

SECTION DEVOTED TO WOMEN'S INTERESTS—FASHIONS—HEALTH TALKS—THE HOMEMAKER

IT IS THE LYDIA LANGUISH, NOT THE GOOD FELLOW, WHO WINS OUT

Men Profess to Admire the Latter, But Too Frequently Take Her for Granted—English-women's Idea of the Perfect Feminine Type

"THIS thing of being a 'good fellow' is all very well. But, nevertheless, it makes one feel rather flat when the men with whom you are on such easy terms of familiarity call you up on the telephone, announce that they are getting up a party and ask you to bring a man. Then they, in their turn, call up one of the clinging vine, essentially feminine type of girl and ask her to go with them." Thus spoke a young woman of my acquaintance.

And it is all perfectly true. Modern young men applaud the girl who is emancipated and profess to admire her when she will chum with them as one of them. They slant her on the back and call her a good fellow and never become footlethly sentimental over her. But—when there is an opportunity for "tossing" they seek out any Lydia Languish they happen to know and invite her quite properly to accompany them.

WHAT constitutes a perfect man? Few can qualify. I am afraid, if the requirements are as stiff as those outlined at a recent conference of English teachers for the perfect woman. Here is the list as it appeared in the Boston Transcript:

"The perfect woman is forty, is married and is the mother of five children. She is in happy circumstances, living in a beautiful part of the country a few miles from a big town. She is the center of a good home, in which there is a high standard of cleanliness and comfort and where good taste is everywhere visible in furniture, carpets, curtains, wall paper, ornaments and clothes.

"The ideal woman is sensible and businesslike and her home is a place of peace. She is patriotic and interested in politics and does all she can to remove the causes

Yvettes



A straw tam, with a raffia tassel.

of suffering among the poor. She is a delightful companion and has a gift for friendship. She is a religious woman and tries to fulfill her duty toward God and toward other people.

"She talks, walks, rides a bicycle, climbs, swims, dances, skates, rows and plays games. She can ride a horse and drive a motorcar. She is proficient in many branches of practical learning. She can do anything and everything about the house. She has some knowledge of the law, knows how to invest money, can use a typewriter. She is a great reader; every day she reads some serious book, as well as a newspaper and a novel. She speaks three languages besides her own and reads foreign books. She is fond of gardening and has learned several crafts—wood carving, metalwork, bookbinding and embroidery."

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 invited. It is understood that the editor does not necessarily endorse the sentiments expressed in the communications for this department. Address as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES
1. What is a frequent cause of bread becoming sour?
2. When grease is spilled on the floor how can it be prevented from soaking into the wood?
3. How can labels be applied to bottles so they will not soak off when the bottles are washed?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. A quart-size milk bottle will answer for a rolling-pin in an emergency.
2. Blankets when half dry should be beaten with a rattan or bamboo beater to make them fluffy.
3. Towels frequently become mildewed if they are not put away immediately after being ironed when there is still much dampness in them.

Toothsome Blueberry Desserts
Dear Madam—I am enclosing several good ways of using blueberries:
Blueberry roll—Make a rich biscuit dough, roll out about one-half inch thick or thinner, spread blueberries thick over the dough, sugar little then roll up, lighting the ends and pinning in several places with a fork, place the roll in the steamer and steam over boiling water for two hours. Serve with hard sauce or cream.

Sandwiches for Outdoor Supper
Dear Madam—Can you suggest several recipes for sandwiches to be served at a supper out of doors?
Boston brown bread and nut sandwiches, cheese sandwiches, egg sandwiches and ham sandwiches are nice for this purpose. For the first buy the regular Boston brown bread, slice in very thin slices, butter and spread with mayonnaise and chopped nuts. Cheese sandwiches—Wash a cottage cheese, season generously with paprika, spread between slices of thinly cut buttered bread, cut off crust and cut in shapes that can be handled daintily. Egg sandwiches—Boil the eggs hard. When cool, shell and chop fine, add a little butter, pepper and salt or a little salad dressing to make the mixture soft and easy to spread. Spread on slices of brown bread, cut in rounds. Ham sandwiches—Cut some fresh bread very thin and of square equal shapes. Chop some cold boiled ham very fine, mix with it the yolk of one or two uncooked eggs, a little pepper and mustard. Spread some of this mixture over the buttered slices of bread, roll up, pinching each roll at the end to keep it in shape.

