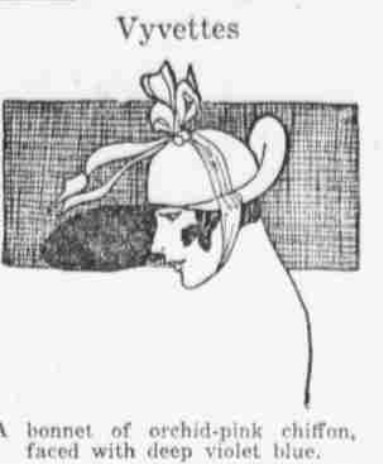


"MA" SUNDAY'S MONDAY

SAVING AND HOARDING NOT TO BE CONFUSED—FOLLY OF THE LATTER

The Girl Who Lets Her Letters or Her Clothes Accumulate—The White House Pickets Again

The saving habit usually takes one of two extremes. Either you save every penny you possibly can, storing up for yourself possibly future wealth, or you are utterly ignorant of the value of money, but fearfully grasping and mean when it comes to parting with your own personal possessions, your clothes, pictures, letters. It is strange that the two are not necessarily related. The most thrifty girl I know lets her clothing accumulate until she can find a more room for it. Then years after her suits have gone out of style she tries to sell them or give them away to "the poor" who cannot be counted on to be extremely grateful for these passe garments. Yet she is exceedingly generous in money matters. Perhaps it is that each thing she owns has its particular associations and she can't bear to part with it for that reason.



A bonnet of orchid-pink chiffon, faced with deep violet blue.

Many more people hoard their letters, I believe. Yet this is most unwise unless the letter happens to be unusual, and few letters, in these days of postcards and telegrams, are really classics. One girl told me how she happened to be cured of this habit. She said she had saved and saved her letters for years. Each little bundle with ribbon ties, as she had read of other romantic girls doing. Then one summer when she was away she became seriously ill and for weeks lay in a hospital. She said that, curiously enough, the thought of dying without first getting home and destroying all those silly letters she had so carefully kept upset her more than the fever itself. "I realized that if I died my family would certainly go over my affairs, and, afraid to destroy anything for fear it might contain something of vital importance, would probably read all my letters. And there were many things they wouldn't understand; communications which might cause much unpleasantness."

It is fearfully hard, I know, to deliberately destroy some correspondence. One feels almost as if one were parting from a child. But, after all, it is well to

remember that these letters, no matter how much importance we may attach to them, are only scraps of paper to others. "YOUR article on the White House pickets causes me to mail to you this clipping taken from the Woman Citizen. It is the most pertinent comment I have seen on the subject," writes T. L. The Inclosure is headed, "If They Had Been Women," and reads: "The agitation for manhood suffrage in Hungary has again resulted in serious disorders. Twenty-five thousand men marched through the streets of Budapest demanding universal, equal, secret and direct suffrage for men. According to the press reporter, 'The rioters were dispersed with difficulty by the police.' 'Nobody jumps to the conclusion that all men are unfit to vote. Except the Conservatives in Hungary, nobody even draws the inference that the men who caused the disturbance showed themselves unfit to vote. But when a few misguided young women picket the White House and display banners emphasizing their wish to vote, some illogical persons jump to the conclusion that all women ought to be debarred from the ballotbox.' A. S. B."

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper, and should be clearly legible. If the writer's name and address are given, they will be returned. It is understood that the editor does not necessarily endorse the sentiments expressed in the correspondence. All communications should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES
1. Should peas be eaten with a spoon or a fork?
2. Should a fork be used in eating Welsh rabbit?
3. Is it proper to cut lettuce with a knife?

- ANSWERS TO SATURDAY'S INQUIRIES
1. The best all-round exercise for developing the muscles is said to be swimming.
2. When breaking in a new shoe that rubs the heel a blister can be prevented from forming if a small strip of adhesive tape is placed around the back of the heel; it can be removed with alcohol.
3. If black hair is to retain its blue-black color it should not be dried in the strong sunlight; this has a tendency to give it a brown tint.

