PAGE DEVOTED TO VARIED INTERESTS OF THE FEMININE CONTINGENT-FASHION HINTS

HE GIRL WHO INVARIABLY PLAYS TO THE GALLERY

e Who Assumes an Injured Air and Strives to Impress-Young Women Not Wanted as Nurses in France

O TOU know her? The girl who is al- ; ays agreeable and sympathetic when is alone with you, but puts you in the constantly before others.

the positively smacks her tips in tellyou some choice bit of gorsip about her girl, then when in a group deftly ands the conversation into the same mannels, only to wait her chance and lopt a defensive air which seems to say. "Aren't you ashamed of yourself for ceaking thus about Arabelle?" Then I in and think how lovely she is, how and loyal. And make you feel like spanked kitten.

Somehow there's no way one can beat s girl like this at her own game. She will begin knocking another; you listen her and accord with her. Then, such the frailty of human nature, you may contribute one rap to the general accomcaniment. Instantly she fastens on your remark and takes issue with you. And when the temptation to tale-bearing overcomes her she can go to the girl who was the object of criticism with a story of that thing you had said about her, and, adopting an air of defensive virtue, repeat her own phrases, but with a different intonation, putting an entirely different construction on the whole conversation.

ONLY too many young women are eager will be persona grata. to be accepted as nurses by the Red Cross Society so they may go abroad and nurse the poor wounded. Yet, if they would be of the greatest help it is up to Cross nurse near the trenches. Romance them to take the nursing course with a lif a missing quantity, and as for heroism view to remaining in this country and it can be just as surely demonstrated by doing their very acceptable "bit."

S great many experienced women as of nurses gives out.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be verifien an ean side of the paper only and signed with the name of the worlder. Special queries like shose given below are institut. It is understood that the silitor down sol necessarily inders the seminant worked. All communications for this department should be undreased us follows: till to any Exciling the semina Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

How can mint be put up for winter use?	1. What kind of stochings are must in vogue for sports wear for women?
When de menetables with a large protein	2. What kind of sweaters are best for goifing or playing tennis?
	O THE OF THE ALL OF ALL

5. What is the best way to blanch greens? 3. When white riding breeches are worn what makes the most serviceable material?

ANSWERS TO YESTERDAY'S INQUIRIES

do so.

ants.

1. Bhysharb contains an ueld which will fast even incourred tin. It should therefore ways be canned in slass. L It is mount to fee a maid after visiting at the home of a friend for several days, although unless the maid has performed some special service many guests do not feel it necessary

2. Fruits with little acid are more difficult to keep than these with a high percentage of and. Tomatoes, goosberries and rhubarb are

5. Summer apples are not firm enough to beep well when canned, as they cook up and less their flavor. 3. It is usual for the person who leaves fown to be the first to write unless both are on terms of intimacy.

Delicacies for the Convalescent

the Editor of Woman's Page: Dear Madam—Can you tell me of some dainty lishes to make for a sick person who is con-descing? She is able to eat most things, but it little appetite for the regular table farr. CONSTANT READER.

An important thing to observe when preparing food for an invalid is to make the tray as dainty as possible. Pretty china linen and a few flowers

Vvvettes Talling Marting and

A white duck cap trimmed with silken cords, knotted and tasseled.

nurses and as the supply does not mee with the demand there will be a great shortage in this country, which will be liable to be felt keenly next winter. But one doctor in talking to me said that the Red Cross did not want any more young girls in France. The problem has become difficult enough as it is. Only a woman of mature years and experience

 $Y_{\rm and\ romance\ in\ serving\ as\ a\ Red}^{\rm OUNG\ girls\ imagine\ there\ is\ heroism}$ staying at home and nursing the sick who afterward. The Americans in France have need of will be left uncared for when the supply

What can I do for flat feet? I have tried to ure myself with arch supports and exercising, at in valo. F. M. D.

Proper Foods for Tuberculosis

What foods should be taken by one striving recover from tuberculcular READER. All the plain nourishing food that can antimilated is suitable for tubercule patients. Rest in the open air and a diet which consists chiefly of fruits, vegetables, cereals, milk, cream and eggs is advised. Occasionally a person is sensitized to milk

in all forms and should not take it. Other-wise, it is especially good for tuberculosis patients. Itaw eggs beaten in milk and fruit juice may be taken daily. High Blood Pressure in Young Person Is it serious for a person of twenty-four years to have a blood pressure of 155? Does it indi-cate any organic trouble? I am not feeling V. L.

