ORUM OF WOMEN'S INTERESTS-HOUSEHOLD MATTERS-FASHIONS-ADVICE ON ETIQUETT

There are so

many occasions

on which one

may wear a

Georgette frock,

and the con-

servative woman

who at the same

time wishes to

be smartly

gowned will do

well to have at

least one cos-

tume of that ma-

terial in her

wardrobe. Dur-

ing the summer -

we found the

entire frock of

Georgette to be

lovely and cool.

and with the

coming of fall

we are planning

in combinations.

The dress shown

in the illustra-

tion is a combi-

nation of navy

blue Georgette

and navy taffeta

to match. The

bodice is a very

becoming style

to those who

tend toward the

fuller lines and

the slender miss.

It is embroid-

thread.

a pair of old shoes, and no stockings. When

LONELINESS IN THE DEEPER JOYS AND SORROWS OF LIFE Universal Experience Teaches That Only the

More Superficial Emotions Can Be Shared by Others

Some time or another we all realize that life is fundamentally lonely; no atter how many friends and relatives may possess, no matter how much they are loved, no matter how truly they sympathize in our loys and sorrows, away fown at "rock bottom" we must be always alone. In the ultimate crisis we must decide for ourselves; in our most supreme joys we canhot ever express what is within our souls; in the hour of utter sorrow we must fall back on our own powers of endurance, and at the end of all we must face the unknown eternity alone.

When we are very young or if we are very shallow we may never experience this sense of isolation; for the surface joys, sorrows and experiences can be shared; but as we grow older and feel more deeply we know that loneliness is a quality of the soul, that it lies within us.

TN THE chapter of "Mr. Britling Sees L It Through" in which the hero's many love affairs are described the author lays stress on the fact that it was his imagination, his perennial youth, that led him always out in hope that at last he would meet the perfect companion who, understanding all, would be able to enter completely into his joys and sorrows, to share his real life. Of course, there are a great many who, like him, continue that vain more or less resignedly make up our put it, "To have friends, be one," an minds that we must live and die unknown even by those who are nearest.

At the same time, no one can deny that is pleasant, unselfish, thoughtful for



A little sport cap of khaki, with red stitching on the crown.

sened when some one is sorry for us, that our happiness is increased beyond measure by the sharing, that, in a word, understanding comradeship is the most precious thing in the world.

THIS universal desire for sympathy is I quite natural. In the very beginning of things God found that it was "not good for man to be alone," and there is really no need for it if we show ourselves quest of the impossible; but most of us friendly. Some one or another wisely axiom whose truth is shown a thousand times a day, for the man or woman who

the companionship of one who loves us others, ready to sympathize in another's enough really to enter as far as may be good or evil fortune, is seldom left alone, into our lives is the most perfect of and so far as human companionship can earthly experiences, that our pain is les- go, is pretty sure to taste its sweets.

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 belew are invited. It is understood that the editor does not necessarily indores the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. When cane-seated chairs turn yellow, how 1. Should cold water be used to rimse the bair in their color be restored?

2. How can a felt hat be cleaned and re-2. Is cocon butter good for the skin?

8. How can stains be removed from granite?

ANSWERS TO SATURDAY'S INQUIRIES 1. Chiffon should be cleaned by soulding it first in a weak solution of cold, songy water for a few minutes, then shaking up and down with-out rubbing it. Einse well, dry and iron with a well have the hands; otherwise the nalls become softene and are difficult to file.

2. Bibbons and silks can be freshened by ponging them with a mixture of equal parts of deabol and highly rectified bengine.

3. The best way to clean heavy overalls is to first dip them in a tub of water until they are theroughly saturated, then lay them on a board and serub with a stiff scrubbing brush.

Directions for Knitting Sweater To the Editor of Woman's Page:

Dear Madam-Will you kindly give me full frections for making a pinety-stilch sweater? No suggest articles for Christmas presents thich can be knitted? HENRIGTTA S. Directions for making a ninety-stitch sweater (38 or 40 bust) are as follows: Use five hanks worsted knitting yarn for

body and two balls Angora wool for collar. Back-Cast on 90 stitches, knit plain for 0 ribs, then knit 3 purl 3 for 54 rows new

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

"Nerves-and Their Results" "YES, doctor, Mrs. B telephoned that she wanted you to come over as soon as you returned to the office! Yes. it seemed to be serious; she was greatly agitated."

