

WOMAN'S OWN INTERESTS—HELPFUL HOUSEHOLD ADVICE—HINTS ON SMART FASHIONS

UNSELFISHNESS THE TRUE FOUNDATION FOR COURTESY

The Decline in Good Manners Can Be Traced to Our Lack of Consideration for Others

JUST this afternoon one woman was overheard saying to another: "But you can't give in to every feeling. You must control yourself in this world or it would be unbearable for every one else."

There is no doubt that good manners seem to be an almost forgotten art. Children are rude to their elders; young men are rude to women; every one pushes, shouts, tries to get ahead of others, to assert themselves, until one wonders vaguely where the gentle courtesy of yesterday is gone.

Persons write to the papers constantly asking why men remain seated in the street cars while women are standing, why boys and girls are so "free and easy," why greater respect is not shown to age and dignity; but the answer is writ large for all the world to see: We have gotten selfish, and genuine good manners necessitate consideration for the rights and feelings of others.

IT IS true that a really selfish man or woman who would not deny themselves anything that cost much can have very charming manners, as a rule; but you know the old saying, "Scratch a Russian and you will find the Tartar"; and in the same way scratch the suave polish of the selfish and you will discover the primitive brute beneath. That has been proved over and over again in moments of great danger. When an historic fire occurred some years ago in Europe at a charity function, where the highest social culture was represented, there were incidents of heroic selflessness side by side with men beating women back into the flames to save their wretched selves; yet the

Vyvettes



Three rows of baby ribbon—and three little bows—simple enough!

probability was that these brutes had very charming manners in everyday life! The courtesy which counts, which will hold out in the face of every test, is founded solidly on self-control, gentleness, unselfishness and thought for others; and this kind can always be depended on to bring out not only the best in ourselves, but also the best in those with whom we are thrown.

And courtesy not only brings out the best, but even sees the best. Have you ever heard the adage, "If your friends are blind of one eye look at them always in profile"? That is a real test of good breeding, being conscious of our neighbors' shortcomings to be deliberately blind to them and to endeavor to make them always appear to the greatest advantage in the eyes of others; but to do that we have to forget ourselves and to have self-control, so as to make life easier for the rest of the world.

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

TODAY'S INQUIRIES

- 1. What kind of knife and fork is best for eating salad?
2. What is a golden buck?
3. Which are better for mashing, new or old potatoes?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Jelly can be turned out of a mold without breaking if the mold is rubbed with a little olive oil before pouring in the liquid.
2. Bull wood ashes in a coffee pot to sweeten it.
3. Dry cold is a better preservative than damp cold.

Recipe for Chow-Chow

Dear Madam—Please print directions for making chow-chow. (Mrs. A. J.)
Use one head of cauliflower, broken into bits; one head cabbage, six peppers, six small onions. Slice the cabbage and onions and chop the peppers, boil all together with the cauliflower in salt water until tender, then drain. Pour over them three pints of vinegar and one handful of white mustard seed. Boil for several minutes. Just before removing from the fire add one cupful sugar, one-half cupful mixed mustard, one-half ounce celery seed and one-half ounce turmeric.

Piccilli Recipe

Dear Madam—Please publish a recipe for piccilli in your column. READER.
I think you will find this recipe satisfactory: One quart green tomatoes, one quart onions, one good-sized cabbage, fifteen medium-sized peppers. Chop all these ingredients fine and mix well, salt generously and let stand overnight. In the morning press out all the brine, pack in jars and fill to overflowing with cider vinegar.

Boiled Salad Dressing

Dear Madam—Please print directions for making a boiled salad dressing. L. C. B.
The following is a good recipe: Two eggs, two tablespoonfuls sugar, eight tablespoonfuls vinegar, one-half teaspoonful salt, little paprika, one teaspoonful dry mustard, one tablespoonful butter, one-half cupful cream, either good-sized cabbage, fifteen medium-sized peppers. Chop all these ingredients fine and mix well, salt generously and let stand overnight. In the morning press out all the brine, pack in jars and fill to overflowing with cider vinegar.

