# SCRETION IN BENEVOLENCE PROFITS BENEFACTOR AND BENEFICIARY-MA SUNDAY'S TALK

## **DOLISH SELF-SACRIFICE BAD** FOR BOTH GIVER AND RECEIVER

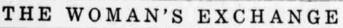
The whole Inselfish Women Often Spoil Those They Love, world lover, and the love of blue Giving All and Asking for serge is just No Return as universal with both There

WE GET what we give. That is almost a truism, but is it quite true? Have ou not known the woman who devoted every thought to her husband and ildren, who morning, noon and night naidered their happiness and never apwing, giving all the time never got anyhing at all but fresh calls on her patience and self-sacrifice? Or do you recall that daughter who sank her individuality and forgot herself and her claims on life in arder to nurse and tend a hypochondriac mother who took all the devotion as her right without even a word of thanks? Did they get what they gave?

No. Just "as is" that statement is not true; we do not get what we give unless give wisely, being unselfish and thoughtful, but not allowing the recipient of our kindness to grow selfish and thoughtless, A woman ought to be a helpmate to those of her own household. a prop for their weaknesses, a sure refuge when they are in need of love and sympathy, but not a doormat for them to walk over and dust their feet en route.

#### THAT is one of the big difficulties with some of the finest of women; they just a grievance and endow herself with the lle down and become doormats, then suddenly wake up some fine day to find that the perfectly nice, good husband and children with which they started out have become tyrants and monsters of selfishness, and that they have no one to blame but themselves. It is not good for any is really selfish; she has indulged her own The treatment of us always to get our own way, and the love of self-sacrifice at the expense of the of the cuff is appetite for being "a little tin god" is one which grows with extraordinary ing as she has sown; is being punished for

Immoderate self-sacrifice may or may not be good for the sacrificer, but it is undoubtedly injurious to those for whom the sacrifice is made, and nine times out petizing and wholesome.



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. Repectal queries like those given belowere invited. It is understood that the editor does not necessarily inderse the sentiment present all communications for this department should be addressed as follows: THE WOMAN'S EXCIL. NGE, Evening Legger, Philadelphia, Pa.

	1. How can ink be removed from a white slik biouse?	1. Is it good form to accept a dinner invita- tion provisionally?	ī
	1. How can perspiration stains be removed from a blouse?	2. In regretting an invitation how soon after the invitation is received should it be made?	
	8. What is the best way to mend a torn net estain?	3. Is it polite to read a stranger's newspaper when riding in a street car?	
	ANSWERS TO YEST	ERDAY'S INQUIRIES	1
の一日の	1. To attach paper labels to metal add a	1. It is not good form to stop and read a letter while conversing with some one unless the letter is of extreme importance.	N
	· · · · · · · · · · · · · · · · · · ·	2. A young woman when in a public conver-	

country

elsten the spots with permanganate of ash and rinse with water.

# 2. To clean nickel-plated objects dip them for a second or two in a 2 per cent solution of subhurie acid, rinse in running water and apply equal parts of distilled water and alcohol. Dry b sawdost.

To Mend Man's Shirt

To Mena Matte Control of Woman's Page: Dear Madam—My husband's shirts wear out at the neckband, where his stift collars rub essing them. Can you tell me how to mend them, as the rest of the shirt is perfectly mod?



Milady evidently believes in keeping an eye open! Not for trouble, of course, but to see where she's going.

serge. bodice is of ten it is bad all round, because some broidered in day or another this foolishly fond woman colored silk, which adds a very desirable wakes up and, finding that she has not gotten what she gave, is inclined to mount touch of color to the dark martyr's halo and palm; or else to be-| serge. come embittered and hard in her outlook girdle is made of braided

serge and BUT, coming to look at it again, does not this prove that we do get what hangs loosely from the edge we give? This type of "unselfish" woman of the bodice. whole family and so, after all, is but reap- particularly noteworthy, it rapidity when indulged in the home circle. the unpardonable sin of being a fool. being open and banded with the braided A good big sprinkling of the spice of common sense is needed to make even the

serge to match most skillfully prepared dish of virtue apthe girdle. The skirt has the accentuated hip

on life.

#### **TODAY'S INQUIRIES**

ance should give up her sent to an elderly man who appears feeble. Discretion must always be used, however, for many persons are offended at the intimation that they are considered aged.

3. An appetizer is a small portion of tomato, crab meat, cheese or some similar dainty, served, usually on a square of toast, at the besinning of a meal.