Such a pressure is far too high for a person of twenty-four or any age. The treatment should entirely depend upon the cause of the blood pressure. Consult a physician at once. There may be some se-rious kidney trouble.

Ringing in the Ears

To the Latter of Woman's Page: Dear Madam-I am a young girl twenty-two years of age and engaged to be married to a young man the same age. We want to spend our vacation at the seeshore at the arms hote, but recently a friend hinted that she thought it was not the groupr thing to do. What would your advice her Don't you think when two per-sons are engaged it is purfectly all tight to do that. None of my family can go with me. What is the cause of a continual ringing in the ears? B. M. Catarrh of the eustachian tube, which is

probably an extension of trouble in the nose and throat.

THE GOOD HEALTH | RUSSIAN "ARMY" A MERE MOB, SLAV JOINS BRITISH FORCES



FAMILY OF RUSSIAN PATRIOT

Rejected by Uncle Sam on Account of Age and Noncitizenship, Vadetsky Finds Place to Fight Autocracy—Wife a Patriot, Too

AN EXAMPLE of patriotism, coupled courageous, said she had no complaint to make.

should do," she said, "but we have do what we think right. My only thought for the children. Vera, the oldest, is only an officer in the Russo-Japanese war, last week enjoyed in the British Royal Engineers week enlisted in the British Royal Engineers "I would be glad to work. after having been rejected by the United

And he had even a greater reason for claiming exemption—a family consisting of a wife and four small children. I weighed the costs and the sacrifices, and the cause for his decision can be best expressed in the consulate and they told me if I wanted bis own words as written to the Evenyon for his decision can be best expressed in his own words as written to the Evening the children to Montreal to see him before he sais. I took the letter to the consulate and they told me if I wanted to go they would pay our carfare and ar-range everything." Attention was first called to the bravers of humanity against Grand for the rights

To the Editor of the Evening Ledger: The man, Victor K. Vadetsky, left for

Sir-Being a Russian subject and feeling it my sacred duty to do my bit in this great war. I have enlisted for service in the British Royat Engineers through the New York British Recruiting Mission and at the present time am in Montreal,

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

"Yes."

When school was over I picked out .

bunch of pretty stylish girls to walk home

with-not that they were going my way,

Learning Things

WOKE early the next morning and so I that, but the thing not only hit my thung not up and ate some cold pancakes from that time, but hit me all over and knocked I not up and ate some cold pancakes me down before I had time to holler and rocked the night before. Then Rowdy and I ramthe night before. Then toway after. We made a big flash of light. I went up to bled without waiting for my later a good Miss Groarty holding my hand and asked went to the swimming place and a few times her what it is that hurts you when you poke swim. I turned over endways a to your thumb into a light socket and she said hole in a tree where I can hide a plece of it is the current and had I tried it. I midpeap to use if I meet the coal man again. I went to the big lot and saw the mother horse and the baby horse which the bad man has not yet sold to the butcher. It stretched.

has not yet sold to the butcher. It stretched out its noise and I kissed it good-by, be-cause there is no telling when it will be sold and made into meat and I shall not soe it any more. The man had gone away, but his door was unlocked and we went in and found a pan of milk and the bowl that I reas So I fixed myself nome bread and I so I fixed myself nome bread and

his door was unlocked and the bowl that found a pan of milk and the bowl that is see. So I fixed myself some bread and milk and kave Rowdy some, too, and then we went to scheol. No one was there, so I sat on the walk the poplar in front of the school to the very tip of it and wrapped my leffs around it and hung on with my hands and swung and would and it was the tail hady calling to refrom the window. So I climbed down and went over and climbed in at the wind dow. The tail hady said. "Why are you mot in school?" I said. "What is the use till it popens?" She said. "School has been in sense, is that so?" and I biked to my room. At recease there being no one for me the means there. So I looked into the electric inche me was gone, but I made up my mind it should not fool me the second time i to should not put my thumb into the secket, but went and not it. I thought I was safe in dom?

Strawberry Mansion Concerts

Two concerts will be given today at the Strawberry Mansion Music Pavilion by the Fairmount Park Band, Richard Schmidt. bandmaster. Programs.

