## HE "TEMPERAMENTAL GIRL" AND HER PHLEGMATIC SISTER-DAILY TALKS ON HEALTH

NOWING JUST WHERE TO FIND A GIRL—CAUSE OF SATISFACTION

Equable Disposition in Contrast to Others With Character Actor in "The Good-"Temperaments"-The Inhibitions of Decency

SKED why one particular girl was so opular, always in demand for parties week-end jaunts, although she was apparently as entertaining as sevothers, a woman who always inded her in her invitations said, "But always knows just where to find Jane, and that is a consideration not to be overlooked in these days of temperaental creatures."

She is perfectly right. Striving to be different," many girls fall into the misake of developing their temperamentsad such temperaments! The choleric, melancholy, the more fortunate saninary type, all are represented in the ung women of today, each magnified thousand times, until mere idlosyncraies assume altogether undue proportions. And then those who are nervously flicted. Go over the list of your friends and see whether at least four out of five young women you know have not had or are not about to have nervous breakfowns. They are really more popular han operations. One can't deny that many of these cases are "bona fide." A girl has had some serious shock or been bjected to some severe strain and has broken under it. But many times their perves are a result of careful pruninglong cultivation.

Whatever it is, they must be handled with gloves for fear of offending, their little queernesses must be played up to, their sensitive natures coddled. Is there any cause for wonder then that the girl to is possessed of a placid, if somewhat phlegmatic, disposition should be "played as a favorite?"

TO MY mind, there is no greater test of honor or of breeding than the things a woman will refrain from saying when hibitions of decency, that are unforgether anger is at a white heat, for it is table and unforgivable.



the latest motoring veils And are polkadotted.

then when the passions are unleashed that even the most reserved sometimes forget themselves utterly and become brutal, abusive.

It seems incomprehensible that so many women can let their tongues run riot in their excitement, and even bare old wounds with a callousness they could never be guilty of in their saner moments. But it is these things, ignoring the in-

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of below are invited. It is understood that the editor does not necessarily indorse the sentiment present. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

#### TODAY'S INQUIRIES

low can an aluminum cooking utenall I. What kind of bathing cap is best for prac-has become discolored be made white? I the purposes? 2. What kind of shoes are best for rough wear in the woods?

low can a saving in benzine or gasoline saming purposes be effected?

S. What is a good way to clean white cloth? S. Are clocked stockings worn with evening gowns?

ANSWERS TO YESTERDAY'S INQUIRIES

 A good way to make a bed cool in terrid
 Proper evening clothes for a man when on a yachting trip consist of white flannel trouters and a dark blue evening jacket, with two buttoms and a silk-faced shawl collar, and a pique waistcoat. 9. To test the even for petato bread when no bermometer is at hand, place a teaspoonful of lear in an earthen dish in the oven. If the rem is right for baking, the flour should brown kntir and evenly in five minutes' time; if it marches in that time, it is too hot.

S. The juice of a lemon squeezed into a sponge

### Corn Relish-Cucumber Relish

To the Editor of Woman's Pape: Dear Madam—Can you tell me how to make a som relish, also cucumber relish? CONSTANT READER.

I think you will find this corn relish a alicious one: The ingredients are two cars sweet corn, one head cabbage, four large onions, four green peppers, one red pepper, one quart vinegar, three cupfuls rugar, three-quarters cupful flour, one-half sugar, three-quarters cupful flour, one-half supful sait, one-quarter cupful dry mustard, one teaspoonful turmeric, one quart vinegar. Cut the corn from the ears; chop the other vegetables fine, cutting out the seeds of the peppers, add one quart of vinegar to the corn and chopped vegetables and set to boil. Mix together the flour and seasonings, add gradually the other quart of vinegar and stir into the hot vegetables. Let boil one-half heur, then store in cans. stir into the hot vegetables. Let boll one-half hour, then store in cans. Cucumber Relish—Use farge, partly ripe rucumbers, cut them in half lengthwise. remove the seeds and soft portion, then trate them and measure them. Allow two oupfuls of vinegar to every four cupfuls pulp and to this quantity add a level tea-poonful of salt, four teaspoonfuls grated horseradish and one-fourth teaspoonful enyenne pepper. Mix well and bottle. Cider vinegar should be used. Scal the corks of the bottles with wax.

which could have been added to the bill would have been a trained animal act. A playlet, "The Good-or-Nothing," writ-ten by Slara Lipman and Sampel Shipman, was the vehicle for the return of Louis Mann for his first appearance in vaudeville in this city. The startling turns and the melodramatic situations of the sketch are handled by Mann and his company with rare skill. The story centers about a snobbish social climber and his wife. The man to attain his ends has cut himself loose from mother and brother in the old world and has sacri-ficed everything to the ends of society. The long forgotten brother suddenly appears, attired as a Ghetto character, and asks for shelter. The climber orders him out of the house only to learn that he has in-suited the financial king of the South African gold fields. The outcast brother, throwing aside his disguise, arraigns the social climber and his wife, strips them of their shams, shows a plan to break them financially, and then, at the beheat of the aged mother, forgives them then, the start is the shoth. at the beheat of the aged mother, forgives them both. "Our New Chauffeur" is a lively sketch "Our New Chauffeur" is a lively sketch presented by Louis Simon and company The theme is a case of mistaken identity, and it portrays the comic plight of a man who is mistaken for the applicant for a position as chauffeur when, as a matter of fact, he thinks he is interviewing his fu-ture wife.

LOUIS MANN AT KEITH'S

IN DRAMATIC SKETCH

for-Nothing" Heads Bill of

Unusual Scope

The bill at the B. F. Keith Theatre last night was well described by the title of "midsummer festival." With Louis Mann, of course, as the headliner the program was sufficiently comprehensive to please the most exacting and so diversified that vir-tually the only kind of vaudeville offering which could have been added to the bill would have been a trained animal act.

ture wife. The musical feature of the bill is pro-vided by D'Avigneau's Chinese Duo, with Tang Cheong, the world's greatest Celestial singer, assisted by Fook Lok, "the Chinese Ragtime King." Bessie Browning and Jack Denny were recalled several times in their deny were

Ragime King." Bessie Browning and Jack Denny were recalled several times in their clever music and dance act. James H. Cullen, as "The Man From the West," offered some originat ballads. A brilliant and pleasing lot of conversation was given by Jule Bernard and Florence Scarth in "The Tale of an Overcoat." Janet Adair won repeated applause with her "song recitations," in which she was assisted at the plano by Miss Adelphi. Some thrilling exhibitions of tight-rope performing were given by the Eddy Duo, midair artists. The bill closed with the Five Metzettis, who offered some new acro-batic features of a different sort. The news of the world was shown by the moving picture camera.

"THE LONE WOLF" IS

**EXCITING FILM PLAY** 

Hazel Dawn and Robert Lytell

Appear to Advantage in

Stanley Offering

By the Photoplay Editor



IN THE MOMENT'S MODES

Blouse of White and Pale Pink Organdie

A new fashion conceit of fascinating appeal is the separate blouse made of a combination of white and colored organdie. The same idea is being carried out in silk and satin, but it is most attractive when exemplified in crisp, transparent organdie. In some instances the body of the blouse is of the colored organdie and the collar and cuffs of the white. In others this development is reversed, and in still others a white blouse has tucked insets of the colored material. One of the prettiest of these new blouse models is presented in today's illustration. Here white organdie is used for the body of the blouse. There is a tucked inset of pale pink organdie in front and pleated insets of the pink fabric are used in the collar and cuffs.

#### THE GOOD HEALTH QUESTION BOX By JCHN HARVEY KELLOGG, M. D., LL. D.

mewer to health questions. Doctor Kellogg in this space will daily give advice on preventive edicine, but in no case will be take the risk of making diagnoses of or prescribing for all-ments requiring swipical treatment or drugs. Health questions will be promptly an-swered by personal letters to inquirers who inclose stamped envelopes for reply.

#### The Daily Cold Bath

THE fides that the daily bath is debilitat cold baths are weakening and dangerous and lead to consumption, etc., is entirely an error. It is only the abuse of the bath that is to be condemned. A short, cold bath taken in a warm room, followed by vigorous rubbing and exercise until a good circulation is established, has never been known to injure any person; but care must be taken to secure prompt and thor-

The deformity is due to weakness of the muscles and ligaments which support the arch of the foot. These may be strength-ened by walking on tiptoe with the heels turned slightly outward. This exercise should be practiced several times each day. In adults the only remedy is the wear-ing of a steel insole so shaped as to sup-port the arch of the foot. been known to injure any person; but care must be taken to secure prompt and thor-ough reaction. If the hands and feet con-tinue cold for some time, or the head aches, the bath should be shorter, the rubbing more vigorous, or perhaps the exercise should be continued for a longer time. Hy degrees the ability to react improves, so that colder water and longer applications may be advantageously employed.

By the Photoplay Editor STANLEY-"The Lone Wolf." with Hazel Dawn. Adapted from the novel of Leuis Joseph Vance. Directed by Herbert Brenon. This is an exciting tale which holds one's attention constantly. It has all the atmosphere of decidedly French farce, but compels interest. In view of the relations between the United States and France it might be well to omit the episode in which the Minister of War appears somewhat in-consistently. As a nurse, who is constantly plunged in mystery, Hazel Dawn appears to much advantage. Bert Lyteli had all the necessary daring one would expect in Lone Wolf. may be advantageously employed. The benefits of the cold bath are not ex-perienced in the skin alone: the whole body partakes in the reaction. The contact of the cold water with the skin arouses the brain and the spinal cord, the heart, lungs, liver and every internal organ to renewed activity. The heart pumps with renewed vigor, blood is forced into every nook and corner of the system, the sluggish brain is aroused, the slow stomach is awakened to action, its glands are stimulated to pro-duce gastric julce, a craving for food folbrain and the spinal cord, the heart, lungs, liver and every internal organ to renewed activity. The heart pumps with renewed vigor, blood is forced into every nook and corner of the system, the sluggish brain is aroused, the slow stomach is awakened to action, its glands are stimulated to pro-duce gastric julce, a craving for food fol-lows, and with the improved appetite comes

The whole body is excited to in

### PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

#### **Giad and Sorry**

<text><text><text><text><text>

At noon I was living high. I bought a bowl of soup for a nickel and a sandwich for another nickel and another sandwich for Rowdy for another nickel, and I went for Rowdy for another nickel, and I went and sat by a little girl and she had noth-ing but some brown bread and something that looked like an onion, but with a stronger breath. I said, "For cat's sake is that all you've got to eat?" So I gave her my soup and bought me another bowl of it. She ate the soup and then started to play with me, but the other kids called her "Soup! Soup!" So she stopped. I don't mind her not playing with me, for I am used to that. But she hasn't got a dog like I have, and if the bunch doesn't

"Playing Horse," the next Patsy Klidare ad-enture, appears in tomorrow's Evening venture. Ledger.

. **Bills Ready for President** 

WASHINGTON, Aug. 7.—Conference re-ports on the priority shipment bill and the bill increasing the membership of the Interbill increasing the membership of the Inter-state Commerce Commission from seven to nine were adopted yesterday by the Senata The House had acted and both measures now go to the President for his signature.



#### Advice to Young Housekeeper

Advice to Young Housekeeper The the Editor of Women's Pege: The Advice to Young 'Pege: The Madamini and a though the point of a few months, and a though there are so many things it does not tell. Will you tell me, please, which ind of liver is good for cooking: also when perk choeses are cookied right should they have a "The book". The plot of the plot are so the best al-though you will find that beef's liver, if the sookid will be just as tender and better in flavor than the former. Pork chops hould not be plink but while when they have been thoroughly cooked, and this hould be done if they are to be digestible. De not use fat in the pan in which you have been thoroughly cooked, and this hould be done if such are to be digestible. De not use fat in the pan in which you have been thoroughly cooked and this hould be done if such are to be digestible. De not use fat in the pan in which you when them; you will find that the fat from the chops themmelves is sufficient. Have your pan piping het, put the chops in, turn r pan piping hot, put the chops in, turn mediately in order to sear both sides and immediately in order to sear both attacks and keep the juices in, then turn the flame down and let them cook slowly. Do not samon until you have seared the sides. You will find that a little powdered sage aprinkled over them while cooking will wastly improve them. If I can help you in any other way, please do not hesitate to consult me.

#### **Raspberry** Vinegar

Editor of Woman's Page: Madam-Please print a recipe for rasp (Mrs.) M. T. M.

Was Madam-Please print a recipe for rasp r vinesar. (Mrs.) M. T. M. Four quarts raspbarries, six cupfuls par, two cupfuls cider or white wine egar. Put half the berries in a large ma bowl, pour the vinegar over the ries, cover the bowl and set it aside in pool place until the next day. Strain off liquid, put the rest of the berries into hean bowl and pour the liquid over them. ver and let stand until the next day, ain off the liquid, heat to the boiling int, add the sugar and let boil for twenty suites. Store in cans or in bottles that a booked tight.

#### To Remove Egg Shell

To Remove Egg Shell Matter of Woman's Pase: Madam-I hard bolled some errs and if was careful in removing the shell to of the err crumbled and tore of with Picease tell me the cruss of the and present it? Will sometimes happen, although it Bi plunge the ergs into cold water moving them from the stove you not inves this trouble The cold manes the ergs to contract and shrink from the shell.

Chickens in City Yards Her of Women's Page: Her of Women's Page:

Dear Madam-1 am a constant reader of your page and wish to ask you a few questions if it will be no trouble to you to answer them. (1) if you have a motorcycle can you carry mail or anything like that for the Govern-ment? (2) if so, how much salary would you re-ceive? (3) Where would you write or go for a posi-tion? (4) Where would you write or go for a posi-tion?

2. A wing collar and black slik bow the should be worn with the above costume.

3. A tweed norfolk suit is most suitable for

**Girl Motorcyclist Would Give Services** 

sports wear for a man.

To the Editor of Woman's Page:

In answer to Nos. 1, 2, 3 and 5 questions, I would suggest that this matter be taken up with the postmaster of this city, who could advise you just what, if any service, you could render.

In answer to No. 6 question, there is always a demand in the Government service for persons who are proficient typewriter operators. For detailed information apply to the Secretary, Civil Service Board, fourth floor, Postoffice Building.

#### **Clothes** for Seashore Wear

#### To the Editor of Woman's Page:

Dear Madam-Will you kindly publish in the Evening Leborg what would be nice to wear at the shore from Saturday until Monday evening? I am a sirl of sevention years but have not anything fancy. Which would you prefer, At-lantic City or Wildwood? ETHEL S.

With a white suit or white skirt and seva pair of white buckskin shoes and a dark slik frock with dull black or patent leather pumps you could manage very well. The white skirt and sweater can be worn Sunday morning and Monday, as clothes do not soll rapidly at the shore. If you have a dark silk frock or one of lighter color it can be worn on Saturday and Sun-day explanation of the shore of the shore of the shore of the second as explanation of the shore of day evenings; a white lingerie dress would be more suitable if you have one. Wear a semitailored hat, which will serve for wear with your shirtwaist and skirt, your suit or your dressy gown. If you haven't any one-piece dress, but only a suit, you need not feel out of place by wearing that, for at the shore there are so many people constantly coming and going that one can wear anything one wishes without fear that it will be thought unusual.

Whether you would prefer Atlantic City or Wildwood depends entirely on your circle of friends. There is more gayety at the former resort, but Wildwood is quite popular with the young people and you might have as good a time there.

#### Black Shoes Are Best

To the Editor of Woman's Page: Dear Madam-Which is considered better form, a blue taffeia dress worn with white shees or tan shoes? GEORGENE. It is better form to wear black or bronze

shoes with a dark taffeta frock than white or tan. If you have no black give the preference to the tan shoes rather than

To Attend Cafe Dance Unchaperoned To the Editor of Woman's Page:

To the Edifor of Woman a rags. Dear Madam-I am going to the seashore and have several man friends where I expect to stay. If one or more of them ask me to so into one of the cafes to dance with them in the afternoon, would it be proper for me to accept? I am twenty-two years of age. JOY.

There seems to be no reason why a girl who has passed the debuntante stage should who has passed the debuntante stage should not go with a young man into the hotels or cafes of good repute to dance during an afternoon. You should not indulgs in any intoxicating beverages, however, for persons siways criticise a young girl who does these things and it leaves you open to goosip and unpleasant talk. I would not

mail or snything like that for the Government?
(2) If so, how much salary would you re-ceive?
(3) Where would you write or so for a posi-tion?
(4) Would you have to pass an examination and what kind?
(5) Is there anything else you could do if you have a motorcycle and a khaki suit, for 1 would like to help in time of war, but being a poor girl I would have to earn monoy.
(6) I am just learning to use a typewriter and I know as little about telesraph code, that k. I know most of the letters. What I don't know I would soon learn.
I am a young sirl, but I am straid of noth-ins. Mother says she wishes I were. CATHERINE F. L.
In answer to Nos. 1, 2, 3 and 5 ouestions. eventually land in a haven of happiness. Olive Thomas, as a girl with theatrical ambitions, invests her role with a charm which wins friendship. Charles Gunn as an ambitious mechanician and Margaret Thompson, a girl who yearns for riches, also appear to great advantage. The pic-ture is a novelty, which is a welcome treat in these days of horror and conflict.

"ICTORIA-"The Wrath of Love" (Fox) with the Huntress." Added attraction, "Diana the Huntress." Added attraction. "Diana the Huntress." The pangs of jealousy suffered by those who really love, play a prominent part in this offering. Roma is jealous of her young husband, but her jealousy is unwarranted. Eventually she discovers that international spies are trying to destroy her happiness, and finally learns there are no foundations for her suspicions. There is an abundance of war atmosphere and some good acting by Irving Cummings and Louise Bates. "Diana the Huntress" is full of interest and thrills.

thrills. PALACE—"The Flame of the Yukon," with Dorothy Dalton A story of Alaska, with ex-cellant photography. There is a general belief that the woman of the dance halls is of frail will and easily tempted. The fallacy of this idea is shown in this thrilling picture of the great North-west. The story unfolded shows that a gord woman can survive all ordeals of temptation and also lead others to the path of righteousness through her example. The atmosphere of realty which permeates this picture adds greatly to the successful result achieved.

THE REGENT-"Somewhere in America." with Mary Miles Minter and W. J. Carrigan. An up-to-the-minute tale is unfolded in this thrilling picture. It tells of a German spy who through knowledge of the past life of an American aeropiane builder tries to of an American aeropiane builder tries to involve him in a way which would ruin his career. While the story is interesting there appears to be too many visions, which inter-fere at times with the continuity. Mr. Car-rigan is seen to advantage as a father who is constantly trying to drive away the clouds of his past.

#### Musical Tabloid-Globe

The excellence of the bill at the Globe last night made one forget the warm weather and other unpleasant subjects. First, there was "The Million Dollar Dolls," a breezy musical comedy tabloid, with a capable cast headed by Frank Lean. The lines had the necessary punch, and the song numbers were up to the minute.

Carl and Howard offered songs, comedy and chatter, while Helen Mildreth and com-pany presented a skit entitled "Fighting It Out."

It Out." The surrounding numbers on the bfil in-cluded Martinetti and Sylvester, Bernard Lloyd, Friendly and Kellem, in a singing and dancing specialty, and Nichols and Several reels of motion pictures were also

shewn

Farrell Taylor Trio-Cross Keys Farrell Taylor Trio—Cross Keys There are no end of laughs in "The Afri-can Duke," which is presented by the Far-rell Taylor Trio at the Cross Keya. This skit, which headlines the bill, overflows with bright lines and funny situations. Members of the trio have had long experi-ence in vaudeville and never loss an oppor-tunity for good comedy. Comedy songs and talk won an abundance of applause for Katherine Murray. Other good acts were offered by Terry and Eimer.

activity

With the dilation of the surface vessels and the filling of the skin with blood, the congested brain and other organs which have been overfilled with blood are relieved : their burdens are lightened and the wheels of life run more swiftly and with lessened

friction. The cold morning bath is the most pow-erful of all tonics known, and its daily employment is a duty which every civilized being owes to himself. It is not simply cleansing or polishing the outside of the body temple, but through the association of the inside with the outside its effect is a brightening and polishing of all the temple furniture and of every inner apart-ment. nent.

Dry Catarrh and Remedial Measures What are the symptoms of dry catarrh and the proper remedial measures? E. C. A.

So-called dry catarrh is a condition in which the secreting glands of the mucous membrane of the nose have degenerated and in part disappeared, the result of long-continued inflammation and infection. There are 'wo kinds of these glands, those that secrete serum and those that form mucus. The serous glands disappear first. The result is that the thick mucous secretion accumulates and forms dry, hard masses, which decompose and cause erosions of the mucous membrane and finally ulcerations, mucous membrane and finally ulcerations, and after some years even serious destruc-tion of the nose. This condition is ac-companied by a very bad odor of the breath and often bleeding at the nose. There is an uncomfortable dryness of the masal pas-sages and of the throat, due to the enlarged proce resulting from atrophy of the mucous space resulting from atrophy of the mucous membrane.

The complete cure of this condition is, of course, not possible, but much can be done to relieve ita inconveniences. By daily cleansing and disinfection of the nose the fetor of the breath may be largely re-moved. By application of a spray of vase-I'ne the sense of dryness may be relieved. It is sometimes wise to introduce into the

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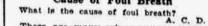
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Cause of Foul Breath

Amount of Water Required Daily

There are many minor causes, such as A nore are many minor causes, such as decaying teeth, chronic nasal catarrh and diseased tonsils, but the principal cause is constipation and foul tongue. The poisons absorbed from the colon are discharged through the lungs, causing a foul edor to the breath. The remedy is to adopt an anti-toxic dietary and to train the bowels to move two or three times a day. move two or three times a day.

Mineral Oil Contains No Nourishment Does mineral oil contains any nourishment? M. O. N. No. It is not a food and is not abso Its action is purely mechanical. It acts as a lubricant. (Copyright)



Chestnut

# Lining Up WITH **The Allies**

How America's Vast Industrial Machine Can Be Geared Up to War Told By Isaac F. Marcosson in Sunday's Public Ledger.

VEN before America entered the great war she had contributed not less than fifteen thousand men to fight the Boche, also a large share of her inventive genius. The aeroplane, the Lewis gun, the submarine and the ironclad all owe their existence to our skill. But this is merely incidental to the vast part that we will now play in making the world safe for democracy.

In Sunday's Public Ledger Isaac F. Marcosson tells how America's vast industrial machine can be geared up to war. He points out that this present war is in reality a stupendous business as perfectly organized as any of our huge business organizations, and that America's opportunity is great because the middle name of the United States is business. Then to prove what really can be done he cites several of the marvelous changes that have taken place in Great Britain's industrial life. It is one of the most interesting articles that have appeared in his present series.