Recipe for Scotch Shortbread

Dear Madam—Please give me a recipe for Scotch shortbread and oblige. M. S. M.
Ingredients—Two pounds of flour, one pound of butter, one-quarter pound of sugar. Work the butter to a cream, add the sugar, then the flour and work well together. Cut and roll out an inch thick, nick around the edges and prick with a fork. Bake on paper in a moderate oven for one hour.

Cream Filling for Cake

Dear Madam—Can you give me a recipe for a good cream filling for a cake? EDNA S. J.
Three cupfuls sugar, three cupfuls milk, two heaping tablespoonfuls cornstarch, yolks of five eggs, one tablespoonful butter, two teaspoonfuls vanilla. Scald the milk in a double boiler, dissolve the custard in a very little of the cold milk, add to scalded milk and stir until smooth. Add the sugar, cook ten minutes; add the egg yolks, cook four minutes; remove from fire and add the flavoring.

Stains on Rose Taffeta

Dear Madam—Please give me a recipe for removing stains from an old-rose taffeta? B. J.
I should advise you to take such a complication of stains to a professional cleaner. Benzine will remove grease spots, but I would hesitate to suggest anything to remove the ink stains, as the color would be liable to come out of the silk at the same time.

Removal of Grass Stains

Dear Madam—Can you give me a recipe for removing grass stains from a silk dress? I can't seem to get them out. MRS. J. C. B.
To the Editor of Woman's Page:
I should advise you to take such a complication of stains to a professional cleaner. Benzine will remove grease spots, but I would hesitate to suggest anything to remove the ink stains, as the color would be liable to come out of the silk at the same time.

Patsy Kildare, Outlaw

By JUDD MORTIMER LEWIS

Home Again

WHEN I woke the nurse was sitting by my bed and she told me that she had found me asleep on the floor. That was certainly funny. I asked her to excuse me till I said "amen" to my prayer of the night before. Then I got out of bed and knelt and made Rowdy fold his paws and I said "Amen" and the nurse kissed me and put me back into bed and asked me to hold a piece of glass in my mouth for a minute. I did and I felt as though I was smoking a cigarette. She took it then and looked at it and said, "You appear to be normal." I said, "That must be because of the bump on my head for I am really not."

She laughed and kissed me and went to the door and called, and the doctor came in and held my wrist and looked into my eyes and said, "You are all right, young lady." So I got up and dressed and we had breakfast, the white-haired man looking very sorry. Then a man brought the automobile and the doctors and Rowdy and I got in and I went to my seat and Rowdy lay down on the floor and when it came my time to retire I had my lessons like pie, but Peanuts Peeney did not have his at all.

I got out of school early and went and took my father's shoe home and saw where he had been wearing his slippers to watch in nights. I wanted to kiss him, but was afraid I would wake him. There was a bottle of milk on the table and I left it there to get warm. Then Rowdy and I went to Jim's and found him building a fence, so I went and rode on the mother horse a while all around the lot and rubbed the nose of the baby horse which tried to kick me. Just for that I made Rowdy go after him and Rowdy kept after him till Jim came and booted at me to make him stop. I told him I was not going to let any kind of horse kick me, but he explained that the baby horse was only playing, so I told him that Rowdy was only playing.

Jim laughed and we went to the house and sat on the porch and he asked me about my head and I told him, and he got pale and reached out and grasped my hand and he said so tight it hurt till I told him I would make Rowdy eat him up. Then he let go and said, "It is a darn shame. Something is going to happen to you, some of these days and I shall be sorry all my life. Yet I can't see that there is a thing I can do." I said, "Are you talking to me?" He said, "No." So I guess he was praying. But I said, "There is one thing you can do, that is keep your hands off me or I'll make Rowdy eat your leg off."

Then I showed him the dollar and he said it was twenty and that there was a dollar there for each of my fingers and toes and thumbs, but that was silly, for what could my fingers and toes and thumbs do with money? So I asked him to take care of it for me, and went home.

"The Young Lads," the next Patsy Kildare adventure, appears in tomorrow's Evening Ledger.