Should Soldier Marry
To the Editor of Woman's Page:
Dear Madam: I would send in a few recipes. Here is a good and cheap recipe for macaroni salad.
One cupful sugar, one cupful flour, one teaspoonful baking powder, sift together. Add one large tablespoonful butter, add two eggs, place in cup and mix thoroughly. Beat this until stiff peaks are formed. Add one cupful of sweet milk, beat this into the dry ingredients and bake in quick oven. Frosting: One cupful sugar, one-half cupful butter, one-half cupful milk, one-half cupful cream, one-half cupful vanilla, mix together. Beat eight minutes, remove from fire, beat until it begins to thicken again. (U. S. ARMY.)
On cake. Grated chocolate can be added to the frosting while whisking if you want to have a chocolate frosting.
This is how we do up string beans on the farm: Take your tender beans, wash them in cold water, then put in boiling water, to which a pinch of salt and one or two drops of vinegar are added. Let boil fifteen minutes, then pack hot sterilized jars. Fill them up with the beans and seal at once. Be sure to use a good vinegar. When doing tomatoes never use those with seeds. (U. S. ARMY.)
Yes indeed, Mrs. Creitz, I am sure other readers will welcome your recipes. Thank you.

Recipe for Macaroni Salad
To the Editor of Woman's Page:
Dear Madam: I would send in a few recipes. Here is a good and cheap recipe for macaroni salad is composed of a number of vegetables; almost any left-over vegetables can be used. Try this recipe: Use, if you have them, one cupful of green peas, one cupful of carrots, one cupful of turnips, one cupful of cauliflower. The cauliflower should be broken up into small pieces and the carrots and turnips sliced before cooking. Drain and mix the vegetables, then mix them with a rich mayonnaise dressing to which a little whipped cream may be added, arrange carefully in a salad dish and decorate with pieces of the various vegetables.

Oleomargarine as a Butter Substitute
To the Editor of Woman's Page:
Dear Madam: I would like to know whether oleomargarine is considered healthier or not? I have never used it, but thought I might like to hear your opinion. (Mrs. J. P. S.)
There are three commercial substitutes for butter, oleomargarine, butterine and renovated butter. Butterine is oleomargarine with which is mixed more or less butter, although all butterine is legally oleomargarine. It is a mistake to think there is anything harmful in a good grade of oleomargarine. In fact, it is rather to be preferred to a poor grade of butter.

Chocolate Jumbles
To the Editor of Woman's Page:
Dear Madam: For chocolate jumbles knead together with the hands one cupful of sugar, three tablespoons of powdered sugar, one cupful of butter, one cupful of flour, one cupful of cocoa, one cupful of milk, one cupful of vanilla, mix together. Beat two eggs until light, add these and stir well. Knead the dough with your hands until it is thin sheet cut in rounds and bake in a moderately hot oven. Little vanilla extract may also be added if desired. (Mrs. A. S. B.)

Removal of Ice Cream Stains
To the Editor of Woman's Page:
Dear Madam: Will you kindly tell me how to remove ice cream stains and grease stains from a silk laffeta dress? (Miss P. C.)
To the Editor of Woman's Page:
Dear Madam: Kindly tell me how to remove stains from a silk laffeta dress? If it is dark blue. And can you tell me how to remove stains from a silk laffeta dress? (Miss P. C.)
You might try benzine to remove these stains. Or another method is to lay the spot upon a folded damp cloth, put another over it and press with a moderate weight over an hour. Then wipe off both sides with warm water, wash and cold, followed by clean water. Shift the spot to a clean place and then wash. When clean pin it smooth between thin plates and press dry with a

What to Buy, What Not, in City's Produce Market

Table with 2 columns: Item and Price/Status. Includes Cabbage, Onions, Watermelons, etc.

ABUNDANT
Cabbage, Onions, Watermelons, Peaches, Blackberries.
SCARCE
Green corn, Lima beans, Tomatoes, Strawberries, Pineapples, Huckleberries, Grapefruit, Peas.

NORMAL
Cauliflower, Gooseberries, Cucumbers, Oranges, Celery, Lemons, Garlic, Kale, Spinach, Okra, Currants, Parsley, String beans, Peppercorn, Raspberries, Squash.

