# "MA" SUNDAY'S USUAL INTERESTING DISCOURSE—OVERCOMING SELF-CONSCIOUSNESS

## INTEREST IN OTHERS CONQUERS DIFFIDENCE AND SHYNESS

### Self-Consciousness a Serious Disability Both in the Social and Business Worlds

A CORRESPONDENT writes a really pathetic letter begging for some advice as to how she can overcome her shyness and lack of self-confidence, adding that it is a "positive agony" to her to have to meet strangers and that her inability to acquire "poise" is proving a handicap both socially and professionally. There is no doubt that this affliction is a very serious disability, at the same time it is one for which the cure is not far to seek.

Shy people may not relish the diagnosis of their disease as vanity, but that is what it is. They are so occupied with themselves and the impression that they are likely to make on others that all outside interests are simply obliterated and they cannot be at ease or natural.

A very wise woman who was endeavoring to cure her little daughter of this absurd self-occupation reminded her constantly: "Dear, no one is bothering to think about you; they are all much too busy thinking about themselves." And if you experiment you will find that this is altogether true.

JUST try when next with others to get them talking about themselves and their interests and you will find that they have so much to say you need not make an effort to open your lips; if you look intelligent and interested they will leave your society perfectly charmed with your brains, manners, disposition, everything, and ready to assure every one that you are the most delightful company.

But, all joking aside, the best way to overcome self-consciousness and consequent shyness is to so fill your mind with thoughts of other people that there is no room for worry about yourself. And people are so interesting! There is no one, no matter how stupid, disagreeable, unattractive or vulgar, from whom you cannot learn something. The valuable trait may not be on top, ready to meet your eye, but that is all the better, for it gives you the fun of trying to find it out; and if you cannot see the faintest possibility, if there is not the slightest hint of virtue, charm or brains, why then the good point will be all the more delightful when you do find it, because it will have the charm of surprise.

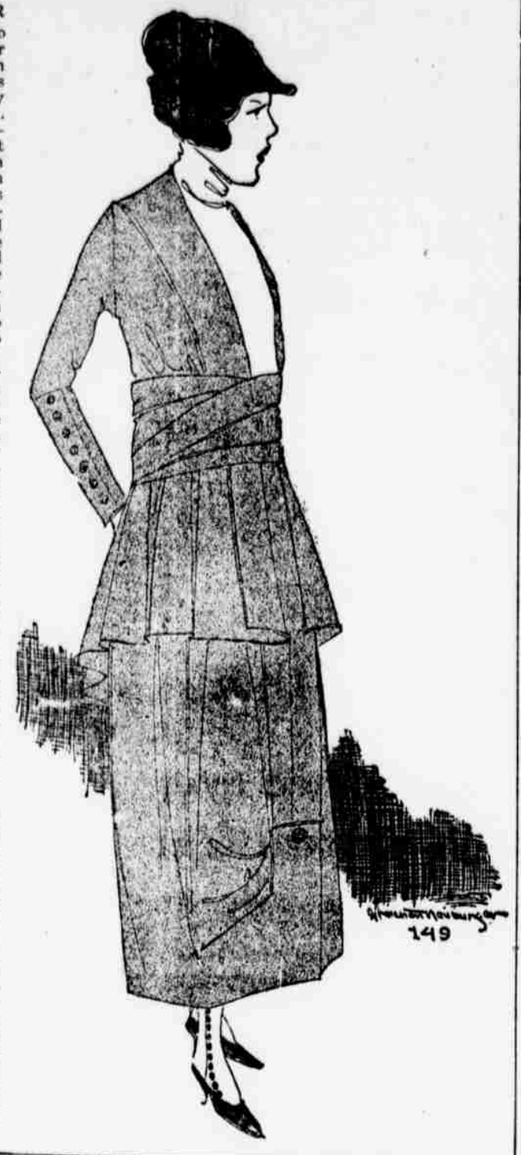
If we go out to meet people in that spirit, taking it as a glorious adventure, a prospecting for spiritual and mental gold in unknown lands, we will have no time to be shy; and, being determined to find the good in every one and to be interested in their individuality, they are positively sure to find us pleasant company and to give us of their best.

Vyvettes

Lots of ribbon on this hat. Ribbon on the crown, through the brim, and under the chin.

## IN THE MOMENT'S MODES

*Fall Frock Showing One of the High Collars*



WHETHER women are to be collared or not this season is a question as yet undecided by the fashion folk. Some style creators will admit of no neck finish except the high collar and others scorn this radical attitude and say that while some women will wear the "choker" the majority of women will refuse to have anything to do with this highbinding style. And there you are! The fact is, the style shops are showing many costumes with collars and many more without them. The fall season is not sufficiently under way for one to decide just which way the fashion wind will blow. In any event it is pretty safe to predict that the open neck will not entirely disappear. Comfort will receive its usual tribute.

