HE REALM OF FEMININITY—FASHIONS—HOUSEHOLD HINTS—DR. KELLOGG'S HEALTH TALKS

DEBT WE OWE TO THE MEN OF THE ARMY AND NAVY

Our Sacrifices for Them Are Unutterably Trivial When Compared With the Sacrifice They Have Made

Vyvettes

With such trimming as this on a

hat, one can't always tell whether

the hat in question is "going or

coming"-till it's put on the head!

return, the infinitesimal sacrifices which

we are called upon to make, the weeny

amount of work that we are able to do.

Why, there should be nothing that we

would not be glad to give! And yet all

we are asked for is a little attention to

and time to provide some comforts,

magazines and books with which we are

through, a few cigarettes and delicacies

tiny, tiny things that would cost us noth-

ing but a little self-denial and thought,

2. What initials should a married woman use

3. Under what circumstances is tollet water harmful to the skin?

1. Very cold water should not be used in rinsing the hair after shampooing, as it is too

2. Cocon butter is excellent for a dry condi-

tion of the skin and is also advantageous when tissue building is needed; too frequent use, however, will stimulate the growth of hair.

3. By constantly pressing the nose and wear

Invitation to Friend's Fiancee

Dear Mailam-I am going to be married the end of next month and am to have a large risch wedding. A friend of mine, a young man who used to take me out a great deal, has

anothered his engagement to a girl I know very slightly and do not care for at all. With the because it is not care for at all. With the because it is not will you kindly the manufacture of ministers wife? I want to wear a regulation bridial dress with a veil but do not want a train. Will this look out of place? BELLA.

It would be highly improper to invite the

young man to your wedding without includ-

ing his fiancee. Your personal feelings

should not enter into the matter at all.

After an engagement has been announced

it is customary to include both the man and the girl in all entertainments at which

both sexes are present. It would be most

discourteous to omit sending an invitation to the wife of your minister. Many brides

dispense with trains these days. You could,

however, have your frock made short, the have a separate court train made especially for the wedding and discarded afterward. But if you do not care to do this the long veil will take the place of a train.

Afternoon Tea

To the Editor of Woman's Fage.

Door Madam—When taking afternoon tea is it proper to take cream or should length always be taken? What can be served with ten is. 18. 18.

It is more usual to take lemon with tea in the afternoon, but is purely a matter of choice. Daintily cut bread-and-butter sandwiches, jelly sandwiches, cheese sand-wiches, sand tarts or other little cakes can be served.

Calling by Christian Names

Dear Madam—Will you tell me in your column whether, when a young man and a girl are friends, the girl should first begin to call the man by his Christian name, or if it is the man's place? Also, how long should two persons know each other before they do this?

each ether before they do this? OLIVE.

It is usual for the girl to take the initiative in such matters. Dropping the more formal/titles when addressing each other can never be determined by length of acquaintance. There are some people who are life-long friends yet never advance to that stage of intimacy which permits dropping the surname when addressing each other, while others become so well acquainted in a short time that it seems perfectly natural to call them by their first names. If one is thrown with a number of persons for very long at a house party

of persons for very long at a house party or in some isolated place, a more intimate basis is at once established.

To the Editor of Woman's Page:

Dear Madam—Won't you give me a little advice on social matters? I am a young married woman and my husband and I have been entertained several times by friends of his at dinner. Must I go and call on them, or should I entertain them at dinner instead? I want to do what is correct, but as we have very little money. I cannot afford to entertain very much.

According to the rules of etiquette a call should be made within two or three weeks of the dinner, although in the modern hustle and bustle many persons neglect these social amenities. It is not necessary for you to entertain these people at dinner, although it is a graceful thing to do and you could hardly go on accepting their hospitality indefinitely without in a measure returning it.

Whereabouts of Cousin

To the Editor of Woman's Page:

To the Editor of Woman's Page:

great a shock to the nerve centers.

ing wherever possible a clothespin may be made slightly narrower.

To the Editor of Woman's Page:

AST week a troopship steamed out from an Atlantic port and packed on it were 10,000 magazines of every type They had been gathered up by the Navy Yard Y. M. C. A. so that the men on board would have some light reading with which to while away their few leis ure hours. Each week other ships are going and each one ought to bear its cargo of current magazines, but it will take some "hustling." What are we going to do about it?

There is hardly a single individual who does not buy one or more periodicals each month, most of us subscribe to two or three; and surely it would not be too much of a sacrifice to read them quickly and pass them on to the men who are going out to face hardships and possibly death that you and I may live quietly and comfortably at home.

THEY have given up so much for us. Have you ever thought about it? Some of them have put aside professions and businesses in which they were well established; others have stopped their training for the future at college or professional school; all have given up the peaceful enjoyment of their homes-and for what? For an ideal, the most beautiful of ideals, that others may have the blessing of freedom that we enjoy.

"Greater love than this no man hath than to lay down his life for his friend," the ways of our household, a little money But what about the man who is willing to lay it down for those whom he has enough thought not to throw away the never seen, for those who differ from him in race, tongue, religion, everything? Surely his is the most perfect love this to provide variety for their meals-such earth can ever know!

WE OUGHT to remember all this and while in return we are receiving safety then, if we dare, weigh in the bal- and freedom coating the lives of our own ance the trivial things we can offer in men!

2. How can gilt frames be best cleaned?

from turning quite yellow?

3. How can valuable papers be prevented

1. The color of cane seats in chairs can be restored by cleaning with a solution of oxalic seld.

2. To clean a felt hat, use ammonia and water: if greasy, wash with fuller's earth. Dilute hot glue with hot water and apply this on the inside of the hat, then block while it is

3. To remove stains from granite, scour with a paste made of one cunce of oxgall, one gill strong solution of caustic soda, one and one-half tablespoonfuls turpentine, pipeclay enough to make it thick.

To Can Fruit Juices

Dear Madam-Will you please give directions

These small fruits can be placed in a

cloth sack, heated for thirty minutes, or until the juice runs freely, then allowed to drip; or they can be crushed in a fruit press.

Strain through two thicknesses of cotton flannel to remove the sediment, sweeten slightly, bottle, closes by filling the neck

alightly, bottle, closes by filling the neck of the bottle with a thick pad of sterilized

cotton, heat to 180 degrees or until air bubbles begin to form on the bottom of the

cooker, and keep at this temperature from one and one-half to two hours. Or heat to 200 degrees and held at this temperature

for thirty minutes Cork without removing the cotton. If canned in jars, screw the

lid down loosely, as when canning fruits and vegetables, and seal after cooking.

Soused Pigs' Feet

Dear Madam—Please print directions for making soused pigs' feet. (Mrs.) O. C. P. Pour boiling water over one set of pigs' feet; scrape clean, chop off toes, put on to boil in three quarts of cold water with one

boil in three quarts of cold water with one tablespoonful salt, one bay leaf, three cloves, three peppercorns. Boil gently for two hours until the meat falls from the bones; there should by this time be one pint of stock in the boiler. Pick the meat from the bones and cut into small pieces. Squeeze one-half of a lemon and cut the other slice in half, add one tablespoonful vinegar, put in with the stock, take out the bay leaf, but not the cloves or peppercorn, and pour into a mold or glass dish to harden.

Tomato Pickle

To the Editor of Woman's Page:

To the Editor of Woman's Page:

Dear Madam—The following recipe for lamato pickle is good: Slice one sound peck of treen tomatoes, one quart of onlots, one dozen of sreen tomatoes, one quart of onlots, one dozen of sreen and red peppers; remove all seeds, also air long red peppers, seeds taken out (salt and drain these overnight), four large stalks or six small ones of celery cut up in small pieces; add to drained bulk, piace in kettle. Add one ounce of best ground mustard, one ounce whole mustard seed, one teaspoonful of ground cloves, one quarter of an ounce of whole cloves, one reaspoonful of ground gligger, one teaspoonful ground slippice, one-half teaspoonful ground slippice, two bounds of sugar, two quarts of clear vinegar. Dissolve 5 cents worth of turmeric in some of the vinegar. After starting to boil, let boil well one full hour then put into jars which are air-tight and it will keep for years.

(Mrs.) D. L. J.

To Take Castor Oil

To the Editor of Woman's Page:

Dear Madam—Can you suggest to me tow I can give easier oil to my little boy? He will not take it in sarsaparilla, for he says he tastes (Mrs.) WillelAM W.