> Qualifications for Red Cross Nurse To the Editor of Woman's Page; Dear Madam-I am a young girl of twenty-one and have several brothers in the navy. I would like to become a Red Cross pursay. I would

## IN THE MOMENT'S MODES

### Afternoon Frock of Navy Blue Men's Wear Serge

loves a

are seasons

when there is

woman's serge and the man's.

This season,

however, mi-

lady may have

her - husband's tailor cut off

a few yards from the same

bolt for her

very own cos-

tume, or she

may go to her

favorite shop

and purchase

her street dress of that

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dress is made

of men's blue serge. The

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## GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

# In answer to health questions, Doctor Kellogy in this space will daily give advice on prevent medicine, but in no case will be take the risk of making diagnores of or preacribing for all ments requiring surgical treatment or draws. Health questions will be promptly an swored by personal letters to inquirers who inclose stamped envelopes for reply.

Care of Baby in Hot Weather

ANY mothers are at a loss to know method of treatment has been found successful in many cases. ble in hot weather. The following sugges-tons will be found of benefit in this con-

#### Pain Under Breast

What is the cause of pain under the left breast at night? J. R. V. Give him plenty of fresh air night and day. However, don't compel him to lie all the time tightly bundled up in his cab among fuffy feather pillows. Provide him

In this case your condition may be brought about by nn accumulation of gas in some part of the intestinal tract. With in some part of the intestinal tract. With prolarise of the stomach and intestines there is often a partial kinking of the howel, which might be relieved by a change of position. We would advise you to wear an accurately fitted abdominal supporter and

to strengthen the abdominal muscles in every way by exercise. The diet should be carefully regulated so as to secure two or three bowel movements daily.

### Patsy Kildare, Outlaw By JUDD MORTIMER LEWIS

### The Adventure of the Cow

The Adventure of the Cow WHEN I woke up I saw the light grow-ing over the Greens's barn and I knew it was the morning of the big day. I should have loved to go somewhere and climb a tree and holler, I was so happy. I wanted to go out to the river and swim, but that was such a long way when there was a bunch of new clothes waiting for me to put them on. So I filled the bathtub and got into that and washed all over with soap. Then I pulled Rowdy in, though he pulled back, for he does not like a bathtub as much as he likes a river. Neither do I, but I had new clothen and he didn't, so that made a difference about getting into the tub. After he got in it was not so bad and he barked and I hollered so loud that we did not hear my father come in.

not hear my father come in.

He was standing looking at us and smil-ing and he said, "You will soon have more water on the floor than is in the tub." I said, "What's it to you?" And then we both laughed and Rowdy barked. I put on my laughed and Howdy barket. I put on my old dress for pancakes, and then, while my father went to bed to sleep after watching nights, I put on my new white frilly underthings, my silk stockings, my new shoes and my white dress and pink sash. I brushed my hair till it shone and then put on a pink

The looking glass would hardly let me go, I looked so fine. I woke my father and he felt the same as the glass did and he squeezed me till I said. "For cats' sake, let up," which he did. Then away we went up the stress and everybody came out to look the street and everybody came out to look and those who saw me hollered to those who did not, and they all came out and looked. Then Rowdy and I went to church and the Then Rowdy and I went to church and the man at the door shock my hand and told me he was very glad to see me and to send Rowdy home and come in. But I told him. "Nothing doing." for I said there are dogs in heaven and he should not keep them out of church. But he said there were no dogs in heaven and I couldn't prove that there are, so I said. "Anything that is in heaven can come into the church, can it? He said, "Certainly." So Rowdy and I ram bled. But we did not lope as usual, for loved to walk slow and feel the tassels on my shoes knocking softly against my legs. When we got to Jim's house it was late

in the afternoon. Jim was not at home, so we went in and had a bowl of bread and heading the cow up the big stone steps, and into the church. The man at the door stop-ped me and said, "What in the world are you doing?" "You told me that anything that is in heaven is welcome to come to

Rowdy came on the jump. That scared the cow and she ran away, kicking up her heels and waving her tail. Rowdy and I ran after her all the way back to Jim'a. Jim came out with a lantern and his eyes were like saucers. He got a cloth and wiped the dust off my new shoes and gave me a bowl of sour milk and nutmeg and sugar and I told him all about it. He nearly laughed his head off

put my new clothes away very carefully and got out my blue nightie, for it is now blue nightie week, and kneeled down beside continued in a low, trout

# "The Lost Shoes," the next Patsy Kildare ad-venture, appears in tomorrow's Evening Ledger.

Has Never Eaten One

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

## The Girl Who Was a Good Fellow

"Some of the men I had thought were my good friends had been talking to him. I found it out in the course of a bitter quarrel with him. He said I need not pretend any longer. As long as ne thought I was an innocent girl, of course he treated me like one. But his attitude changed at once when he thought I was not. "Can you imagine how I feel? For I have near done wrong. You understand don't

never done wrong. You understand, don't you? But I am afraid no man will ever really care for me unless I go away from here, to where I am not known, and try to start over.

start over. "And my employer has begun to worry me, too. He is no longer just a good 'pal,' but a man who makes me afraid of him. Oh pray for me, write to me, help me. Foy it will take me years, I am afraid, to lif down that reputation of being a 'pal.' "IRENE."

