

Sustaining One's Interest in Outside Affairs, Though Tied to Home

VACUITY NOT CONFINED TO ANY ONE STATION IN LIFE

The Broadness of Every Woman's Viewpoint Dependent on Herself—Not Her Opportunities

Whether a woman's life broadens or narrows as she grows older depends very little on the particular niche she is called upon to fill...

but the nursery. Last winter I gave in to their pleadings, and did venture out to several bridges and one tureen...

I was particularly impressed with this fact the other day on hearing a young woman speak of the little wife of a widely known artist in this city...

THEN she gave the aforesaid Mary Jane's hair ribbon a pull, straightened Johnny's necktie and after peeping in at the last-born to assure herself that he was sleeping peacefully...

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are treated, but the editor does not accept all communications...

- TODAY'S INQUIRIES
1. How can spots of cream be removed from unbleached linen dollies?
2. Can velvet be washed, if so, how?
3. What care should be given to window screens during the summer?
ANSWERS TO YESTERDAY'S INQUIRIES
1. If a little butter is rubbed on the outside of the spot of a cream piteber the cream will not run down the side.

Weekly Cost of Table

Dear Madam—Can you give me some idea of the amount of money it takes to provide meals for two, reckoning on an income of \$25 per week?
Estimates vary, although if the family of two consists of a man and wife with normal appetites the table expenses should be kept under \$10. This includes the cost of one housekeeper who has had considerable experience in this line and whose family at present numbers two persons has given the following figures: Meat including beef, chicken, fish and breakfast bacon, \$3.50; vegetables, \$1.75; bread, fifty cents; butter, sixty cents; eggs, forty-five cents; fruit, ninety cents; coffee, ten cents; tea, fifteen cents; milk, sixty-four cents; cereal, fifteen cents; ice, seventy cents, making a total of \$9.87.

Results of Hooverizing

Dear Madam—Your letter inclosing the address of the newly formed Hooverizing club has just been received. I am glad to hear that you have decided to take up this noble and patriotic work. I have heard that you are a very capable and energetic person and I am sure you will be able to do much good for your community.

Raspberry and Apple Jelly

Dear Madam—Kindly let me know in Saturday's Evening Ledger how to make raspberry and apple jelly.
Plain apple jelly is made as follows: Either the apples themselves, freed of imperfections or cut into quarters, are used or the parings and cores; the latter are very satisfactory. Cover the fruit with water and place over the fire to cook until soft, twenty minutes for the former and thirty for the latter. Drain in a bag, let the juice settle in a cup of sugar to each cupful of juice, then boil from one to six minutes. Skim before adding the sugar is added. If desired, a little granilla extract can be added, several drops of lemon or orange peel, or three or four lemon verbena or rose geranium leaves can be held in it for several minutes before pouring it into the glasses. Have your glasses sterilized immediately before filling and seal with paraffin.

Dent in Bureau

Dear Madam—Can you tell me what to do for a dent in a bureau that has been made in the top of the bureau?
Try the following: Wet the bruised part with warm water, double a piece of brown paper five or six times, soak it and lay it on the spot, then on top of that apply a hot flatiron and let it remain only until the moisture has evaporated. You may find that the dent will be raised level with the surface. If a flatiron is too large a poker can be used.

IN THE MOMENT'S MODES

Two Effective Midsummer Chapeau Models



LIVING UP TO BILLY

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

Dear Kate: I am having a dandy time. This is an awful pretty place. It is kinda in the country. Thomas Cassidy must have been a very saving man, or else he didn't let many things get by him, to be able to buy a nice little home like this. Yet perhaps he thought it was his real country and cheap. The house has got a parlor and a dining room and another room and a kitchen and a laundry downstairs, and upstairs there are five bedrooms and a bath and a great big attic where Billy can play when it rains. There is a big yard, both front and back. The front yard has flowers and belongs to Mrs. Cassidy, and the back yard has a vegetable garden and belongs to Jack and Tom, half and half. You would laugh to see them two little boys quarreling over their vegetables. Tom comes home and takes off his uniform and his collar and fusses around his garden every night. He weeds and scapes and weeds, and his garden ain't nothing like Jack's. All Jack has to do is to look after cabbage and it grows, and their poor mother has to drop his knife and looks up sudden at him and she says, "Mother, ain't that the finest lettuce you ever eat?" And Tom drops his knife and looks up sudden at her and she says, "Mother, ain't that the finest lettuce you ever eat?"

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.
In answer to health questions. Doctor Kellogg in this space will gladly give advice on preventive medicine, but in no case will he take the risk of making diagnosis or of prescribing medicines requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers.

