ATIENCE AN INVALUABLE ASSET—WOMAN'S INTERESTS IN THE HOME—DAILY FASHIONS

LEARNING TO WAIT HARDEST LESSON TO LEARN FROM LIFE

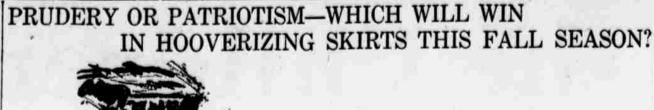
Impatience Is a Weakness of Character Which Fritters Away Both Mental and Physical Energy

THERE are few lessons so hard to lea n as how to wait, but no one ever got anywhere who has not mastered it, not only in the breach, but in the observance. One of the returned soldiers, asked what he had found most trying in all his war experience, which had extended over more than two years, answered; "Waiting; standing in the trenches walting for the command. Actual privation is something one can tackle; the charge, the fight are thrilling, exhilarating; but the waiting! It is then that you feel fear creeping up from your very toes to grip your heart; it is then that you realize what you are about to face."

It is not difficult to see the truth of this under those circumstances, but even when we are under no particular strain there are few things more exasperating to a normal, healthy individual than waiting, though it may only be for a train the late comer at an appointment. Mahomet declared that "Patience is the key to contentment"; the old proverb says, "All things come to him who will but wait"; and one of the most encouraging and inspiring quotations ever made is, "Never think that God's delays are God's denials; hold on; hold fast; hold out."

IMPATIENCE is a futile thing, it ex-hausts, wears out the energy and really gets nowhere. The woman who is always fretting and fussing over trifles invariably "goes to pieces" in the hour of trial just because she has never acquired the habit | of waiting; while the gentle, strong, enduring character which will never allow itself to worry, but instead waits patiently until the right moment for actihings now, so that when the need arises tion, has a reserve of power which makes her a veritable "tower of strength" to those of her household.

Nature is never in a hurry; a grain of of history. Patience is sometimes found wheat lies dormant for long weeks before in women, though the old adage says it It breaks into life, and even then there are is "seldom," but then we can pat ourselves months of slow development before we on the back, for "it is NEVER in a man":





Paris Modistes Decree Conservation of Material During Period of War. Shorter in Length and Scantier in Fullness Is Word Cabled at 'Steen Dollars Per Word-Can They Be Shorter?

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper 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 necessity indoorse the sentiment suppressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, fivening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. Which has greater food value, cream or 1. How can the poisonous effect of stings be

9. How can tar stains be removed?

1. If ink is spilled on a white silk blouse, in the spot at once into boiling hot starch, and it is said this will cause it to disappear.

piration stains can be removed from

Pickled Beets-Chow-Chow

Editor of Woman's Page: Madam—Will you please tell me how de beets to keep all winter? Should the r be boiled before pouring over the beets? could like a recipe for chow-chow.s (Mrs.) JAMES H.

Pickled beets-Chop one quart of beets fine, add one cupful grated horseradish, one teaspoonful salt and one-half teaspoonful paprika. Scald sufficient vinegar to cover the whole mixture, reheat together to the boiling point, place in sterilized jars and

Chow-chow-One large cauliflower, or dozen and a half small cucumbers, one pint pickling onions (very small), six small green peppers, two small red peppers, one quarvinegar, two tablespoonfuls mustard, one tablespoonful turmeric, one cupful salt. Peel the onions, let cook ten minutes in boiling water, then drain. Separate the cauliflower into flowerets and soak in salted water one-half hour. Put the onions in a bowl, the cauliflower, cucumbers and peppers in an other. Add the salt to three quarts of water and let boil ten minutes. Skim and pour over the vegetables in the two bowls, then let stand overnight. Pour off the brine and put the vegetables together in a preserving kettle. Mix the mustard and turmeric with one-half cupful water and pour it over the vegetables. Add the vine-gar, heat to the bolling point, simmer for one hour, then seal in sterilized jars.

Watermelon Rind Pickle

To the Editor of Woman's Page: Dear Madam—Will you please publish in your column a recipe for making watermelon rinc pickle? ELLA S.

