

ATTIANCE 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 learn as how to wait, but no one ever got anywhere who has not mastered it, not only in the breach, but in the observance.

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.

Impatience is a futile thing. It exhausts, 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.

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 things now, so that when the need arises we, too, can go up and "stand beneath the cross" just as bravely as the women who have gone before us from the beginning of history.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and must be clearly legible. The editor does not necessarily endorse the opinions expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. Which has greater food value, cream or butter?
2. What is the best way to preserve parsley?
3. How can tar stains be removed?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. If ink is spilled on a white silk blouse, dip the spot at once in boiling hot starch, and it is said this will cause it to disappear.
2. Perspiration stains can be removed from a blouse by soaking in strong salt water before washing.
3. The best and simplest way to mend a torn net curtain is to dip a square of net out to fit into cold starch, lay in the wrong side of the curtain over the rent and iron with a hot iron.

Pickled Beets—Chow-Chow

To the Editor of Woman's Page: Dear Madam—Will you please tell me how to pick the best beets for pickling? Should the vinegar be boiled before pouring over the beets? Also would like a recipe for Mrs. JAMES H. H.

Pickled Beets—Chop one quart of beets fine, add one cupful of 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 seal.
Chow-chow—One large cauliflower, one dozen and a half small cucumbers, one pint pickling onions (very small), six small green peppers, two small red peppers, one quart vinegar, two tablespoons 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 salt water for one-half hour. Put the onions in a bowl, the cauliflower, cucumbers and peppers in another. Add the salt to three quarts of water and let boil ten minutes. Skin 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 of water, pour it over the vegetables. Add the vinegar, heat to the boiling 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 rind pickles?
To pickle watermelon rind cut off all the red part and 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 gallon 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 rind 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.

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?
Four 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 cut 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 beets 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 Page: Dear Madam—Would you kindly publish a recipe for steamed raisin bread? (Mrs.) H. T.
Sift together one cupful each of cornmeal, rye meal and graham flour, one teaspoonful salt and one and one-half teaspoonfuls soda. Add three-fourths cupful molasses, two cupsful sugar, one cupful raisins (not small), one cupful thick sour milk. Heat well of water, add one pound of half-panned butter, and steam in a double boiler for one hour.

Vyvettes



Hat, come out from under that bow!

can gather in the harvest. Nothing worth while ever sprang up over night. THIS lesson of patient cheerful waiting is going to be very forcibly impressed on us during the war. The women of Europe have already learned it and have bravely held on from day to day, waiting in agony for news of those they love, 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 ability to be really helpful.

PRUDERY OR PATRIOTISM—WHICH WILL WIN IN HOOVERIZING SKIRTS THIS FALL SEASON?



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 thing was discussed along Chestnut, Walnut and Market streets by men whose nut and Market streets by men whose faces whitened under their Atlantic City rags as the dreadful import of the news sank into the dizzy whirling old brains. Would they or would they not? The general, deliberate opinion, however, at the end of a perfectly nerve-racking day was that they would. The women, that is, it was said that, taking one thing with another, the women could be depended on to do the sporting thing. It is true that some of the men who had most at stake—the married, to be explicit—contended 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 d'ye have left? All right, the Chestnut Street Snickers Reserve Corps came back at them, what do you have left? 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 place. Paris, of course, is responsible. France, it seems, finds it necessary to restrict the consumption of woollen goods. Therefore, the Dressmakers' Syndicate, now meeting in Paris, has issued the decree that skirts are to be reduced during the coming season both in fullness and in length.

Millions of yards of cloth will be saved 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 all there is to it. The news came by cable yesterday, and with cable talk what they are, it's an awful certitude that the news is only too true. Philadelphia dressmakers and ladies' tailors are inclined to give a brace of rousing pool-pools 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 styles since the beginning of the war and will continue to do so. So much for fashion. But when you come to the question of patriotism, 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. In such patriotism to be the exclusive property of Paris? Never! 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 knees now, it was whispered eagerly, and if another yard goes off—August has been delightfully cool, hasn't it? "You can't always depend on early reports from the Dressmakers' Syndicate in Paris," said P. J. Walsh, an authority on fashion subjects. "And, anyway, the American woman 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."

HOVERIZING PETTICOATS "But as for the length, skirts will be a 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 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 sautients and then converged under a heavy barrage, the next big drive would be carried on without any flare between hip and hem, the goods drooping austere from the hips to a point considerably north of the pavement. So, all considered, it seems probable that a considerable portion of the \$90,000,000 worth of woollen or worsted used annually by the women of America for dress goods will be hoarded like a Hooverized pot of preserves. Students of social economist said yesterday that it would be manifestly unfair to characterize as immodest any chicken, fruit 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 to the top that Pittless Publicity is 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 a flash. But who will go to war if they do?

Tomorrow's War Menu

- BREAKFAST: Green Gages, Fish Cakes, Coffee, Rice Muffins. LUNCHEON: Curried Eggs, Sliced Tomatoes, Iced Tea. DINNER: Broiled Halibut, 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

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnosis of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who enclose stamped envelopes for reply.

The Code of Health

- THERE is a right way and a wrong way of living, just as there is a right and wrong way of doing everything. The wrong way is to live carelessly, taking 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 biologically—that is, follow the diet of the gorilla and the chimpanzee and other animals nearest 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—Sleep eight hours and recreate sensibly. Health Axiom No. 7—Keep the skin clean and active. Health Axiom No. 8—Avoid poisons. Health Axiom No. 9—Avoid infections. Health Axiom No. 10—Don't worry and keep sweet. Said 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? 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 masticated. Periodic Cold Does a periodic cold in the head indicate something lacking in the system? The recurrence of colds every month or so 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...

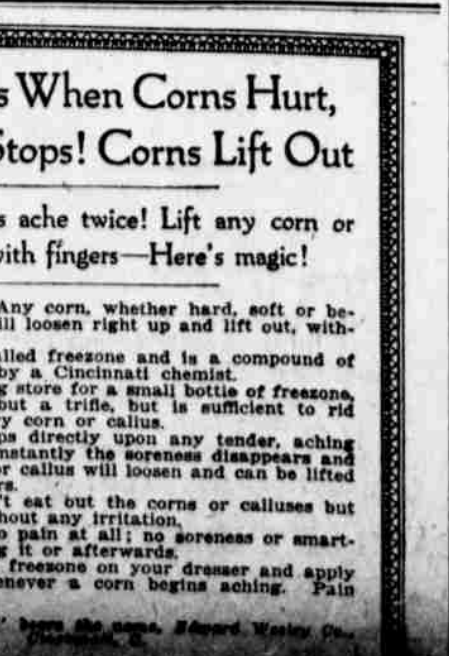
THE CHEERFUL CHERUB

The thunder makes me feel so smart For I'm a futurist you see— It sounds just loud to other folks But always sounds dark blue to me.



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 frezone and is a compound of ether discovered by a Cincinnati chemist. Ask at any drug store for a small bottle of frezone, which will cost but a trifle, 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. Frezone 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 frezone on your dresser and apply a few drops whenever a corn begins aching. Pain stops, corn goes!



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 regular 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 Nestlé's Food (A complete milk food—not a milk modifier) There 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 Nestlé's Food. Nestlé's is made from the milk of healthy cows kept in sanitary 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 by special.

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