The accompanying illustration shows a fall frock of very fine navy blue serge bound with black silk braid. The white satin vest lies absolutely flat, plain and untrimmed, and the same material, draped in soft folds, makes the collar. The wide girdle goes twice around the waist and knots in the back. The skirt is draped on one side.

## 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 editor does not necessarily indorse 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. How can mildew stains be removed from leather?

2. What kind of stuffing is best for pillows for baby's couch?

3. How can delicate lace be cleaned without washing?

1. Is it a man's place to express pleasure over his introduction to a young woman or should the woman make this pleasantry?

2. What kind of gifts can a bride make to her bridesmaids?

3. When taking a long tramp and the foot shows a tendency to spread and grow tired how can the strain be relieved?

### ANSWERS TO YESTERDAY'S INQUIRIES

1. A knife and fork set of boxwood is best for mixing salad.

2. A golden buck is a Welsh rabbit with a poached egg laid on it.

3. Old potatoes are more satisfactory for mashing than new potatoes.

1. When entering a church for a wedding a woman takes the arm of the usher who presents himself, her husband following her up the aisle.

2. When leaving a church after a wedding a woman, if accompanied by her husband, goes out with him, not waiting for one of the ushers.

3. A letter of acknowledgement for a wedding gift which has been sent by a whole family should be addressed to the mother but should contain mention of the other members.

### Outline of Cold-Pack Method

*To the Editor of Woman's Page:*

Dear Madam—Can you please give me a brief description of the cold-pack method in canning? I know you have published directions before, but I cannot find these anywhere.
SUBSCRIBER.

You do not tell me just which products you want to put up, so I can only give you a very general idea. In the first place too much stress cannot be placed on the importance of clean, sound, fresh fruits or vegetables and clean cooking utensils. Prepare the fruits and vegetables for blanching. Prepare green and beans as for cooking, taking especial care to remove all foreign plants from the greens. Blanch the vegetables and all fruits except berries by placing them for from three to five minutes in rapidly boiling water. Remove the blanched products from the boiling water, plunge quickly into cold water, the colder the better, take out immediately and drain at once.

From this point on speed is highly important, as the product which is slightly warm must not be allowed to remain exposed to the air one minute longer than is necessary. Remove the skins when necessary, and as each article is pared cut it up and pack directly into the clean scalded jars, packing as solidly as possible without bruising or mashing. When fruit is being canned, fill the jars to overflowing with boiling hot syrup. For vegetables, fill up with boiling water, to which a teaspoonful of salt is added for each jar. Place the scalded rubber rings on the jars and screw down the lids until they just catch.

Place the jars at once into the home-made cooker or steam cooker and let them process for the time specified on the table which is used for that purpose. If you will tell me which products you want to can I will give you the exact time required.

After processing remove the jars, tighten the tops immediately and stand upside down in a cool but not drafty place. Watch carefully for leakage and screw the covers down tighter when necessary. Store in a cool dry place not exposed to freezing temperature.

### No Blanching Required

*To the Editor of Woman's Page:*

Dear Madam—Will you kindly tell me how long blueberries should be blanched in the canning process? (Mrs.) T. P.

No blanching is required.

### To Make Grape Jelly

*To the Editor of Woman's Page:*

Dear Madam—Last year I put up some grape jelly, but it was never thicker than syrup. Can you tell me the best way to make it?
(Mrs.) W. W.

The trouble with grape jelly is sometimes due to cooking the grapes without their skins. There is some substance in these which are necessary for good jelly. Wash the bunches carefully, remove the grapes, cut them into a preserving kettle add a very small amount of water and boil them until they burst open and are soft enough to drain. Drain off through a cheesecloth bag, measure it and for every cupful of juice add one cupful of sugar, return to stove and cook rapidly in a porcelain kettle until a little of the juice hardens when cooled on a saucer. This usually takes about twelve or fifteen minutes. Pour into jelly glasses, and when cool cover with melted paraffin. One or two sprigs of mint crushed and added to the juice will improve the flavor.

### Recipe for Grape Juice

*To the Editor of Woman's Page:*

Dear Madam—Please publish directions for making grape juice. READER.