To pickle watermelon rind cut off all the red part and pare the hard green. Cut the rest in strips about two or three inches long and weigh it. Then place it in brine, allowing a cupful of salt for every gailon of water, and let it stand for twenty-four hours. Drain and then make a syrup of three pounds of sugar to every quart of vinegar. Add a tablespoonful of cassia buds, a stick of cinnamon, a teaspoonful of cloves and a piece of ginger root. Cook the find in this vinegar until it is transparent and tender, then take it out and pack it in jars. Cook the syrup a little longer, pour over the rind and seal in jars. the red part and pare the hard green. Cut

To Skin Beets Quickly To the Editor of Woman's Page:

Dear Madam—When I have fresh beets for dinner it takes so long to take the skin off that they are almost cold before I can get them on the table. Can you tell me a way to avoid this?

Pour most of the water off the beets when you take them off the stove and then have a pan of cold water ready. Take the beets out of the hot water and place them for a moment in the cold, so that you can hold them. Then pick them up and you will find that the skin rubs off quickly and easily. Be careful to keep enough hot water on the heats to keep them hot until they are pared. The dash into cold water does not cool them off if you put them in one at a time

Steamed Raisin Bread

To the Editor of Woman's Puge:

Dear Madam—Would you kindly publish a rucipe for steamed raisin bread? (Mrs.) H. T.

Sift together one cupful each of cornmeal, ryegresi and graham flour, one teaspoonful sait and one and one-half teaspoonfuls soda.

Add three-fourths cupful molasses, two-time cupful meded raisins (cut small) are cupfuls thick sour milk. Heat well to one stated or half-source.

2. What is the best way to preserve parsley? of thumb-sucking?

3. What is the most convenient way to keep

THE thing was discussed along Chestnut,

nut and Market streets by men whose

A Walnut and Market streets by men whose

faces whitened under their Atlantic City

rouge as the dreadful import of the news

The general, deliberate opinion, however,

at the end of a perfectly nerve-racking day

Objectors without a struggle. They held bitterly to the opinion that there is a

They contended all the authorities main-

tain that the perfect distance from the hip to the knee is twenty-two inches and the distance from the knee to the heel is also

twenty-two inches. Take off another yard

of cloth, they ask shudderingly, and what

All right, the Chestnut Street Slackers'

Reserve Corps came back at them, what

PLACE AUX DAMES!

So there you are. The question goes flatly up to the women, and the men folks shouldn't have horned in on it in the first

Paris, of course, is responsible. France,

it seems, finds it necessary to restrict the

consumption of woolen goods. Therefore

THE CHEERFUL CHERUB

me feel so smart

For I'm a futurist

It sounds just loud

to other folks

you see -

But always

sounds dark

blue to me.

the Dressmakers' Syndicate, now meeting in Paris, has issued the decree that skirts

are to be reduced during the coming seaso

The thunder makes

both in fullness and in length.

sank into the dizzily whirling old beans.

Would they or would they not?

can gather in the harvest. Nothing

THIS lesson of patient cheerful waiting

I is going to be very forcibly impressed

on us during the war. The women of

Europe have already learned it and have

waiting in suspense and fear, waiting in privation and toil, but waiting strongly,

because they realize that impatience

weakens their powers of work and their

There is no reason to doubt that we

too, must face the same trials or to fear

that we will be less admirable, but it is

well for us to acquire the habit in little

we, too, can go up and "stand beneath the

cross" just as bravely as the women who

have gone before us from the beginning

ability to be really helpful.

bravely held on from day to day, waiting in agony for news of those they love,

worth while ever sprang up over night.

ANSWERS TO YESTERDAY'S INQUIRIES

 It is never good form to accept a dinner invitation provisionally. One should send regrets unless perfectly sure of being present; otherwise 2. Although all invitations should be

swered promptly, when regretting one the answer should be sent immediately so the hostess can invite some one to fill in. was that they would. The women, that is. It was said that, taking one thing with an-

most at stake—the married, to be explicit— went over to the ranks of the Conscientious shoulder in a street car is considered an act of rudeness.

Schoolgirl's Wardrobe

To the Editor of Woman's Page: To the Editor of Woman's rage;

Dear Madam-Will you blease advise me? I am a young girl sixteen years of age and expect to go away to boarding school this fall As this will be my first year there I do not know what clothes I should take. Can you give me some idea?