The prominent surgeon glanced up at the clock after hearing the mes-sage of his trained nurse. It was nearly midnight, Should he go? Mrs. Bwas a rich woman a good patient whom it would not be wise to neglect. There were some things the doctor didn't like about her, however. She seemed to insist on always introducing a personal note into their conversations, which made him both uncomfortable and cautious, for, as a specialist, the physician had to be "MA" SUNDAY

extremely careful to keep his reputation from the slightest breath of scandal. The doctor decided to telephone the house

first. The lady's confidential maid answered the call with the announcement. "Madame is in bed, too miserable to come to the telephone. Yes, she required him

mediately. When he arrived, the physician found his patient in a state of extreme agitation, but not too ill to have donned a becoming negligee. He found, after a brief examinaregarget. He found, after a brief examina-tion, however, that her trouble was dornes-tic and not physical. Her husband had accused her of infidelity, and was baving her watched even then by detectives. Sine sobbed he wanted to get rid of her now that he had run through all her money. What should she do?

The doctor had always seemed so sym-pathetic and friendly whenever she was ill, she had sent for him in her dilemma. He replied sternly she had no right to impose in such a way upon the kindness of a busy professional man, that he was a doctor of physical aliments, and not a healer of do-mestic difficulties. In reply, she sprang up and flung her arms around him hysterically, begging him not to desert her; that she had

to one else to turn to. At this moment, the husband and two ered in gold detectives burst into the room. They had been waiting for just such a chance. The doctor's protestations of innocence were met

naming the surgeon in the action. Though he was wholly blameless in thought and deed, the scandal wrecked his career. He had to pay the penalty of a foolish woman's thoughtless indiscretion.

ish virgin-who persists in her folly. There may, at times, be a vital, physical

. .ss, and sometimes both. When such a woman is weak enough and

dens on others, it is high time that she open the doors of her heart and take an

Dear Madam—Will you kindly tell me through the Woman's Exchange how to remove mildew from a shower bath curtain? It seems to be of heavy canvas-like material. MRS. H. another's reputation is careless to the point of selfshness and more. Murder and always a matter of physical killing. Some-times the happiness of a whole life can be blasted by a careless action or a thought-less word. mix the pulp of a raw ripe apple to a paste

IN THE MOMENT'S MODES Of Navy Blue Georgette and Taffeta



a pair of old shoes, and no stockings. When I asked her how about it, she said her moth-or had made her trade them to a second-hand man for two pairs of shoes, for her little brother and herself. That made number is abottle of milk, and Jim showed me how to make coffee. He said he was going to leave a bottle of milk on my porch every morning and kee her show me where she lived. She told her mother that I was the good little girl who gave her the new shoes. Hor mother smiled, but I told her mother to get the other pafr of old shoes, for my father was a pollceman and I was mad. So she did, and then I made Rowdy growi at her second-hand store was. The man did not twant to trade back till he knew that with solution in the didn't. So then we went back, met bits him if he didn't. So then we went back, School was half over by that time, so I

want to trade back till he knew that my father was a policeman and Rowdy would bits him if he didn't. So then we went back, and I made the little foreign girl put on the shoes and stockings. "Making Coffee," the next Patsy Kildare ad-venture, appears in tomorrow's Evening Ledger.

GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kelloop in this space will daily give advice an prevented inclusion of the second will be take the risk of making diagnoses of or preservising for all ments requiring surgical treatment or drugs. Health questions will be prevented by an swered by personal letters to inquirers who inclose stamped envelopes for reply.

Obesity

THERE are, of course, degrees of often due to disturbance of the digestive organs; generally intestinal autointoxica-tion is the cause. Diseased tonells and pyorrhea may be the cause. or 15 per cent greater than that of the average person of his height may be said to be overfat. When the excess of fat to be overfat. When the excess of fat amounts to 25 per cent of the normal weight of the individual he may be said to be obese. Cases are sometimes met in which the fat accumulation is so great that the person's weight has become more than double the normal. Such a person is dan-gerously obese. Any person whose weight is fifteen or twenty pounds more than the normal weight for a person of his height should take measures to reduce his weight. The most common cause is overeating.

should take measures to reduce his weight. The most common cause is overeating, or eating an excess of fats. An excessive intake of starchy foods also tends to pro-duce an excessive accumulation of flesh. The same is true of sugar. Candy eating is undoubtedly a frequent cause of an ex-cessive fat accumulation. Food is fuel; fat is unused fuel. In present vests another form of obseity.

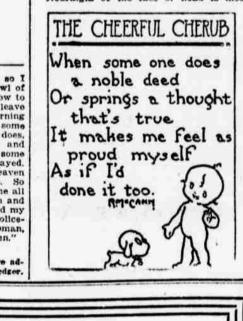
In recent years another form of obesity In recent years another form of obesity has been recognized which can scarcely be said to be due to overeating. This form of the disease has been shown to be due to a disturbance of the internal secretions. Persons who suffer from this form of obesity are often pale. They may be small eaters. The difficulty appears to be that the food is not utilized; that is, the food fuel is not burned as efficiently as it should be. The individual is like a furnace that has insufficient draft. The fuel, not being properly burned, accumulates, and the furproperly burned, accumulates, and the fur nace is choked.

nace is choked. Obcze persons are generally persons who have a good appetite and good digestion, and on this account are likely to cat more than on this account are hear to be the that the body requires to maintain the normal body temperature of 100 degrees and the necessary output of energy. When a per-son finds himself gaining in weight this fact is usually evidence that his intake of food fuel is greater than the consumption. This every of intake will be deposited as This excess of intake will be deposited as reserve tissue or fat.

Milk and Cherries

Do milk and cherries together cause a chem teal change in the stomach? Likewise heer and cherries? J. C. T. Cherries are not incompatible with milk. if well chewed. Beer and cherries do not cause any chemical change that we know of in the stomach, but the alcohol contained in the beer hinders the digestion of any kind of food and therefore should not be used in combination with cherries or any-thing else. Alcohol taken in any form is harmful, and we would not advise you to continue its use.

Neuralgia of the Face What causes neuralsta in the head and face, and what constitutes a cure? MAX S. Neuralgia of the face or head is most



To Control the Appetite What is the best means of controlling as as normal appetite? F. S. H. Thorough mastication of the food and

the use of fruits and green vegetables. It is well to take a little food half an hour before the meal. This has a tendency to lessen the appetite.

Diet for Flatulence

What should be the diet when starchy, ack and sweet foods cause excessive flatulenes? M. W. Flatulence is almost always due to constipation. The bowels should be made to

nove three times a day. For immediate relief a warm enema may be administered (Copyright)

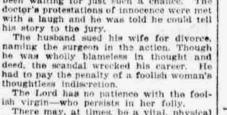


Nowonder living is high!

Millions of bushels of Fruit are shamefully

wasted every year-

SAVE FRUIT



It will be necessary to take the curtain down. Wet the spots with boiling water, wring dry, then dip in sour mlik, lay in the sun and cover thickly with salt , Or

(Copyright, 1917, by the Bell Syndicute, Inc.) on the spots in the sun. Sait and lemon is Wednesday-Hannah Doston, Who Did Her Part.

reason for a hysterical woman, but nine times out of ten it is a case of "nerves." And more, it is generally an outburst of other petty temper or unadulterated selfish-

selfish enough to inflict her fancled bur-

open the doors of her heart and take an honest, critical survey of her mner self. She doesn't need medicine. She doesn't need "petting." She doesn't need sym-pathy. She needs God. A good reputation is the greatest asset a man or woman can have in this life next to an abiding enduring faith in God. And if they have the right faith in God, their reputation will take care of itself. The person who thoughtless's endancers another's reputation is careless to the noist

knit 11 ribs plain, increase 1 stitch at each end of every other row until there are 102 stitches on needle, now start to cast on at each end the stitches for the sleeves, always working one row plain after each increase. first 20 stitches, then 15 stitches, then twice 10 stitches, having added 55 stitches for each sleeve, knit plain until there are 24 ribs at the wrist, slip the first 95 stitches off on an extra needle, bind off 22 stitch for the neck, and on the remaining 95 stitches start front.

Front-Knit 5 ribs for shoulder, then ast on 16 stitches toward the front, knit cast on 16 stitches toward the front, knit 19 ribs on this length, they start to bind off for the sleeve as follows: First 10 stitches, then 10 again, then 15, then 20, now decrease 1 stitch every other row toward the underarm until 51 stitches re-main, knit 5 ribs on this length, alip off on an extra needle, work second front to correspond, slip all the stitches on to one needle, work 6 ribs on the entire length, then knit 3, puri 3 for 54 rows, knit 50 ribs plain, bind off. Cuffs-With No. 3 needle pick up 45

Cuffs-With No. 3 needle pick up 45 titches at end of sleeve, knit 3, purl 3 for Inches, bind off. Sew up sleeve and underarm

Collar—With No. 8 needles and Angora wool pick up the stitches from shoulder to shoulder, decrease 1 stitch at each end every row until 3 stitches remain, bind off, now pick up the stitches all around the neek, knit 4 inches, bind off.

Sew on the buttons and crochet a cord long enough to form 2 loops, fasten over buttons.

Collar and cuff sets of white or gray Angora make useful Christmas gifts, also bed slippers, belts, hat bands, neckties and mufflers.

Proper Serving of Refreshments To the Editor of Woman's Page.

To the Editor of Woman's Page: Dear Madam—Our daughter is getting mar-ried in October and after they return from their trip we would like to have a recription on a sourd sixty events, and as out. There may be about sixty guests, and as out. There may be about sixty guests, and as out. There may be about sixty guests, and as out. There may be about sixty guests, and as out. There may be about sixty guests, and as out. There may be be as the the proper thing to do: (1) To have half can while the rest wait, or the pass the things around to all at the same ime in the pacing around to all at the same ime in the pacing the served in either case? We do to so to great axpense or have any-thing very elaborate. (3) Where should be served in each be placed or table, or when and how served if placed around? (1) If you cannot seat all your guests

(1) Where should the wedding cake be placed or owner when and how served it passed. (Mrs.) J. W. H. (1) If you cannot seat all your guests to be present of the serve a buffet or "stand-up" pupper, as it is called. Place just a few pupper, as it is called. Place just a few provides the dining-room, so that any old provide the women. Do root, under any out the some of the women. Do root, under any be seated if they are not well able to some of the women. Do root, under any be seated the women do the guest. (1) and the women do the seated with the dining room or frappe, cakes and coffee in small seater. The welding take can be placed in the seater of the table from which the restrict hasped while boxes tied with wh

Husband's Signature on Check

Editor of Woman's Page: Madam-Please tell me if a man has in the bank can his wife make out a thout his signature? If so, whose hame is sign, his of hers? ANXIOUS.

Iron Rust on Shirt To the Editor of Woman's Page:

with a liberal quantity of salt and spread

3. Can a broad nose be made narrower?

1. Fingernalls should be filed before washing

2. Long-pointed nails are not in good taste

a nail should be kept short and rounded to the

3. The edges of the fingernalis can be smoothed after filing with an emery board.

Mildewed Bath Curtains

To the Editor of Woman's Page:

shape of the finger.

ulso good.

Dear Madam-Please tell me how to remo Wet the spots in boiling water, cover thickly with sait, lay in the sunshine over a piece of bright tin and squeeze on them the juice of a lemon or a ripe tomato, wash out in hot water and I think you will find that the stains have disappeared. Repeat the treatment if necessary.

Repairing Bowl

To the Editor of Woman's Page:

Dear Madam—Perhapa your readers will like to hear of a discovery I made the other day. I had an earthenware bowl which was cracked so that I could not put anything liquid in it. I covered the outside of the crack with a coating of shellac. This seemed to fill up the eperf place so that now I can use it for liquids and it will not leak. J. S. H.

To Clean Tarnished Silver Lace To the Editor of Woman's Page:

Dear Madam-Can you tell me how to clean sliver lace that has become tarnished? P. I.,

If the lace is tarnished, rub a little warm alcohol on the tarnished spots. Then sew the lace on a clean linen band and boil it in a quart of soft water and a quarter of a pound of soap. Wash afterward in cold water.