The bad effect of the rain is still apparent on the produce market. Some vegetables, such as string beans and spinach, which should be very plentiful at this season, are now scarcely normal in supply. Cool weather has caused thirty carloads of melons from Georgia to pile up in the yards with virtually no sale for them. The supply of fish is scarce, totaling about 300 barrels. Butterfish were more abundant and have dropped three cents a pound from 7 1/2 cents to 4 1/2 cents. Wholesale prices are: Bluefish... 24 Butterfish... 4 1/2 Bass... 10 Croaker... 3 Brown trout 6. J. RUSSELL SMITH, Chairman Food Commission, Mayor's Home Defense Committee.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

HEAT exhaustion differs from sunstroke or thermic fever. Prolonged exposure to high temperature, particularly when combined with physical exertion, is liable to be followed by extreme prostration and collapse.

The individual does not need to be exposed to the sun's rays. Heat exhaustion may occur at night, when in closed rooms. Great artificial heat may cause such exhaustion; working for hours over a hot kitchen range will cause exhaustion, and also a blow from a steam engine often suffers in the same way. Cases of sunstroke occur usually when persons are working hard exposed to the sun in a laboratory where every instrument is liable to sunstroke. In our larger cities such cases are almost exclusively confined to workmen who labor in the heat especially if at the same time they have been drinking beer or whisky. Immediate eating and eating the wrong kind of food, especially meats, in hot weather render one more liable to sunstroke.

It is not wise to expose the uncovered head to the direct rays of the sun in hot weather. On the hot links, on the beach, when working outdoors and when taking sun baths the head should be protected. The difference between heat exhaustion and sunstroke is striking. In heat exhaustion the skin is moist, pale and cool; breathing is easy, the pulse is normal and small and soft, the mind clear. In sunstroke, or heat apoplexy, there is usually unconsciousness and high temperature. The normal symptoms after sunstroke are the return of consciousness and a fall in the fever. In other instances there are remarkable after-effects, the most constant of which is a permanent inability to bear sun or heat or high temperatures. Such patients become very nervous and their temperature reaches eighty degrees in the shade. There is often mental confusion or a failure of memory as an after-effect, which is a severe and distressing condition. For heat exhaustion, stimulating treatment is needed, and if the temperature is below normal the hot bath should be used. Aromatic spirits of ammonia may be given if necessary. In sunstroke, the indications are to reduce the temperature as rapidly as possible. Cooling should be done by means of ice compresses should be placed upon the head and above the neck. An ice bag may be used on the head. Cooling treatment should be continued until the temperature falls to nearly normal. After the patient has cooled should be poured upon the patient from a height, while two persons rub the patient vigorously with ice cloths. Cool applications to the head and neck are of great value. Drinking is desirable if the patient is able to swallow. While pouring the cool water upon the patient, an ice bag should be kept on the head and cold compresses about the neck. After a sunstroke the patient should be rubbed daily with a towel wrung from cold water. The head should be thoroughly cooled before such applications.

Bran for Constipation
Dana Bran taken with milk has the same effect on constipation as bran alone. What can a sixteen-year-old girl do who is always constipated? She lives a healthful life, sleeps outside, is in the sun, and is otherwise healthy.
Bran will have the same effect taken in milk, water or mixed with foods. If the constipation persists in spite of bran and the like, use of fruit juice and fresh green vegetables, you will need a mineral oil for a time at least. Take one or two tablespoonfuls at each meal. The young lady should regularly take gymnastic exercises every morning on arising and walk two or three miles daily. This will improve her circulation. A cool sponge bath every morning followed by a brisk rubbing of the body with a towel until the skin is in a glow is a strengthening tonic. Walking on the toes for five minutes two or three times a day is an excellent exercise.

Why Parts of Body Go to Sleep
What is the cause of any part of the body going to sleep while in bed? The subject is in perfect health, but the part in question is always numb. This sensation is due to pressure on the blood vessels which interferes with the circulation. By a change of position the circulation will be restored.

Baths for Reducing Blood Pressure
Are cabinet steam baths at home useful in reducing blood pressure? A. B. C. Yes, such baths are very useful in the case of sick persons, taken by advice of a physician who thoroughly understands the case.

