed and replaced without sewing is to sew the thread into the button itself quite loosely, using small safety pins to pin them on.

Details of Wedding Breakfast

THE WOMAN'S EXCHANGE

Letters and quentions submitted to this department wast he written on one side of the saper any and signed with the many of the writer. Special queries like those drawn below are firstled. It is asserted with the califor does not accountry inderse the section of egreened. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger. Philadelphia. P. 6.

on that evening?

TODAY'S INQUIRIES

1. How many calories for each pound of their 1. Is it good form to say "Pleased to meet sight do people of sedentary habits require?" Jou" upon being introduced?

How should steak be cooked when it is broiled over coals or a gas fixme? 8. What is simmering? What kind of meats

should be allowed to simmer?

ANSWERS TO YESTERDAY'S INQUIRIES 1, Bran bread is made from bran, the course, chaffy part of ground grain: graham bread is made from graham flour, which is the unboited

2. For a not reast the meat is first quirkly browned in a small amount of fat in a fraing pas, then placed in an tron kettle with water to cook slowly.

3. Frying is cooking by immersion in hot, deep sauteing is cooking in a small amount of fat in a shallow pan; the two are frequently

Boiled Dressing for Salads

Fe Editor of Women's Page:

Dear Madam—Please give me a recipe for boiled saind dressing. (Mrs.) B. B. T. One-half pint milk, one teaspoonful salt. one tablespoonful vinegar, dash paprika. one-quarter teaspoonful black pepper, two tablespoonfuls butter, one tablespoonful cornstarch, three eggs. Heat the milk, so arate the eggs, moisten the cornstarch with a little cold milk, add it to the hot mixfure, stir until thick and smooth, then stir in the yolks of the eggs, well beaten; cook for a minute; then remove from the fire and add the stiffly beaten whites. Season and set aside to cool.

Recipe for War Cake

Recipe for War Cake

To Editor of Woman's Page:

Dear Madain—This war cake recipe is very simple to prepare. Beat one egg until light simple to prepare. Beat one egg until light composition on the page of the p This sounds like a very practical recipe.

"Mrs. J." Many thanks.

To Mend Blankets

To Editor of Weman's Page: Dear Madam—Can you tell me the proper way to darn blankets which are too good to discard, yet worn in one or two places? READER. Wash them first, then darn with soft

wool, using a targe-eyed needle. Avoid puckering; if you have a loose embroidery frame, it is a good thing to stretch them over this. Darn the warp way first, then across, cut the ragged edges smooth and evercast loosely with colored wool; this serves as well as binding.

Mahogany Stain for Floors

To Editor of Woman's Page:

Dear Madam—Please give me directions for mixing a mahogany stain for floors, and a filler, E. W. L.

Use four parts Indian red, three parts burnt slenna; mix dry, then stir evenly through equal parts of oil and turpentine. If you want a dull tone, use only half the quantity of sienna. Adding a little more turpentine and less oil will make it dry more quickly.

To mix the filler sift together twice haif pint of powdered cornstarch and the same quantity of whiting, stir gradually into one-half gallon of raw linseed oil mixed with the same quantity of turpentine.

Keep well stirred while applying.

Disinfecting a Room

Fe Editor of Woman's Page:

Dear Madam—Please let me know how to thoroughly disinfect a room.

J. L.

Dear Madam—Planes let me know how to theroughly disinfect a room.

If possible, mattresses and comforts about be burned. Wat everything else well with a biohloride solution, boil and san the blankets. Scrape the walls and salling, wash with blobloride; also the floor and woodwork, then accour with carboile scapsuds. Fill cracks with fresh putty, shut the doors and windows tight and paste strips of paper around them. Closet doors should be taken off the hinges, but left inside. Place three bricks in the middle of the floor, put an iron pan on them, into which a pound of flowers of sulphur has been placed, wet the sulphur with alcohol, stick in a short length of time, light it, then go unit quintly, being daraful to see that the door in also made tight. Leave and situred for twenty-hour hours. The

BILLY

By ELIZABETH COOPER

We got a swell little house up at 225th street, but of room, a big yard where he could play, and ma would be tickled to death to have him. She is dippy con kids, and since me and Jack growed up, the says her hands have been empty. I nearly fainted a thinking of Billy in the home of a cop, cause that is the last place on earth they would think of looking for him, and then I got suspicious again. You know, Kate, I have got an awful bad suspicious imposition. I am looking everywhere for a plant, but I studied it all over, and I couldn't see none in this, and I was so tickled that I couldn't say even "thank you." Tom said to me, "Now, you put his little duds in a bundle, and when I go off

old mother?" Tom laughed and said, "No such luck, mother, but I've adopted a family. I think the house is lonely without kids." She took Blily and me "a to a little bedroom, and she kelped take of his hat and coat, talking all the time, Billy talking back, not a bit scared of her. Then we went down to the kitchen to finish getting supper. Another son came in named Jack, who is studying farming and he is crayy about it. Tom introduced him to me by saying, "This is John Cassidy, farmer, greatest onion expert in the world." The kid who is about nineteen, said. "Ah, cut the light is found to great wents four years old, who has Details of Wedding Breakfast

To the Editor of Woman's Page:

Dear Madam—As I am a steady reader of your paper. I take the liberty of asking you to answer the following questions for me.

(I) I understand that when oft persons become innates of an oil geople's bone, even if they pay, say, \$500 each, that the home claims all insurance moneys, property or cash, or any thing that they leave upon death. Is this true, and, if so, can you advise me how to arrange so that the children will receive these moneys, etc.?

(2) Will you please furnish a plain but substitute that the children will receive these moneys, etc.?

(2) Will you please furnish a plain but substitute that the children will receive these moneys, etc.?

(2) Will you please furnish a plain but substitute the children will receive the man or father and mother he witnesses at a Cathelle wedding, or who must they he?

(B) Can bridennial and heat man or father and mother he witnesses at a Cathelle wedding or who must they he?

(B) Each home has its own rules govern.

(2) Oyster patties, chicken or lobster salad, asped rolls, coffee frame, bonbons, cake, hampagne cup and demitasse coffee would nakes me happy way inside be quite sufficient. Serve the frappe in small lemonade glasses.

(Only courteous to do so.

Dress Suit Worn After 6

Editor of Wamne's Page: lear Madam How early in the afternoon a man wear a dress soil for a wedding? I to be married at 4 o'clock and want to use dress suit, if that is proper. INQUIRER. A dress suit is never worn for a wedding or for any social affair earlier than 6 o'efock in the evening. It would really be In better form to wear a plain dark sack suit in the early afternoon if you have not a cutaway and striped trousers (which is the conventional dress for the bridegroom before 6 o'clock), than to wear a dress suit in the afternoon.

Placing Guests

To Editor of Woman's Page:
Dear Medany-Will you kindly tell me how these persons should be placed at a table for an informal dinner party at home? My husband and myself are to entertain our minister and his wife and my parents and his parents. How shall we seat them at the table? SOUNG BRIDE.

Place the minister at your right hand and your father-in-law at your left. Place the minister's wife at your husband's right hand and your mother at his left. Next to your mother place your mother-in-law and next to the minister's wife place your father. This makes two men sit next to each other and two women also, but the arrangement cannot well be changed, unless you do not keep to the conventionalities and you and your husband do not keep to the regulation places topposite each other at the table). Two more guests, one man and one woman, would even it off.

Children at Dinner

To Editor of Woman's Page:

Dear Madam—When giving a small dinner for eight or ten guests, is it proper to have the children (oged eight and ten years) at the rable?

(Mrs.) C. V. K.

It is better not to have children present. It is apt to make them forward to allow them to take part in grown-up affairs, semiformal though the party may be. Then, too, some older persons do not care to talk with children all through din-

To Teach in Porto Rico

To the Editor of Woman's Page:

Dear Madam—Will you please give me full information about the following? I am a school teacher and I have a great desire to obtain a position in Porte Rico. What would I have to do in order to see If I could get assigned to go to leact over thees!

Write to Payl G. Millur, Commissioner of Squeation in Porte Rico, for the information

LIVING UP TO

Billy is all right. I got him planted it place where Jim would never dare look for him. I was in an awful fix. Every time I turned around it seemed I saw some one from Jim, and I got so scared I couldn't do my work, because every time I come home, I thought perhaps they might have copped him. Did you ever know Tom Cas-sidy, a young cop at our station? His ather was captain there for years and years and years, a great big good-looking Irishman. Well, young Tom is the one that took my part before the captain, when

that took my part before the captain, when the captain tried to give me the third degree. He walks down to the corner with me every once in a while, and he likes Billy. The other day he walked home with me and Billy, and I was all in, as I just had a rotten note from Jim. He was so kinda nice, I start@i a crying in the street, and he said. "You poor little thing, let me go up with you and tell me all about it." First I thought it might be a plant, then I thought I didn't care, for I had to talk to somebody who had some sense, and it would not be peaching on Jim, for I really didn't know where he was. So he came up to the room, and I made some really didn't know where he was. So he came up to the room, and I made some coffee to give me time to get my feelings collected so I could talk, and he sat down and played with Billy. Then I told him all about it, how I didn't know where Jim was, but that he kept a touching me all the time, till I didn't have a cent left, and now he was threatening to take the kid. He was was inreatening to take the kid. He was awful nice, and patted my hand with his great big hand, and said. "You poor little red head, it has sure made you peaked looking. Your eyes are bigger than your face. What you going to do?" "That's just it." I said. "I don't know what to do. I've got to work, I can't set around and

watch Billy all the time. I just don't know what to do. If I could only get him away somewhere where they couldn't find him. I'd tell the whole bunch to go to Hell."
"Say, kid." he said, "I got an idea Why don't you send him up to my mother's? We not a swell little house up at 255th futy at 4 o'clock, I will come and get you.

and we will go up on the subway.

Then I got a thinking after he went away that some of Jim's friends might be catching the house so I went down to Cassidy's beat, and told him I would meet him at the Grand Central, where there wouldn't be so much danger of us being

the kitchen, and then I had to go to work. Billy was all right, didn't seem to feel a hit had about me going. Jack had him in the back yard, building something with little pieces of wood. Torn went to the station with me, but I wouldn't let him go no farther, cause I did not want to be seen too much with him. I told him I wouldn't come and see Billy, cause I might be followed. Let you I went home feel.

(Mrs.) F. T. S.

(1) Each bone has its own rules governing the disposal of the property of its inmates; in some homes only an entrance fee is required and all over that can be left to outsiders. In the case of a home which claims all property left by the lumate, the only thing for any one contemplating to enter it to do would be to make over the property she desired to leave to her relatives before entering. be followed. I tell you, I went home feel-ing better than when I went up there, cause Jim can do his worst now, he can't I got your letter, Kate. It was an awful You seem all different, and it

(CONTINUED TOMORROW)

(Copyright. All rights reserved.) PLAN TO TEACH FRENCH

TO SOLDIERS IN CAME State Committee of Public Safety to

Issue Call for Volunteer Instructors

The State committee of public safety is contemplating the issue of a widespread call for volunteer French teachers to drill mees" in the mazes of "Parlez-v

If the plan under consideration is adopted the teachers, both men and women, will go

to military camps and conduct systematic classes as part of the reutine of the day. When the draft army troops take up quar-ters in the cantonments, if the scheme is approved, they, too, will be drilled in the French language.
At the headquarters of the public safety committee. in the Finance Building on South Fenn Square, it is thought that many

French teachers not employed in the sum-mer months will be glad to give time to the cause of "Sammee," who is apt to trip up on his French verbs when he meets them on foreign shores. A "get-acquainted-with-France" plan is also under discussion. This provides for lectures in the camps by prominent au-

thorities on the geography, topography, eco-nomical and social conditions of France. The lectures would be accompanied by lan-tern slides.

These plans will be voted on at a meet-ing of the committee to be held tomorrow.

25 YEARS "ON THE JOB"

Walter F. Schaffer Hangs Up Proud Record at Thompson's Spa

Twenty-five years handing out food at Thompson's Spa. 713 Chestnut street, is the record hung up today by Walter F. Schaffer. The most popular waitress in Philadelphia 'has nothing on Walter,' his friends say, as his regular customers Increase daily and never desert him. It is also asserted that he is still feeding some of the customers obtained twenty-five years ago.

Walter is a prominent member of Darby society and active in church work. He has raised a prosperous family with the haid of Darby air, Darby vegetables from his garden and the high esteem in which he is held by all his patrons.

Child Struck by Automobile

Catherine McDonnell, twelve years old. of 2221 Dickinson street, was knecked down

IN THE MOMENT'S MODES

Fall Evening Frock of Cerise Satin



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

Perspires on Least Exertion

has lowered the vital resistance. Consult

Tomorrow's War Menu

Breakfast

Luncheon

French Toast

Tea.

Clear Soup with Vermicelli

Free Primers for Housewives on Canning and Drying Food-

READERS by sending this coupon and two-cent stamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will receive EREE, OF ANY CHARGE a

ceive FREE OF ANY CHARGE a primer on canning and drying vege-tables and fruits. Indicate which is desired. Send two two-cent stamps if both are desired.

Fill out the space below and mail, as this is a part of the personal

service this paper aims to give its

E. L. Canning Drying

Creamed Celery

Dinner

Clear Corn Pudding Buttered Beets

Friendly Germs

FORTUNATELY, there are friendly as add the cornneal and cook ten minutes well as unfriendly germs. Many unfriendly germs produce poissus, which when absorbed cause such disturbances as neu-ritis, degeneration of the liver and kidneys, sause fermentation and those which cause putrefaction. The germs which produce putrefaction also cause inflammation and suppuration, and are unfriendly germs. Germs that produce fermentation are acid-

friendly.
The friendly germs are found in butter him at the Grand Central, where there wouldn't be so much danger of us being piped off.

Talk about a grand little home. Kate, Tom Casaidy has sure got it, and his mother is the nicest little Irish woman that ever fived. And Irish. You could cut her brogue with a knife. But she just laughs all the time, and her face breaks up in the funniest little wrinkles that make you laugh with her. She came to the door herself, wiping her hands on her kitchen apron, and when she saw Tom and me and Billy she looked at us funny for a minit and then she saild. 'Say, Tom, ye ain't been married all these years and just now a bringing your family to your old mother?' Tom laughed and said, 'No such luck, mother, but I've adopted a family to be Bulgarian buttermilk, which is known as Bulgarian buttermilk, which is known to contain a strong and hardy variety of these germs have been used by many primitive people from the earliest times. In Central Africa, each native family has a gourd in which milk is allowed to sour. They never wash the gourd, but when the milk is used. they put in fresh milk and the fermentation is communicated to the new perston of milk. In futparia, sour milk and expectally in what is known as Bulgarian buttermilk, which is known to contain a strong and hardy variety of these germs have been used by many primitive people from the earliest times. In Central Africa, each native family has a gourd in which milk is used they primitive people from the earliest times. In Central Africa, each native family has a gourd in which milk is used to sour. They never wash the gourd hardy variety of these germs have been used by many primitive people from the earliest times. In Central Africa, each native family a gourd in which milk is allowed to sour. They never wash the gourd in which milk is used. They never wash the gourd in which milk is used. They never wash the gourd in which milk is used. They never wash the gourd in which milk is used. They never wash the gourd in which milk is allowed to sour. They never wash the g

Can a person twenty-four years old, who has take a lassitive every night, he cured of con-stitution?

Unless there is some intestinal obstrucbe cured of your constitution without tak-ing medicines. You must adhere to a laxa-tive diet and take exercise in the open air, walk five miles a day. Eat fresh and cook-ed fruits, drink fruit juices and eat an ahundance of fresh vegetables, such as celery, lettuce, spinach, cauliflower, tomatoes, cucumbers, etc. Use lemon juice instead of vinegar when you wish an acid with vegetables. Take a heaping tablespoonful of bran at each meal in any convenient way.

Take as much mineral oil at each meal a Tea and Coffee Harmful Why do physicians object to the use of tea and coffee? In what way are they harmful?

Tea and coffee are heart and nerve

Cooking Cornmeal Mush

How long should cornmeal much to hotled to double boiler? APARTMENT HOUSEWIFE. Stir the commeal into active boiling water that is very slightly salted, and cook in a double boiler for fifteen minutes. Cornmeal is much improved by adding one-third to one-fourth bran by measure. Long cook-ing does harm. Cook the bran first, then







Dr. Margaret Ruppert's Mi-Rite Beauty for

"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 Check Book

I turned and greeted a girl I had not seen for more than a year. She was just as

beautiful as I reflush on her cheek and a forced gay-ety of manner that caught my attention. "Why, Beth." I

raid, "how excited you look!" "Oh, Mrs. Sunday," she answered. "I'm going to be married!" "Let me con-gratulate you," was

"MA" SUNDAY "Yea" she said, with a little hesitation. "To Mr. Coyne."