I am hoping that Irene's lesson has not some too late. (Copyright, 1917, by the Bell Syndicats, Inc.)

Friday-The Woman's Job.

NARROW SKIRTS AUGUR ILL

Styles

been for several scasons. Some of the jack-ets, in fact, were of the variety that have to be slipped on. The figure-revealing prop-erties of such garments car hardly help bringing were to the hearts of the stout.

on Thursday

Suffrage party has announced. Should any of the pickets be arrested, their cases would

Matthew E. O'Brien has been retained as counsel. The cause of the pickets at Occo-quan will not be appealed.

be fought out in the courts.

FOR THE STOUT WOMAN

Poor little pal!

SHE had a room in a house where I was staying for a while, and I had an oppor-tunity to study her closely. I had wanted for a long time to see that particular type of girl at close range, for I had a theory re-girl at close range. for I had a theory re-garding her.

I rene was a ste-nographer — and a successful one. They said in the house that she drew a good salary and was always in dewas always in de-mand. I knew that she had an alert, keen mind, for her glance was direct and her whole man-ner confident and yet unassuming. My attention had been drawn to her before I saw her by

tion between two of "MA" SUNDAY the men. "She's certainly a jolly little pal," one of

"No nonsense about her." the other agreed heartily. "You can call her up at the last minute to go somewhere and to take the place of a girl you had asked and she'll say "sure " just as pleasantly as you please."

Irene's employer sometimes telephoned to her in the evenings. He was well known in the town and had a wife and two beautiful children and was considered a moral, upright business man.

Occasionally, in the twilight, he would drive up in his roadster and call out: "Oh. Irene !"

Then, as she went running down the path. he would say, "Want to come out for a spin?

One evening Irene herself came bursting into my room very pale. I knew something was wrong. "What is the matter, my dear child?"

PICKET WHITE HOUSE AGAIN asked. "I've come to you to tell me something." she said in a low voice. Whatever her agi-tation she was too strong-minded a girl to Militant Suffragist Plan to Post Guards

show much excitement. "Do you think that am a bad girl? WASHINGTON, Aug. 22.-Picketing at the White House will be resumed Thursday, the headquarters of the National Woman Startled, I looked deep into her large gray eyes, and then I shook my head.

"No. I do not." I said with conviction.

"but I will tell you something. I think you are on the road to be one." She sprang up and started to leave the

"Remember, you asked me for the truth,"

reminded her. She had a good mind, that girl. She saw the point.

"Pardon me," she said, sitting down again. I think I would like you to explain

"The reason I came to you tonight," she continued in a low, troubled voice, "is because something very unpleasant has happened and I don't know what to do. You see, my employer and I have always been very good friends. He has often taken me to lunch or brought me flowers, but always in return for some favor I had done for him, such as staying late or doing extra

work "Now, somebody has gone to his wife, and she has made a scene with him about me." "Here is my address." I concluded. "Write me if you feel I can ever be of assistance to

YOU. I did not think I would ever hear of he again. She avoided me during the re-mainder of our stay, but a short time ago I received a letter from her. She wrote: "I am so broken hearted that I am going to overcome my pride and write you of what

has happened to me. "A young mining engineer was introduced to me, and seemed to be different in a good

"I was pleased with the attention and def-erence that he gave me. He never ad-

## A reliable. safe skin treatment

You need never hesitate to use Resinol Ointment and Resinol Soap in the treatment of severe or simple skin-troubles. There is nothing in them to injure the tenderest surface.



s a land of milk and honey." The man grabbed me and shook me, but

So it was late when we got home and I

attend to your business a little better I will make it up to you both. Amen.

# Oldest Woman in Georgetown, Del., many ways from the others, so I turned to him eagerly.

them said warmly.

