ALUE OF CULTIVATING FRIENDSHIP-HOUSEWIVES' EXCHANGE OF HELPFUL LETTERS PHILADELPHIAN'S BROTHER KILLED

KEEP ONE'S FRIENDSHIPS IN REPAIR TO AVOID LONELINESS

Most of Us Possessed of Many Acquaintances But Few Close Friends-Sentimentality of Frenchman and Scotchman in the Trenches

Vyvettes

Gingham dresses have risen to the

height of fashion this summer-and now come gingham hats. The

above hat not only reaches the height of fashion, but descends

over milady's eyes as well.

very important. In appearance the bon-

net resembles what an American would

call a cap. There are two styles of bon-

TT IS surprising how many acquaint- | nces one picks up in the course of time, but how few, if they were to disappear, would really make any appreciable erence in one's life. There may be hosts of men and women you call friends, parsons who would, perhaps, do some big thing for you if the occasion arose and for whom you would make sacrifices, but how many of them have a vital interest in your life? A bare handful, at most.

When anything does happen to remove these three or four chosen ones, you have that feeling of being cut loose from everything. Samuel Johnson must have experienced such unhappiness when he said "A man should keep his friendship in constant repair. If he does not make new acquaintances through life he will soon find himself alone." It is hard for the girl who is not sociably inclined to realize this. She has a few friends in her own limited circle, and is perfectly content to keep within this, not realizing that sooner or later some places will be vacant, and unless she fills these she will some day find herself very much alone.

T 18 generally conceded that women are the more sentimental of the species. yot in the present war men have figured conspicuously as creatures of sentiment. And with the horrors they have confronted perhaps this has done much to keep them balanced. Anne Sherrill Baird, in the Southern Woman's Magazine, writes:

"Through sentiment the French soldiers clung desperately to their red trousers and the Highlanders to their kilts and their blue bonnets.

"When urged that the bright hue of their nether garments made them an easy mark for the enemy, the French soldiers pleaded that the cloth would soon get stained and solled anyway and the Balmoral." that they might as well be allowed to keep the red trousers. And as things turned out-with the up-to-date guns shooting at unseen enemies miles awaythe color of uniforms is not so important as in former times. The Highlanders greatly desired to wear their bright tartan to war; but at length they were prevailed upon to compromise on khaki kilts, although the latter, after being soaked with rain and then frozen, are decidedly is entirely closed and out of action. But uncomfortable.

a man cannot hope thus to rise above "As for the 'bonnet,' it is regarded as fetter, shackle and impediment."

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the gaper only and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not secensarily indorse the sentiment represend. All communications for this department should be addressed as folious: THE WOMAN'S EXCHANGE. Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. To what uses can adhesive tape be put? 1. After attending a wedding breakfast reception is one under any obligation to call upon the parents of the bride? 2. How can a pair of sciences be sharpened hen no grinder is available? 2. Is it absolutely necessary for a bride to acknowledge her wodding presents before start-ing out on her wedding journes?

gear.

the right ear."

5. When ice cannot be procured how can

3. When entertaining for a bride-to-be should her friends or her hostesses' friends be in-vited?

ANSWERS TO YESTERDAY'S INQUIRIES

Answers to much beatis infartor for street dresses for the early fail.

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THE GOOD HEALTH QUESTION BOX By DR. JOHN HARVEY KELLOGG

Diet Food is the basis of all human energy and activity. Food bears the same relation to the body that fuel does to the locamotive. Every large manufacturer makes a constant and careful study of the fuels used in the furnaces of his steam bollers. The value of coal is determined by its fuel value, its ability to produce steam and to drive Food is fuel. Unless proper food achinery is supplied in correct proportions the bodily forces fail. Life is dependent on food.

It is apparent, then, that there must be a close relation between diet and efficiency. The man whose habits of eating are wrong is greatly handleapped in his everyday work or study. He is not getting full energy out of his body machine. His speed, his endurance, his productiveness are diminished by his dietetic errors.

Even men of wonderful businens acumen often give little or no thought to their diet, or that their subordinates, further than or that their subordinates, further than to provide "three square meals" a day. But a new generation of business men is spring-ing up. Many of the men who preside over the great industries of the country are fully awake to the important fact that efficiency —the ability to get things done—is closely related to diet, as well as to other matters which affect hodity conditions.

