# CLOPLE WHO TALK ABOUT PEOPLE AND PEOPLE WHO TALK ABOUT THINGS" DISCUSSED

# **IOMEN WHOSE CONVERSATION** DEALS ONLY IN PERSONALITIES

Those Who Talk About People and Those Who "Talk of Many Things"-The American Man Lacking in Small Courtesies

WTHERE are people who talk about | people and people who talk about hings." This idea expressed by a girl. the, needless to state, is one of the latter. rould seem to sum up the whole of humanity. Men, real men, do not often in dulge in small talk.

But many women who are very agreeble, very clever, very amusing, confine their conversation to personalities. Each one might be dubbed a "bureau of social information." for that's what each is, a purveyor of the latest in small-town

FREQUENTLY, I believe, women waste their intelligence in this way because of lack of training. They have never been made to realize how vastly much more they can get out of life if they will learn to think their own thoughts. and to formulate these, not to merely let their minds run along in a groove hewn out for them by others.

This type of person is, perhaps, more often a success socially than the one whose thoughts run beneath the surface. for they have an abundance of small talk with which to impress the casual acquaintance. They are considered entertaining, sympathetic. But years of constant association with such a person becomes unendurably monotonous. It is deadening to know another so well that one always feels sure of every speech. Their minds follow the card-index system; certain phrases are brought into use for each htting occasion, then docketed for the future. There are never any depths to plumb.

TT SEEMS a pity that American men are so afraid of being considered "soft" that they neglect many of the little nice- the balance and found wanting, yet it is ties which so distinguish the Frenchman just these little courtesies which if obor the occasional Englishman. A few served will promote the feeling of good days ago an officer in the National Guard fellowship which must exist between the swaggering along in his khaki, six feet in Allied forces on the firing line.

## 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 piven below are invited. It is understood that the editor dom not necessarily indures the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCEMENCE. Suesing Ledger, Philadelphia, Pa.

	1. What care should be taken of the eyes when they are exposed to a strong sun?
S. Is there any way to mitigate the unpleas- ant edor of oil lamps?	2. Should the skin be bathed in water after exposure to the sun?
3. The cork of a give bottle frequently sticks	8. Hwo can boys' hair be trained back?

## ANSWERS TO SATURDAY'S INQUIRIES

1. An ivy or other vine can be trained around pillar or post where strings cannot be used y using small strips of adhesive plaster on the

A good way of freeing the cracks of unry of dust without washing it is to use a cleaner or a bicycle pump. 3. Steel buckles can be cleaned by putting

Advantage of Canning in Closed Jars To the Editor of Woman's Page: Dear Madam—Will you please tell me what the advantage of canning according to the present-day method is—that is, placing the distely after the berries have been served. the matterward? Advantage of Canning in Closed Jars

Vyvettes

Things should be kept in their right places—"tam" tops, too—so here a feather stands up straight from a wide brim, to keep back the full-ness of the top of the "tam."

height and good to look upon, was passed by a man evidently a petty officer in the British army. The latter at once saluted, only to be passed by without the expected acknowledgment from his superior in the American army

These are little things; fighting, of course, is the main consideration, and in this the Sammees will not be weighed in limate.

### TODAY'S INQUIRIES

· · · · · · · · · · · · · · · · · · ·	when they are exposed to a strong sun?
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rk of a give bottle frequently sticks	8. Hwo can boys' hair be trained back?

pretty.

1. A delletous way of serving watermelon is to scoop out pieces of the center with a large spoon and place them in a how! filled with ice. These are passed in the bow! to each guest.

2. Tablecloths need never be used for lunch eon, and some persons discard them for all meals now. Centerpleces and dollles for the plates, goblets and bread-and-butter plates should be substituted for a cluth, however. The effect of linen or lace on the bare

# QUESTION BOX By DR. JOHN HARVEY KELLOGG

THE wet girdle is not a new remedy. For many centuries it has been in use among European peasants, especially in Germany, where it is known as "Neptune's Girdle"-which raises it to the level of romance and poetry. Here's the way to do it. Get a linen bandage ten or twelve inches wide and long enough to pass three times around the body—say, about three yards if you are not overblessed with corpulence. Coarse toweling is the proper thing; you will also need a waterproof covering of

tion is much cleaner and really more ef-

chronic diarrhea have often been greatly helped through the use of the girdle. The impervious outer coverings should always be allowed to extend an inch or more beyond

wet girdle is an excellent home The remedy for persons who suffer from abdom-inal soreness, indigestion and sleeplessness. It is simple and harmless. One precau-

Bowels What is the best climate for one suffering from catarrh, especially of the stomach and bowls? L.M.C. Such a person may enjoy health in any The climate has really very little to do with catarrhal infections of the alimentary tract. With proper diet and proper attention to general health, supplemented by proper treatment, persons suf-fering from this disorder ought to recover in any temperate climate.