MARIAN C.

Most schools for girls issue catalogues and in these you will usually find a list of clothes needed for the school life. Of course, your wardrobe will depend somewhat on the financial standing of your parents, but more on the school itself, for no well-bred girl should be permitted to take such an elaborate array of clothes with her to school elaborate array of clothes with her to school as will arouse envy in the other students. Many schools have regulation uniform for the girls, usually consisting of navy blue serge dresses or navy blue serge skirts with white middy blouses. You will also need serge bloomers for gymnasium, tennis shoes, high-laced tan walking hoots, black shoes or black names with snat for dress, and a black pumps with spats for dress, and a pair of evening slippers. A number of sets of underwear, a heavy bathrobe, bedroom slippers, a one-piece dress, a tailored suit, a topcoat, one or two simple dinner gowns, a dress hat, a sports hat, several pairs of white kid gloves, heavy tan glove and a sweater or two will see you through nicely. One or two simple dance frocks will

Clothes for October Visit To the Editor of Woman's Page:

Dear Madam—I am expecting to visit a friend for two weeks in October. What kind of dresses will I need, particularly for morning wear? She lives in a small town, where every one knows every one size and where I have been a great deal.

I think you will find that in a small town an abundance of fresh white skirts and shirtwaists, to be worn with bright-colored sweaters, is the most serviceable thing, and October is usually warm enough for such garb in a small town. I should advise you also to take a one-piece blue serge dress with you and a sports suit. For informal occasions, both morning and afternoon, any casions, both morning and afternoon, any of the above clothes will answer. Take also a dark silk frock if you have one, and one or wo evening gowns.

Birthday Gift for Girl

To the Editor of Woman's Page:

Dear Madam—May I ask you a few questions and look for the answers in your column?

(1) I know a girl in a distant city and we do not see each other often. Is it correct to kiss when we meet or part? (2) Would it be the proper thing to ask her for a picture as I have none of her? (3) Would it be considered correct if I stayed overnight at her home when invited by her mother? (4) What side of a girl does a man walk on? (5) What would be a nice present for her birthday? She is eighteen years old. (6) I expect to be called away soon and will be away for some time. Do you think it wise to become engaged before I leave?

G. C. M. To the Editor of Woman's Page:

(1) Not unless you are engaged. (2) Proper to do so. (3) Quite correct to visit at the young girl's home if invited to do so by her mother. (4) The man walks on the side next to the curb. If walking in the country he usually takes the side where he can be of most use. (5) Bon-bons in fancy box or basket, good book, box of flowers. (6) If you care for the girl it would be wiser to become engaged to her before going away.

To Soften Hands To the Editor of Woman's Page:

Dear Madam—Will you kindly tell me does glycerin and rose water action the hands? If not, what is good for them? Will you please give me the name of a face powder to use which will not make the skin coarse?

CELIA

in this way, the master modistes calculate.

There isn't a bit of use to grouse about it. The decree has been issued, and that's said yesterday that it would be manifestly it. The decree has been issued, and that's all there is to it. The news came by cable yesterday, and, with cable tolls what they are, it's an awful certitude that the news

s only too true. Philadelphia dressmakers and ladies tailors are inclined to give a brace of rousing pooh-poohs at the idea that Paris can put anything over on American fashions at this late date. They hold that the American woman has set her own siyles since the beginning of the war and will other, the women could be depended on to o the sporting thing.
It is true that some of the men who had

continue to do so. So much for fashion. But when you come to the question of atriotism, there's something else again Paris has been using five and one-half yards of goods with which to make a skirt, and now proposes to get along on four and one-half yards. Is such patriotism to be the exclusive property of Paris? Nev-ver! This dauntless assertion was what set young male hearts bounding along the city's

shopping thoroughfares yesterday. They are wearing 'em virtually up to the knee now, it was whispered eagerly, and if an other yard goes off— August has been delightfully cool, hasn't

"You can't always depend on early reports from the Dressmakers' Syndicate in Paris," said P. J. Waish, an authority on such subjects. "And, anyway, the Ameri-can weman adopts fashions to suit herself. If they are going to use only four and a half yards of goods for a skirt over there they'll have nothing on the American styles. We used only that much last year. The autumn and winter styles we will show are made up with three and one-half yards There was a time when seven and one-half yards were used for a suit, but not now,

Five yards were enough last year. HOOVERIZING PETTICOATS "But as for the length, skirts will be

little longer, if anything. They couldn't be much shorter, could they?" Among the more thoughtful element, various replies were made to this question.

Philadelphia department store buyers were equally reticent. At one, however, the opinion was freely expressed that skirts material would be scanty to a degree. Only from two and one-half yards to three yards of material would be used for a single skirt, entering no exemption claims, it was In contradistinction from the said. In contradistinction from the skirt of last season, known as the 'barrel skirt' in which the lines widened noticeably along the eastern and western salients and then converged under a heavy barrage, the next big drive would be carried on without any flare between hip and hem, the goods dropping austerely from the hips to a point considerably north of the pavement.

So, all considered, it seems probable that So, all considered, it seems probable that a considerable portfon of the \$90,000,000 worth of woolen or worsted used annually

Few Drops When Corns Hurt, Pain Stops! Corns Lift Out

Don't let corns ache twice! Lift any corn or callus off with fingers-Here's magic!

No humbug! Any corn, whether hard, soft or between the toes, will loosen right up and lift out, without any pain.

This drug is called freezone and is a compound of ether discovered by a Cincinnati chemist.

Ask at any drug store for a small bottle of freezone, which will cost but a triffe, but is sufficient to rid one's feet of every corn or callus.

Put a few drops directly upon any tender, aching corn or callus. Instantly the soreness disappears and shortly the corn or callus will loosen and can be lifted off with the fingers.

Freezone doesn't eat but the corns or calluses but shrivels them without any irritation.

Just think! No pain at all; no soreness or smarting when applying it or afterwards.

Women! Keep freezone on your dresser and apply a few drops whenever a corn begins aching. Pain stops, corn goes!

unfair to characterize as immodest any chicken, frail doll or dame who may be seen next season in a skirt which looks as though it had been made out of a knitted wristlet. She will probably only be doing her bit in conserving the nation's resources, said they.

Sporting writers therefore held to the opinion that when it is put up to the women of Philadelphia frankly and freely, without holding back a bally thing; when, in other words, the choice is laid before them without the slightest shadow of ill-advised reticence; or when, in short, when the word goes forth from the dressmaking chaps up at the top that Pitiless Publicity i the only way in which to save the nation why, then it is a ridiculously safe bet that the ladies, bless 'em, will rally 'round like

But who will go to war if they do?

Tomorrow's War Menu BREAKFAST

Green Gages Fish Cakes Rice Muffins Coffee LUNCHEON Curried Eggs

Graham Bread Slice Iced Tea Sliced Tomatoes DINNER Broiled Halibut

Potato Puffs Lima Beans Fruit Salad French Toast with Syrup

IN THE MOMENT'S MODES

Smart Chapeau of Elephant-Gray Velvet

When the band comes marching down the street and the man with the high cockade in his closely fitting hat performs almost magical feats with his wand, we immediately say one thing of the hat, no matter what we may think of the wand or him, and that one thing is "smart." This being

a more or less military season, such a chapeau as shown in the illustration would not only be in keeping with the time but is very becoming. The model shown in the picture is of elephant-gray velvet with self - colored feather

pompon.

GOOD HEALTH QUESTION BOX

In answer to health questions, Doctor Kellopp in this space will daily give advice on prevent medicine, but in no case will be take the risk of making diagnoses of or prescribing for all-ments requiring swegical treatment or drups. Health questions will be promptly an-swered by personal letters to inquirers who inclose stamped envelopes for reply.

The Code of Health

THERE is a right way and a wrong way coarse cereals will materially assist in increasing the bowel action. Fresh air day and night, systematic exercise and cold bathing all will be be found beneficial.

The wrong way is to live carelessly, takng no thought for consequences, eating or drinking whatever fancy dictates or convenience suggests and following every vagrant impulse.

The right way is to study the laws of health as revealed by scientific research and to find and follow the biologic or scientific way.