Men did not apologize to her when they allowed some offending word escape them. They usually laughed, and Irene laughed, and they said they knew she would understand.

mills and then I went and put a rope on the cow's neck and away we went. Church had been going on a long time when I went

church, and there are cows in heaven, for it

Rowdy and prayed: "My dear mother which art in heaven. I do not seem to understand grownups very well, no matter how hard I try. If you and God would only get busy and make them try to understand me as hard as I do them I think it would help some. Everything is so darn onesided that my heart is aching tonight, and if I was safe in heaven and had a good little girl away off In neaven and had a good little girl away off down here I would try to stay a little closer to her than you do to me. Of course, I know you are busy, but I don't think anything ought to be hore important even to an angel than her little girl. If you and God will

# 90 YEARS WITHOUT AN EGG

bit of conversa-

Fall Fashion Hints From Paris Indicate Return to Former Dress NEW YORK. Aug. 22.—The Parisisa fashion creators, judging from reports that have reached this country regarding the fall showings, have again decided to make life a burden for the stout woman unless the skill of the designers who plan garmentg solely for this type is able to solve the problem for her. In more than one of the new suits shown the jackets were fitted and the skirts were narrower than they have been for several scasons. Some of the jack-

To mend a shirt that is worn out in this way, cut a piece off the tail of the shirt and cover the tear with it, turning it n around the edges like a yoke and slipping the upper edge under the collarband. This looks like a yoke, makes the shirt good again and does not make the tail too short.

as you need only about four or five inche of material.

## **Removal of Stitching Marks**

Removal of Stitching Marks to the Editor of Womon's Page: Dear Madam-- Ind a green taffeta dress. The material of which was still very good, but he style not. I remodeled it. There had been sweral tucks in the skirt, which I opened, think-marks the marks of the stitches made by he sewing machine could eagly be removed. Sut such was not the case. I tifed to removed for marks of the stitches by means of a hot non and damp cieth. If you could advise me this matter I would be very thankful. READER.

Try using several layers of flannel or froning blanket such as you would for pressing heavy embroidery; place the goods on this, a damp cloth over it, and press.

Spots on set. To the Editor of Woman's Page: Dear Madam—Will you kindly tell me how to per spots caused by tollet water removed from a light tan cowhide traveling bas" MADELEINE O'N.

I am afraid there is no way to remove these spots; your only hope lies in polishing the bag with a reliable shoe polish. This will make the whole bag darker, and the spots will probably be blended in.

#### Removal of Perspiration Stains To the Editor of Woman's Page:

To the Editor of Woman's Page: Dear Madam-Please tell me how to remove perepiration stains from a beded Georgetts from I am afrains from a bedend Georgetts into holes, as it has one hole now and has only been worn three times. M. E. R. Lay the stained portion on an absorbent eloth, then take another cloth dipped in gasoline and rub gently, moving the stain to a clean spot on the cloth several times and going over it each time with the gaso-tine. Be careful not to rub hard with the gasoline.

To Can Shrimps

the Editor of Woman's Page: Deer Madam-Please print in your daily col-m directions for putting shrimp up in jars. M. D.

Drop the shrimps into boiling salted water, being careful not to cook long enough to break in pieces. Place in sterilized glass jars, fill up to overflowing with salted water and seal.

#### **Curried** Lobster

Editor of Woman's Page: Madam-Kindly give ms through your Madam-Kindly give ms through your MARY 8. W.

ve the meat from about four pounds move the meat from about four pounds hiled lobsters, make a cream sauce from tablespoonful flour, two tablespoonfuls ar and one cupful milk. When thick smooth add one-half traspoonful of r, one-quarter teaspoonful of salt and teaspoonfuls of lemon juice, add the er meat out into small cubes, place in tered dish, cover with breadcrumbs and in uven. in oven.

#### Delmonice Potatoes

tor of Woman's Page: dam-Will you please publish a good making Deimonico pointoes? M. S. de L. M.

potatoes fine with a little phopped onions, then cream, they dish, sprinkle with but-

like to become a Red Cross nurse so as to be near then in France. Can you tell me what the requirements are? I have good health and have alwars wanted to take up nursing. Must a girl be a high school graduate? NOPHIE. In order to become a Red Cross nurse you would have to be at least twenty-five years of age and have completed three years of iospital training and at least one year in high school. In addition to this, candidates must undergo a very rigid examination. And then your chances for going abroad would be very slight. I should advine you to take the nursion school advine you to take the nursing course, however, for traine "urses are much in demand in this

House Party at Seashore

To the Editor of Woman's Page: Dear Madam--Will you advise me what to take to a three day house party at the shore? Would it be necessary to take a trunk, or do you think a tarke house which I am to at-tend. I.K.L.

Whether you take a trunk or not should depend on the formality of the house party.

depend on the formality of the house party, but unless it is very large and very dressy I should think you could manage on a week-end bag. For two dances you will need two evening gowns, one quite formal, the other a simpler frock. Also take at least two white skirts, several shirtwaists, a morning dress of gingham or linen and a one-piece silk or creps frock for afternoon wear, white buckskin shoes, dancing silp-pers, a sweater or two, a sports hat a nostrums.

pers, a sweater or two, a sports hat, a dressy hat and an evening cape.