IN THE MOMENT'S MODES

The Season's Fur Novelty Is the Cape Jacket



AMONG fur pieces the novelty of the season must go to the cape jacket. This style differs from any of the modes introduced in furs for several seasons past. The back of the cape hangs in conventional cape lines to slightly below the waistline. In front the closing edges are finished with lapels and there are short sleeves placed close to the lower edge. Such a garment is the one pictured in the adjoining sketch. Hudson seal and kolinsky are the best.

The upper part of the cape is of black panne velvet, the lower part of conventional black velvet. There is a ruche band of grosgrain ribbon and two huge gelatin gills.

later were humble props for "America's Sweetheart" were Carlyle Blackwell ("Such a Little Queen"); James Kirkwood ("Behind the Scenes"); Owen Moore ("Cinderella") and "Mistress Nell"; Jack Standing ("Paradise, the Cricketer"); David Powell ("The Dawn of a Tomorrow") and "Less Than the Dust"; Harold Lockwood ("Tess of the Storm Country") and "Hearts Adrift"; Matt Moore ("The Pride of the Clan"); Elliott Dexter ("A Romance of the Redwoods"); and Marshall Nellan ("Madame Butterfly"). Some of these chaps haven't landed with a bang yet, but—just wait!

The list of sweet girl graduates from Fairbanks Academy is just as instructive. There are Seena Owen, Margery Wilson, later to attain fame with Hart; Dorothy West, one of Griffith's first leading women; Beulah Love, Jewel Carmen, without doubt the most remarkable character-ingenue in the business; Alma Reuben and Constance Talmadge, who has just accumulated her own fortune and stellar salary; with Ellen Percy and Arline Bretz, which comedians like the first line of a limerick, as "comers."

The moral seems to be: Girls—and men—be careful to pick out a famous star for a "vis-à-vis" chance. Nonesis, Fate, Luck will do the rest. How to get such a job is another matter—and story.

MODERN STYLISTIC PURITY
"Bob McKim" is winning the Eastern show. "When they show a 'phone,' it is going to be a 'phone.'"
"Let's have a lot of junk having to do with fast casualty fashions." (Recently snatched from Wid's Magazine.)

OUR OWN "MISSING" BUREAU
Where are Helen Gardner, Marion Leonard, Fannie Langford, Charles David Guy Hedlund, Vivian Prescott, W. Christie Miller, Harry O'Neil, Mabel Trunelle, Ford Sterling and Alan Hale? (To be continued)

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

Snake Bite

WHEN a person has been bitten by a rattlesnake or any other venomous serpent, the following measures should be adopted:

First. Place around the limb, a short distance above the wound, a cord, tying it as tightly as possible. A whipcord, shoestring, necktie, strap or anything which can be made to answer the purpose of a ligature may be used. It should be sufficiently tight to cut off the circulation. This may be accomplished by placing a small stick beneath the cord and twisting it tightly about the limb.

Second. If possible, cut out the bitten part, being sure to include all of the poisoned tissues.

Third. If there is no sore, ulcer, or abrasion in the mouth, it will be safe and proper to next proceed to suck the wound, as the poison will do no harm if not received into the circulation. Freely incise the bitten place and rub in crystals of permanganate of potash or apply a solution of chloride of lime (teaspoonful to the half pint). Surround the patient with blankets and hot bottles. Wash stomach every half hour with stomach tube until dangerous symptoms disappear.

An anti-venom has been prepared which protects against cobra bite, but is of very little value against other snake bites. The popular belief that alcoholic liquors are necessary in the treatment of snake bite has been abundantly shown to be without foundation. According to Wilson, one in twenty of the deaths from snake bite in the United States are due to the large quantities of whisky given. It should be recollect that many of those bitten are not poisoned, to which fact may be attributed the supposed efficacy of many remedies which have been recommended.

Rheumatism and Neuritis

How can one kind of rheumatism be distinguished from another? Is it the same as neuritis? What are the causes and treatment? MRS. H.

