# Columns Devoted to Women's Varied Interests—Daily Fashions

# DOES THE DREAMER REALLY GET MORE HAPPINESS OUT OF LIFE?

Those Who Can Build Air Castles Often Happier Than the Purely Practical—Men Who Fail to Meet the Physical Tests

"HE'S a dreamer," usually spoken in rather a contemptuous tone to indicate any one who isn't thoroughly practical. Yet I sometimes believe that the dreamer really has a greater realization of life than one whose feet are always firmly planted on terra firma. He is certainly much happier. For it is the things we do not tell any one, the things we are almost afraid to confess to ourselves, that mean most to us, not the deadly monotony of everyday existence. The builder of air castles get a lot of satisfaction out of his efforts, curiously enough, even while he knows his mental flights are futile.

THE story of "Peter Ibbetson," because it takes one so far into the realm of conjecture and imagination, makes a particularly strong appeal. The tale of Peter and Minsy, who lived for forty years in a dream world, whose waking ours were the hours of unreality and who really lived for their dreams, has many counterparts. There are many Peters whose lives, apparently all drab, Visualize the desirable.

by the hand of God."

TT IS strange what an effect a knowl- And many men are apparently the on men. Those men who have been taking the tests, their weight is not up to examinations for commissions in the army standard or their little finger is crooked, can accept quite philosophically failure they immediately feel like sick men, such to pass the mental requirements. But is the power of suggestion.



way to do it!

I was talking to a man the other day

## 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 indorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Eventup Ledger, Philadelphia, Pa.

## Salt for Ice Cream .

To the Editor of Woman's Page:

# Wants to Learn Dressmaking

Dear Madam—I am a girl fourteen years of age and have a great desire to learn to make any own clothes. My parents cannot afford to let me take a course in dressmaking, but I hope there is some other way to learn. If there is will you please tell me how? I read the Exchange every night and find it very interesting.

AGNES D.

You can learn dressmaking by taking a position with one of the dressmaking firms in town which employ young girls like yourself to run errands and do other odd jobs while learning the trade.

To Clean Black Satin

If you have occasion to stick a feather in your hat, here is a good

what a discouraging influence a physical defect proves.

who had gone up for the second officers' are made beautiful through this ability to training camp examinations and been turned down because of one fallen arch. Nurse Margaret, in that charming fan- Of course, the disappointment over his tasy, "The Primrose Ring," makes little failure to "make the grace" was keen, souls, who would otherwise know only but, really, the thing that seemed to ranmisery, happy through her excursions kle was that he should not come up to with them into the land of make-believe, the physical standard he had set for himuntil one almost believes with the author self. One might have thought him a that "your life, too, is a fairy tale writ hopeless invalid. That fallen arch took on all the gravity of an affected lung-in his eyes.

edge of some physical imperfection has same. When told their eyes will not pass

will not reach this temperature until the proper amount of water has been driven off proper amount of water has been driven off by boiling. Such a thermometer is also very useful in all forms of preserving, in candy making and in other cooking opera-tions where results depend upon exact heat-ing.

# I think, my dear Marie, your trouble lies in your evident anxiety over your own failure to please. Many girls are not overly popular when they are your age because they are shy and feel strange when with young men; oftentimes they overcome this in two or three years and become quite popular. Try to be perfectly natural when you are with boys; do not be too quiet, for they like girls who are jolly, but do not force yourself to a gayety that is unnatural.

Dear Madam—Will you please tell me whether dinary table sait can be used in making loe ream or must the coarse sait be used; INQUIRER.

Suggestions for Picnic Yes, the ordinary table salt can be used, but it takes such a quantity that it is rather expensive to use it, except in an emergency.

Suggestions for Picnic

To the Editor of Woman's Page:

Dear Madam—Some of my friends and I are going to give a picnic in the country next Saturday afternoon. Would you advise us what we should take to eat and what sort of clothes we should wear?

Arrange among yourselves to provide different things. One can make meat sandwiches, another lettuce sandwiches, a third cheese and nut or pimento sandwiches, each one making about four times the number of those who are going. By sandwiches I mean thin silcen of bread, cut in two so that each double silce of a loaf and its contents means two sandwiches. These are very popular with hungry boys and girls at a picnic.

picnic.

Besides assigning three or four girls to make andwiches, assign two to make about four quart bottles of lemon juice, sugar and water, and ask some of the boys to bring ice, for lemonade. This can be made in a large new dishpan at the picnic.

Coffee may be taken in vacuum bottles, and milk also. Ask still another girl to bring fruit, another cake, still another fudge, and you will surely have enough to eat.