4 TO 6 O'CLOCK

4 TO 6 O'CLOCK Verture, 'Martha" Reminiscences of Sullivan "Love's Dryam After the Ball" "March Indiane" Excerpts from 'The Follos The Chimes of Normandy.' S To 16 O'CLOCK S To 16 O'CLOCK

8 TO IN O'CLOCK

City Hall Plaza Program

The following program will be played by the Philadelphia Band this evening at City Hall Plaza:

Hall Pisza: Overture---''American Festival''....Kretschmer Air Varie---''Souvenier du Poiton.'' Fred Schrader, trombonist. Religious Selection-Hymns Suns in American Churches Beyer Concert Waltzes--''In the Harvest Time'' Keller Bela

"A Vision of Salorae." Solo-"Kiss Waltz" Bertha Brinker d'Albites. Selection from "Sweethearts".....V. Horbert Descriptive Fantasia-"Butle of San Juan Hill"

BLOCK PARTY FOR RED CROSS

Two-Night Festival Uptown for Benefit of Hospital Ambulance

family A block party to raise funds toward the purchase of a Red Cross hospital ambulance will be held under the auspices of Sisterly should Love Circle, C. of F. of A., tonight and tomorrow night at Almond and Cumberland streets. In addition to abundance of refreshment

eat more

fruit

for

and

preserved

healthfulness

deliciousness

as well as

economy

Everv

"I wouldn't tell other families what they should put to shame all slackers, has just been set by a young Russian couple in this city. The husband, a Russian subject and

But 1 have no friends and no relatives in this country, and so there is no place to teave the chil-dren. The men at the British consulate He had passed the military age and

Gingerbread Fruit Cup Hamburg Steak Stewed Celery String Beans Lettuce and Pimento Salad Pound Cake Iced Te Miss Sellers Gives Talk

Miss Sellers Gives a demonstration A talk on canning with a demonstration of the cold-pack method will be given this afternoon at 3 o'clock at the Rom Mansion, Germantown, under the auspices Mansion, Germantown, under the auspices of the Cliveden Improvement Association. The speaker will be Miss Marie Sellers, as-sociate editor of The Country Gentleman.



Tomorrow's War Menu

BREAKFAST

Wheat Biscuit with Milk Fried Tomatoes on Toast

Coffee

LUNCHEON

Baked Spaghetti

DINNER

Buttermille

Iced Tes



primitive people who use no footwear, the great toe, by its strength and mobility, aids much in balancing the body. The continued habit of confining the foot within an unnatural and circumscribed space has robbed the wearer of shoes of this valuable prerogative. Some parents do not permit their little ones to go barefooted, thinking that it makes the feet large and ungainly, thus spoiling the appearance. This is the same

fallacious reasoning that influences the mother to corset her growing girl to give her a fashionable shape. Nature knows better than the mother just how large the child's walst should grow and what shape the foot should have to properly perform its It is well to emancipate children from shoes and stockings within doors when th

QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THE foot is a most interesting member

of the body. It serves the body as a

base of support and as an aid in poise and

propulsion. Nature has constructed it to

meet these ends in the best manner. Among

temperature will permit. Shoes for children should be made of soft, light and flexible material. The toe of the shoe should be broad enough so that

toe of the foot can move separately Select the child's footwear with care and watch the feet carefully to see that the shoes are not worn after they are outgrown.

shoes are not worn after they are outgrown. Sandals are excellent footgear for chil-dren. The sandal allows freedom of move-ment, while it affords a certain amount of protection from contact with broken glass, rusty nails, silvers and other things to be found on the ground liable to injure the bare feet. Of course, in localities where hookworm is prevalent going barefoot out of doors is dangerous for the child and the barefoot habit must be wholly relegated to the indoor life.

the indoor life. The care of the feet when the child goes

The care of the feel when the child abee barefoot is a matter that needs to be very carefully attended to. Thorough cleanliness is essential. Foot baths should be taken at cach day's close and not infrequently are also needed during the day. Such baths should be thorough ones with tepid water and pure soap, with a plunge into cold or codes water as the finish. Ten auch care coler water as the finish.

cannot be given to the drying of each part

Flat Feet

You should consult an orthopedist and have the proper support fitted—a support made for your foot. You should practice the toeing-in style of walking. The sur-geon will also suggest a proper shoe to suit your case of flatfoot.

ware, Ire will make the food more appetizing. Here are several recipes which will appeal to your patient:

Scraped beef cakes: Use steak from the upper part of the round and with a knife crape the pulp from the fiber, then without seasoning shape it into small flat circular cakes. Place on a hot frying pan or griddle and cook several minutes on each side. Do not season until they are cooked, as this toughens the meat. Sprinkle with salt, pepper and butter and serve with

Bird's nest: Toast a piece of bread cut thicker than the usual slice. Cut a goodfixed square out of the center, leaving only a thin layer of bread on the bottom. Separate the yolk from the white of an egg. beat the white until stiff and place in the center of the toast, alipping the unbroken yolk deep into it. Place the toast in the oven until the white has browned. This is so much more attractive than the ordinary poached egg.