Paper Sticks to Floor

To the Editor of Woman's Page: Dear Madam-Will you kindly tell me how inling paper can be removed from the floor? We have taken up the carpets to replace with rugs and find the paper sticking to the floor, which had been painted at some other time, we wish to repaint. MRS, J. A. B.

If you intend to repaint the floor and do not mind scratching the old paint, you will find that a brisk scrubbing with a solution of lye water or scraping with sandpaper fol-lowed by a scrubbing with hot scapy water will remove the paper. If you do not want to damage the paint, however, I should advise you to that irv sonking well with water you to just try soaking well with warm soapy water, then using a stiff scrubbing brush.

Desire Music Books

Mrs. I. E. H., F. S., Arthur G., S. M. W. H. and others.—I have sent your applica-tions for these books to the person who made the offer; she will communicate with you.

To Wash White Silk Hoslery

To the Editor of Woman's Page: Dear Madam How can I best wash white silk stockings to keep them from turning yel-low?

iow? L. A. B. White stockings will all turn yallow eventually, although if care is exercised in washing them they will keep their white-ness for some time. Do not rub soap on the stockings; instead make a lather of pure white soap and lukewarm water and souse the stockings up and down in this until clean. It is said a few drops of tur-pentine in the rinse water will prevent yel-lowness.

Water Spots on Velvet To the Editor of Woman's Page:

Dear Madam-How can water spots be re-moved from a velvet bat, also from a plush coat? RUTH S.

Hold the hat above the spout of a teakettle, then brush it with a stiff brush to raine the pile. The plush coat can be im-proved by stretching it a little at a time over a damp cloth laid on the face of a very hot iron and brushing hard while the steam

Patsy Kildare, Outlaw By JUDD MORTIMER LEWIS

Setting Things Right

FTER I woke this morning I lay still A for a long time, for I had so much to think about. Rowdy pushed his nose under my hand at last, so I kissed him on the nose as usual, but did not get up. He steed wagging his tail and we went on thinking about the circus.

We were thinking what funny things God does, for if He had given half the giraff's neck to the elephant the giraffe would still have had enough neck and the elephant would not have needed such a long nose. I should hate to have to go along the road holding up my head to keep my nose from dragging on the ground the way an elephant has to do. Then there was a snake in the side show that went sliddering around its cage on its stummick. It must be awful hard to learn to do that. I got out of bed and tried it on the floor, but all I did was wiggle and I did not get anywhere.

wiggle and I did not get anywhere, If God had given the snake four legs off the thousand-legged worm the worm would still have more legs than it needs and the snake could get along much faster. Or God might have given the snake half the legs the worm has and that would have been much better, for if it was a long snake and it had only four legs its belly might drag and get all scratched up. It is hard to tell whother God made mistakes with those animals or was just trying to be funny. I think if I had a lot of animals to put together I should mix up a few of them like that just to see how they would look and to have something to laugh at. omething to laugh at. God did not make the elephant's skin to

fit so the poor thing looks sloppy. If the tailor made my father a pair of pants like that my father would land on his nose, but then an elephant is only a poor ignorant article. animal

when my father came in from his night watching Rowdy barked and I flung a pil-low at him and we all started the day laughing, which is the best way. Thon I washed my hands and face and stirred the pancakes while my father watched me to see that I did it right. I flopped them with-out missing once, which I think is pretty good. Old Maid Tompkins says it is wicked to be proud, but that is because she has nothing to be proud about. I guess if she had hair like mine and could turn over end-ways and walk on her hands and swin and climb trees and run for half a day without why a nu wak on her hands and swim and climb trees and run for half a day without getting tired, she would be proud, too. I can do all those things and so I am as proud as I can be. I do not think any one should be proud of clothes, because any one can have clothes who has money, but the things you can do are the things to be proud

about. Rowdy and I went to school with our fest hardly touching the ground. But there I saw the little foreign gir! and she was not wearing my new shoes that I gave her, but

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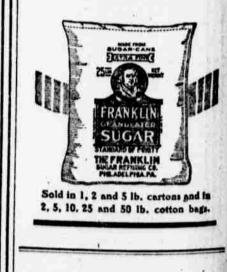
Back of every pound we sell is a guarantee (not written; broader than that; better)-a guarantee of Absolute Satisfaction to the Buyer.

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