WOMAN'S BATTLE AGAINST THE PETTY THINGS OF LIFE—MA SUNDAY'S TALK—FASHIONS

IT IS THE BIG THINGS THAT ARE RARELY ACCOMPLISHED

Time for Little Things Invariably Found While Greater Tasks Are Neglected-Meeting an Emergency

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 nurses like those given below are invited. It is understood that the citier day not necessarily interes the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philodelphia, Pa.

TODAY'S INQUIRIES

Vyvettes

The trimming on this hat suggests the arms of a windmill. Here, of course, the arms do not revolve

when the wind blows!

routine is undisturbed. The other kind,

the woman to whom responsibility acts

as a stimulus, who when it comes does

To represent the latter type a girl must

constantly keep her mind alert; must

work, not besitate to ask questions and to

MOST persons are always doing little things; from day to day they perform metr own special tasks. But they never do the big things they are always intending to do-and true greatness lies in doing the really big things.

There are many potential geniuses, men and women, who have really brilliant ideas they are going to carry out some time-but that time never comes. The little things always demand their atten-

The true artist is purposeful at the outset. He carries before him the vision of the big picture he is going to paint. Sometimes he does achieve it. But more times he finds himself well on in life still filling email orders in order to keep himself in bread and cheese. The man who has an ambition to write is much the same. That great novel is deferred from day to day and year to year while he grinds outand sells-his "pot-boilers."

The woman in business doesn't lack aspiration. She wants some day to fit herself for something better than a clerical job. She intends taking a course of study. But other things claim her attention. She must do this and that and the other thing, and gradually she finds performed satisfactorily when the office the years slipping by and she is still a

ND speaking of the woman who is her best in a clear-headed way, will in the And speaking of the woman who is her best in a constitution that is more than girl whose work runs along smoothly, and merely mechanical. who does just what is expected of her every day, who is singled out for promotion, but the girl who is able to meet an learn more of the business than is necesemergency, to assume an unlooked-for sary for her own small job; must, when responsibility, to whom the opportunity she does not understand a phase of the to rise is given.

There are many of the former, super- be interested when information is vouch-Scially efficient girls, whose tasks, mere safed. It is this very lack of interest repetitions of those of the day before, are which often prevents promotion.

Blackberry Pudding

Editor of Woman's Page;
Madam - Will you please publish a recip
led blackberry pudding and the sauce
roes with it? (Mrs.) A. M. J.

THE GOOD HEALTH QUESTION BOX By DR. JOHN HARVEY KELLOGG

THE potato is one of the most valuable of foods, notwithstanding the fact that it is three-fourths water. A study of the nutritive value of various common foodstuffs shows that one pound of baked potato is equivalent in total nutritive value to the following foods in the quantities indicated; five and seven-eighths ounces boiled beef; one pound of chicken; one and onehalf pounds of codfish; two and one-fourth pints of oysters (solids); four pints of clares (in shell); four and one-half pints of beef suice; ten pints bouillon or beef ten; one and one-eighth pints whole milk; three pints skimmed milk; eight eggs; nine ounce haked beans; seven ounces bread; one and three-quarters plats natmeal or cornneal mush; one and three-fourths pints bemins cooked); one pint boiled rice; one pound bananas; two pounds paranips (cooked); one bananas; (we pounds paranips (cooked); one pound green peas (cooked); three pounds being (cooked); four pounds boiled cabbage, four pounds radialies; ave pounds tomatoes. From the above it will readily appear that the potate is one of the most nourisning of our common foods. Its value is still further emphasized by the fact that steamed or mashed potate digress in two or three hours, whereas roast beef, for instance requires four or five hours, as doubt. stance, requires four or five hours, or double

As already poted, the potato is not rich total nutritive value, a propertion which i ato is of very fine quality, much superior that of corn.

Also the proportion of fat is low. Threes of cream, or three-fourths of an

The saits and vitamines of the potate are of highest value. The potato should be used much more freely. Experiments made by Hindhede, of Denmark, showed that men may live indefinitely and work hard on a diet consisting exclusively of petatoes with a small addition of fat.

