

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. It 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 gets 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 Minny, who lived for forty years in a dream world, whose waking hours were the hours of unreality and who really lived through their dreams, has many counterparts. There are many Peters whose lives, apparently all drab, are made beautiful through this ability to visualize the desirable.

Nurse Margaret, in that charming fantasy, "The Primrose Ring," makes little souls, who would otherwise know only misery, happy through her excursions with them into the land of make-believe, until one almost believes with the author that "your life, too, is a fairy tale writ by the hand of God."

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 above are invited. It is understood that the editor does not necessarily endorse the sentiments expressed in this department and should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- 1. How can the green stains made by an alcohol lamp on a percolator or chafin dish be removed?
2. In washing cloth which has had ink spilled on it what should be substituted for soap?
3. What are some of the methods used in removing fruit stains from linen?

- 1. A flat-soled shoe makes women's ankles appear thicker.
2. The V-shaped slit on knitted wool sweaters are most in vogue at present.
3. Middle houses are no longer worn except for camping or other extremely informal occasions.

Pickled Watermelon Rind
Dear Madam—Please let me know through your columns how to pickle watermelon rind. (Mrs.) W. W.
I think you will find the following recipe satisfactory: Four cups sugar, two teaspoonsful cinnamon, one tablespoonful whole cloves, two cups vinegar, watermelon rind. Pare the rind, cut it into two-inch squares and cook in boiling water until tender. Put the vinegar, sugar and spices (tied in a cheesecloth bag) into a preserving kettle and bring to a boil. Then add the rind and cook slowly for two hours until the syrup is thick, add the melon rind and simmer for one hour. Place in sterilized jars.

Pickled Red Cabbage
Dear Madam—Please give me a recipe for pickling red cabbage.
To one good firm red cabbage use one quart of vinegar, one-half ounce of whole pepper, one-half ounce allspice. Remove the outer leaves of the cabbage, quarter it, remove the center stalk and cut each section across into very fine strips. Pick the shredded cabbage on a large dish, sprinkle it liberally with salt, and let it remain thus until the following day. Meanwhile boil the vinegar, pepper and spice together (the latter in a piece of muslin) and let it become cold. Turn the cabbage into an earthenware or enameled colander and when well drained put it into a large jar and pour in the vinegar. It will keep for four or five days; if kept for any length of time it loses its crispness and color.

Value of Thermometer in Preserving
Dear Madam—Can you tell me the value of a thermometer in food? The fruit can be tested in other ways just as good? (Mrs.) W. J. C.
The other ways are not "just as good" because not as sure. The preserving specialists advise those who are going to put up any quantity of preserves to purchase a chemical thermometer which gives readings in degrees Fahrenheit. For each degree from 212 degrees up to 230 degrees, a thermometer, the perserver can be certain of uniform results. The syrup will not reach 222 degrees Fahrenheit until it is cooked enough and is of the best preserving consistency. The reason for this is that the syrup will not reach this temperature until the 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 operations where results depend upon exact heating.

Salt for Ice Cream
Dear Madam—Will you please tell me whether ordinary table salt can be used in making ice cream or must the coarse salt be used? INQUIRER.
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.

Wants to Learn Dressmaking
Dear Madam—I am a girl fourteen years of age and have a great desire to learn to make my 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 very 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
Dear Madam—Is there any way of spotting black satin? (Mrs.) K. E.
Spotted black satin can be cleaned by using three pounds of potatoes (peeled and sliced) in a quart of water, strain very fine and use the water to wash the spots out.



If you have occasion to stick a feather in your hat, here is a good way to do it!

what a discouraging influence a physical defect proves. I was talking to a man the other day who had gone up for the second officers' training camp examinations and been turned down because of one fallen arch. Of course, the disappointment over his failure to "make the grade" was keen, but, really, the thing that seemed to rankle was that he should not come up to the physical standard he had set for himself. One might have thought him a hopeless invalid. That fallen arch took on all the gravity of an affected lung—in his eyes.

And many men are apparently the same. When told their eyes will not pass the tests, their weight is not up to standard or their little finger is crooked, they immediately feel like sick men, and this is the power of suggestion.

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IN THE MOMENT'S MODES

Trapshooting Costume of Knitted Brown Material



As the vogue for 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 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 for the same purpose.

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:
Tom told his mother this morning at the breakfast table and she put down her saucer of coffee and came over to me and kissed me and said: "Faith, the gossamer; I thought he never was going to do it. Sure, he's not the son of his father or he'd a-said you the question the second day you was here. I've always wanted a daughter and now I've got one that couldn't a-suttled me better if I'd ordered her making."

Dear Kate:
We were married this morning by the priest at the church near here. Mother was there too. Kate, it is nice to say "mother" and Jack and the captain of the station that bullied me so, but he is really all right when his uniform is off and he was a great friend of Tom's father. It was over a sudden. It seemed they had begun when he said, "Kiss your wife," and I found we were married.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

The Importance of Starch
The dominant role of starch in human nutrition might be inferred from the fact that starch constitutes from one-half to three-fourths of the solid matter of cereals and fully three-fourths of the solids of potatoes. The widespread 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 "biliousness." Excess of protein encourages intestinal toxemia and overworks the kidneys.

Advertisement for 'THE CHEERFUL CHERUB' featuring a baby illustration and text about baby products and health.

CITY'S DEATH LIST LAST WEEK SOMEWHAT LOWER

Report Shows 444 Dead From All Causes—Tuberculosis Leads

Table showing the number of deaths from various causes in Philadelphia last week. Tuberculosis leads with 115 deaths, followed by pneumonia and influenza.

EMPRESS'S NECKLACE SOLD

NEW YORK, July 21.—The necklace of 275 diamonds, presented to the German Empress by her husband, Kaiser Wilhelm, is reported to have been sold.

Tomorrow's War Menu

- BREAKFAST: Raspberries and Cream, Creamed Chipped Beef, Corn Cakes.
DINNER: Old-fashioned Stewed Chicken, New Potatoes, Green Beans, Peach Pudding, Iced Tea.
SUPPER: Corn Pudding, Fried Potatoes, Cream Cheese, Sand Tarts.

Deaths

- ALISTER.—At Woodbury, N. J., July 20. MATTIE, widow of George H. Alister.
ANSPACH.—July 19. MARY E. ANSPACH, aged 78.
CARROLL.—July 19. BRIDGET, widow of William Carroll.
CHAPPEL.—Suddenly, July 18. DAVID J. CHAPPEL, aged 78.

Advertisement for 'The Good Health Question Box' featuring a list of questions and answers related to health and nutrition.

DEATHS

- Hugh Mon. 8:30 a. m. 3423 N. Fairmount.
Hill at 11 a. m. 3423 N. Fairmount.
Hick at 11 a. m. 3423 N. Fairmount.

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Individual "Touch" typewriting. Our special instruction trained speed.

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Young Women and Girls

THE GORDON-RONEY SCHOOL. For girls, 4112 Spruce Street.

West Chester State Normal School

On Penna. R. R. toll to Philadelphia; fine school, college, business; \$200-\$250 for board, tuition, etc.

Bordentown Military Institute

Mental, physical, military training. Bordentown, N. J.

SWIMMING

CLARK'S Scientific Swimming school, 1022 Philadelphia Ave.

SUMMER RESORTS

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Atlantic City, N. J.

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