My seven-year-old girl continually moves her nose and shoulders. At first I thought it a habit, but she seems unable to overcome it, Kindly suggest a remedy. P. M. S. The child is possibly suffering from the disease known as "convulsive tic." This difficulty is not easily curable. The child's general health should be improved as much as possible by an outdoor life, antitoxic diet and wholesome living. Every possible cause of vital depreciation or nervous irri-tation should be sought out and removed. The disorder is a nervous affection. Consult a physician.

# Weakness in Legs

What is the cause and curs of weakness in the less in the case of an elderly woman? The patient was formerly affilicted with diabetes, but this has been cured. Tests of brain, nerves and spinal cord have been taken, but give no clus. The cause may be neurasthenia, or, the

# weakness may be neurasthemia, or, the weakness may be due to senility. It is possible, however, that it may be the be-ginning of degeneration of the spinal cord. The case should be carefully examined by a nerve specialist.

Lemonade

Is lemonade a healthful drink? D. C. F.

THE GOOD HEALTH GIRL REFUGEE TELLS HOW GERMANS CAME TO POLAND

will also need a waterproof covering of olled slik or similar material. Wring the linen bandage out of cold water and wrap it about the body like a girdle extending from the aternum down. Apply the slik cover to keep in the heat and moisture of the linen bandage, wrap about the body a thick woolen bandage long enough to go twice around to retain the heat and cause the wet bandage to warm up quickly and keep warm. The ef-fect is that of a poultice, but the applica-tion is much cleaner and really more ef-

testines, insomnia, chlorosis, and neuras-thenia are likely to be benefited by the wet girdle

the wet bandage, so as to prevent evapora-tion at the edges.

In case of diarrhea the oll silk should not be used. If the bandage is used for some days in succession, care should be taken to use a fresh clean towel every day. If this is not done, skin eruptions are likely to appear.

tion is necessary, the bandage must not be allowed to get cold. To prevent this it must be applied smoothly and snugly.

# Climate for Catarrh of Stomach and

#### Nervousness

# Little Seamstress Narrates Methods of Frightfulness Employed by Invaders-Two Years of Starvation, Cruelty and Death

#### By M'LISS

How the Germans came to Poland has "brother" and "Philadelphia." These words been told with all the art of Pad- were sufficient for an Ellis Island Governerewski and the Countess de Turezynowicz, ment agent who put her on the train headed but the simple tale that fell from the lips of this way. If the Travelers' Ald hadn't a twenty-year-old girl who got here by the stepped in, the story might have been a difgrace of heaven and a temporary lapse of ferent one. barbarism on the part of the Huns is more

As it is, the brother was found-his moving than the narrations of her more cul-"American" name is Nathan-and Sarah after many good meals is beginning to

Sarah Natik two years are was a happy, Sarah Natik two years are was a happy, little seamstress in Vilna, Russian Poland. When she arrived in Philadelphia almost at widnight recently and was rescued from oh

PATSY KILDARE, OUTLAW

# Things Go Better She said that I could be excused for the day, but I told her I didg't want to be an cused, so she gave me twenty-five cents and told me to go and get something to eat nearly busted out laughing, but I took for money and told Rowdy to jump out of the window and I would go out of the door and we would ramble. I got some apples and is pickle and an all-day sucker, but if you want your apples and pickles to taste good you should eat your all-day suckers last. When I got back to school Dutch was