Dizziness and Severe Headaches
I am troubled with dizziness and severe headaches. The dizziness is worse when I feel any motion. My nerves are weak and I feel shaky all the time.
You should consult a physician at once. The condition is probably due to autointoxication as the result of constipation or it may be due to hardening of the arteries due to autointoxication or some other cause. It is more than likely that you will be benefited by adopting some or all of the following suggestions. Eat a tablespoonful of bran at every meal. Take a spoonful of paraffin oil at each meal. Stop the use of tea and coffee. Eat fresh fruit and green vegetables in place of meat and fat.

IN THE MOMENT'S MODES

Frock Designed for the Stout Woman

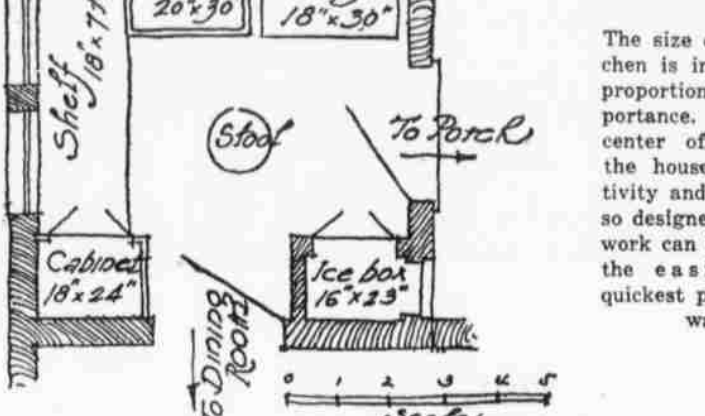


Almost to a man—or woman—the style creators have decreed that the woman of more than average proportions can cease regarding white as something to be avoided. It all depends, say the fashion folk. Depends upon the modeling. The woman inclined to plumpness can wear white, they say, provided it goes into the making of a frock that takes due and careful consideration of the requirements of her figure. There must be long lines in the bodice and the skirt must shun any form of hip trimming. Visualization of this edict is presented in the accompanying illustration. This "tub" or shirtwaist frock is of white crepe de chine, modeled in a manner that is guaranteed to make any stout woman look thinner than she really is. The blouse achieves lines of length with clusters of small tucks. The pointed collar and the row of buttons aid and abet this optical illusion.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, B. Arch., R. A.

The Kitchen and Its Accessories



The size of the kitchen is inversely in proportion to its importance. It is the center of most of the housewife's activity and should be so designed that her work can be done in the easiest and quickest possible way. During the winter, when the heating system is running, hot water can be had without extra expense or trouble by having a hot-water coil in the furnace or boiler, whichever is used.

Questions and Answers
To the Evening Ledger:
Sir—Your attention is called to the article on "Interior Woodwork and Its Finish," which you published yesterday. The term "sum" is misleading, as there are many kinds. When properly cured, red sum is recognized today as one of the best woods used for interior finish, furniture, etc. In New York, Philadelphia and Chicago it is used in some of the best apartment houses and hotels. As for instance, the Adelphi Hotel in Philadelphia, the Traymore in Atlantic City and the La Salle in Chicago. Yours very truly, B. F.

We are quite sure that where your wood of any kind has been used successfully it has been used as a veneer only. On account of the veneer being very thin it can be held in place by the glue by which it is applied. It has a beautiful grain, so when used in this manner it is very successful. We have noticed that many railroad cars are finished in this wood as a veneer. In these articles, however, we are dealing with the small house, in which veneering of wood is prohibitive on account of its cost. We must use a solid wood of whatever kind we choose, and as has been told in the article to which this question has reference, solid gum wood, seasoned or not, will warp and twist, and for this reason is not satisfactory. In recognition of this fact, door manufacturers will never make doors of solid gum wood. This warping and twisting is caused by the nature of the tree from which the wood is taken, the grain not traveling up and down in straight lines, but twisting around the tree like a rope.

ASK FOR and GET Horlick's The Original Malted Milk Substitutes Cost YOU Same Price.

Advertisement for Horlick's Malted Milk, featuring a portrait of a man and the text 'THE CHEERFUL CHERUB. I think the human race is nice. In spite of war and revolution. Why, we can't help it that we came in just this stage of evolution.'