Cutlets for Meatless Days
Dear Madam—The following recipe for vegetable cutlets will be found a good substitute for meat:
Take equal quantities of carrots, turnips, parsnips and onions and sufficient potatoes to form half the mixture. Slice the onions and brown in a little butter. Boil the other vegetables and chop them up finely, then mix with the potatoes, which should be mashed. Season and add some chopped parsley. When cold, form into cutlets and fry in egg and cracker crumbs. A. C. C.

Filet of Sole
Dear Madam—Please give me a recipe for filet of sole.
Skin and bone two large flounders and cut into eight filets. Place in buttered pan, sprinkle with salt, pepper and lemon juice and add one-quarter cupful white wine. Cover and cook for fifteen minutes, then place on a hot platter and serve with the following sauce: Fry one tablespoonful chopped onion in one tablespoonful butter for five minutes, add two tablespoonfuls flour and pour on gradually the liquor left in the pan in which the fish was cooked, with enough white stock to make one cupful in all. Add two tablespoonfuls butter, salt and cayenne to taste.

Cinnamon Crisps
Dear Madam—Please give me a recipe for cinnamon crisps and easy to make.
One-third cupful sugar, one-half cupful butter, one-half cupful flour, one-half cupful cinnamon, one and one-half cupsful short, one tablespoonful baking powder, one-half cupful cream, one-half cupful milk and sugar, add the cinnamon, flour and short, mix well, add the baking powder, beat and add milk to make a soft dough, which can be cut into small squares or rectangles, bake ten minutes on greased tin in a shallow pan. MRS. B. E.

Ask Men for Shower
Dear Madam—I want to give a shower for a girl who is to be married. Is it proper to invite young men to attend or should it be given for girls?
It would be quite all right to invite your men friends to a shower, but it would be well to warn the girls not to give presents of lingerie—that is, such things as the bride-to-be would not care to show to all her friends. Half the fun of a shower is seeing all the presents, and a chameleon or chemise held up for the admiration of all present might prove embarrassing.

Hat in City Streets
Dear Madam—Must one wear a hat in the city streets on summer evenings? For instance, a man asked me to go with him to the movies at one of the houses on Market street between Sixteenth and Seventeenth and I accepted and went without a hat. I met a friend there, who criticized me for doing it. I would like to know what you think about it. ANXIOUS.
It is not usual for girls to walk about the city streets without hats, unless they are in evening dress and cloak. It would have been in better taste for you to have worn a hat, with whatever simple dress you happened to be wearing. No one dresses up for a trip to the movies, especially in the summer time.

KITCHEN MEN GIVEN AS SOLUTION OF VEXING SERVANT PROBLEM BY GERTRUDE ATHERTON

Woman Novelist Proclaims Theory That Strikes at Masculine Vanity and Consigns Inefficients to Duties Traditionally Performed by Maid of All Work



COME OUT OF THE KITCHEN, GIRLS—LET THE MEN HAVE A CHANCE

By M'LISS

COME out of the kitchen, girls. Turn about is fair play. Let the men have a chance. And why has no one ever thought of men as "maids of all work"?

It is not I, gentle reader, who have the temerity to put the question. It is instead Gertrude Atherton, thought by many to be America's leading woman novelist.

In her new book, "The Living Presence" (Frederick A. Stokes Company), Mrs. Atherton strikes the most shattering blow yet delivered by feminists upon the head of masculine superiority. Jumping at the very teeth of the servant problem, she solves it with a word. And that word is "Man."

"The truth of the matter," Mrs. Atherton writes, puncturing with calm disregard the very heart of male vanity, "is that there is a vast number of men of all races who are fit to be nothing but servants, and are so misplaced in other positions where habit or vanity has put them that they fall far more constantly than women."