Dietetics is a real and an exact science. It is not a matter of guesswork how much a man should eat per day or what foods are best adapted to various morbid conditions. The properties and values of foods have been studied by the same methods which have determined the qualities and values of soils and ores. The laboratory has deter-mined the exact values and patient research and careful clinical observation have solve such a multitude of questions pertaining to diet that one rarely need be at a loss to know what are his dietetic needs.

The immediate cause of excessive addity of the stomach is generally an excessive formation of hydrochloric acid. There may be several causes for this. Probably the most common cause is an inactive state of the bowels, or chronic autointoxication. Polsons formed in the intestines and ab-sorbed, being excreted into the stomach. overexcite the gastric glands. Another cause is hasty eating, in consequence of which food is retained for too long a time in the stomach, giving rise to excessive irritation of the mucous membrane. The free use of meat is perhaps the most important of all causes which can be mentioned. The soluble substances of the meat, which give to it its peculiar flavor, are most powerful stimulants of the gastric glands. Pawlow showed that the gastric juice produced by eating meat is much more acid than that produced by bread, milk and other food substances. Copious drinking at meals and the use of condiments may also dom while wearing a tiny hat smashed give rise to hyperacidity down sidewise, so that one of her eyes

Sterilized Milk

How can I sterilize milk for family use? Mrs. ST. P. Cook the milk in a double boller. Keep the water boiling for an hour or an hour and a half. Cool the milk rapidly by placing on ice. It is then ready to use. It must be remembered that sterilized milk is becker in the sterilized milk is lacking in vitamines. Orange julce-three to five ounces-must be used daily to supply vitamines. Potato soup may take its place.

Vitamines What are the "vitamines" in food? WILLIAM N.

Recent scientific research has led to the discovery of a new class of food principles known as vitamines. These substances differ from other food principles in that though they do not enter into the composi-tion of the body-that is, they are not essen-tial to the structure of any tissue or organ-



"SOMEWHERE ON WESTERN FRONT"

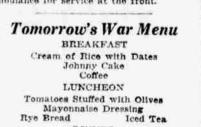
Mrs. Naylor Informed by Her Parents of Fate of Tom Trout, a Member of Famous Terriers Regiment-English Newspaper's Fine Tribute to Gallant Soldier

CLIPPING received from her parents.] at the time of enlisiment, was wounded at A CLIPPING received from her parents, for Wath-upon-Dearne, England, has just informed Mrs. B. Naylor, of 1131 West Cumberland street, of the death of her re-enlisted. Shortly afterward he was awarded the Military Medal for gallantry famous Terriers Regiment, somewhere on in action. George will be promoted to the rank of sergeant to fill the gap caused by the western front. Mrs. Navior's three brothers, all native the death of his brother. Englishmen, callsted voluntarily at the be-Jack has so far escaped unscathed, alsinning of the war in the same regiment. Tom was twenty-four years old when ugh he has been in the thickest part of the fighting. Tom was twenty-four years old when killed and the other two brothers, Jack

In describing the death of Sergeant Trout and George, are twenty-six and twenty-two, the clipping from the English newspaper respectively.

George, who was only nineteen years old "Sergeant Thomas Trout was killed in action on Sunday week. Tommy Trout, as he was known in the battallon, was very popular with all the ranks, and his com-panions were delighted when he was awarded the military medal in recognition of his splendid work during the operations early last May. He went to France last famulty as a hance compared and soon proved Tea House Nets \$525 for Red Cross WILMINGTON, Del. Aug. 14.—The tea-house which was conducted at Hillstde Mills, the country residence of General T. Coloman du Font, netted \$525 for the Red Cross, for whose benefit it was conducted. The guest book shows that visitors from January as a lance corporal and soon proved his worth. Hapid promotion followed and he foil at his post like the brave soldier that he was, for he was absolutely fearless. as was shown in the attack on May 3. The deepest sympathy was felt for his wife and parents in Wath, and also for his two Two concerts will be played today at the Strawberry Mansion Music Pavillon by the Fairmount Park Band, Richard Schmidt, brothers, who are serving in the same unit."

Mrs. Naylor has two sisters in England working in the British oil works. She her-self has helped in the war by aiding in the raising of a fund for the Jefferson Hospita ambulance for service at the front.



DINNER

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

A CONTRACTOR OF THE REAL PROPERTY OF

string.

place.

little fat man's daughter who screams. Hu mother is somewhere up there in heaven Maybe you know her. I wish you and Go would fix up her daughter with a littl sense. It is not right to let a human bein go around hollering all night. Amen."