Eating Fruits and Vegetables How can howel tradile from eating fresh fruits and vegetables be prevented? HOUSEWIFE.

A precaution which will almost certainly prevent summer bowel troubles is the care ful disinfection of fruits and all other fresh foods, such as lettuce, celery, radishes and cabbage. These foods are often solled with sewage or soil used as fertilizer, and hence are highly infected. They often introduce typhold germs and animal parasites into the injestine. It is easy to render these foods entirely wholesoms, as follows: Wast thoroughly in clean water, then soak fo After soaking in the solution, rinse. Fresh tion. Of course, vegstables grown in one's own garden may be known to be rafe, but even these should be carefully washed.



Is it true that parasites of some port at-found nearly always present in Hout? SHORGE LEARY.

According to Doctor Stiles, professor of goology, United States Public Health Service, Washington, 'no animal that has even been claughtered for food has been entirely free from one parasite or another." It is true that no connection has as yet been traced between some of these parasites and any of the thousand and more mainded from which human beings suffer, but this is no guarantee that we may not find in the future that cancer or some other of the grave disorders which afflict us, but whose origin is still obscure, may not be properly attributed to some of the germs which the flesh-eater swallows with his steales and chaps. It is known that meat-carers are much more liable to cancer than flesh ab-

Preserved Eggs

The difficulty in preserving eggs has been the fact that many eggs contain bac-teria when laid. They become contaminated in the eviduet of the fowl. Disease of the ovary is becoming very common in fowls through infection with the B. pullorum, a germ which kills rabbits and other small animals when fed to them in infected eggs.

The various methods of preserving eggs do not appear to prevent the growth of bacteria, for the best that the United States Government experts can say is that "canned eggs with the majority of samples having less than 5,000,000 bacteria per gram and with 100,000 B coll or less can be pre-pared in the producing section from the regular breeding stock, provided strict cleanliness and careful grading have been observed." Five million bucteria in a gram (one-thirrieth of an ounce) is twenty-five times as many germs, and of a sort far worse, than is permitted by the most liberal law regulating milk supplies.

American preserved.

American preserved eggs are not quite so far advanced in decay, perhaps, as the highly aromatic pidan (ancient preserved eggs) of China, but one who wishes to keep his interior at least approximation. his interior at least approximately as clean as his exterior will naturally hesitate about swallowing an egg which is known to con tain at least 250,000,000 becterin of the sort which thrives in sewers and cesspools. Water or milk infected to one-tenth the same degree would be rejected at once. The same aggress would be rejected at once. The ordinary cooking of eggs does not destroy the germs which are likely to be present. It is a good plan to eat less meat and eggs and more fruits and vegetables. There are many records which records the cooking the c many people who never eat either meat or ogga.

Water in Hyperacidity Should a person suffering from hyperaclitiys rink freely of water? If so, should it be hot cold? ANXIOUS

ANXIOUS
A glassful of hot water an hour before meals is a good plan. Two or three hours after meals, when the acidity is the highest, it is a good thing to take one or two glassfuls of hot water as a means of washing out the stomach and relaxing the pylorus.

Amount of Acid

What is the amount of hydrochloric acid normally in the human stomach during diges-tion? About two parts in a thousand, or one-(Cupyright.)





MANDO

IN THE MOMENT'S MODES



The popularity achieved by the separate blouse of silk is nothing short of a sensation. After years of being classed as a strictly utilitarian garment, even branded as "dowdy" by some, it has come back with a vengeance. And, oddly enough, the style folk themselves are amazed at the sudden turn in its fortunes. When the silk blouse first appeared last spring it received almost scant attention. Many of the fashion shops showed it, but they made no effort to push it into the limelight of popularity. It was a novelty for display purposes—simply that and nothing more. But almost before one knew what had happened women had stamped it with approval and it had arrived among the smart modes of the season. Now the wardrobe that does not boast of at least two of the season. Now the wardrobe that does not beast of at least two of these blouses is a wardrobe incomplete. The blouse presented in today's drawing is of navy blue meteor satin. The stock is of white pique.