#### Amorous Young Man

Amorous Young man To the Editor of Woman's Page: Dear Madam—I am going with a girl whom I like very nuch, but she won't let me kiss her, saying we must be engaged first. Now, I can't afford to marry the girl yst. and hence I can't become engaged to her. Still I want to kiss her work with thall I do? Probably you or some of your readers can help me. ANXIOUS FRIEND.

Speed up in business and save money Speed up in business and save money. If you really love the young woman and want to marry her you should be very glad that she is not the kind to allow promis-cuous kissing. Ask her to wait for you if

you feel the time is not so far distant.

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

Dear Madam - I will thank you in advance for your views on following matter. Will a young man at the age of eighteen having a weak char-acter through age or environment become stronger, or is one's character molded at birth T Kindly express your candid views on this sub-ject. H. H. H.

Your question is hardly one for this department. I venture to tell you, however, that many men with supposed weakness of character have developed firmer qualities in their later years. Environment plays a part, I believe.

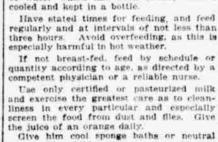
### **To Remove Blackheads**

To the Editor of Woman's Page: Dear Madam-Can you tell me something to remove blackbeads? HELEN P.

remove blackheads? HELEN P. Liquid green soap, one part: distilled water, two parts. Leave this on the face for five or ten minutes: then wash off with clear water. If any blackheads remain, press out with an instrument for that pur-pose, or by squeezing with clean cloth, and afterward use an astringent to close the pores

Remedy for Dandruff

To the Editor of Woman's Page: Dear Madam-Please tell ma what I can do for dandruff in the hair. Will the yolk of an egg darken the hair? CLARICE. The following formula is an excellent remedy for dandruff: Forty-sight grains resorcin, one-fourth ounce glycerin, diluted alcohol sufficient to fill a two-ounce bottle. Part the hair all over and apply the tonic with a small brush to the scalp. The yolk of an egg, which has a large percentage of suphur, has a tendency to darken the hair.



a comfortable mattress in some cool place

where he can lie straight and stretch and

Protect him at all times from files, mos

Give him every hour a drink of cool water from a source known to be pure or

of water which has been freshly boiled,

ultoes and other tormenting insects and

baths. The child a year or more old may be allowed short periods of play in the bathtub in water at a temperature of 94 degrees Fahrenheit. Playthings that float, basies with which he can din water cit. basins with which he can dip water, etc.,

will make the time pass rapidly. Vary the amount and kind of his clothing to suit the temperature. On hot days all clothing may be removed. No clothing is needed when the temperature is above \$6 degrees Fahrenheit. Discard pacifiers, they are always a

ource of injury to the little one. Don't use soothing syrups or any patent

If the baby is alling, call a trained nurse or physician to direct its care.

Goiter

Will an application of its to the chin and broat for the relief of a double chin cause olter? Unless there is a decided tendency toward throat solter? goiter formation there is little likelihood that it would have any influence upon its growth. Cold applications to the chin and throat are decidedly helpful in reducing the firsh and toning up the muscles and the tissues. This should also be attended by massage and exercise to help in burn-ing up these tissues. Bending the head backward, thus putting the muscles of the neck on a stretch, will be found helpful in this direction.

# Acne

Is sone curable? Are X-ray treatments ad-visable for it? DAILY READER. In the majority of cases some is curable if properly treated. Where the services of a competent X-ray specialist can be secured we would advise you to consult him, as this





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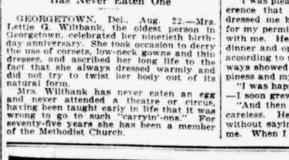
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FIGHT

TIME'S RAVAGES



dressed me by my first name. He waited for my permission to sit down when he was with me. He drew back my chair for me at dinner and opened a door or shut a window according to my comfort, and, in a thousand ways showed how much she valued my happiness and my opinions. "I was happy, for--I may as well admit it

-I soon grew to love him. "And then he began to change. He was

careless. He grew bolder. And one day, without saying a word, he suddenly kissed me. When I cried he laughed and said that

is a doctor's prescription which, for years, has been used by other physi-cians for eczema and other itching, burning, unsightly skin affections. They prescribe Resinol, knowing

that its remarkable soothing, healing action is due to ingredients so gen-tle and harmless as to be suited even to a baby's delicate skin.

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