To Store Dried Fruits

Label all bags. Store in dark, cool, well-ventilated, dr

How to Dry Corn

THE CHEERFUL CHERUB

Evaporation's very

The same old rain

we had last year

queer -

Is raining

on us

I like to think

somehow

When the Moon Shines T WAS daylight when I woke and for just I was daylight when I woke and for just I was daylight when I woke and for just I was daylight when I woke and for just I was daylight when I woke and for just I was daylight when I woke and for just I was daylight when I woke and for just hut Rowdy was growling deep down in his neck and looking at the barn door and I neck and looking at the barn door and I heard footsteps. Then I remembered the screaming in the night and I got ready for anything by getting out of the auto and standing on the floor with Rowdy beside the door opened and a little fat, red-fored man stood there. He was all dressed fored man stood there he must live in the the must live in the

me. The door opened and a little fat. red-faced man stood there. He was all dressed up, so I knew that he must live in the hig house. When he saw us he stepped hack and then he came closer and said, "Riess goodness! Who are you?" Where did you drop from?" I said, "I am Patasy Kildare and this is Rowdy. I came from home. Did you hear any screaming in the night?"

"Peanuts Feener," the next Pater Ellen adventure, appears in tomorrow's Ermin night?" He asked all about us and was very much interested. Then he went into the house and brought us out some oatmeal and a and brought us out some ontmeal and a bone and sat and talked to us for a long time. It was his grown up daughter who screamed. She is as crazy as a tumblebug and she screams whenever the moon shines, for she thinks that if the moon shines on her she will dle. He keeps a trained nurse for her all the time and keeps her locked Place in boxes. Pour from one box to another once a day for three or four days. for three or four days. If too moist, dry again. Place in cloth or paper containers, as pasteboard boxes with tight covers, shall paper bags, salt sacks, or patented parame cartons. Small containers are best. To seal paper bag: Twist upper part into a neck, bend over, and the tight with string.

I said. "For cat's sake, if she was m daughter I would cure her so quick that her heels would break her neck." He said, "How would you do it?" I said, "The next He said time the moon shone, instead of letting her hide in a corner, I would take her out in the moonlight and soak her in it and smear it all over her." He jumped up and said, "By George" Then he walked across the barn a good many times and said. see the doctor about this." He said, "Stick around here until noon and then come up

to the house and have dinner with me Then I will take you back to town." So I did. There was not much to see around there

Select only young, tender corn suitable for eating from the cob. Prepare immedi-ately after gathering. Place corn on cob is vessel of water. Add a teaspoonful of sai to each gallon of water. Boil or steam for from 8 to 10 minutes until milk is set. Ra-move from kettle and drain well. Cut move from kettle and drain well. Gat kernels from the cobs with sharp knits. Take care not to cut off pieces of the cob Spread thinly on trays or eartheware plates. Dry in sun, in oven, over the star or before the electric fan until the corn is so dry that it rattles. Stir the corn from time to time during the process. except the woods, in which there were many hazelnuts. I cracked a lot of them and ate some and fed some to Rowdy. Then I saw a big tree which stuck a branch out over the river, so I got out on that branch and swung up and down and sang a song which I made up as I went along about a woman who screamed in the moonlight and a dog that bit an ugly man and a little girl who

was going to stay to dinner. Then the little fat, red-faced man came to the river bank and hollered at me. He said, "What are you doing there?" I said, "What's it to you?" He said, "What if you should fall into the river?" I said, "What if I did?" Then I let go and fell in just to show him I swam to shore and got scolded good and The little fat man made the cook plenty. at the big house dry me before the fire. Then we had dinner.

I said, "After you soak her in the moon what are you going to do if she doesn't get cured?" He said, "What can I do?" I said, "Put her in an asylum." He said he could never do that, for she was his little girl. So he pushed a button, and when a man come he told him to get the boat out. Then we went down and got into the boat and the man cranked her. I said, "Are you going to soak her in the moonlight?" He said, "The next time there is a full moon if the doctor says so." I said, "Gee! I'd like to be there." He said, "Ask your



GETS NEWS OF BROTHER'S DEATH

nets, the Balmoral and the Glengarry, the Hyperacidity latter being a more modern style of head I have a very acid stomach. The docto-calls it hyperacidity. What causes this condi-tion. "As to the comparative merits of the Balmoral and Glengarry, a Highland officer declares: 'The sole advantage possessed by the Glengarry over the older style of bonnets is its smarter appearance. but this is generally overdone by its being worn in too small a size and perched too far on the side of the head, so that it too easily falls off. As a serviceable headgear for rough wear it cannot be compared to "In the opinion of this officer, the Balmoral bonnet should be worn well down on the head, with 'only a slight cock over "Certainly a soldier is handicapped by a headdress tilted at such angle that it is likely to fall off at any minute! A woman can move about with utmost free-

2. A false bottom is necessary for a wash-boller when canning products by the cold-pack method in order to allow the water to circu-late freely around each jar.