Snow pudding: Two teaspoonfuls gelatin. three tablespoonfuls cold water, one-third cupful boiling water, one and a half table-spoonfuls lemon juice, three tablespoonfuls sugar and white of one egg. Soften the selatin in the cold water, add boiling water and dissoive. Add sugar, fruit juice and attract and stir until the sugar is dissoived. Bet the bowl into chopped ice or ice water to cool, stirring occasionally, and when the jelly is quite thick fold in the stiffy beaten white of two eggs and place in cold, wet moids. Put on ice to harden. When firm remove from mold and serve with soft cus-tard. Snow pudding: Two teaspoonfuls gelatin.

ard. Grape jelly—One tablespoonful granu-lated gelatin, one-quarter cupful cold water, one cupful boiling water, one-haif supful sugar, juice of one lemon, one-haif bupful grape juice. Soak the gelatine in the cold water, add boiling water and dis-plice, add the sugar, lemon juice and grape juice. Strain and pour into molds.

Home-Made Outfit for Canning

the Editor of Woman's Page: may Madam-I want to make an outfit for aing by the cold-pack method. Can I use shing besides a washboller? (Mrs.) J. S. C.

A tin pail, a milk can, a tin washtub or hard pail can be used quite as well if pro-rided with a false bottom and a tight-fitting

Preserved Watermelon Rind

Editor of Woman's Page:

Madam-Can you sive a recipe for out-watermelon rind? (Mrs.) C. H. C. watermeion rind can either be pickled or ved. I judge it is directions for the you want. Cut the rind of the water-into small cubes and cover with cold water, one tablespoonful of salt to ablespoonfuls of water. Let this reblaspoonfuls of water. Let this re-vernight, then drain and rinse sev-new in cold water. Cook in bolling until tender, then drain. Weigh it sach pound of rind add one and parters of a pound of sugar, one of sliced lemon and one ounce of The lemon and ginger should first, as sparately in bolling water until bolt the juice of the rind, the sugar the lemon a syrup is formed; skim.

I can understand your wanting to be together, but I do not think it would be wise for you to go'to the same hotel; it would estially not be exactly conventional. Why don't you persuade your flance to put up at another hotel at the same resort?

2. It is customary to fee bathbouse attend-

Engaged Couple on Vacation

To the Editor of Woman's Page;

Are His Intentions Serious?

To the Editor of Woman's Page: To the Editor of Womma's Pupe: Dear Madam-I am a young lady twenty-three pears of age and have had a young man calling on me for four years. He is four years older than I am. He comes about twice a week as a rule and takes me to the moving pictures gen-erally. I don't think he goes to see any other girls. Do you think he wants to marry me? GRACE.

The young man is evidently interested in you, but the fact that he calls upon you does not necessarily mean marriage.

Corresponding With Youth

To the Editor of Woman's Page: To the Editor of Woonav's Pape: Dear Madam—A young man I met this last winter and have seen several times since, in fact, he has visited at my home on various occa-sions and I have been to the theatre with him and other places of anusement, has asked me to write to him while I am away this month. Do you think I may do so with propriety? We are simply good friends and I do not want to have him think I have any sentimental feelings for him. JULIA.

There is no reason why you should not write to the young man, if you keep strictly to a friendly tone in the letters and avoid any personalities which might be construed to be of a sentimental nature. Sensible friendships between a man and woman are rather to be encouraged than condemned,

Clothes for Shopping

but good common sense is necessary for both.

To the Editor of Woman's Page: Dear Madam-I know it is considered the proper thing to go in town in warm weather in a suit or linen dress. But these last days have been so fearfully hot, wouldn't it be conventional to wear a shirtwaist and white skirt for shop-ping? CONVENTIONAL. A white waist and tailored skirt and

stiff hat are always appropriate for morn-ing or afternoon and the wisest thing to wear in this excessive weather. This costume is quite as appropriate as a suit or linen frock.

Summer Hats in September

Summer Hate in Page: To the Editor of Wonias's Page: Dear Madam-Do you think it will be too late to wear summer hats in September? I am not going away on my vacation until then and I do not want to buy a new outfit until I come back, MARY C.