Select sound, well-ripened grapes, wash them thoroughly and crush them with the hands or by placing them in a stone jar and using a potato masher. Heat the crushed grapes for five minutes, but do not allow them to come quite to the boiling point; then drain them through a jelly bag. Do not apply pressure during the straining process or the juice will be muddy. Set the juice aside for twenty-four hours, drain it off from the sediment and run through several thicknesses of woolen cloth. If not perfect as to its clarity, simply apply pressure during straining if and do not bother to let it stand. Process the juice according to

### Greeting Co-workers

*To the Editor of Woman's Page:*

Dear Madam—I am a stenographer in a large business office. I speak to all the men in the office whom I have met or come into contact with in my work. I do not know what to do about several men who see me every day in the office and know who I am, as they know my friends. I have never been introduced to these men and I never meet them in a business way, but I pass them every day as I come in and go out of the office. Should I speak to them or merely ignore them when I pass? I hope you can give me some advice about this, as I do not want to seem stiff and unfriendly, or, on the other hand, too anxious to make friends with people I do not know. ETHEL.

Ordinarily a girl would not speak to a man unless she had been properly introduced, but business conditions sometimes alter this rule. If you, as you say, pass these men constantly they may consider you rather unfriendly if you totally ignore them. A nod of greeting could hardly be considered out of place.

### Taking Girl to Theatre

*To the Editor of Woman's Page:*

Dear Madam—When I was away this summer I met an attractive young girl of my own age, and when I left she asked me to come see her some time. I would like to take her to the theatre next week. Would it be all right for me to ask her or do you think her mother would consider her too young? Her mother is pretty strict with her, but used to let me take her to the movies down at the shore. Should I call her up on the phone to ask her or go to see her? EIGHTEEN.

You are both rather young to contemplate a trip to the theatre alone in the evening. Why do you not ask the young girl to go with you to a matinee performance instead? However, you could call upon her and her mother and ask them at that time. This would be better than telephoning.

### Difference in Age

*To the Editor of Woman's Page:*

Dear Madam—In your opinion, is a difference of four years in age too much when the girl is older than the boy? I am twenty-six years of age and in love with a boy of twenty-two. He seems to care a whole lot for me, but my friends laugh and think he is entirely too much of a kid to take seriously. He has a good position and could support a wife. Do you think I should let him continue to pay attention to me? POLLY.

A difference of four years is not very serious, and if the young man really loves you and you return his love there should be no reason for your not marrying. Do not let your friends influence you.

### Clothes for Winter

*To the Editor of Woman's Page:*

Dear Madam—What do you think I need to buy for my winter wardrobe? I have one sports suit and plenty of waists to wear with it. BEATRICE C.

If you have a suit that you can wear every day, all you need buy is a suit for better wear or a good serge dress and a topcoat. As you will probably need an evening coat, and long coats have come into style so widely, it might be more advisable for you to choose the coat and dress.

### Stamps of No Value

*To the Editor of Woman's Page:*

Dear Madam — Will you please advise me through the Woman's Exchange if used stamps are of any real value? T. S.

Used stamps have no value unless they are of particular interest through their rarity or antiquity.

### Substitute for Water on Face

*To the Editor of Woman's Page:*

Dear Madam—Can you tell me what I can take on a trip to use to clean my face when it needs it? I find that toilet water is too drying to the skin, and I am afraid I cannot always secure soft water and do not want to use the hard water on my skin. CECELIA.

Try a cleansing cream made as follows: One ounce white wax, one ounce white vaseline and four ounces oil of sweet almonds. Apply this to the face, and after rubbing in wipe off immediately with a soft towel. You will find that if you use this while on your trip you can wipe the face with toilet water afterward and it will not have too drying an effect. Many persons take a pure cleansing cream with them when traveling, for the mineral properties in some waters, particularly through the New West, are hard on the skin.

## 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 diagnoses of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.*

### Hay Fever

HAY FEVER is caused by the pollen of plants. There are at least one hundred and twenty-five different kinds of pollen known to produce hay fever. Possibly all pollens are poisonous. Even morning glories will cause hay fever in some people. Different people are affected by different plants.

The best remedy for hay fever is a change of residence to a location which is free from the particular cause of the disease. Hay fever is due to a combination of two things—first, a susceptible nasal mucous membrane, and second, the pollen of certain plants which, floating in the air, is inhaled and sets up the irritation characteristic of this disease. Special vaccines are now prepared and used with increasing success.

Patients suffering from hay fever are often wonderfully relieved by sitting in a very cold room (temperature 30 degrees Fahrenheit to 0 degrees Fahrenheit) for an hour or two. The relief often lasts for several hours, and so may insure a good night's rest.