Things Go WHEN I went to bed I was feeling wum-blecropt, as my father says, which means sad and lonesome and mean, but when I woke up I was laughing about some dream which I could not remember but which must have had some fun in it some-where. Rowdy was standing looking out of the scream door and pretending not to know I was awake, but he just couldn't stop his tail from wagging, so I soaked him with a pillow and he went out through the scream door slammed shut and he could not get back. He certainly looked cheap when he saw that the joke was on him. When we had eaten our pancakes we

saw that the joke was on him. When we had eaten our pancakes we hurried to school, only stopping to ask Miss Jones, who was sweeping the front walk in a kimono, how her fellow was getting along. She told me it was none of my business, which was what I got for trying to be so-ciable. So I stuck out my tongue at her as far as it would go and we rambled. When we got to the schoolhouse it was so early that the dew was still on the grass. I told Rowdy to jump through the window and he couldn't even when I boosted, so I got a bench and then he made it with a run and a jump. I put the bench back and then elimbed in my own self. It did not seem as if we had been there two minutes when the tall lady opened the door and came in. I did not see her at first. for I was standing on my hands on the far

for I was standing on my hands on the far side of the table with my legs in the air. When she screamed I let down my feet and When she screamed I let down my feet and bobbed up and saw who it was. She was leaning against the doof looking pale and with one hand on her heart. She said, "I did not mean to leave you here all night, but I got a telegram which called me away suddenly and I forgot till this morning. What will your mother say?" I said, "My mother is in Heaven." "Then what will your father say?" she asked. I told her my father watched nights. Then she asked me if I slept and I said, "Yes, ma'am." Then she asked me not tell anybody that I had she asked me not tell anybody that 1 had been locked up all night and I said I

when you should east your all-day suckers last. When I got back to school Duich was sit-ting in the seat back of mine, and pretty soon I felt a stab that lifted me cut of my seat. Fretty soon I felt another one, just like sitting on a tack. I put my book befor my face and looked down on that side is aw Dutch's foot and there was a pin stick ing through the leather toe of his shoe. I swung on him with my book and he went out on top of Rowdy. The teacher can running and grabbed both of us and asked Dutch what was the matter. Dutch and I blammed him when he wasn't doing nothing I just showed the teacher the pin in his shoe and she took Dutch in to the tall lady who is the principal, lady in the school. Ho did not come back that day. My teacher told me that she would attend to punching the children who needed it if I would hill her. I don't believe the river ever felt so goed as it did that evening when I splashed into it. I got home late and happy and I prayed. "Dear God which art in Heaven, I know that you and my mother were on the job today as I asked you to be, for everything came out all right, excent that Dutch today as I asked you to be, for everything came out all right, except that Dutch sot ahead of you when he sprung that pin, but you're not to blame, for he fooled even ma-Now, listen. You have been making me feel sorry all day that I let the tall lady think I had stayed in the room all night. I feel almost as if I had lied. I didn't, but if you feel that way about it, will give heat if you feel that way about it, will give back her twenty-five cents when I get it, but I

shall always think she had it coming t "HAPPY DAY," the next Patay Kildare a

# "MA" SUNDAY'S INTIMATE TALKS The wife of the famous evangelist discusses everyday topics in

Amen.

a helpful and wholesome way.

## The Mistake and Its Price

I The sobbing young woman-she was really little more than a girl-gasped out this sentence again and again in her pitiful

10.1

I could picture the

the wayside. Her story was all too common-like hundreds of other unwritten tragedies of our modern womanhood. She had been a high school girl in a little Pennsylvania town, school girl in a little Fennsylvania town, and would have been graduated in six months more. Two or three evenings each week she and some of her friends made a habit of attending a moving picture the-atre. There was no good reason why they should pass the principal hotel in the town in doing so, but they always made it a point is go that way

