

WOMEN'S INTERESTS—HOUSEHOLD MATTERS—FASHIONS—ADVICE ON ETIQUETTE

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 matter how many friends and relatives we may possess, no matter how much they are loved, no matter how truly they sympathize in our joys and sorrows, away down at "rock bottom" we must be always alone.

Vyvettes



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

IN THE chapter of "Mr. Brilliant Sees 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.

THIS universal desire for sympathy is 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 friendly. Some one or another wisely put it, "To have friends, be one," an axiom whose truth is shown a thousand times a day, for the man or woman who is pleasant, unselfish, thoughtful for others, ready to sympathize in another's good or evil fortune, is seldom left alone, and so far as human companionship can 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 should be addressed to the editor. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiments expressed. All communications should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. When cane-seated chairs turn yellow, how can their color be restored?
2. How can a felt hat be cleaned and reshaped?
3. How can stains be removed from granite?

1. Should cold water be used to rinse the hair after shampooing?
2. Is cocoa butter good for the skin?
3. Can a broad nose be made narrower?

ANSWERS TO SATURDAY'S INQUIRIES
1. Chlorox should be cleaned by soaking it first in a weak solution of cold, soapy water for a few minutes, then shaking up and down without rubbing it. Rinse well, dry and iron with a cool iron.

1. Finer nails should be filed before washing the hands; otherwise the nails become softened and are difficult to file.
2. Long-pointed nails are not in good taste; a nail should be kept short and rounded to the shape of the finger.
3. The edges of the fingernails can be smoothed after filing with an emery board.

Directions for Knitting Sweater
Dear Madam—Will you kindly give me full directions for making the sweater? Also suggest articles for Christmas presents which can be knitted.
HENRIETTA

Mildewed Bath Curtains
Dear Madam—Please tell me how to remove the mildew from bath curtains? It seems to be of heavy canvas-like material.
MRS. H.

Dear Madam—Will you kindly tell me through the Woman's Exchange how to remove mildew from a sweater knit in cotton? It seems to be of heavy canvas-like material.
MRS. H.

Dear Madam—Please tell me how to remove iron rust from a new shirt.
A. C. U.

Dear Madam—Perhaps 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 crack, so that now I can use it for liquids and it will not leak.
J. S. H.

Dear Madam—Can you tell me how to clean silver lace that has become tarnished.
M. P. L.

Dear Madam—Will you kindly tell me how to remove paper from the floor? I have taken up the floor and find the paper sticking to the floor, which has been painted at some other time. We wish to repaint.
M. A. B.

Dear Madam—How can I best wash white silk stockings to keep them from turning yellow?
L. A. B.

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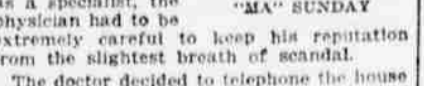
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"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist 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.



"MA" SUNDAY

The prominent surgeon glanced up at the clock after hearing the message of his trained nurse. It was nearly midnight. Should he go? Mrs. B— was a rich woman, a good patient whom it would not be wise to neglect.

There are so many occasions on which one may wear a Georgette frock, and the conservative woman who at the same time wishes to be smartly gowned will do well to have at least one costume of that material in her wardrobe.

IN THE MOMENT'S MODES

Of Navy Blue Georgette and Taffeta



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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 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.

Obesity often due to disturbance of the digestive organs; generally intestinal autointoxication is the cause. Diets of low caloric value may be the cause.

To Control the Appetite What is the best means of controlling an abnormal appetite? F. S. H.

Diet for Flatulence What should be the diet when starch, and sweet foods cause excessive flatulence? A. W.

Do milk and cherries together cause a chemical change in the stomach? Likewise beer and cherries? J. C. T.

Neuralgia of the Face What causes neuralgia in the head and face, and what constitutes a cure? MAX S.

THE CHEERFUL CHERUB When some one does a noble deed Or springs a thought that's true It makes me feel as proud myself As if I'd done it too.

"Making Coffee." The next Patsy Kildare adventure, appears in tomorrow's Evening Ledger.

Do milk and cherries together cause a chemical change in the stomach? Likewise beer 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 anything else. Alcohol taken in any form is harmful, and we would not advise you to continue its use.

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"COME, GIVE US A TASTE OF YOUR QUALITY."

(HAMLET)

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