Why Your Diet Should Have Variety

The adequacy of a food or a diet alone is not dependent altogether upon the proportion of protein, fat, carbohydrates and salts. It must also contain certain subtle substances that are known as "vitamines." There are at least two classes of these substances. One has been termed "fat soluble" and the other "water soluble." The fat soluble is known as "water soluble B" and is found in great abundance in the embryo of wheat. Young rats fed on a special diet on which they were found to make no growth began to grow rapidly when fed on the same diet with the addition of a small amount of butter fat and extract of wheat embryo. They did not grow, however, when either one of these substances, "fat soluble A" or "water soluble B" was given by itself. It was necessary that the two should be administered together.

Digestion

How long a time is required for food to pass through the digestive tube?
The normal time is probably twelve to sixteen hours. The food leaves a healthy stomach in four hours. Most of the breakfast is still in the small intestine when dinner is eaten. The vigorous peristaltic waves set up by the dinner carry the breakfast over into the colon, where it is slowly worked along toward the lower end. Superfluous food is absorbed in the duodenum, which carries the dinner into the part of the colon and ought to push the breakfast residue out by means of a bowel movement occurring after supper or before bedtime. The next morning the dinner residue should be dismissed before breakfast, and the supper residue after breakfast or not later than after dinner.

Raisins Good for Constipation

Are raisins good for constipation?
Yes. Raisins soaked for twenty-four or forty-eight hours and eaten freely at meals are an efficient aid to bowel action. A simple fig prepared in the same way is better.

3000 STETSON EMPLOYEES DISPORTING AT SHORE

More than 3000 persons, employees of the John B. Stetson Company, today are casting from their minds the fact that work ever existed and in its place are playing and romping as children on the white sands of the beach at Atlantic City.

THE CHEERFUL CHERUB
So many people know lots more than I. It really would discourage me I guess. Excepting for the fact that every day I see so many folks who know lots less.

STORIES OF THE CINEMA'S ACTIVITIES

NO SOB STUFF FOUND IN RUBY'S CONFESSION

Miss Hoffman a Minister's Daughter, but Getting Along Well, Thank You!

Ruby Hoffman, who plays the part of the priestess of the Sacred Order of the Violet God in Pathé's new serial, 'The Fatal Ring,' is the daughter of a Philadelphia minister. Despite the fact, the stage beckoned to her when she was a very little girl.

A RUBY IN AN ORIENTAL SET



The jewel in question being Miss Hoffman, who plays a leading role in one of Pathé's new serials. One would never guess from her gown that she was the daughter of a Philadelphia minister.

"I started at the age of fourteen, with the Milton Aborn Opera Company, in Philadelphia," she said. "I obtained wide experience and good advice, more than money, as payment for my first season in opera. However, at the end of the season, acting under the advice of Mr. Aborn, I entered the dramatic field in the Girard Avenue Stock Company. The next week at Betzwood, near Valley Forge, and filmed as part of 'For Liberty,' the war photoplay being completed in this city by the S-M Films Corporation. Thousands of men and tons of powder will be employed in making the scenes as thoroughly realistic as those on the French front.

WHY GO TO EUROPE FOR YOUR THRILLS?

Betzwood Will Furnish a Good Idea of General Sherman's Hades Next Week

The greatest battle ever arranged for any spectacle (in the voice of the press agent) was the one which arranged the battle scenes in 'The Birth of a Nation.' The efforts of the company to inject realism into 'For Liberty' are ambitious. The battle scene will include many details which have been developed only through the European war. A fleet of armored "tanks," such as the British have used in their onslaughts on the Hun, have been constructed for the movie battle. These tanks will be sent through their evolutions exactly as they would in actual battle, and will finally be destroyed before the eyes of the spectators by furious gunfire.

Movie Excursion Tomorrow

All arrangements have been completed for the motion-picture employes' annual excursion to New York and Coney Island tomorrow via the Philadelphia and Reading. The movie people have looked over all details for the comfort and pleasure of the excursionists and promise a good time for all. The train leaves the Reading Terminal, Twelfth and Market streets, at 8 a. m. On its return it leaves Liberty street about 10 p. m.

THEATRICAL BAEDEKER FOR THE COMING WEEK

- FEATURE PHOTOPLAYS
STANLEY—"The Love That Lives," with Pauline Frederick, first half of the week; "Forbidden Paths," with Vivian Martin and Seaside Hayakawa, latter half of the week.
ARADIA—"Time Locks and Diamonds," with William Desmond, first half of the week; "Her Excellency the Governor," with Wilfred Lucas, latter half of the week.
VICTORIA—"To Honor and Obey," with Gladys Brockwell, and "The Floor-walker," with Charles Chaplin, first half of the week; "The Will-o'-the-Wisp," with Mabel Taliferro, and "A Dog-catcher's Love," latter half of the week.
PALACE—"The Message of the Mouse," with Anita Stewart, first half of the week; "Time Locks and Diamonds," with William Desmond, latter half of the week.
REGENCY—"Twenty Thousand Leagues Under the Sea," Monday, Tuesday; "The Trail of the Shadow," with Emmy Wehlen, Wednesday, Thursday; "To Honor and Obey," with Gladys Brockwell, Friday, Saturday.