If you will pour a small quantity of lem n juice into a glass, then add the castor il and cover this with another generous

layer of lemon juice (unsweetened), you will find that the lemon will completely disguise the oil. Orange juice, although not

To Cleanse Paraffin

so effective a disgutse, will some taken more readily by children.

v times parafin can be cleaned with h in cold water. If this does not all the dirt, says a specialist of ited States Department of Agriculat the parafin to boiling and straining two or three thicknesses of the placed over a funnel. Or a yer of absorbent cotton over one se of cheesecloth may be used as abset. One straining should be sufficiently, but if the parafin still is

To the Editor of Woman's Page:

To the Editor of Woman's Page:

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 califor does not necessarily indorse the sentiment expressed. All commissionations for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

many even cupfuls of flour equal | 1. Is it correct for a young unmarried woman to use the initial of her given name on stationery?

Patsy Kildare, Outlaw By JUDD MORTIMER LEWIS

Making Coffee

WHEN I woke this morning I was stand-ing in the middle of the floor trying to remember what I had got up for. Then all of a sudden I remembered Jim had said that he would leave a bottle of milk at our door every morning, so that I could make

door every morning, so that I could make coffee for my father.

I went to see if Jim had left the milk and he had, so I made some coffee. It was all done when I heard my father coming home from his night watching. I grabbed it off the stove and slid it under the bed Just as he came up the steps. When he came in I was flopping bancake as if sugar would not melt in my mouth. He kissed me and patted Howdy, and I hugged him with one arm and dropped a pancake out of the spider down dropped a pancake out of the spider down his back with the other, which made a lot of excitement, and got a laugh out of all of us, for one side of the pancake was still bat-

My father kept wrinkling up his nose and my tather kept wrinkling and sniffing. Then he said. "Some one in this nelghborhood is making coffee, and it smells good." Then when he sat down I got a cup and dusted it off and poured it full of coffee behind his neck and set it in front of him with the bettle of milk and he perty had at. bottle of milk, and he nearly had a fit. His eyes looked so funny that I thought he was crying, but his mouth looked so quirky that I knew he was laughing. He got up and found some sugar that my mother must have bought, and he certainly seemed to like his breakfast. like his breakfast.

I felt pretty good when I took some mone out of his pocket and Rowdy and I started to ramble. It was the first morning for quite a while that I did not know where to go. There was no use going to the white house up the other side of the river, for the full moon will not come till tomorrow night. I shall certainly be glad to get that moon off my mind. So I went up by the Carpenters' and Wilbur was across the road in the vacant lot practicing football with a bunch of hids. I went back home and put one of of kids. I went back home and put one of my father's shoes on one foot and went back thinking maybe they would ask me to play with them, for I could run faster and kick harder and fight better than any of them. I stood around with the foot with the shoe on stuck out in front of me till nearly noon, so they could see what I had to kick with, but there was nothing doing, so I took my father's shoe and hid it under a bridge

a ross a gutter and went out to Jim's.
I had had so much breakfast that I did not want bread and milk, but I fixed some for Rowdy, for he is always empty. Then I went and took a swim and it was fine, it was so cold, and then I rambled and went to une's, for I do not want her to forget me June was very glad to see me, and her father was, too. Their cook made some little bis-cuits for supper on purpose for me. I told June about the circus, and she had been there, too. I asked her what she thought about gives the elephant part of the giraffe's need on she said the giraffe's need bardly reached the ground as it was I said. "For cat's sake, couldn't God make its front less shorter and its bind less longer, so it legs shorter and its hind legs longer, so it would tip the other way?" She said, "Yes, but then it could not reach up into the trees to get the young and tender leaves it loves I said, "Couldn't God take a day off and show it how to climb trees? Nobody showed me, and I can climb a tree like a bird. Have you been to the matinee lately?" She said.
"No." I kept still quite a while, thinking she would say, "Let's go," but she didn't.
I asked her if her beau was coming, and she said "No." I asked her why, but she was kind of snippy and said there were lots of things besides the back of my neck that I could not see. I had never thought of that, so I turned around two or three times very quick trying to see the back of my neck, but it always got around just before I could see it. I'll have to practice a good deal to get to do that, but I can, if any-

I stayed all night and wore one of June's nighties and wiped Rowdy's feet before we went to bed.