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Girl Who Asked Questions

"The girl dropped into a chair and covered her face with her hands. When she glanced up, I was startled to see that her cheeks were haggard and her eyes swollen. 'You are crazy,' said John. 'A man and a woman can never be judged in the same way. They belong to different worlds altogether. There can never be the same code of morals for both. You are hysterical. When you come to your senses, I will call me back.' And he left. 'The girl turned to me eagerly. 'Do you think I did right?' 'I took her in my arms. 'Yes, dear, you did,' I said. And I meant it. In the eyes of God there is no difference between sin in trousers and sin in petticoats—and there ought to be no difference in the eyes of the world. A man's wild outburst is to be taken as a matter of course as a privilege of his sex. If a girl would the sweet kind of calm, the man who helped her do so would be the first to ignore her if he met her on the street. She is driven from her home and her friends and so-called respectable society and is branded an outcast, and left to her own soul untried, why should she not judge a man who sins exactly as she would have judged her had the conditions been reversed? Has she not a right to expect as much of him as he expects of her? If he would not link his life with that of a woman who had been sullied, why should she link her life with that of a man who had been tarnished? There is equity in every other kind of law, why should there not be the same equity in the laws of sex? Yes, Helen was absolutely right in the questions she asked John. Six months later he led her to the altar, but it was a far different John from the man who had first proposed to her. It was a repentant, humbled John, with a new outlook on life, a new vision, and a new and higher appreciation of the sanctity of womanhood. (Copyright, 1917, by the Bell System, Inc.) Wednesday—'The Woman Who Did Not Want Children.'

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 teaching the boys to dance. You would kill yourself a-laughing watching them. The kitchen is a big old-fashioned kind, and Tom takes off his coat because he goes at it as if he was going to save a load of lumber. Jack runs the phonograph and I try to teach Tom to dance; but you might just as well teach an elephant to walk a tightrope. Tom is all feet. To begin with, he is six feet two and he sweats and he breathes hard, and then when he gets through he falls into a chair just one up, mops his face and the back of his neck with a handkerchief or a handkerchief towel and says, 'Talk about sweat, why I would rather load a dray all day.' Then when he gets cooled off he runs the phonograph for Jack. Jack dances lovely. He is awful light on his feet. You don't have to show him a step but once, when he knows it; but he can't care for dancing, not half as much as Tom does, who would never learn to dance, and he is six feet two and he is funny to see Tom. When Jack is a-dancing Tom will take an onion and go in front of Jack, holding it just out of reach and moving to the music. As if he was trying to chase the onion. When I say Jack is a good dancer, Tom says, 'Sure, he is, cause he thinks he is chasing an onion. Now, if we only had a pig, no tellin' what he'd do.'

Advertisement for Franklin Sugar, featuring an illustration of a sugar can and the text 'SAVE THE FRUIT CROP Have delicious Cherries all Winter—preserve them now. A Franklin Sugar for every use. Granulated, Dainty Lumps, Powdered, Confectioners, Brown.'

Advertisement for King Water Meter, featuring an illustration of a water meter and the text 'A KING WATER METER SAVING PAYS FOR ITSELF. You pay for the water you use, not what some one else wastes, when this efficient, noiseless device is attached to your pipes. Simple in construction, nothing to get out of order. Our meter expert will be glad to advise you without obligation on your part.'

Advertisement for Fleck Bros. Co. Malted Milk, featuring the text 'ASK FOR and GET Horlick's The Original Malted Milk Substitutes Cost YOU Same Price. Fleck Bros. Co. Plumbing Heating & Water Supply 44 to 50 N. 34th St. 506 Arch St.'

Advertisement for Tetley's Tea, featuring the text 'LET EVERY WOMAN VOLUNTEER to do her part in the war. This she may do by showing intelligent economy in home provisioning. TETLEY'S India TEA Ceylon shows you the way. Its greater strength makes it go farther. Its use makes economy pleasant.'

Advertisement for Mountain Valley Water, featuring the text 'Neuritis is distressingly painful, but relief can be obtained and the cause removed by Mountain Valley Water, which eliminates uric acid poisons from your system. DRINK DAILY 8 TO 12 GLASSES OF Mountain Valley Water. Pure, palatable and tasteless. A delightful table water. Sample it FREE 718 Chestnut St. Phones Walnut 3307. Sold in cases and bottles. Grocers, Druggists and Wholesale Merchants.'