Constables to Hold Out

The Elected Constables' Association of Philadelphia will hold its annual meeting at the Alderly Club at Eastington, Abington, on Sunday, July 15, at 11 o'clock. The program includes music, athletic sports, boxing exhibitions and baseball games will be carried out. The officers of the association are Otto Zimmerman, president; William Ehringer, vice president; William Yeersley, treasurer; and Samuel A. Smith, secretary.

MOTION PICTURE EMPLOYEES' EXCURSION

SUNDAY, JULY 15TH
New York and Coney Island
Special Train leaves at Eastington, Abington, at 11 o'clock. Tickets \$2.50 Round Trip, Children \$1.25. Tickets for sale on Train or 1342 Arch street.

COMING ATTRACTIONS

- JULY 23.
KEITHS—Bernard Granville; Gus Edwards; "Handbox Revue"; Ida Brooks Hunt.
JULY 30.
KEITHS—Albertina Rasch; Herbert Clifton; Nonette.
more and Castle; Edgar Foreman and company; Dore Brothers, first half of the week; "The Honey-mooners"; the Ames Sisters; George Walter and the Ames Sisters; Dan Cooper and company; Francis and Demar; Three Hidders, latter half of the week.
GRAND—Harry Slatko's "Midnight Rollers"; the Brightons; "Art rag-pole"; Wilmore, Angel and company; Jim and Marion Harkins; Jones and Greely; Ann Suter.

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. Ask for the theatre in your locality obtaining pictures through the STANLEY BOOKING CORPORATION.

ATLANTIC CITY
WHEN IN ATLANTIC CITY
Visit THE COLONIAL
LIBERTY BROAD AND COLUMBIA
THEA BARA in "HEART AND SOUL"
ALHAMBRA 12th, Morris & Passunk Aves.
Paradise Pictures.
Anita Stewart in "THE GIRL"
APOLLO 62d and THOMPSON
WILLIAM FARNUM in "A TALE OF TWO CITIES"
ARCADIA CHERNUT
SUSPENSE 10TH
MAE MURRAY in "AT FIRST SIGHT"
AUDITORIUM LOGAN—Broad St.
Mary Maclaren in "THE MYSTIC HOUR"
BELMONT 62d ABOVE MARKET
Alice Joyce and Harry Morey in "HER SECRET"
BLUEBIRD BROAD AND
Kathlyn Williams & House Peters in "THE HIGHWAY OF HOPE"
FAIRMOUNT 26TH AND
Stuart Holmes and Wanda Petitt in "THE BROADWAY SPORT"
FAMILY THEATRE—1311 MARKET ST.
EMILY STEVENS in "THE SOUL OF A WOMAN"
56TH ST. THEATRE
FANNIE WARD in "UNCONQUERED"
GREAT NORTHERN Broad St.
Valeska Suratt in "THE SIREN"
IMPERIAL 60TH AND WALNUT STS.
WILLIAM S. HART in "TRUTHFUL TULLIVER"
JEFFERSON 29TH AND DAUPHIN STS.
VIOLA DANA in "LADY BANNAKLE"
WEST PHILADELPHIA
COLISEUM MARKET ST. Below 60TH
Carlyle Blackwell & June Elvidge in "The Price of Pride"
EUREKA 40TH & MARKET STS.
ENID BENNETT in "Seeking Happiness"
NORTH PHILADELPHIA
FRANKFORD 4TH FRANKFORD AVENUE
PAULINE FREDERICK in "Sleeping Fires"
NORTH PHILADELPHIA
LEADER FORTY-FIRST AND LANCASTER AVENUE
GEORGE WALSH in "SOME BOY"
RIDGE AVENUE 134 RIDGE AVE.
Mary Anderson & Antonio Moreno in "THE MAGNIFICENT MEDDLER"
STRAND GERMAN TOWNE AVENUE
EARLE WILLIAMS in "THE STOLEN TREATY"
TIOGA 17TH AND VENANGO STS.
Gail Kane in "The Upper Crust"
A Black Cat Comedy Drama

Safe Milk for Infants and Invalids
HORLICK'S THE ORIGINAL MALTED MILK
Rich milk, malted grain, in powder form. For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged. More nutritious than tea, coffee, etc. Instantly prepared. Requires no cooking. Substitutes Cost You Same Price