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.

of growing families, cause he just located

the right kind of a calf pen when we took him by the coat-tails and dragged him

We got home awful tired, and everybody

went to bed except Jack, who set down with a pencil and paper to figure out how much

Dear Kate: What do you think? Billy is an helr! Before the Smiths went away they tried to sell their place over in New Jersey, but they was going away too soon and an agent couldn't sell it for them in such a hurry. So they made a will that if Mrs. Smith died the place was to go to Mr. Smith and if Mr. Smith died first the place was to go to Mrs. Smith and if they both died the place was to go to their adopted son. Wil-liam Smith, and that is Billy. Now, what and I have had to sign the papers, and Bill he talked onions and pigs at the same time We went over there last Sunday and it looked just as pretty as ever. It made me feel awful bad about the Smiths, and I cried at first a lot. The house seemed lone some with blinds all shut and no pigs nor chickens nor cattle around the barn or in the pasture. The house inside was just as Mrs. Smith left it, cause they had hoped to seit it furnished, and there was even pickles and preserves in the cellar. We ate our lunch on the kitchen table, which we put under the big tree looking out over the lake. It was awful pretty. The water was just like a fooking-glass, and once and a while a little spurt of wind would came and ruffle it all up and then it would be deep quiet wash. Wes Casside said. die down quiet again. Mrs. Cassidy said it made her think of her home back in Ireland, which is by a lake, and she talked a long time about her man who has been dead ten years, "who was one of the finest" in New York, and that meant something in those days. Mrs. Cassidy set down in the shads with Billy, and Tom and Jack and me went over the place. Jack was crazy about it. He would take little handfuls of mud and smell it or taste it, and say, "too sour," or "it needs salt" or "there ain't lime enough," just kinda talking to himself all the time. He found the pasture with a brook running through it, and said it would be just the right thing for pigs, and he saw about ten acres he said the Lord intended for an onion field. He made over the barn in his mind, and filled it full o Holsteins, and I think if it had not begun to get late and we had to catch a train, that he would have all the Holsteins mothers

> THE YARN SHOP Good Shepherd Yarns

imited amount of Imported Angora fewest Styles in Hand-Knit Sweaters rections for Knitting and Instructions 123 SOUTH SIXTEENTH ST., 2nd Floor THE REPORT OF THE PROPERTY OF THE PARTY OF THE PARTY.

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a helpful and wholesome way.

The Woman Who Did Not Want Children

something lacking. Her life was not full. There was a certain coldness and emptiness in

"MA" RUNDAY her beautiful home, and it was not difficult for me to sense. after a day and evening with her, that there was something perfunctory and con-ventional in the relations between her and her husband.

"You are not happy?" I said to her suddenly, as we were chatting together before retiring for the night.

"Of course I am!" she said defaulty, and then as she fell my eyes surveying her she tossed her head, "I would be—if it wasn't for John's whimsical, old-fashioned nations!"

"Hazel," I said abruptly, "why haven't you had any children?

"Has John been talking to you?" she asked suspiciously

"So that is the trouble!" I said musingly. "No. my dear, he haen't said a word. He hasn't meded to. Both of you give the impression of persons who somehow are no satisfied, who are groping for something they haven't attained and who are not quite sure of what it is. But tell me why there are no little ones in this \$25,000 home."

"I wanted to adopt a girl baby from the orphan asylum." Hazel retorted; 'but John wouldn't agree to it. He said—" She hesitated and glanced away.

What did he say?" I demanded. "He said that if he couldn't have children of his own he didn't want any. That is always the way with a man. He thinks only of himself, and his own selfish enjoyonly of himself, and his own selfish enjoy-ment. He never stops to think of the suf-fering and sacrifice of a woman in mother-hood. And I have so much to take up my time. I can't get all the things done now I ought to do. And, in spite of all the de-mands on me, he would add more."

I rose and put my arm around her shoulders.