Nothing is prettier for a day under the tree than white shirts and skirts, white shoes and stockings, a sayly colored sweater hat in color to blend with the

# IN THE MOMENT'S MODES

Trapshooting Costume of Knitted Brown Material



trapshooting grows among sportswomen so does the style creator find an increasing demand for sports attire designed for the same purpose. The trapshooting costume has taken its place in the sports shops and the costume shops alongside the tennis frocks, the golfing suit and the many articles that are sponsored under the label "sports." Today's illustration presents one of the smartest of the new trapshooting frocks. This is of Innsbrook, a knit material, in a dark tobacco brown. The sleeves and the pleated back of the vest are of black satin. The hat is of khaki in the natural

As the vogue for

I think, my dear Marie, your trouble lies three-fourths of the solid matter of cereals and fully three-fourths of the solids of po-

The wideepread prejudice against starch is absolutely without foundation. Starch is the most innocent of all the elements of ordinary food. There is virtually no disease which can be attributed to the use of starch. Fats, when used too freely, give rise to "billousness." Excess of protein encourages intestinal toxemia and overworks the kidneys.

Starch, however, may be taken with treat freedom without producing any ill.

great freedom without producing any ill effects. It is the most easily and completely digestible of all the foodstuffs. If more is taken than is needed for immediate use, it is deposited as fat. Starch is sometimes charged as being the cause of gastric

THE CHEERFUL CHERUB The city's roars and whistles In waves about me roll. How wrapped in jangling noises quiet soul!

It is more than doubtful, indeed, whether It is more than doubtful, indeed, whether starch is responsible for any of these troubles. Acidity, if suffered after a meal into which starch freely enters, is not due to any ill effects of the starch but to the fact that an excessive secretion of hydrochloric acid is presents not as a consequence of an injurious influence of the starch, but because of the absence of fat and protein in proper quantity.

Lemons and Oranges With Milk How do lemons and oranges combine with nilk when taken at the same meal? H. C. F. Acid fruits and fruit juices form small soft curds when eaten with milk, but these are more easily digestible than the hard curds which are normally formed by the gastric juice, so fruit acids do no harm at all.

Bones More Brittle in Old Persons Wa hear and read of elderly persons falling and breaking a limb. I have been told that the hip often breaks when an eld person falls. Is this true?

Yes. The proportion of fime in the bones increases with age, and they thus become more brittle. At the hip there is a narrow neck of bone that is very likely to break if one falls upon the hip. These fractures do not always heal readily, and so elderly people should take great care to avoid such accidents.

Acne Can Be Cured by Vaccine Can acne be cured by vaccine treatment?
P. SOMERS.

Yes. Bacteriologists prepare a vascine which will cause the acne to disappear in many cases. The vaccine is usually prepared from a bit of the discharge from a suppurating pimple. Sunburning the skin by exposure to the direct rays of the sun or by the electric light is also a good ramedy. Obstinate cases may be

CITY'S DEATH LIST LAST

Report Shows 444 Dead From All With 51

last week numbered 444, as compared with 450 last week and 448 during the corresponding week of last year. They were divided as follows: Males, 234; females, 220; boys, 86; girls, 84.

EMPRESS'S NECKLACE SOLD NEW YORK, July 21.—The necklace of 375 diamonds, presented to the German Empress by the late J. P. Morgan, is reported

## Tomorrow's War Menu

BREAKFAST Raspberries and Cream Creamed Chipped Beef Corn Cakes Syrup

New Potatoes Peach Pudding Iced Tea SUPPER Corn Pudding

ALLISTER.—At Weedbury, N. J., July 20.
MATPIE, widow of George H. Allister. Relatives and friends invited to funeral, Mon. July 20.
Tom. 120 Euclid st., Woodbury, N. J. Int.
ANGENY.—July 19. CAROLINE, wife of Surgeon Granville L. Angeny, U. B. N. Relatives and friends invited to services, Mon., 11 a. m., Oliver H. Bair Hidg., 1820 Chestnut st. Int. private.

GITHENS.—July 19. THOMAS A. son of late Andrew and Bilen Githens, Relatives and friends invited to funeral. Mon., 8:30 a. m., 2637 Reed st. Solemn requiem mass St. Gabriel's Church 10 a.m., 10817 H. J. son of John and Hannah Golden (nes Griffin), formerly of Mt. Carbon, Pa. Relatives and friends, Americus Mt. Carbon, Pa. Relatives and friends, Americus Riffe Club, invited to funeral, Mon., 7:30 a. m., parents residence, 2662 Tulip st. Solemn requiem mass St. And's Church 9 a. m. Int. Holy Sepuichre Cem. Auto funeral. Pottsville papers copy.

duiem mass St. Ann's Church, S. M. M. Holy Sepuichre Cem. Auto funeral. Potsyills papers copy.

GRAF.—At Wildwood. N. J., July 19, MA. TILDA J. wife of Julius F. Graf. Funeral and interment private. Mon., 11 a. m. Residence. 118 Washington ave., Haddonfield. N. M. St. GREISS.—July 20, WILLIAM A. Jusband of Elizabeth J. Greiss (nee McCloskey aged 58, Relatives and friends, members pased 58, Relatives and friends, members pased 58, Relatives and friends, members pased 58, No. 119, D. of P. Lambs Club, Wartam Ship and Engine Bidg. Co., invited to 'Martam Ship and Channah Guistwhite Ince Lockhart). Notice of funeral later.

HALLOWELL, July 20, EMILY HALLOWELL, aged 66, Relatives and friends, also Go. A. R. and Wives, invited to funeral services. Mon., 130 B. m., at G. A. R. Home. 65th and Vine sts. Int. Forrest Hills Cem.