"All men are not real men by any means. They are not fitted to play a man's part in life, and many of the things they attempt are far better done by strong, determined women, who have had the necessary advantages, and the character to ignore the handicap of sex."

"I can conceive of a household where a well-trained man cooks, does the wash, waits on the table, sweeps, and if the mistress has a young child, or is indolent and given to the rocking-chair and a novel-a-day, makes the beds without a wrinkle. He may lack ambition and initiative, the necessary amount of brains to carry him to success in any of the old masculine jobs, but he inherits the thoroughness of the ages that have trained him, and, if sober, rises the heavy waves of his job like a cork. I will venture to say that a man thus employed would finish his work before 8 p. m. and spend an hour or two before bedtime with his girl or at his club.

"Domestic service would solve the terrible problem of life for thousands of men."

And it would incidentally release thousands of girls from the factory, the counter and the exhausting misery of a "home" that can never be their own. At night he could feel like a householder and that he lived for some purpose. If he is inclined to complain that such work is not "manly," let him reflect that he is not first-rate anyhow, and never can compete with the fully equipped, the well-paid and the well-dressed shop girl and the domestic factory hand.

Mrs. Atherton's suggestion would seem timely. With all the strong, determined women out swinging the train gates, running the elevators, making the multitudes and performing other herculean tasks, a man that the recruiting officers just simply won't have ought to be able to hold down something more profitable than a park bench.

But personally, the kitchen, to my mind, is not the place for male inefficiency, or any other kind. Inefficiency, I believe, is the diagnosis of the trouble right now, inefficiency plus the householder's reluctance to standardize the work and make the wage commensurate with the service.

Mrs. Atherton does not mention money, but the inference is that the men "maids" of all work will be paid a living wage that will enable them to marry, the erstwhile holders of their jobs, and the factory and shop girls. Will these in turn do their own work, or are the male inefficients so numerous that there are to be made "maids' plenty"? And just so soon as the wages for this work is raised to the extent that the male "maid" can afford to marry and have a family, will it not put housework in the category of the "good job" that all women are contending the industrial sea for, and threaten the work once more with feminine competition?

Mrs. Atherton in her wisdom deals only with the living present and leaves the answering of these questions to the unborn future.

IN THE MOMENT'S MODES

Early Fall Frock of Navy Moon-Glo Silk

Designers of frocks are marking time with the millinery style creators in the production of fall models. All of the style shops are showing costumes which are emphatically labeled for fall, but which are being sold for and worn right now during the present summer season. Many of these new models are fur-trimmed, thus making at least one effort to live up to their designation by the style folk. The early fall model pictured in the adjoining sketch is of dark blue moon-glo silk and trimmed with collar, cuffs and footband of gray squirrel. The hat is white satin.

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 got the grandest idea. I just can't wait to tell you. I thought it all out in the middle of the night, and I had to talk to somebody. So I got up and went into Mrs. Cassidy's room and got in bed with her and we talked till 'most morning. She was awful nice, and we talked it over and over. Here it is now, Kate, don't you think it is wonderful? You and Billy and Jack can live at Lake Rest when you come out! Now what do you think of it? The house is there all furnished, and Jack will do the farming. He is just crazy about it, and he says sure he can make it pay. Tom says he will cough up and buy the things Jack needs to start if the little money Jack's father left him ain't enough. You give the farm and the house, and Jack will furnish the farming things and the work, and you can go halves. That sounds all right, doesn't it? Anyway, even if you don't make much the first few years, you get your living, which is about all we get anyway, ain't it, Kate? I feel awful bad that I can't do much, but my money all went to Jim, but I will live on eggs and butter-milk, and every cent I make will go into the place. You can't help but get along, Kate, and out there the old crowd will never get on to you, nobody will ever know nothing about you, and you can begin again as if you was new born. Oh, I think it is grand, Kate! I can see Tom and Mrs. Cassidy and me coming to see you on a Sunday morning, and you and Billy and Jack waiting for us at the station when the train pulls in, and we will drive over to the place and look at the chickens and scratch the pig and pick the cabbage and hear about the onions, and then after supper we will set on the porch and listen to the frogs and the whip-o-wills and see the shadows come on the lake, and feel that everything is all right, and somebody must be sure taking care of us. Write me soon, Kate, and tell me you are as glad about this as I am. NAN.