After a careful study of the subject for many years the writer has ventured to formulate the following simple health axioms as embodying the principles essential for a long, vigorous and efficient life:

Health Axiom No. 1-Live out of doors as much as possible day and night

Health Axiom No. 2-Eat biologicallythat is, follow the diet of the gorilla and the chimpanzee and other animals nearest to man in their structure.

to man in their structure.

Health Axiom No. 3—Evacuate the wastes of the body three times a day.

Health Axiom No. 4—Walk ten miles a day or do work equivalent.

Health Axiom No. 5—Keep the chest up.

in sitting, standing, walking and working.
Health Axiom No. 6—Sieep eight hours

and recreate sensibly. and active.

Health Axiom No. 8-Avoid poisons. Health Axlom No. 9-Avoid infections. Health Axiom No. 10-Don't worry and

aid the old Hebrew prophet, "Cease to do evil and learn to do well."

The Sweet Potato

What is the food value of sweet potatoes are they readily digested? J. W. H. An ounce of sweet potatoes contains 27.5 calories, which is somewhat more than is found in the Irish potato. They are readily digested if properly cooked and thoroughly

Periodic Cold

Does a periodic cold in the head indicate comething lacking in the system?

A SUBSCRIBER. The recurrence of colds every month or s shows that the resistance of the body is below normal and that is the thing that is lacking. The bodily resistance can be greatly increased by increasing the activity of the kidneys and bowels. A laxative diet consisting largely of fruits, vegetables and Coated Tongue

Have had coated tongue for fifteen years. May this be due to neurasthenia? E. E. No, the neurasthenia is due to the autointoxication which produces the coated tongue. The fault is in the colon. Get the bowels moving three times a day and the neurasthenia will probably soon disappear.

Receding Gums

What is the cause of receding gums? Her thould the diseased gums be treated? H. S. The receding of the gums may be the beginning of pyorrhea. You should immediately consult a competent dentist. He will determine whether extraction of the teeth is necessary. When abscesses have formed at the roots of the teeth, extraction is usually ally necessary. An X-ray is the surest method of diagnosing this condition.

Oatmeal Is Constipating

I have read somewhere that oatmeal per-ridge is binding. In your opinion is oatmea' ever constipating?

Yes: when cooked in the ordinary way, oatmeal porridge is very constipating. When ked after the Scotch fashion it is highly laxative. This is the way: Have the water boiling, stir in the catmeal quickly, continue stirring until it "sets" and serve at once. The time should not be more than five or six minutes. You imagine the porridge will taste raw, but it will not. Some of the oatmeal is not fully cooked, and this has an excellent effect upon the bowels.

Severe Chills

What remedy could you suggest for severe Chills so severe as to cause the teeth to attle are usually due to some sort of infection. Malaria, blood poisoning and sim-ilar conditions are usually accompanied by severe chilis. If this condition persists you should consult a competent physician, who could advise you as to the best remedy.

Whooping Cough

What is the best remedy for a child who has whooping cough? MRS. G. Y. Keep the child outdoors day and night. Give him a copious draught of hot water a short time before the time for the parox-



To You Who Wait Your Baby's Coming___

Have you stored your scented boxes with clothes of dainty charm? Have you stored your mind with the wisdom that mothers need? Have you learned about the bathing and the reg-

ular feeding-and have you learned-most of all-about the food? Fortunate your baby if you can nurse him. Learn this now (you will prove it after the baby comes). If you can't nurse your baby -he must have something so near your own milk he won't feel the difference. Give him

HERE are so many reasons why raw cows' milk is not best. So many dairies are dirty - so many cows are sick - so many thousands of babies get summer complaint and even diphtheria from cows' milk.

But in cows' milk there is something that is good for your baby—and that something is preserved in Nestle's Food.

Nestle's is made from the milk of healthy cows kept in sentery dairies. All the heavy

is soft and fleecy as in mother's milk. Other baby needs are added. It comes to you a dry powder, in an air-tight can-you add only fresh water and boil. Send the coupon for a FREE Trial

Package of 12 feedings and a book about babies

NESTLES FOOD COMPANY 281 Woolworth Hidg., New York Please sand me FREE your book and trial pachage.