The services of a nose and throat specialist should always be secured in advance of the expected attack.

Lightly smearing the lining of the nostrils with vaseline protects the sensitive mucous membrane and affords much relief.

### Meningitis

After injury, how long does it require meningitis to develop? Does it come from an injury to the body or head? ANXIOUS.

Acute meningitis is a germ disease and comes from infection. Chronic meningitis, or the tubercular form which may also be subacute, results from the invasion of the coverings of the brain and spinal cord by tubercular germs, which usually have extended from some other part of the body. If there is any suspicion of meningitis, a physician should be consulted at once and a prompt diagnosis made.

### Gum Chewing

What effect has the chewing of gum on the stomach? Does it increase or decrease the acid of the stomach? R. M. V.

The chewing of gum stimulates the secretion of saliva which is a digestive fluid that should be combined with starchy foods. When the secretion of saliva is stimulated at other than meal times, it means the putting into the stomach of unnecessary digestive fluid. Directly it decreases the acidity of the stomach because it is alkaline in nature, but indirectly it stimulates gastric secretion, thus increasing the acidity of the stomach.

(Copyright)

## Patsy Kildare, Outlaw

By JUDD MORTIMER LEWIS

### The Young Lady

THIS is the second day I have been in school this week. I think I am getting rid of the days in a hurry. Just to show my father that I was back on the job I made some coffee this morning. Jim is like a clock—he works whether you are there or not, only you don't have to wind him up. So now I have sour milk enough to keep me going and fresh milk is coming in every day.

I did a new thing this morning. When my father had gone to bed tired out with his night watching I washed the dishes and wiped them on my blue nightie—it needing washing, anyway. A little wet off the dishes would not hurt it. This is pink nightie week, but both of them ought to be washed, so it doesn't make any difference which I wear. I was just starting to school with Rowdy when a young lady in a gray dress came to the gate. She had a little satchel in her hand.

"Are you Patsy Kildare?" she asked me. I said, "You guessed it the first time. What's it to you?"

The young lady said, "It was reported at the settlement house that you were hurt and I was asked to come around and look at your injury. I am a trained nurse." I said, "Are you sure enough trained?" She smiled and said, "I surely am." I said, "Can you stand on your head? I have tried that lots of times, but I always tumble over." She smiled and said, "No." I said, "Can you walk on your hands? I can." She said, "No." I said, "Can you turn over endways? I can." She said, "No." I said, "Can you climb trees and swim?" She said, "No, but I can go into the water and swim." I said, "You are silly. I don't swim when I climb trees. I swim when I go into the river."

I said to the young lady, "You are nice, all right, and I think I am going to like you, but you are mistaken about being trained. Somebody told you that you are trained and you believed it, which you should not have done, for you aren't trained at all."

Then the young lady took the plaster off my bean and took off the cotton, which made me lift one leg up. Then she opened her satchel and put something on where the crazy girl blammed me and put some more cotton on it, and then she put on some clean plaster.

She was going to sit on our porch and talk to me, but I told her that I had to hike to school and that if she would come back in the evening I would talk her head off. So she said she would. Then she shook hands with Rowdy and me and went away. She certainly did look clean.

That young lady came back just after my father had gone to his night watching and she swept all the downstairs part of the house and showed me about washing dishes, not that there is any trick about it, but you can do a whole lot better if you know how and have hot water to wash them in. She is going to get me a short stick with a mop on it to wash the dishes, so that I will not have to put my hands in the hot water, which she says will ruin them. She has got very pretty hands.

Before she went away I would have gone to bed, for I was sleepy, but I have got to educate Rowdy, so I sat out on the steps and explained to him why people are not of different sizes and colors like dogs. Then we went in and Rowdy crossed his paws and I crossed my hands and prayed, "Dear mother, what do you know about that young lady thinking she was trained when she can't even walk on her hands or turn over endways? Isn't that the limit? Now, please listen. I want you to ask God to help Mr. Rockrudder by taking the crazy ideas out of the head of his daughter and giving her some sense. Tell God to drop everything else and make good on this, for it is important. I am going out Saturday to see whether He has made good and I don't want to go out there for nothing. Ask God to bless you and my father and the young lady. Amen."

"Last Words," the next Patsy Kildare adventure, appears in tomorrow's Evening Ledger.

## "MA" SUNDAY'S INTIMATE TALKS

*The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.*

### "The Million-Dollar Girl"

SHE was a handsome, very well-dressed young woman, and some one pointed her out to me as "the million dollar girl!"

"Do you mean that she is an heiress?" I asked.