HAMBELL.—July 15, CHARLESS, husband of Jennie Hammell, aged 33 Relatives and friends are invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends are invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends are invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends are invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends are invited to funeral services. MANDEL.—July 20, LOUISE HANDEL, aged 60. Relatives and friends and fr

Deaths throughout the city during the

The causes of death were:
Typhoid fever
Realist
Scarlet fever

The purchasers are understood to be agents of American jewelers, who may bring the diamonds to this country and sell

DINNER Old-fashioned Stewed Chicken

Fried Potatoes, Cream Cheese Sand Tarts

## Deaths

August dascent and the process of th

WEEK SOMEWHAT LOWER

to funeral, Mon., 8:30 a. m., 3425 N. Fairhill st. High mass St. Monica's Church 10 a.
m. Int. New Cathedral Cettl.

HECK., July 20, ANNA MARY HECK, widow
of Martin Heck, aged 51. Relatives and
friends invited to funeral, Mon., 2 n. m., Mofriends invited to funeral, Mon., 3 n. m., Mofriends invited to funeral, Mon., 8:30 a. m., 3425 N. Fairhill st. High mass St. Monica's Church 10 a.
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friends invited to funeral, and a first ravian Church, Riverside, N. J. Int. Riverside Cem.

HEERNER.—Suddenly, at Baltimore, Md., HEERNER.—Suddenly, at Baltimore, Md., July 19. EDWARD R. T. Jr., son of Anna M. and late Edward P. Heebner, aged 21. Relatives and friends rate of twee and friends rate was a swede at. Norristown, Mon. 2 p. m. in, private, Riverside Cem.

Mon. 2 p. m. in, private, Riverside Cem.

Mon. 2 p. m. in, private, Riverside Cem.

Conferville gareracopy.

HEFFER Elen Heffern, Relatives and friends, 19. May a Sodality, League of Sacred Heart of James at Sodality, League of Sacred Heart of Most Precious Blood Church, and Local No. 293. United Garment Workers of America, employes of Coliman-Cuter Mfs. Co., Peerleas Ciub, Invited to funeral, Mon. 8:30 a. m., parents vided to funeral, Mon. 8:30 a. m., parents residence. 2011 N. 26th st. Solemn high residence. 2011 N. 26th st. Solemn high residence. 2011 N. 26th st. Solemn high residence. 2012 N. 26th st. Solemn high residence. 2015 N. 2015 N.

WHITE.—July 20, ANNA ISABELLA. 42
ter of late W. J. P. and Mary Odeshe.
White. Relatives and friends invited to funservices. Mon., 2 p. m., S. E. cor. 20th
Venange sts. Int. private.
Venange sts. Int. private.
WOODE.—July B. ALICIA W., wife of B.
vey C. Woode and daughter of late David
Mary Wilson, of Rillyliss, County Tyrone,
land. Relatives and friends invited to tune
Wed., 2 p. m., 1800 Cayuga st. Int. privat
Regulation and be viewed Sun., 7 to 10 p. a.
WYNNE.—July 19, SARAH E., widos
Jabez E. Wynne, of Chacinnati, Ohlo, Seryi
Sat., 5 p. m., at residence of daughter,
Sat., 5 p. m., at residence of daughter,
Sat., 5 p. m., at residence of daughter,
Sat., 6 p. m., at residence of daughter,
Sat., 6 p. m., at residence of mantown. Int. Spring Grove Cem. Cinetan
Chio, Mon.
YOUNG.—July 18, SARAM SMITH, widow
Charles Elimer Young, formerly of camden,
J. Relatives and friends invited to fune
services, Sat., 2 p. m., realdence of to fune
services, Sat., 2 p. m., realdence of the control of the contro Visitation, B. V. M., y m. Cem., Wife of Humphreys.—July 20. MARY E., wife of Henry T. Humphreys, at 116 N. Lambert st. Due notice of funeral given.

JONES.—July 18. MARIA. M. JONES (nee Woods), ared 61. Relatives and friends invited to funeral services, Sun., 8 p. m., residence of daughter, Mrs. William H. English, 2101 Spring st., 224 and Vine. Int. Odd Fellows Com., Shenandoah, Pa., Mcn., 2 p. m. Bhenandoah papers copy. papers copy.

KEEGAN,—July 20, ANDREW J., husband of Sarah B. Keegan. Due notice from 1306 Pop-

Sun Atthis.—At Collingswood, N. J., July 20, Sallie, widow of Richard C, Mathis, aged 69, Relatives and Telends invited to services. With Hillsde Com. Funeral trolley car.

McCAULLEY.—Suddenly, July 18, ALEX. ANDER husbard of Annie McCaulley, formerly of 1603 Ritner st. Relatives and friends. When the control of the con

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widow of John L. Westerfield. Funeral 530 a. m. 4316 Westminster ave. High St. Ignatius's Church 10 a. m. int. New drai Cem. Relatives and friends invited. WHITE.—July 20, ANNA ISABELIA. ter of late W. J. P. and Mary Oden

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