point to go that way. It was there that the traveling salesmen always "put up," and, although the girls didn't admit it, they seemed to enjoy the looks of admiration from these men with the city airs and stylish clothes. They saw no harm in a little "innocent firts tion." And thus into Mollie's life came the man, who from a casual introduction, progressed rapidly to a violent love-making that swept the girl off her feet. She had accompanied him surreptitiously to a nearby city, where they were to be married, and she had left a note for her mother and father announcing the fact. And then she had awakened from a month of wild bliss to face the ugly truth. The man with whom her life was to have been one long honeymoon had disappeared, and had left her to work out her future alone. The mar riage, which he had postponed from day to day, had never taken place, One of our poets has saidt Ah, wasteful woman: she who may On her sweet self set her own price, Knowing he cannot choose but pay How has she cheapened Paradise! Many women have echoed to me Mollie's obbling words: "I trinsted him so much I would have sobbing words: "I trusted him so much. I would have risked my life in his hands." That is just it. A girl will trust her whole future to a man about whom she knows next to nothing; but a merchant wouldn't trust the same man with fifty dollars' worth of goods without investigating him from A to Z. Poor Mollie! And there are thousands of Poor Mollie! And there are thousands of others like her who never wake up until the alarm clock of tragedy jangles in their ears. A man who will begin his acquaint-ance with a woman in a street-corner flirta-tion will bear watching. Take that home with your knitting for the soldiers, girls, as the first rule of maculing human patients the first rule of masculine human nature. On the other hand, a woman who will let her friendship with a man become seriou without making him put up the proper cre-dentials is taking a jump in the dark that is mighty apt to land her in the quicksands. She is going further with her reputation than any bank would take with its money. And her reputation ought to be a whole lot more valuable. A bank can make more money, but it is the hardest thing in the world for a woman to make back a reputa-tion that some scoundred of a reputation that some scoundrel of a man has torn from her.

der shook her. My heart bled for her. She looked so weak and wan and girlish, and so utterly inadequate in her fight with the big, cold world. "MA" SUNDAY man as probably already forgetting her as an incident by

hold herself at a premium. She has a right to insist that the man prove his worth. This is not only her prerogative, but her duty. She is staking her whole life. If the is willing to do this on the strength of a smooth tongue and an oily smile the fault is here. story. It was the keynote of her conis hers. And also the punishment. The tragedy of Mollie is repeated a dosen times a day all around us. The woman who goes too far with a man-without infession. "And I loved him she finished. "I was satisfied to leave my life, my vestigation-generally comes back alone. And, nine times out of ten, she isn't wearing a wedding ring. 

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Wednesday-The Girl and Her Engagement.

Fruit preserved now will

vary the family menu next



In addition to being one of the best preventives of insomnia, the wet girdle is highly beneficial in almost any disease of the stomach, liver and bowels. Cases of chronic inflammation of the in-Stubborn cases of constipation, as well as

The advantage lies in the fact that the product is better in color, in flavor and in texture if cooked in this way. It is not crushed nor cooked until mushy; instead of a conglomerate mass each berry or piece of

fruit is distinct. By this method the vege-table or fruit is also sterilized completely; if the product is put into the jar, the jar closed and the product cooked, the organ-isms are sure to be killed and the sealed jar isms are sure to be killed and the scaled jar prevents any outside bacteria from getting in. By the old open kettle or hot-pack method it is impossible to know that any given jar or product is perfectly sterilized. Even when the products, the jars, utensils, rubbers and covers are perfectly sterile there is a chance that bacteria will get in while the product is being dipped from the bettle into the lar. rattle into the tar.

This method also saves time in that it is as easy to cook a dozen jars as it is to cook one, and the product need not be constantly tched to prevent burning.

To Put Up Green Tomatoes

To the Editor of Woman's Page: Dear Madam-Please give a recipe for putting green tomatoes. (Mrs.) A. E. R. Fox Chase, Pa.

For Chase, Pa. Do you mean green tomato pickles? If no, the following recipe is a good one: Slice one peck of green tomatoes and two quarts of small white onions; sprinkle over them one large cupful of sait and let them stand overnight in the brine formed from the sait and tomato juice. In the morning drain well and let them stand in cold water a few minutes, then pour this water off and add well and let them stand in cold water a few minutes, then pour this water off and add shough vinegar to cover. Add two pounds of brown sugar, two tablespoonfuls each of allepice, whole cloves and stick cinnamon and one-quarter of a pound of mustard seed, cook until the pickles are tender, put into jars and seal. The best time to secure green tomatoes for this purpose is in the fall.

# Food Value of Turnip Tops

To the Editor of Woman's Page: Dear Madam-Is it true that turnip tops can cooked and eaten like spinach? J. C. R.

Tes, these greens, while containing little food value, are rich in vitamines and min-stals, as is spinach; when cooked properly they are edible and delicious.