GERTRUDE ATHERTON

THE observation made by Beaumont on the stomach of Alexis St. Martin nearly a century ago gave the world the first valuable information on the question of the time required for the gastric digestion of various foods. The following table embodies the most important observations of Beaumont:

Table with columns: Food, Hrs., Min.
Rice, 1 15
Sugar, 1 15
Eggs, 1 15
Bread, 1 15
Bread, corn and raw, 1 15
Apples, 1 15
Apples, sweet and raw, 1 15
Apples, boiled, 1 15
Lentils, 1 15
Turnips, 1 15
Potatoes, Irish, boiled, 1 15
Potatoes, Irish, baked, 1 15
Cabbage, 1 15
Milk, 1 15
Milk, raw, 1 15
Milk, boiled, 1 15
Eggs, soft boiled, 1 15
Eggs, hard boiled, 1 15
Eggs, white, 1 15
Oysters, raw, 1 15
Oysters, stewed, 1 15
Beef, lean, rare, roasted, 1 15
Beef, lean, fried, 1 15
Beef, roast, 1 15
Pork, roasted, 1 15
Mutton, roasted, 1 15
Mutton, broiled, 1 15
Veal, fried, 1 15
Pork, roasted, 1 15
Pork, broiled, 1 15
Pork, marrowbone, 1 15
Chicken, boiled, 1 15
Chicken, roasted, 1 15

THE CHEERFUL CHERUB

Outdoors alone on summer nights I'd send my soul on lofty flights But I'm forever occupied In warding off mosquito bites.

Baby Sleeps
The mother took it from the nurse's arms, And hushed its fears, and soothed its vain alarms, And baby slept.

Again it weeps, And God doth take it from the mother's arms, From present grief, and future unknown harms, And baby sleeps.

By SAMUEL HINDS.

Send for the doctor if the baby is really ill. Otherwise give your baby plenty of sunshine and air, soft, fresh, loose clothes, a daily bath, castor oil if you must—and be sure his food is right. It is almost always the food that's wrong when the baby is ill.

You know, if you cannot nurse your baby, he must have milk in some form. There is a way to give your baby all the good in cows' milk without subjecting his delicate stomach to the dangers that raw cows' milk so often carries.

Thousands of mothers are finding the right way every day. They are bringing up their babies on

Nestlé's Food

(A complete milk food—not a milk modifier)

Nestlé's is milk from healthy cows, purified—the tough, heavy curds are modified—other baby needs are added. Reduced to a powder, it comes in an air-tight can.

No germ can reach it. To prepare, you add only fresh water and boil one minute. It is a complete food containing all the nourishment needed to build a happy, healthy baby. Nurse your baby if you can—if

you can't—keep him safe on Nestlé's Food. Nestlé's is building healthier, happier babies all over the world.

Send the coupon for a FREE Trial Package of 12 feedings and a book about babies, by Specialists.

NESTLÉ'S FOOD COMPANY, 281 Woodworth Building, New York. Please send me FREE your book and trial package.

Name: Address: City:

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 any case. Ziti's questions will be promptly answered by personal letters to inquirers who enclose stamped envelopes for reply.