There are two general varieties of rheumatism—acute and chronic. Acute rheumatism is the result of infection by germs of one kind or another. Chronic rheumatism, the more common, is the result of nutritional disturbances. These are usually brought about by auto-intoxication, the result of constipation. Neuritis is an inflammation of the nerves and is not the same

Failure of Eyes to Roll

While trying to remove foreign matter from the eye, I found I could not roll the eye. Is this a serious condition?

You should consult an oculist and have a complete examination made to determine the cause of the difficulty.

Nourishing but Non-Fattening Foods

Would like a list of nourishing but non-fattening foods for hot weather. V. S.

During the hot weather the body requires much less heat-producing food than during the cold season, and it is well to reduce the amount of fats taken during the warm

season. Fruits and green vegetables are especially suited for hot-weather diet. All the fresh vegetables, especially those which can be used in salad form, are particularly beneficial by supplying the element needed to maintain a normal condition of the alimentary tract. Bulky foods are also beneficial by satisfying the hunger without giving too great a quantity of nourishment. Cream, butter, fried foods, pastries and fats should be materially reduced. For the same reason all flesh foods should be discarded, especially during the summer season. (Copyright)

Tomorrow's War Menu

- BREAKFAST: Blue Grapes, Wheat Cereal, Corn Muffins, Coffee.
LUNCHEON: Creamed Eggs on Toast, Marmalade, Grapes Juice.
DINNER: Filet of Sole, Parsley Sauce, Lima Beans, Stewed Onions, Tomato Aspic Salad, Chocolate Cream Cake, Coffee.

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Groups are limited—early selection will prove advantageous 'TIS A FEAT TO FIT FEET

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MINOR MOVIE PLANETS

Would You Gain Fame? Then Just Get a Job "Opposite" Mary or Doug

By the Photoplay Editor

Star-dust (at least in the movies) has something "catching" about it. Just as in the legitimate years ago, people used to wonder why it was that all of John Drew's leading women gradually grew into individual prominence, so do we nowadays survey similar statistics with a sneaking suspicion that superstitions may be right, after all. They almost always work out so well, you know.

Purely for amusement, the photoplay editor tabulated the leading women and men of the two most popular "straight" stars of the celluloid. Exception of Charles Chaplin is made, because he represents a type of exaggerated comedy that is unique and that can get along with almost any good-looking girl in the role. The pair of drawing cards from which the selection of "opposite" names was made are, of course, Mary Pickford and Douglas Fairbanks.

We took no account of pictures in which Mary appeared prior to her connection with Fairbanks, because in the photograph (Mug-bridge bless its memory!) she played opposite everybody from Mack Sennett to Henry Walthall, and Walter Miller to the late John Cumpson, and Miss Pickford's first Famous Players feature was "In the Bishop's Carriage," and, such is the thinness of movie memory, few recall that House Peters was the author who befriended her as the girl-thief. Other stars and near-stars who

THE CHEERFUL CHERUB

The folks who read these verses I'll never, never see, And still we feel acquainted— That seems so nice to me.

THE CHEERFUL CHERUB

THE CHEERFUL CHERUB

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Pure Cider Vinegar... 9c bot
White Distilled Vinegar... 9c bot
Highscore Cake... 10c pkg
Really Pure Jelly... 10c glass
Curtice Strawberry Jam... 20c jar
Hawaiian Pineapple... 15c can
Pure Grape Juice... 10c, 16c bot
Hershey's Cocoa... 7c, 14c can
Baker's Chocolate... 10c, 18c cake
Sweet Eating Chocolate... 3c cake
Heinz Beans... 14c, 20c can
Campbell's Soups... 11c can
Choice Quality Rice... 8c lb
Large Grain Rice... 10c lb
Fine Table Salt... 3c bag
Ice Cream Salt... 1c lb
Shredded Wheat... 11c pkg
Choice New Peas... 12c can
California Asparagus... 13c can
Ritter's Catsup... 12c bot
Celery Sauce... 12c bot
Indin Relish... 12c large bot
Sour Pickles... 12c large bot
Sweet Pickles... 9c bot
Salad Oil... 9c, 18c bot
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