I looked at her as straight as I could. "Isn't it lovely," she exclaimed, with an increase in her forced gayety. "He's so rich. He has three cars and a butler and a country home and—""

"But do you love him?" I asked.

The Girl was in the street of the other day when I heard my name the other day when I heard my name as most wives love their husbands."

I took her to the door of the street chances

I took her to the door of the store. In front of it a woman of the street chanced to be passing.

"Do you know what sort of girl that its?" I asked.

"She doesn't look any better than she ought to be," came the heatarting reply.

"Yes," I said, "she is better than you are, for she is not trying to hide, even to herself, what she is doing. You are deliberately selling yourself to a man be cause he is offering you the inxuries of the world in payment. Deep down in your heart you know that this is so, but you dare to go to God's holy temple to have the bargain sealed under the cloak of respectability."

She walked away, offended, and the marriage took place soon afterward. Her like now consists of buying silk lingers said imported gowns and diamonds—and of making a display, as a hostess, so that other men may eavy her hisband's possession.

Marrying for love, for real love, offenseems stupid to the world, but it is well-pleasing to God. Marrying for more offenseems wise to the world, but it is well-pleasing to the Devil. Ye cannot sere both.

pleasing to the Devil. Ye cannot a both. (Copyright, 1917, by the Bell Syndicate, Friday-"The Devil's Colors,"

HOUSEWIVES ASKED TO AID WHEAT SAVING

National Defense Council Urges Them to Limit Bread Orders to Actual Needs

Housewives are urged to co-operate with their grocers in conserving the wheat sup-

cil of National Defense to bakers all over the United States. They have requested

bakers to discontinue the practice of taking hack unsold bread and beginning today this rule will go into effect. William Freihofer, local chairman of the War Emergency Committee of the baking industry, has informed the local bakers of the new rule and is aiding to see it carried ut systematically.

out systematically.

All housewives are urged to calculate the amount of bread actually used daily and order in advance just the amount they will consume. This little plan will save hundreds of thousands of barrels of flour and avert the possibility of the country having to use gray or "war" bread.

The plan will also benefit the grocers and dealers are they will know in advance just.

dealers, as they will know in advance just how much flour to use daily.

JEFFERSON GRADUATES ENTER MEDICAL CORPS

Thirteen young graduate doctors of the Jefferson Medical College, all of whom are Philadelphians, today are arranging their private affairs because next Saturday they will be graduated into the United States Navy Medical Corps. Each of these men went through a strenuous eight-hour examination yesterday under the direction of the Park Bechman head of the United amination yesterialy under the direction of Dr. R. A. Bachman, head of the United States Naval Hospital on Gray's Ferry Road, and were pronounced fit. The Philadelphians who will be graduated into the United States Navy Medical Corps

Safe Milk
Infants and Invalids HORLICK'S THE ORIGINAL

MALTED MILK Rich milk, malted grain, is powder form. For infants, invalids as growing children. Pure nutrition, upbuilding de whole body. nvigorates nursing mothers and the aged. More nutritious than tea, coffee, etc. Instantly prepared. Requires no cooking.

THE CHEERFUL CHERUB We bear so many useless loads. We'd get through life with much less fuss If we would just dispense with all The things we lug around with us.

Field Bake Shop at City Hall

The field bake shop in Cry Hall courts yard will be turning out bread before the and of the week, according to officers of the Quartermasters' Enlisted Reserve Cora, which is to operate the bakery to show what can be done in actual war. The test is up and the ovens and other equipment are being brought in. Captain William

Specials Charming Sport Skirts

of colored materials ideal in weight for mountains or seashore. Regular prices \$10.50 \$15 to \$25. Wide selection Dresses Exceptional value

Regular prices \$26.50 \$35 to \$50. \$50 to \$75 Dresses Now \$37.50 While they last

Walsts \$4 choose from Were regular \$5 to \$10

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Total cost.....\$80.00 Pay \$5 down, \$5 monthly. VICTROLA XI.....\$100.00 Records, your selection Total cost.....\$108.00 Pay \$8 down, \$6 monthly. Total cost.....\$160.00 Pay \$10 down, \$8 monthly.

Call, phone or write for illustrated catalogues and full particulars.