By all means wear your summer hats in September. While many women wear fail hats then, it is usually those who have come back to town. People in the country or at the seashore wear their summer ap parel much later. 10

Bleach for Neck

Bleach for Neck To the Editor of Womon's Page: Dear Madam-How long is the following formula to remain on the neck upon applica-tion? One ounce honey, one teaspoonful lemon-juice, aix drops oil of hitter almonds, the whites of two eggs and fine oatmend to make a paste. This formula was given by you in the Evening Labour several weeks ago. R. S. J. Use the paste at' night and allow it to remain on all night, or if during the day, for several hours. for several hours.

Temperance Drinks

To the Editor of Woman's Page: Dear Madam-Will you kindly answer the following in your letters on the Woman's Page expect to go on a trip where it will be necess ary for mo to viait cafes with a party of friends. As T am strictly temperate, can you advise me what drinks can be ordered that are emperated friends. I am a young time twenty-the years of age. PERPLEXED TEETOTALES. You can order lims juice and unitser, issue fulce and mitter, financies, one

Continuous Flow of Saliva

What is the cause of a continuous flow of saliva, making it necessary to expectorate every few minutes? Teeth and gums are in good con-dition. The prominent abdomen is entirely out of proportion to the rest of my body. I am troubled with gas. Kindly advise, SALIVA. There may be an infection of the salivary glands or the salivation may be connected with some trouble elsewhere in the diges-

tive tract. You should consult a physician and have a thorough examination made, (Copyright.)

Three days after her husband left Esther Vadetsky, who lives with the children in two small rooms on the third floor of 1735 North Twenty-second street, received \$20 from the British consulate. At the same time she was assured that she would receive a weekly sum, the amount of which would depend upon what position her husband filled.

seen eliminated by the British

Canada last Friday. Before going he signed over his pay to his wife, and the promptness with which the British con-

sulate has come to the support of the fam-ily is proof that departmental red tape of a hampering sort to war preparations has

States authorities.

in progress.

IN THE MOMENT'S MODES

Fall Scarf of Velvet and Kolinsky Squirrel

WIFE IS COURAGEOUS Seated in the midst of her little family today, Mrs. Vadetsky, sad and lonely, but

they are yes new, before they

are repeated in

are many new

early fall mod-els in shoulder

cape pictured is of brown velvet.

tons in front with large fur-

covered buttons

vet.

125

Canada, in concentration camp waiting to be sent to England. The American army did not want to accept me because I am not an American citizen and am over thirty-five years of age. In Philadelphia, at 1735 North Twenty-

second street, I left my wife, Esther Vadetsky, and four children. I have signed the separation allowance for my family and my wife and children will get enough from the British Government to live on. But my wife at present is in a difficult position, being without any friends in the whole city.

As a constant reader of your deeply esteemed paper, therefore, I beg you to direct my wife and to help her to get her money from the British Government. I am very sorry that my wife temporarily must be left alone, but I have done only

my duty as a man. We can't hide under the skirts of our wives and nurse our children when such a gigantic struggle for the rights of humanity against German despotism is in progress. I enlisted in the British army because as a Russian I am greatly ashamed of the Russian army and do not want to serve there.

An army without discipline, an army Don't delay in your selection of shooting its officers, as Russians do, an army retreating shamelessly, is no longer an army, but a mob, and I do not want to serve in the mob. The British army fall scarf. Now is the time to choose because is doing great work and I am proud to be a British soldier. now is the time

when your de-cision is unre-stricted. If I would be proud also to be an American soldier, but I could not enlist there so I beg you, sir, to do for my wife any-thing you possibly can under the circumthere is one paramount ad-vantage in stances. If you wish, I promise to send you my memoirs from the front, "Mem-ours of a British Soldier." dressing accord-ing to the mode

Thanking you in advance for your kindness, I remain, Sapper, Victor K. Vadetsky, No. 1047. Inland Water Transport. it is in adopting new styles while

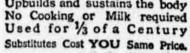
Royal Engineers. Guy Street Barracks, Montreal, Canada.



booths of all kinds, there will be a number of novel attractions, which are bound to delight all who attend.

Peace Hope Is Sermon Topic "What Is the Hope for Peace Before Armagedden?" will be the subject of the address by the Rev. J. S. Washburn, an evangelist with the Wilkinson-Garrick locture bureau, Sunday night at the tent pavil. ion, Broad and Bristol streets. The Rev. Doctor Washburn will also apply Biblical prophesics to the present age, with particu-iar reference to the war. There will be a meeting tonight at the tent pavilion.







AVE JRU CROP

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

RANKLIN

Sold in 1,1