Three Meals From One Sirloin

the Editor of Womon's Pape: Dear Madam-Piesse tell me how many meals mmily of four should be able to get out of a toin staak. (Mrs.) J. M. R.

thinking of tour should be able to get out of a brief staak. (Mrs.) J. M. R. A beensteak of two pounds should make hree meals for a family of four. It can be walled for the first meal: then for the sec-ond cut the meat off as close as possible to be bones and run it through the meat rinder. Add to this as many boiled pota-tes as you have left over, which you also be the second cut the second for the sec-rind (or if you have mashed pointoes left is them with the ground meat) and flavor in a little onion juice or tomato. Mold miniture and place it in a porelaind dish bake till the top is nicely browned. For the third meal, put the bones of the the ad allow to stow for about an hour. It off them and allow it to stand until the stock cools off. This greater is the stock cools off. This greater

## **Gifts for Soldier**

To the Editor of Woman's Page: Dear Madam—Will you please tell me what would be suitable to give to a young man who is leavingly shortly for the front? I want to give him a present he can use. ISABEL.

Comfort kits which are sold in the shops especially for the soldiers are nice; also wrist watches with illuminated dials, shav ing sets, fountain pens, nonbreakable mirrors and cigarettes or tobacco, if you know the young man's favorite brand.

## **Practical Bathing Suit**

To the Editor of Woman's Page: Dear Madam—Please give me your advice in regard to a suitable bathing suit. What kind do you think is best for seashore wear? E. L. S.

That is a rather difficult question. If you That is a rather difficult question. If you want to buy one for the sole purpose of swimming, those of jersey cloth are the most practical, while if you want a dressy suit, those of satin or taffeta are good-looking. There are so many different styles in suits, many of them being made with knickers which come down over the knees, while others are straight and to easy place while others are straight and in one plece. and are worn over another one-piece, close fitting swimming suit of wool or cotton But whatever style you decide on, you will find that fast black will be most serviceable

To Lengthen Skirt Deftly

To the Editor of Woman's Page:

To the Eatter of Woman's race: Deer Madam—I have a dress that is too short and was made longer by a ruffle around the bottom. As that is not in style now, and the dress is perfectly good otherwise, I should be much obliged for a suggestion as to how I may Mrs. I.

Why not make the bottom of your skirt into the semblance of a tuck and attach the ruffle under this? Many of the skirts now are made with a wide tuck at the bottom and if you cut your ruffle the same width as the skirt and put it on in this way it will look as if it were all in one piece.

Wrinkles on Forehead

To the Editor of Woman's Page: Dear Madam—I should appreciate very much knowing a simple remedy for removing wrinkles from the forehead. I am not quite twenty years of age and yet my forehead is very much wrin-kled, due to frowning. I do not believe the fromning is caused by my'eyes, as I wear glasses

frowning is caused by my'eyes, as I wear glasses at Thy white you for an early reply. I presume you do not answer personally, but print a reply in the Evening Labdra. H. M. W.

If you will persist in frowning I am afraid there is little you' can do to prevent the appearance of wrinkles on your fore-head. There are small wrinkle plasters sold in the stores which if applied at night serve in the stores which if applied at hight serve to correct the habit and smooth the brow. I can give a personal answer when it is nec-essary if a stamped addressed envelope is inclosed in the letter of inquiry.

### **Removal** of Hair

To the Editor of Woman's Page: Desr Madam—A boy friend of mine is so un-fortunate as to have hair grow on the tip of his nose. It is really a handlosp to him in life since it appears rather strange and bumorous. I would be very grateful to you if you would in-form me through your worthy column as to the possibility of its removal. M. S. Hair cannot be permanently removed ex-cept by the use of the electric needle.

#### Authorship Unknown

Authorship Unantis Pose: To the Editor of Woman's Pose: Dear Madam -- Will you please inform me through the Woman's Exchange who was the introver of and where the following lines occurf methor of and where the following lines occurf the good to others be to you." As you'd have others be to you." 5. J. T.

tind the quotation in any refer

stomach and prepare it for the next meal. The juice of lemons, and in fact of most fruits, contains vitamines and other highly useful elements which promote health and good nutrition to a wonderful degree.

(Copyright.)