"The Full Moon," the next Patsy Kildare ad-enture, appears in tomorrow's Evening Ledger,

Tomorrow's War Menu

BREAKFAST Grapes Cold Cereal with Cream Whole Wheat Muffins Co LUNCHEON

Salmon Salad Corn Muffins Iced Tea DINNER

Deviled Clams Banana Fritters Stewed Tomatoes Lettuce, French Dressing Chocolate Cornstarch

THE CHEERFUL CHERUB

In country places olad birds sing Unheard through all the summer day. Unnoticed in the city streets The little children chirp and play.

IN THE MOMENT'S MODES

Ribbon and Feathers Are Favored Fall Hat Trimming FOR semitailored chapeaux grosr grain ribbon is the trimming most favored by the millinery style creators. It is appearing in ruches, cockades, military ornaments, bows and bands. In some instances it is wired, which is a new note in its employment. It is used on satin, velvet and felt hats. Feathers are favorites with the millinery folk, but they are not offered in conventional or natural form. There are feather cockades, ruches and bands. The first fall models have also brought forth simulated feathers—ornaments made of felt, velour, silk and gelatin.



PRETTY MAIDS ENTER SURF COSTUME CONTEST

Fifty Girls in Bathing Suits Will Feature in Ball Tonight at Atlantic City

LIFE GUARDS HAVE DRILL

ATLANTIC CITY, Aug. 28 The best proof that September will be a big month for visitors is the announcement that the railroads will continue their summer schedules until the 30th of September inclusive. Prior to this year Labor Day marked the close of the summer season and the railroads curtailed their train service. Last summer the schedule was maintained a few days longer, because of the infantile paralysis epidemic, which caused a great many families to prolong their summer visit. Samuel P. Leeds, president of the Chamber of Commerce says the time is not far distant when Atlantic City will be entertaining 200,000 visitors in the winter months. Residents are gradually becoming accustomed to the fact that the seasons are changing at the shore and that the early fall is far more profitable than the late spring, as far as the number of visitors is

KEEP "LID" DOWN

There isn't a chance of the "lid" slippin a fraction of an inch on Sunday. Saloon-men who hoped to make ar entering wedge by serving so-called soft drinks on the first day of the week have been notified that all purveyors of alcoholic beverages must keep their establishments locked on Sunday, and there may be no deviation from this order. Life guards were out on the beach bright and early this morning putting the finish-ing touches to their military drill, which will be one of the features of their annual ball to be held on the Million-Dollar Pler ball to be held on the Million-Dollar Pler tonight. Pretty girls in natty surf attire have been observed by the life guards all the week, with the result, that they have selected a bevy of winsome maids to appear in the costume contest. Dr. Charles Bossert, head of the beach forces, declares that he has no less than fifty entries in the contest for the best-looking surf costumed for the season of 1917. One of the special features will be a group of girls

special features will be a group of girls wearing costumes typical of each year the guards have been giving their annual ball, dating from 1917. MANY NOTABLES AT SHORE Mrs. George A. Spotz, of Philadelphia, was hostess at the fortnightly bridge party Among the players were Mrs. Frederick Rollman, Mrs. W. Chandler Stewart, Mrs. Harry Viia, Mrs. David Fitzsimmons, Mrs. Harry B. Leeds, Mrs. Carlton Godfrey, Mrs. H. G. Herr, Mrs. Richard Octlers, Mrs. Charles Kugler, Mrs. Williard M. Mason, Mrs. Albert J. Feyl, Miss Jessje E. Schanz,

Mrs. Gustavus Seidel, Mrs. A. Lincoln Myers, Mrs. Frederick Rollman, Mrs. Harry Parsons, Mrs. Theodore Senseman, Mrs. Herman Mulock, Mrs. Daniel McClinch. Mrs. George H. Young, Mrs. Ethel Keebler, Mrs. H. W. Hemphill, Mrs. Carl Schulte. Miss Myra Cole. Mrs. Frank A. Bedford will be hostess

to the Thursday bridge party at the Chelsea Yacht Club this week.

Congressman Sydney Mudd, of Maryland, who was here earlier in the summer, is among the visitors, and exchanged greetings on the Walk with Congressman McClintock, of Oklahoma, and Congressman Bacharach, of this district.

Captain and Mrs. E. F. Harding, of West Point have joined the military set at the Mariborough-Blenheim.
Lieutenant Commander Abbott, U. S. N.,

who is stationed at League Island; Major B. F. Pepper, U. S. A., and Colonel F. A. Dillingham were seen on the Walk.

Willard Isaacs, of Philadelphia, who reover the week-end at the Breakers Arthur Kirschbaum, United States Naval Reserve, of the scout patrol Mirna.

Irwin Loeb, who is spending the summer at the St. Charles, is rated as one of the best Philadelphia fishermen at the shore. He makes daily trips to Great Bay, and usually returns with a big catch.

City Band Program Tonight The Philadelphia Band will give the fol-lowing program on City Hall plaza at

Ray Eilis. Thomas

"Arabesque" Olker
Last Love Fratam
enes from Switzerland Langey
Suito—"Carlssiam" Penn Contrails solo - "Carissima" Bortha Brinker d'Albites, Souvenir de Meyerbeer... Sweet old songs

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health questions. Doctor Kellago in this space will daily give advice as presentive sucdicine, but in no case will be take the risk of making diagnoses of or prescribing for all ments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

High Blood Pressure

in various diseased conditions. In fevers and in many other conditions in which great bodlly weakness exists, the blood pressure is often found very low. In cases of Bright's disease with arteriosclerosis, the blood pressure sometimes rises to three times the normal, or more than 300 millimeters, or twelve inches of mercury. In shock, the blood pressure falls far below the normal.

A persistent high blood pressure compels the heart to do an enormous amount of extra work and wears it out, thus leading to dilatation of the heart and heart failure. With a blood pressure of 200 the heart does more than double the work required does more than double the work required at 100. This extra labor wears the heart out rapidly. It is a very common thing to find the heart, blood vessels and kidneys simultaneously diseased, so-called cardio-vascular-fenal disease. These grave cases require prompt and persistent attention.

The rise of the blood pressure through hardening of the arteries is one of the early symptoms of approaching old age. It is also one of the premonitory symptoms of Bright's disease.

Bright's disease.
Every person over forty years of age should have the blood pressure taken at least once a year. When this diseased condition is discovered in the early stages. much can be done by change of habits and by the application of proper treatment toward the arrest of the disease and improveward the arrest of the disease and improve-ment of the patient's condition. A fail of twenty-five to fifty points, often more, is the usual result of a proper regimen and rational treatment in cases of high blood

Climate for Nervousness and Dyspepsia Would a change from a cold, damp climate to a warm, dry one, be advisable for one suf-fering from nervousness and dyspepsia, also for one with weak lungs?

It is quite possible that a change to a warm climate, especially to a dryer one might be decidedly beneficial in the case you mention. An out-of-door life would be beneficial for both of these conditions, and this can often best be secured in a warm, dry climate. In the majority of cases, however, a careful regulation of the diet and the improvement of the general health is what is most required, and we would ad-vise careful attention in both of these di-

To Sterilize Bran

What is the best way to sterilize bran? C. F. T. The bran may be sterilized thus: Wash clean, and while wet bake in an oven till slightly browned. In this form it may be used without further cooking in combina-tion with fruit juice, soups or milk.

Shaking of Head and Limbs What is the cause of a shaking of the head and limbs? What causes dizzy spells when rising from bed? R. B. S.

THE heart constantly works against resistance and this is the primary cause of the blood pressure. The amount of pressure is determined by means of an instrument called the sphygmomanometer, strument called the sphygmomanometer, Examinations made with this instrument show great variation in the blood pressure show great variation in the blood pressure

Prolapses of the Stomach

What can I do for prolapses of the stomach and piles? Prolapses of the abdominal organs i usually due to weakness of the abdominal muscles, and for this condition exercise to strengthen these muscles is very essential strengthen these muscles is very essential. Raising the legs, first one and then the other, then both, while lying flat on the back, brings into play the abdominal muscles. Repeat until the muscles are tired. Gradually increase the amount of exercise as the strength improves. Later, raising the trunk from the lying-down position will also exercise these same muscles. For temperary relief, a good-fitting abdominal

Coffee

What are the elements in coffee which are ossidered injurious to health? READER. Caffein, which is a narcotic poison, and annie acid, which interferes with the action of the gastric juice. Other poisons are produced by the wasting process, which are perhaps, fully as harmful as caffein-socalled smoke poisons.

(Copyright)

JERSEY "PEACH WEEK" WILL FILL THE MARKET

Growers Prepared to Ship Thousands of Baskets of the Finer Grades

GLASSBORO, N. J., Aug. 28,-This is "peach week" in South Jersey, and, with the season at its height, growers expect to ship housands of baskets of the finest fruit to the big city markets. Conditions are favorable for harvesting.

and shipments will doubtless far exceed those of the earlier part of the season, which averages about 200 carloads a week from Jersey orchards. An amount equally large has been carted to the markets by motortrucks or farm wagons.

Prices are continuing high despite the exceptionally large crop. Even better re-turns are expected from the peaches from now on, as the fancy and larger varieties are maturing. Previous shipments have been principally of the Carmens, while the Belle of Georgia, Albertas and other varieties that are sought after by the housewives

for canning are now ready for the pickers.

Growers say the labor situation is working out satisfactorily, and sufficient pickers have been obtained at most of the orchards to prevent any of the fruit going to waste. School boys and girls and a number of This condition may be due to a nervous the peaches.

Last Week of Summer Reduction Sale

High White Buckskin Tennis Shoes reduced from \$12 to

Broken lines of summer pumps

Claflin, Chestnut Closed All Day Saturday

s minimus s minimus s minimus s s minimus s s minimus s s minimus s

THE LAST WEEK 1991 Mill Clearance Sale

Many Choice Patterns From Which You May Select

Bundhar Wilton DURABLE AS IRON RUGS

27x54 \$6.00 36x63 9.00 4.6x7.6 20.00 6x9 36.00 8.3x10.6 54.00 9x12 57.50 9x13.6 71.50 9x15 78.75 10.6x10.6 54.50 68.00 71.00 10.6x13.6 89.00 11.3x12 78.75 11.8x15 99.00

Bundhar Wilton Carpets

\$2.50 per yard. Reduced from \$3.25

Rego Wilton Carpets

Reduced from \$2.50 to \$2 per yard

French Wilton

RUGS

Hardwick Wilton PERFECTION IN WEAVERY RUGS

.

\$6.75 10.50

\$5.00 7.75

17.25 30.75

61.00 77,00 68.50

Size	Regular Price	Fale Price	
27x54	\$8.50	\$6.50	
36x63	13.75	10,90	
4.6x7.6	28.25	21.25	
6x9	50.75	38.50	363
8.3x10.6	74.75	57.00	
9x12	82.50	59.00	
9x13.6	102.00	78.50	.G
9x15	113.00	86.75	
10.6x10.6	99.00	76.00	
10.6x13.6	127.00	97.50	75
11.3x12	113.00	86.75	
11 3v15	141 00	100 00	

27x54 4.6x7.6 9x12 65.00 9x13.6 80.25 9x15 88.50 10.5x10.6 . . . 78.25 10.6x13.6 . . . 100.00 11.3x12 88.50 11.3x15 110.75 11.3x15 141.00 108.00

> Ready-made Carpets Bordered and nicely sewed

4 to 2 Less Than Usual (Bring the size of your room)

ORIENTAL RUGS

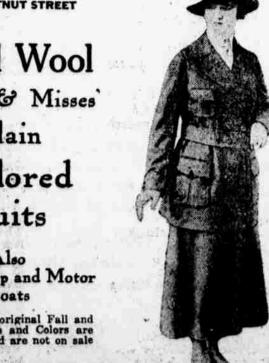
During this sale many of the superb rugs in our immense collection, in small as well as room sizes, are offered at prices which prevail in the wholesale market.

Hardwick & Magee Co. 1220-1222 Market Street

Plain Tailored Suits

Also

MANN & DILKS 1102 CHESTNUT STREET



Ladies & Misses



MANN & DILKS