A false bettom for a wash-beller to be in canning can be made by placing laths swise, perferated boards or tin or a wire tray in the bettom.

Delicious Summer Salads

To the Editor of Woman's Page:

Dear Madam-Can you please suggest several good saiad recipes for me to serve these warm cays instead of meat? (Mrs.) J. A. H.

A tomato and corn salad is delicious, and quite seasonable. To prepare it scoop out the pulp of four large tomatoes and mix it with one cupful of cooked corn, a pickle chonped up and some French dressing, then refill the tomatoes with the mixture, sprinkle a little celery on top and serve on crisp

a little celary on top and serve on crisp lettuce leaves. Tuna fish saiad—Flake the fish and add to it two cupfuls of shredded cabbage, one onion (chopped), sait and paprika to taste. Pince lettuce leaves on a large dish, the saiad on this and surround it with alleas of cold bolled potatoes. Mix mayonnaise dressing with ketchup and drop by spoon-fuls on the fish, then serve very cold. A saimon salad is also delicious: this is pre-pared by using the canned saimon, mixing chopped celery with it and serving on letchopped celery with it and serving on let-tuce leaves with mayonnaise. A cauliflower and beet salad is also good.

Use one large cauliflower, wash and boil it for thirty minutes in boiling water in which one tablespoonful of sait has been dissolved, drain, and when cold divide it into small branches. Arrange these in the center of a salad dish and garnish with beets cut into strips. Serve with a cream salad dressing.

Rice Pudding With Variations

Rice Pudding With Variations To the Editor of Woman's Page: Dear Madam—Some of your readers might like to the Book Dow J vary the common everyday va-tion of the pudding. One way is to make the studing in layer. Have the rice freshly cooled and drained, mix plenty of lutter and supar through it also a blade of mace broken up and the bottom of the butterd baking dian, then a terr of fruit preserves, stoned and shredded false or sealded raisins. Add a little preserved finger or cliton, sliced thin, to each layer and the bottom of the butters of a blade of the bottom of the butters baking the reserved finger or cliton, sliced thin, to each layer and the the rise on too. Make a custard of two batten ergs and a pint of mik, with a planch of add the pudding allowed to brown. A meringue the blaced on top filted. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked. When I make a the placed on top if liked in the placed on the set of the pudding allowed to brown. A meringue the share of the set of the set of all the placed on top if liked. The of a set and rise pudding if usually add both nutmer and rise pudding if usually add both nutmer these to make it creamy. (Mrs. J.; your pudding sounde

Thank you, Mrs. J.; your pudding sounds dalleious. I agree with you that rice pud-ding properly made is quite different from the watery mixture which is so often palmed off as rice pudding.

Oysters Not in Season

To the Editor of Woman's Page: Doer Madam-Will you kindly tell me when where come in season? I was told the other most that it was not safe to cat them in the READER.

ysters are in season from September April, inclusive; sithough some per-consume them during the summer, they not always safe.

To Clean Ivory

To Clean for of Woman's Page: dam-Please print directions for Man-Please print directions for iden Please print directions for with fine sand or i

2. One of the best exercises for developing the arms is to stand with the hands against a chair back or on some fairly tail and heavy plece of furniture and to bend towards it, touch-ing it, breathing in, straightening up, until the body is erect and the arms out straight, exhai-

3. A cornet with a scarcely defined waist line should be worn if the hips are to appear silm-mer; in this way the surplus flesh can be dis-

Clothes for Week in Maine

I need for a week in Maine? JANE. A warmer dress and perhaps an extra sweater, also a heavy top-coat, would be the only difference you need make for a week on the New England coast, as it is rather warm there in the daytime in Au-gust. To go for a week you will need sev-eral changes of underclothes, three or four waists, a couple of white skirts (or two gingham dresses instead of the waists and skirts). A sweater or two, if you happen to have two : sports hat, white shoes and stock-ings, black shoes and a pair of tan walk-ing shoes, a suit to travel in, one or two ing shoes a suit to travel in, one or two dark dresses (serge or taffeta) and two eve-ning frocks. A top coat, which is appro-priate for day or night, should, of course. taken if you do not care to take an evening cloak.