"Don't you know, dear, that the crowning womap is motherhood—and that no really great happiness can be attained without struggle and tribulation? Don't you know that a physically healthful wife who re-

THE CHEERFUL CHERUB

And binding them in

shining sheaves

With dried up sounds

like autumn

leaves.

I hear the wasted

minutes fall

Instead of reaping

useful hours

The Woman Who Did Not Want Children

I'm was the first time I had met Hazel
In six years. When I last saw her she was a young bride of twenty-two, just settling down into the soberness of married life after her honeymoon. Now she was an exquisitely developed woman of twenty-sight, with everything in the world that should make her happy—a beautiful home, a devoted husband, who had already made his mark in his profession, and an assured social position.

But there was something lacking.

But there was something lacking.

The man or woman who avoids marking and has a heart so cold.

"The man or woman who avoids mar-ringe and has a heart so cold as to know no passion and a brain so shallow as to diglike having children is, in fact, a

Maternity seems to be going out of style. Our old-fashioned mothers are growing more and more rare. You many of our modern girls who enter married life seem to accept the bearing or children as an unwelcome duty imposed upon them, which they cannot escape—as part of a price they must pay for a husband and home.

It is such women who are believe to

It is such women who are helping to well our divorce statistics—who are askswell our divorce statistics—who are ask-ing for all the privileges of their sex with-out being willing to assume its obliga-

A woman who is willing to accept the name and support of a man, who spends his money, enjoys the home he makes for her and insistently fights motherhood is a cheat both to him and to God.

And she has no legitimate complaint com-

ing when she is classed as such.

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Friday—'The Berll's Ten."

The Castle Builder built eastles in Dreamland,

Ages and ages ago;

When the earth was green and pleasant
And the skies were all aglow.
When the birds were blithe in the branches, And my heart was light and young, and the fervid picture of Fancy Quickened my brain and tongue.

Ages and ages ago; learing the storm-wind speaking Hearing the waters flow, wove ables of cobwebs— Out of the thinnest air ple and tower I fashioned And palaces passing fair!

built castles in Dreamland,

Nothing I knew of fear, and the clouds were wreaths of roses That garlanded all my year; Nature and I were kin,

o I built eastles in Dreamand. Thinking to dwell therein.

Now am I old and weary; My puise is stender and slow And the sky and the heart beneath it. Have lost their former glow. And the castles I built in Dreamland-Ages, yes, ages ago, Are all that I have to shield me

From the winter's fury and snow!
ARTHUR GOODENOUGH.

Tomorrow's War Menu BREAKFAST

Cantaloupes
Fried Smeits with Lemon Sauce
Corn Muffins Coffee LUNCHEON Cheese Souffle Lettuce with Green Peppers Wine Cake Tex DINNER

Veal Loaf with Tomato Sauce Mashed Potatoes Stewed Turnips Watercress Peach Pudding



Great Britain

The uniforms of Great Britain's mighty army and navy form the subject of the handsome art supplement to be given away FREE with next Sunday's Public Ledger. The wide variety of these uniforms makes this supplement of extraordinary interest. It's reproduced in full colors and worthy of a beautiful frame. Get your copy with

Sunday's

PUBLIC LEDGER



baking powder and a little sait, adding more flour if needed. Beat thoroughly until light. then stir in one pint of blackberries, which have first been washed and dredged with flour, pour into a greased mold and boil for dered sugar and two tablespoonfuls of but-ter, add a pinch of nutmeg and either the juice of a lemon or a gill of sherry, which-ever is desired. Place on the tee until needed. Recipe for Peanut Brittle To the Editor of Woman's Paper:
Dear Madam—Please publish in your column
a redpe for peanut brittle.
Boil together one cupful of molasses, one
cupful of brown sugar, one tablespoonful of
vinegar and two tablespoonfuls of butter.
Test by dropping a little in cold water; if
brittle the candy should be removed from brittle the candy should be removed from the stove, one cupful of blanched peanuts added and one teaspoonful of baking sods. Beat hard and pour into buttered pans. Sterilized Bran To the Editor of Woman's Page;
Dear Madam—Can you inform me where a sterilized bran can be purchased? Grocers have note, and the miller has only a grade for stock reading, which is not clean shough for table use. Allentown, Pa. Allentown, Pa.