Time Required for Digestion
THE observation made by Beaumont on the stomach of Alexis St. Martin nearly a century ago gave the world the first valuable information on the question of the time required for the gastric digestion of various foods. The following table embodies the most important observations of Beaumont:

Table with columns: Food, Hrs., Min.
Rice, 1 15
Sugar, 1 15
Eggs, 1 15
Bread, 1 15
Bread, corn and raw, 1 15
Apples, 1 15
Apples, sweet and raw, 1 15
Apples, boiled, 1 15
Lentils, 1 15
Turnips, 1 15
Potatoes, Irish, boiled, 1 15
Potatoes, Irish, baked, 1 15
Cabbage, 1 15
Milk, 1 15
Milk, raw, 1 15
Milk, boiled, 1 15
Eggs, soft boiled, 1 15
Eggs, hard boiled, 1 15
Eggs, white, 1 15
Oysters, raw, 1 15
Oysters, stewed, 1 15
Beef, lean, rare, roasted, 1 15
Beef, lean, fried, 1 15
Beef, roast, 1 15
Pork, roasted, 1 15
Mutton, roasted, 1 15
Mutton, broiled, 1 15
Veal, fried, 1 15
Pork, roasted, 1 15
Pork, broiled, 1 15
Pork, marrowbone, 1 15
Chicken, boiled, 1 15
Chicken, roasted, 1 15

Extreme Nervousness
What is the cause and treatment for extreme nervousness? There are many causes, and each case requires special treatment to remove the cause. Generally speaking, living and sleeping in the open air with a plain diet of fruits and fresh vegetables and cereals and the elimination of tea, meat, coffee and alcohol aid in the cure of nervousness. It is especially important to get the tongue clean by training the bowels to move three times a day and to secure plenty of sleep.

Remedy for Pycorrhea
Is it true that a cure has recently been found for pycorrhea, and what is the remedy? You probably refer to the emetine treatment, which, in the hands of a skilled dentist, has been very successful in some cases. This remedy is not a panacea, however, and the best skill of a specialist is often required for success.

Worry and Overwork
Will worry and overwork cause a bad condition of the stomach and what is the remedy? Yes. It is a short circuit in your mental operation. You cannot do business properly. You cannot do anything properly. Worry paralyzes, just as fear does.

Rheumatism—Uric Acid
Could pain in the knee and limbs be due to rheumatism when the analysis shows no uric acid? Yes. There is no relation between uric acid and rheumatism. It is very important that people should know this, that uric acid is not the cause of rheumatism. Rheumatism is probably in the majority of cases an actual infection of germs.

Ladies' Shirt Waists

Best quality; white and colors. \$1 to \$6. Special Value. Also full line of ladies', children's and men's hose.

McPHILOMY'S, 1624 Market St. NEXT TO STANLEY THEATRE. OPEN EVENINGS. Except Tuesday and Wednesday.

LUIGI RIENZI

1714 Walnut Street. Final Clearance.

Last and Best of These Rare Opportunities. Dresses, Suits and Wraps. Remarkable Under-Cost Values.

Linen Skirts as low as \$3.50. Washable Satin and Jersey Cloth Skirts. Shetland Pony Sweaters from \$6.50.

Smart Blouses at Little Prices. Summer Hats, \$5 and \$8; White or Colors. Furs Stored, Altered and Repaired.

Don't Give Your Baby Medicine

Send for the doctor if the baby is really ill. Otherwise give your baby plenty of sunshine and air, soft, fresh, loose clothes, a daily bath, castor oil if you must—and be sure his food is right. It is almost always the food that's wrong when the baby is ill.

You know, if you cannot nurse your baby, he must have milk in some form. There is a way to give your baby all the good in cows' milk without subjecting his delicate stomach to the dangers that raw cows' milk so often carries.

Thousands of mothers are finding the right way every day. They are bringing up their babies on

Nestlé's Food

(A complete milk food—not a milk modifier)

Nestlé's is milk from healthy cows, purified—the tough, heavy curds are modified—other baby needs are added. Reduced to a powder, it comes in an air-tight can.

No germ can reach it. To prepare, you add only fresh water and boil one minute. It is a complete food containing all the nourishment needed to build a happy, healthy baby. Nurse your baby if you can—if

you can't—keep him safe on Nestlé's Food. Nestlé's is building healthier, happier babies all over the world.

Send the coupon for a FREE Trial Package of 12 feedings and a book about babies, by Specialists.

NESTLÉ'S FOOD COMPANY, 281 Woodworth Building, New York. Please send me FREE your book and trial package. Name: Address: City: