ATTERS INTIMATELY RELATED TO THE FEMININE WORLD-FOOD-FASHIONS-FORMALITIES

THE "SMALL" MAN DISTINGUISHED BY A FOOLISH CONSISTENCY

fore Courage Frequently Needed to Change One's Mind Than to Remain Stubborn-Flat Pocketbook the Bugaboo of Married Life

THE man who declares he is a Republican because his father and grandrather before him were Republicans is about as logical and as progressive as the woman who refuses to adopt modern scientific methods of child-rearing, declaring that what was good enough for her should be good enough for them. On the same principle a man should remain a Methodist or a Lutheran, a Mohammedan or an atheist, just because his forefathers had these religious convictions, or lack of them, and should not have any Independence of thought whatsoever.

Fortunately for America, that spirit is not the prevailing one here. The national elogan has been one of progress.

It takes a braver man to change his mind than to stick stubbornly to his original ideas, but the former will advance by leaps and bounds if he posseases, along with a mind free from prejudice, a sufficient quantity of determination. Emerson tells us that "a foolish consistency is the hobgoblin of little minds." It is the man of "small stature" mentally who avoids changes as he would the plague. He is the man who boasts of having covered the same route for thirtyfive years or of having stuck to the same stool in an office for more years than any one else in that office can remember.

from a little woman living in a suburban him." town. She tells me that she lives with They have no children. The husband the insurance, the fuel, the laundry requi- are liable to do, at home alone. sites, writing materials and other incl- But I am sure others will agree that dentals, and with the residue provide meals-and this with the prices soaring breadwinner. Dasing the allowance on a as they have been. She says that as a salary of from \$17 to \$22 per week, the result she goes without lunch, but even figures she gave, a number of persons t then is unable to make adequate provi | have consulted are of the opinion that the sion, and when she tells her husband of man should turn over at least \$8 weekly this his only reply is to "have a little loss for table expenses. Rental on this salary to eat," And this when she is feeding two should not exceed \$15 monthly. It seems on less than the man himself would have pitiful that a difference of one or two to pay for his board outside. dollars will go far toward causing an

In a burst of confidence she writes: actual marital tragedy,

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written as one side of the paper unity and signed with the name of the writer. Special queries like those gives below are invited. It is understood that the either does up measured indexe the sectionary represent. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. Can old rubbers saved from the year before | 1. Gingham is not confined to frocks: in what on used with safety on a new lot of preserves? | ther way can it be utilized?

2. How can rubbers for preserve jars be fested?	2. What kind of yell is best for motoring?
3. How can small pieces of linen he dampened more even's than if sprinkled?	3. What kind of material is excellent for sports skirts?

ANSWERS TO YESTERDAY'S INQUIRIES

1. An aluminum evolute at which has is a solution of the stand one of plain rabber is to the skins are builted in it. her or slik can be worn over this. 2. High woodman's boots of oiled cowhide are best for tramping in the woods. 2. Benzine or gasoline which has been used

eleaning purposes can be poured into a bot-and allowed to stand catil it settles, when top can be poured off, and it will be clear, 3. Clocked stockings should not be worn with evening gowns.

3. An excellent way to clean white cloth is by



This hat speaks for itself-in the dot and dash system, used on the ribbon trimming.

"Now something rebellious is happening inside of me, and I feel almost on a level ; with an immoral woman. I am jdst turns ing over my husband's board and nourish-ONE of the commonest and at the same ing myself on it, too, if I can. We are happy together, but please, please advice lems women are called on to face is con- me before this teaslan or whatever it) tained in a letter I received this morning snaps. There seems to be no appeal to

Some men are inconceleably relikh in her husband in a comfortable bungalow. this respect. Many of them consume substantial meals downtown in the middle of makes her an allowance of \$7 each week, the day and forget that their wives are Thumb-Sucking and How to Prevent It out of which she is expected to pay for probably sipping tea and toast, as women

there should and must be an appeal to the

when allumin is constantly present in When allumin is constantly present in the urine it indicates chronic degeneration of the hidneys, which is the result of an undus accumulation of acids in the tissues. The concentration of these acids in the kid. neys results in the dissolving of the coment substance which holds together the cells of the kidneys. This essent substance ap-pears in the urine as albumin. Albumin in the urine is always a serious symptom and should lead to consultation with a physician,

culture.

FOURTEEN-YEAR-OLD MERMAID THE GOOD HEALTH COMPETES WITH CHAMPIONS By DR. JOHN HARVEY KELLOGG

Little Elizabeth Becker Wins Fame as Swimmer in Three Years-Worthy Rival of Her Close Friend and Admirer, Olga Dorfner



a woman. In 1916 she was second in the 220 yards national championship, so

that there is only Oiga Dorfner between her and the title at that distance. thatil a little more than three years ago Withol the little girl is modest and not Elizabeth Dotter and to Idea of attaining a whit puffed up over her achievements. She is frank to say that she expects to at-tain the title of champion female swimmer fame as a channion swimmer or a fancy diver. Like hundreds of other little girls ys who live in the neighborhood, all distances up to 200 yards. She will used to take her swimming logs to the pub-lic bathhouse at Eleventh street and Girard r race at any distance more than that,

avenue on the days when little girls were Probably her skill at diving is an great as in extraming. She hopes to obtain the title of clumpion diver also, but she would She notice I that see soon was able to out-distance her combanious as they swam about the pool, but that was all in the day's critics the latter title for the former, She has received offers to exhibit her diving on the vandeville stage, but at preatun. It wasn't long, however, before her skill attracted the attention of the instruc-

ent such things do not tempt her. 'I want to become champion first," she said. "I won't give up my amateur stand-ing for any vaudeville engagement. After in the bath house, and one of them am champion perhaps it will be dif-

rent. Up at the Turngemeinde they think a great deal of little Miss Becker, Olga Dorf-ner, whom the little mermaid is seeking to dethrone, is one of her warmest admirers. and when she must lose the title wants to

lose it to her chum and teammate. They are fond of telling a story about the world at all distances up to 210 yards, Even in this institution there was no denying the aquatic ability of Elizabeth Becker, and within a year after entering the Turnessimelinde she was beating every-the Turnessimelinde she was beating everystrating her thorough sportsmanship. It happened when both Olga Dorfner

and Elizabeth Becker were competing in swimming races at Lafayette last summer. There were several distance events previous A large silver loving cup rests with thirto the 150-yard dash, in which both were y-nine other prizes in a cabinet in the

Use Every Drop of Milk Don't throw away left-over skim milk, says the United States Department of Agri-culture. It is a nutritious food, and every in 114, but in 1245-17 she won the greatest uniter of it should be used. One way to entured, and Miss Dorfner was entered in them all.

00000000

Benen

Buick

1916-6 Touring

Overland

Pullman

1916-Roadster

Chalmers

1915-6-48

Ov:rland 1916-Roadster

1916-Touring

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

Playing Horse

WHEN I woke up in my own bed and with my own pink nightle on which June gave me and the pink bow on it touching my cheek I lay for a long time with my hand on Rowdy's head and my eyes on the window thinking what a silly I had been to go under the house. Things looked so dif ferent in the morning. What do I care if Pie Face Wilhur doesn't let me play with his banch? I'm no worse off than I was fore. I don't mean to say that I would not like to play with them, because I would.

like to play with them, because I would. But I guess I can wiggle along without. Then my father came home and I ran Then my father came home and I ran across the room to meet him. As iong as I have got him and Rowdy what do i care? He sat down by the door with his arm around me, and pretty soon I had put one arm around his neck. He lifted me up on to his knee and put both arms around me. I hid me hand sub both arms around me. I laid my head against his coat and we were very still and happy.

At school today Imogene, who is one of the big girls in another room, came over it the middle of two other girls and stopped where I was sitting on the walk and said. "That is the only dress you've got, isn't it? That is the only dress you've got, isn't if I said, "You are a good guesser, but I've got two pairs of bloomera. What would I need more than one dress for? I can't wear but one." She said, "No, but you could send that to the wash once in a while." I said, the dress for the wash once in "If doesn't need it. I go swimming." She said. "You use it for a bathing suit, too, do you? That's what I thought." Then she

laughed and they went away. When school was out I went and asked Old Maid Tompkins if I needed another anything once. So he gave me some and a dress. So she went home with me and my pickle and some grapes. dress. So she went home with me and my father was just going out night watching

when I went in Mrs. Wella, who is the mother, was sitting on the step. She raid, "Hello, little girl. Have you come to play with my little folks?" I said, "Yes, ma'am. What did you suppose?" She said, "Will your dog bite?" I said, "No, ma'am, not unless you bite him first."

I pranced all around like a horse, stand-I pranced all around like a horse, stand-ing on my hands and kicking up my heels-and turning flips, and Rowdy barked and enjoyed it. But they did not warm up till Wibur came over. Then it got exciting, for he went and got a rope and he was the cow kid, and he roped us one by one and took us around to the other side of the house. Rowdy and I were the last ones to be roped boonuse we were hard to catch. After Wil-bur had carried Golly Golly around the house we pranced and bickered a long time all by ourselves. Then we went around to look and they had forgotten us and were all out in the street throwing stones at autos.

out in the street throwing stones at autos Just to pay them off we sneaked away without letting a peep out of us, and I'll bet they were surprised when they remembered

I went and asked the storekeeper what he had that was good to cal and he said. "I should think you would like dessicated co-connut." I said if it doesn't taste better than it sounds I wouldn't, but I will try

father was just going out night watching. She talked with him and he gave her some money, and there is going to be a style show on this street before long. Then I went in and prayed. "Dear Ged which around to the flectors's new house just to see what was going on. The whole bunch was out in their yard. When I went in Mrs. Wells, who is the monther was subling on the step. She said After we had sat out on the steps long

about is to ask you to put some good ideas into Oid Maid Tompkins's bean when the makes my new clothes. Amen." "The Herseback Ride," the next Patsy KR.

dare adventure, appears in tomorrow's Eveni Ledger,

tion when I saw her several times after-

ward. There is a sweet, grave peace on

"MA" SUNDAY'S INTIMATE TALKS The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Girl Who Takes Care of Her Mother

BRIGHT, clever girl is Helen. Her em- always the sincercat sufferers. However, A ployer, whom I know, says that she she took my advice. still, I knew she was finding compensa-

is the best and most promising stenographer he has ever had. Helen is ambitious, but she is also in love

with a young man her face. The unselfishness and beauty of whom she would her life are impressing themselves on her. like to marry. for the world to see. Bravely, uncomplain-"You know, ingly, she is putting aside a woman's natumamma is frail. mamma is trail, and all she can ral longing for a home and children, and possibly do is the pouring all the tenderness of her heart upon 128

little housework in her sweet mother, who is not strong. Here

I were pulled in all sorts of ways, but there is one thing I am sure of my mother must always be my first care. There is not a soul in the world to do anything for her except me. She has been the most wonderful of girls lose what they think is a wonderful

"Will thinks that I ought not to feel that way. He says I ought to put him and his wishes first. What do you think, Mrs. Sun-

"I think any man who would not admire a girl for what you are doing is not worth

our modest apart-ment," she said to I cannot find it in me to pity Helen, I MAT SUNDAY "MAT S

opportunity for happiness in marriage because some man does not agree with their ideas of duty. Let no girl imagine all the romance of her life is shattered because she finds that the man to whom she is engaged or who asks her to marry him has the ideas of

Miss Littlan Glass, took an especial interest in the little nymph, who took to water as naturally as a duck, Under the intellage of Miss Glass, the skill of the liftle model grew by leaps and bounds. and in 1914 she was entered in the Phils-

poses.

I the waters of a public bathhouse to com

peting in championship matches and threat-

count at any time to wrest the championship

in the awimming world of Elizabeth Becket.

delphia. Turnscimelade, which has turned out many noted merinaids, including Olga Dorfner, the champion woman swimmer of the world at all distances up to 220 yards,

allowed in the pool.

body anywhere near her and

Grape Juice

What does the presence of allound in the many signification of the MARY N.

Diffogestrautation

body of a following of an encoded there are about three million awent glaudes angre-gating twelve miles of tubing. Each one of these three million sweat glands produces during a lifetime of sixiy years about one-third of an ounce, or three hundred drops, of sweat, A little computa-tion will show that it takes a sweat pland from two to two and one-half months to

manufacture one drop of sweat. The shin absorbs also. Hence it must be kept clean as well as notice. Porous cloth-ing, light, and preferably white in color, is because it permits light and air to h the skin.

amount of perspiration may be increased to thirly or forty times the ordinary amount, or two or three pints an hour. The average amount is about forty cunces, or one and one-half pints, each twenty-four hours. The automists tell us that in the entire twenty equare feet of skin with which the body of a full-sized man is covered there are about these utilities average should a super-

QUESTION BOX

The daily cold bath and biweekly cleans ing both at night (daily in warm weather) are essential means of shin hygtens.

Intestinal Toxemia

What is intestinal toxemia if with Netter is Intestinal toxemia is a diseased condition of the body due to absorption of poisons from the intestines. Poisons are produced by putri-faction of the proteins or athanymous demonts of the food, particularly of the undigested remnant of ments and ergs.

Diseased Tonsils and Rheumatism

34 Type Anny diversed torreils a case Recent studies have shown that chroni fammation of the tousils is very frequent-the cause of rhoumatism and neuritis.

w con I prevent no table from suching The hands may be incased in mitta. Still title from Olga Dorfner is the meteoric rise

another method is to place a rather stiff bandage shout the middle of the arm so as to make it impossible for the child to bend the chew sufficiently to reach the trenth street. fourteen years old, of 1229 North Thir-These sustricting means should not he continued so long as to interfere with the proper development of the hands and

Is many pairs a achievement drink? C. Y. H. Yes; anappe julies possesses the same val-uable properties as all froit julies. Fruit julies: admittate appetite, and digestion, stimulate bowel action and furnish the body with very precous elements, which are of green value in elements, which body with very precious elements, which are of great value in promoting healthy nirtrition

Albumin in the Urine

Thought for Today

THE human skin possesses a very ex-L tensive sewerage system. Microscopic examination of the skin shows it to contain numerous minute tubes, each about one-fourth of an inch in length. The greater part of this tubing is colled up in the fat just beneath the skin. The tubing opens upon the surface and con-tinually discharges a watery secretion known as sweat. Under ordinary circum-stances the amount of liquid discharged through the sweat glands is small, accord-ing to the best authorities, amounting to an ounce and one-half an hour. When the body is exposed to great heat, and especially during muscular activity, the amount of perspiration may be increased to thirty or forty times the ordinary amount. umerous minute tubes, each about one-

with a piece of clean while finneel left for two or three hours, then well brushed und shaken.

Peach Pie-Peach Ice Cream

To the Editor of Woman's Pour:

To the Editor of Wasaca's Process Dear Madam-I atm a count with and would like to know how to make some nice peach ples, but have no reverse. Will some that I will have it for a flas size me a reliant will have the result. I would like to any the second method for ant ask you to help me. These me utilises information reading the Wonner's Exchange. A CONSTANT EEXADEM.

My dear little girl, I am very glad indeed My dear little girl. I am very glad indeed to help you in any way I can. Please feel that you can write to me at any time. I am siving you Marion Harland's recipe for ple crust. In mixing, remember that the secret of short pastry lies in handling as little as possible, yet mixing well and keeping the ingredients cold. Sift one quart of flour with one teaspoonful of baking powder three times, then chop into it two tablespoonfuls of shortening. You can use lard, or a sub-stitute for lard, or half lard and half but-ter. Chop it well until it looks granulated, then add sufficient ice water to make a very stiff dough, using a wooden spoon as much atiff dough, using a wooden spoon as much as possible before the hands have to be used. Turn up on a floured board, roll out thin, have ready some hard butter and dot thin, have ready some hard butter and dot the sheet of paste with the butter in rows one inch apart; roll up the paste, then roll out flat as before; dot again with butter, sprinkle with flour, roll up tightly and place on the ice until ready to use. You will find that the pastry will be lighter if it is al-lowed to stund expense. lowed to stand several hours, or even over-night, after it is mixed. When your ple filling is ready, roll out the dough again, lay the crust within a well-greased pic-pan and pinch the edges to hold them to the plate while basilor; add the filling, then the top crust, and cut off neatly all around. Prick the top crust in several places with a fork to allow the steam to escape. Bake in a hot, steady oven.

hot, steady oven. There are several kinds of peach fillings you can make. First, there is the pie made of whole peaches. In this case the peaches are merely stoned, placed in the par, thick-ly strewn, sprinkled with sugar and baked. A creamed peach pie you will find delicious. Feel, stone and halve ripe peaches, and after lluing your pie-pan place the peaches, and after lluing your pie-pan place the peaches, and fiter lluing your pie-pan place the peaches, and after lluing your pie-pan place the peaches, a follows: Scald one cupful of milk and hicken it with one tablespoonful of corr-bicken it with one tablespoonful of sugar and the white of an erg beaten until slift, holl together for five minutes, then set aside to cool. When the pie is done, carefully fill be top crust and spread this cream filling underscalt over the peaches. This should be

rust and sot in a cool place. This should be arved very cold. Peach ice cream: Scald one pint of cream ind pour it very gradually upon three eggs which have been beaten until light with hree cupfuls of sugar. Place over the fre-is double boiler and cook, stirring con-tantly until it forms a custard that will out the spoon. This should take about fif-em minutes. Set it aside until cold, then eat into it one pint of rich cream and three upfuls of finely cut-up peaches which have seen sprinkled very liberally with sugar. at the mixture together, then turn into is freezer and follow the directions given a Monday for chocolate ice cream.

To Clean Lacquered Brass

Would Announce Engagement to the Editor of Woman's Page.

Deer Malam-1 are created to a young man red we lettend semicinidat the betrothal. How hall we do this? Is there any charge for put-ima it in the paper? How should I word a stier to my faitness friends? MARY. Write your letters about two days before you wish to make the anisomersizat in the paper. Just send a short note, something on this order:

Dear ----- On Saturday my engagement hapers. I wanted you to hear it first from me, however, so am sending you this little note. I hope you will soon meet Mr. as I am naturally anxious to have my friends know him. Do drop in and see me from curdling. very soon.

Yours affectionately.

MARY Write to the society editors of the papers write to the society editors of the papers and say you wish to have the announce-ment made on a certain day. Spell the names carefully and clearly and sign the letter. It is well also to put your telephone number and street address in the letter, as most of the papers insist that an engage-ment be verified before they will print it. No charge is made for announcing an en gagement

Gloves Are Not Worn

To the Editor of Woman's Page; Deer Madam-Will you tell me if it is necess eary to wear gloves at a dance at a seashory hotsi? Also, must one wear a ball gown? JEANNETTE.

Even at very formal balls, gloves have been discarded of late. They are therefore not only unnecessary for a seashore dance. but would be quite out of place. A ball gown is not necessary. Any simple even-ing frock would be appropriate.

Trip to Willow Grove

To the Editor of Woman's Page: Dear Madam-I wish to take a young lady of my acquintance to Willow Grove for the eve-ning. What is the proper time to call for her? DOUBTFUL.

Unless the young lady lives quite near Willow Grove, it would seem only sensible to call for her quite early in the evening, to call for her dutie early in the evening, as soon after dinner as you can, in fact: otherwise you will be so late arriving. If she lives within an hour's ride of there, 7:30 would not be too early to call for her.

To Enter Divinity School

To the Editor of Woman's Page: To the Editor of Wounds's Page: Dear Madam—Will you kindly inform me through your paper if it is bossible for a young man to enter an Episconai divinity school without a college oducation? Where is such a school located? What is the length and cost of such a course?

course? Much and coal of such a M. W. It is not necessary to have a college edu-cation to enter a divinity school, but the applicant is required to pass an examina-tion. The Divinity School of the Protestant Episoipal Church in this city is located at 5000 Woodland avenue. It would be better for any one desiring to enter to commut his rector first, then to call at the office of the Bishop.

Youth Is Bowlegged

Youth Is Bowlegged To the Editor of Woman's Page The American State of States of State

utilize it is to make milk vegetable soups. tive meets and was awarded the cup per-matently by virtue of having led in three Milk-Vegetable Soups To each two cupfuls of milk use one table-spoonful of flour, one tablespoonful of hut-ter, two-thirds of a cupful of a thoroughly cooked veretable, finely chopped, mashed or put through a sieve, and sait to taste. Thicken the milk with the flour as for milk entive years.

IN THE MOMENT'S MODES

Match Chapeau and Knitting Bag

WINNER OF MANY CUPS

consecutive years. That was only the first can she won. Since then she has entered several score races, and never has falled to be among the winners. Usually she has been first, although she is always pitted against ma-ture swimmers like Oiga Derfner, Gertrude Arteit and a host of the best that this city and the sector products. THE CHEERFUL CHERUB

status in the final with the four as for milk gravy and add the other ingredients. Virtually any vegetable except tomatoes may be used with the other ingredients as stated. If fomatoes are used, a little and a rhould be added to them to prevent the milk from curding. and others can produce Miss Becker's latest achievement was at Shawnee last Saturday a wock ago. Then she tied with Oiga Dorfher in the 50 yards breast stroke in the fastest time over made

dong with them and swim off the tie at their convenienc "Oh, no; give the gold medal to Olga,"

When I was studying

About the soldiers

in school

little Miss Becker raid, "She can beat me casily any time. She's just tired today; that's all."

marrying," I promptly replied, "The boy who does not think a mother the most sacred thing on earth is not the man who will make a good father to your children." "He accuses me of being unwomanly," she

said. "He thinks I ought not to be In-terested in business. He argues no woman not to be expected a girl should support her mother or that girl's husband should take her mother into his home."

"The best thing you can do, child," I said, "is to tell that young man that you do not wish to marry him." Helen's face looked grave and thoughtful,

She is too self-controlled to cry, but that is all the greater reason why she suffers keenly. The most profuse weepers are not

Helen's fiance. God rewards us all ac-cording to our willingness to live by His commands, and one of His greatest commands is that our lives be unselfish opes. Already Helen is feeling the effect of her

growth of character, due to her unselfish, patient and sweet-tempered life. Her em-ployer is steadily raising her salary. She will be able to make her mother's last days perfectly comfortable. And, beyond that she can look forward to a better position in the business world, if she does not choose to marry. People respect her; splendid women are her friends; girls whom she knows turn to her for comfort and advice.

Helen is going to be a wonderful woman. She is coming up into peace and com-panionship with God through her sorrow. (Copyright, 1917, by the Rell Syndicate, Inc.)

Friday-The Girl Who Drank Cocktails.

8

Easy Payment Plan For Rebuilt Standard Cars

Hupmobiles Read the list of well-known 1913-1914-1915-1916 Roadster and Touring standard cars we are now offer-

ing in our "Rebuilt Department." These cars have been completely made over, refinished and repainted. They look like new and wear like new-at prices that make every selection an amazing value. A visit to our showrooms will convince you, but these cars go fast, so come early to avoid disappointment.

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Immediate Deliveries

Race 3814

If you want your wardrobe to be complete in its reflection of the demands of Madame la Mode, then you must have it include a matched set of chapeau and knitting bag. This is the latest idea in novelties—in those little dress accessories that are so important a factor in style. You may have silk, satin or velvet for the chapeau covering and for the bag, but the embellishment must be of cut-out appliqued felt. Some idea of the quaintness of these sets may be acquired from a study of the adjoining sketch. Black satin is the foundation material. The facing of the brim and the lining of the bag are green felt. The flowers are cut out of bright-colored feit, and roses and daisies grow fraternally

132



Thiss Cloud EXPERT and

r. of Exualsite Tollet Preparath Suite 205-207 Flanders Ballding