Have you tried the large fancy grocery stores? There are several large stores in this city, the names of which are no doubt familiar to you, which keep bran for table

namiliar to you, which the names of busi-pess firms in these columns, but if you will send me a stamped addressed envelope I shall be glad to give you more definite in-It is very unfortunate that so many parents take this vi.w of their daughter's at-tentions from young men. If you are well-behaved you should certainly be allowed to formation. Your second question will be answered separately. have all the young men you know come to see you if they are nice. This ridiculous notion that a girl should settle down to one Russian Dressing-Tartare Sauce notion that a girl should settle down to one man and receive only his attentions is all wrong. Many girls have done this, and after devoting years to one man have found out he was not the one they cared to marry. Unless you meet a number of young men and learn to know them you can hardly be expected to know what the desirable qualities in a man should be. It is a great mistake to meet them on the street, as you say you have hear delays. To the Editor of Woman's Page;
Dear Madam—Will you kindly Inform me
through the paper how to make Russis dressing, a salad dressing and the recipe fc instance This recipe will result in a delicious dressstreet, as you say you have been doing, for this will surely cause you to be talked about. Then, too, your stemmother may have very good reasons for not wanting the one young man you mention to call upon you; but, if so, she should let you know. Reason with her and try to make her see that it is considered much nicer by people

This recipe will result in a delicious dressing: Mix one cupful of thick mayonnaise dressing with one-half cupful chill sauce, a few slices of green peppers and six olives which have been run through the chopper. Season, if necessary, although the chill sauce usually furnishes sufficient seasoning. The best mayonnaise is made by beating the yolk of an egg in a flat dish, then adding drop by drop the olive oil, and after sufficient quantity has been added a very small amount of vinegar, sait and pepper and a pinch of mustard. Keep the dish as cold as possible while making the dressing:

and a pinch of mustard. Keep the dish as cold as possible while making the dressing; set it in a dish of ice water if the day is warm. Use a silver fork for beating.

Tartare sauce: Make a pint of mayonnaise dressing and into this beat one teappoonful mustard, one tablespoonful minced parsley, one teaspoonful each of chopped pickle and minced capers and a few drops of onton tuice. Beat and serve.

fokie and minced capers and a few drops of onion juice. Beat and serve.

There is another tariare sauce which has swn butter as a base. Use one cupful of drawn butter made with boiling water cand of milk and beat in the above-named gradients, and at the last the yolk of a wag beaten. Recipe for Mock Sausage

Recipe for Mock Sausage

the Bitter of Woman's Page;

Date Madam—Will you publish the recipe for occ sausage, which was given as one of the sausage, which was given as one of the sausage can be made in several say. Here is one recipe: Put a cupful of all-casked lima beans through the meat inder and mix with a cupful of soft breadminds add three tablespoonfuls of butter dripping, sait, papper and sage to faste, which is made in the sausage forms adding a little with its case of the sausage forms adding a little sausage forms adding a little with the sausage forms adding a little sausage forms and sage to faste out the sausage forms and says to had the mass forms and says to the sausage for saus

Submitting Manuscripts

who know to have a great many men friends, provided these friendships are all

on a sane and safe basis, without any foolish love-making.

Submitting Manuscripts

To the Editor of Women's Page:

Dear Madam—Please advise me as to the correct method, or methods, of preparing and submitting manuscripts to a publisher, and whether the word flart used in reference to mortish the word flart used in reference to make the flart of the manuscripts should not be supported by the sent flat or manuscripts should reparing package for the mail. B. A. P.

In submitting manuscripts have the article typewritten, if possible, on straight sheets of paper, using only one side; put your name and address in one corner, with the approximate number of words in the article, and if you wish it returned inclose postage. It is desirable, but not absolutely necessary, to send it perfectly flat; it can be folded in three and sent in a legal envelope, but should not be rolled.

Black Velvet Patches Offered