Byion or worse by an agent of the Travelers Aid Society, her body was pitifully swollen from the months of slow starvation that she had endured and her mind wracked with recollections of all that she had left behind

IN THE MOMENT'S MODES

Morning Frock of Handkerchief Linen and Gingham

tivated countrymen.

her. All the English that she knew was

midnight recently and was rescued from ob-Emilia Goldberg, the society's very intellilivion or worse by an agent of the Travelers' gent interpreter, told her story.

> TALE OF FRIGHTFUL SUFFERING "I don't know how it was of this said, twisting her handkerchief into nervous said, twisting her formans let about 500 said, twisting her handkerchief into nervous knots. "but the Germans let about 500 women from Vilna come to America, and I was one of them. We had to have enough money, though to pay for everything along the way—war prices.

"We had had more than two years of starvation. People were dying faster than they could be buried. One-quarter of a pound of bread every twenty-four hours was allowed to each person. Such bread !" She ran to the dresser and brought forth an awful memory in the shape of a piece of black bread. It looked like a frozen dirty sponge with hay sticking out of the methods. apertures.

"Six months of that bread and my father, a big, healthy man, took to his bed father, a big, healthy man, took to his bed and died. And as early as 2 and 3 o'clock in the morning we would get up to try to be first for the distribution, which took place at 11 o'clock. In the beginning there was a quarter of a pound of this stuff for all who applied for it, but later only those who can be first pot any. who came first got any.

"Soon my mother got sick and could ardly crawl around. She grieved for my hardly father and my nineteen-year-old brothe father and my ninetcen-year-old brother whom the Germans took and sent we knew not where at the time. He was a big, good boy. They caught him when he went out on the streets. They made him register for their army.

"'I will not fight for Germany,' he told them. 'So,' said they, and they took him away.

possibilities in the way it has adapted itself to the model-Those big brutes had put him in the forests all winter, without enough clothing. They emade him chop wood from daybreak till far into the night. Him, too, they gave only a quarter of a pound of this stuff. They sent him back dying. He may be gone by this time, even as my father is ing requirements of prevailing modes. The style shops are showing separate gingham blouses and separate gingham skirts. There are gone.

morning frocks and gingham costumes for afternoon wear. And this range of modeling is equaled by the range of variety in patterns and colorings this material offers. A very charming little morning frock is pictured in the accompanying sketch. Here gingham has been used for where children can live.

the skirt and for the collar and cuffs that trim the blouse of handkerchief linen.

"A year afterward that big boy came back-a cripple and with his fingers gone. Those big brutes had put him in the forests

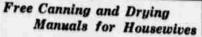
"The very rich could buy a little extra food, but not much. For the working people there was nothing, because our work stopped and we had no money. When we heard that the Germans would let some women go-so they wouldn't have to bury them. I suppose-my mother said: 'We must raise enough money so the girl can go to Russia.' "My mother was afraid for me. It was not safe for a good girl to go on the street in Vilna. Many of my friends suffered. But always the bables died. There are no babies in Poland. It is not now a land

500 VICTIMS SENT TO AMERICA "But the Germans would not let us go to Russia. 'You must have enough money to carry you to America.' they said. This was before this country had gone into the war.

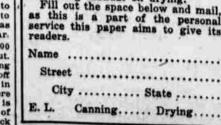
"My people got me the money. With 500 women and three lams old men we set out. Some died on the way. For everything they overcharged us. Some were taken off the train, suspected of being spies, but in the end we came to Rotterdam and were put on the boat for America. America is a great country, but how can 1 think of anything but my mother and brother back there who have nothing to eat and may be dead?"

be dead?" Sarah cannot yet get her shoes on, her feet being still swollen, but at least she looks like a girl. "Which she didn't when she got here," Mins Goldberg maid, "she looked like a flabby sick old woman." One of the least of the horrors, I should by, that the Grand Labb come them

This doesn't mean that a girl ought to be suspicious of everything in trousers. All men are not beasts. But she has a right to



READERS by sending this coupon and two-cent stamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will re-ceive FREE OF ANY CHARGE a primer on canning vegetables and fruits. Separate two cents postage will bring manual on drying. Fill out the space below and mail, as this is a part of the personal service this paper aims to give its readers.





# Winter and take the place of expensive foods SAVE THE CROP

## "A Franklin Sugar for every use Granulated, Dainty Lumps. Powdered, Confectioners, Brown