"MA" SUNDAY

"Oh, no! She is the girl who asked a million dollars from a man as heart balm for breach of promise."

"Did she get it?" I inquired, surprised.

"The jury gave her a hundred thousand," was the answer.

As I listened to the whole sordid story of "the million dollar girl," I was infinitely saddened and disgusted. That girl, it was shown on the witness stand, had gone out of her way to attract the youth she was suing, who was years younger than she—in fact, just over twenty-one. With her knowledge of the world, and her developed mind and physical understanding of how to charm through the least lovely qualities, she had set persistently to work, and for a time, she had won him.

She had no intention of marrying him, it was said. This was her second case of the kind. The first time, when less experienced, she had been given twenty-five thousand dollars, on which sum she had lived in ease and comfort for a few years, meanwhile making herself famous for taking gifts of jewelry and money from men.

I was curious to see whether she would come to our meetings. Sure enough, the next afternoon, there she was, very handsome, in a beautiful dress, and smiling superciliously.

I watched that girl intently. I could not help it. I fancied I saw a struggle going on in her, but, when the singing ended, she got up and left, rustling her silks.

She appeared again, next day, as handsome as usual.

It seemed to me that she would never yield, but one night, looking her way, I saw her suddenly start up and push forward blindly among those who were rising and coming down the trail.

I made it a point to be near her as she knelt.

Today "the million-dollar girl" is earning a living honestly in an occupation for which she is well fitted. She hung her head as she told me her story.

"All at once I saw myself for what I was," she said sadly. "You know, I had always prided myself that I lived 'straight.' When men tried to take advantage of my friendly style of acting I pretended to be shocked. But"—her eyes sank before mine—"I really played so as to make them do that very thing. Then they would apologize, you know, and the next day I would be richer by just as much as the man could afford to put into some piece of jewelry or fur for me."

"There is no difference," I began, but she stopped me with her upraised imploring hand.

"I know," she whispered. "I realize it now. I remember how many men I have led on in that way. And I recall vividly that wretched boy who was the last. He was no more than a child doll in my hands. I fashioned him as I would. When I asked for a million damages I did not think I would get it. I just believed I would get enough notoriety so that more men would try to know me. You know, men are sometimes like that!"

"The blood of your Saviour can wipe it out, dear," I told her, tenderly. Her sorrow was so genuine and went so deep that it was pitiable. She was as good as her word. She moved to a strange city.

"Fewer persons know me there," she said, when we talked over her plans. "Not that I ought to mind so much, but I think I will do less harm if I am unknown. Men—just as you said—" she shuddered and struggled before she could go on, "men follow the trail of a woman they think is bad. Nothing I could say, for a while anyway, would make people believe I am different now. So I am going there and work."

"I always knew I would have to bear any punishment my past life might bring on me, but I did not know that it would be so hard.

"I met a man last spring who was different from the others I had known. He was so fine and clean, so frank and brave, that I loved him, almost at once. But I did not lift my eyes so high as to hope he would seriously think of me. Then I found out a few weeks ago that he did care for me.

"I am afraid that is the last bit of personal happiness I shall ever have. The last night he met me when I was coming from work and as we walked to my boarding house together we met a man who knew him, and who had known me before and all of my story; of the men I had ruined, and how I had led two of them on until I had sued for breach of promise.

"When this former acquaintance of mine asked to speak to my friend in private, I realized what it meant, and my fears were justified. He told the whole story. My friend came back to me with his face white.

"'Do you know what he has been telling me?' he asked, mystified. And I nodded miserably. 'Is it true?' he continued. 'I will believe what you say.'

"He stood there without a word for a moment. And then he turned, and walked away, with his shoulders drooping. I have never seen him since.

"That is all. Now I hear he has sold out his business, and is leaving for New York."

It is a tragedy of her own blind, needless selfishness and sin.

She has truly repented. I am sure of that. And perhaps God may show her peace and happiness yet.

God will forgive when men will not. Remember that.

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Monday—"The Boy Next Door."

Announcing Newark Shoes for Women and Misses

$3.50 and $4.50

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The model shown above is evidence of the charming styles and beauty we have for Fall and Winter; we want you to accept this as a personal invitation to come Saturday.

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That question can be answered quickly and satisfactorily by consulting the Educational Bureau at Ledger Central. Here, without fuss or bother, you may obtain complete and reliable information of any boarding school for boys or girls, military academy, business college, conservatory of music, college or university. Our intimate knowledge of the advantages of the various institutions will enable you to make a wise choice. This service is free and available to every one—everywhere.

LEDGER CENTRAL

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