It is not necessary to take so much, but if you happen to have the things designated it is well to take them all in your trunk.

Elopement Unwise

Elopement Unwise To the Editor of Woman's Page: Dear Madam-I am a young girl of nineteen and am deepty in love with a boy three years my semior. We have been going together iteadily for nearly a year and now he wants me to marry him before he goes to France, but as my parents object to him he wants me to go to Elkton to be married and not announce it right away. Do you think this would be right Would I be old enough to be married in Elkton, and will you please tell me whether the liconse can be used the same day you get it there? VioleT.

My dear Violet, let me strongly advise violet. My dear Violet, let me strongly advise you against taking any such foolish step. A secret marriage is an extremely unwise thing under any circumstances. If the young man is sincerely in love with you he can surely prevail upon your parents to agree to the marriage, and if they do not do so they are almost certain to be right in their objections. If they will not agree, at least wait unty you are of age. The age limit under wilch the consent of par-ents is necessary in Maryland is twenty-one for the male and sixteen for the female. A license can be used immediately after it is issued.

Water-Waving the Hair

To the Editor of Woman's Page: Dear Madam-Will you please tell how to water-wave the hair? SARAH S.

Water wave the hair? SARAH 8. Wet the hair pretty thoroughly with water in which a small ambunt of witch hazel has been mixed. Take about nine me-dium-sized sidecombs, three for the front hair and three for each side. Push about an inch of the hair forward, holding it in place with a sidecomb, then forward again and place the next sidecomb in the opposite direction. After all the combs have been placed let the hair dry over a radiator or other artificial heat, and when dry you will find that you have a nice wave. Although this is mather difficult for amateurs to do successfully, the wave is the most satisfac-tory kind to have. It stays in longer than

to a certain stimulating or regulating influence which they exercise upon the various functions and activities of the body. Their relation to the energy of the body may be compared to the spark which explodes a compared to the park which explores a powder magazine. They set in operation the forces which release energy and carry forward the various life processes. They are abundantly found in fruits, green and one monthly and but root vegetables, and in fresh milk and but-ter fat. Because they are probably par-

tially or wholly destroyed by cooking at high temperatures, it is necessary to eat daily some uncooked food in order to be sure to get sufficient vitamines.

Heat Rash

I have a rash on my body when 1 am over-heated. How can I improve my blood? Miss E. H.

The Municipal Band, Benjamin Roeshman conductor, will play tonight at Eleventh and Spring Garden streets. The program fol-lows: Oweriure, "Ortheun" Hungarian Dances, Nes. 5 and 5. Brahms Musical Joke, "Jolis Musicati", Musicat Gens from "Sweethearts", Merbert Tenor solo Jere Shaw, Community Singing, Operatic Masterpieces, Safranak Value di Concert, "Cur Wedding Day", Tohani Medley, "Sky High", Whitmark

Municipal Band Program

as far away as Texas were entertained.

bandmaster. Programs:

4 TO 6 O CLOCK Overture, "Yelta" Motives from "Tannhauser", "Weinpering Flowers, Intermezzo, "Frozen Bill" Fantasio, "Creme de la Creme", "Three Irish Danes," Melodies from "The Sunny South" Waitz, "Golden Sunse! Melodies from "The Grand Morsul. S TO 10 OCLOCK

Contraito solo, "There's a Long.

Strawberry Mansion Concerts

4 TO 6 O'CLOCK

8 TO 10 O'CLOCK

Reissige Wagne Von Ele

Lamp Hai Luder

Strauss

City Hall Plaza Concert



One of the most interesting of current modes is the use of beads as millinery trimming. This chapeau conceit is interesting because when beads began to be widely used for this purpose, some few seasons ago, it was freely predicted that their vogue would be short-lived. They did what few millinery trimmings have done and yet survived— appeared as the embellishment of exclusive, high-priced models as well as on hats of moderate price. Most style folks expected that the popu-temporary, and, as a matter of fact, the more expensive bead-trimmed hat did disappear for a while. Then the vogue of the less expensive bead-embellished hat began to wane, and now we have beads returning to favor as trimming for the aristocratic members of the season's model of black velvet, its only trimming being a crown-encircling strand One of the most interesting of current modes is the use of beads as