

FOOD VERSUS TALK AT THE BRIDE'S FIRST DINNER—FALL FASHIONS—SOME WAR MENUS

DON'T KEEP SEVEN-EIGHTHS OF YOURSELF IN THE KITCHEN

If You're an "At-Home-in-September" Bride, Remember the Success of Your First Dinner Depends on Talk as Well as Food

THIS bride is "at home"! The beautifully engraved card tucked in with the wedding invitation that went forth in June said she would be. After September 6, at 5341 street, it read, and now the time's up.

Being "at home" to the bride means several things—one of them is dinners, not big ones, just little four-course or six-course affairs—courtesies to be extended to those who entertained for her in the whirlwind days before the wedding.

One little June bride's first informal dinner was a doubtful success. Conversationally speaking, she was, as a rule, a bright, happy light at any one's festive board, but that was before she was mistress of her own little round mahogany table. It was different now. On those other occasions seven-eighths of her mind wasn't back in the kitchen wondering what on earth was that squeaking noise being made by the little sixteen-year-old girl whom she had engaged to serve.

No one asked, but it would be a safe matter to gamble on the way little Mrs. At-Home-in-September had spent the day of her dinner from the moment Mr. At-Home left at 5:30 to fifteen minutes before 6:30, when she dashed madly up the stairs to get into her pink georgette crepe.

At 9 o'clock, after clearing away the breakfast things, she went forth to market, which was all well and good, and as it should have been. At 10:30 she arrived home, triumphantly, because a last-minute thought had led her to buy almonds to bring home and salt. It was now time to tidy up, which she did ardently, so ardently that the tidying slid into a regular house-cleaning. The broom flew, the carpet sweeper was carried from room to room, and at exactly 2:30 a headache warned the little bride that she had had no lunch, and that the dinner was not yet begun.

The rest of the afternoon was feverishly devoted to getting the dinner, and in strictures to the little sixteen-year-old girl about serving were called over the banister between mouthfuls of halprins.

LITTLE Friend Bride, all the world loves a lover, and when part of the world comes to visit a pair of them they want their money's worth. They don't want to watch a harassed little housewife, who is too nervous to give more than one-eighth of herself to the party. A dinner isn't all food. Three-fourths of the success of it depends on happy, comfortable conversation.

THINK of this the day before you give your dinner. Let the broom fly then. Save the morning of your day, the part that is left after marketing, for salting your almonds and making your dessert. Save your noon for eating a sensible lunch. Use the early afternoon for getting as much of the dinner as you can. Save half an hour for a nap, three-quarters for a bath and dressing. Save twenty minutes to sit down and give directions to the little serving maid. If you save all these you will have saved yourself—which is, after all, the part of the proceeding that makes or breaks the dinner.

And remember it is wartime, and three courses are entirely compatible with the most festive occasion!

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 accept responsibility for the return of correspondence. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. What practical substitutes for white flour can be used?
2. In what proportion can "shorts" be used as a combination with white flour in making bread?
3. What foods can be advantageously substituted for meats?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. When the oven is too hot the temperature may be reduced by putting in a pan of cold water. A dripping pan or inch deep suits admirably.
2. To measure the proper oven heat for baking bread put a piece of white paper in the oven. If it turns dark brown in five minutes the temperature of the oven is correct.
3. Nickel trimmings can be satisfactorily cleaned with a home-made paste of baking soda and vinegar. Spread the paste over the nickel and polish with flannel.

To Make Peach Conservé

To the Editor of Woman's Page: Dear Madam—Will you kindly give me a recipe for peach conservé? M. S. S.

Cut the peaches in halves. Then pare neatly. Weigh the fruit and take as much sugar as fruit or three-fourths as much. Take one-fourth of the sugar and add twice that measure of boiling water. Let this mixture boil five minutes; then draw to one side, let settle and skim. In this syrup cook the peaches prepared, a few at a time, until all are cooked. Remove each piece with a skimmer as soon as it is tender. When all the peaches are cooked add the rest of the sugar to the syrup. Let it boil two or three minutes and settle. Skim. If the syrup is then quite thick put the peaches in it and reheat at once. If the syrup is too thin, let it boil rapidly until thick and then reheat the peaches in it. Store them in glass jars.

Here's One for Mr. Hoover

To the Editor of Woman's Page: Dear Madam—I would like to pass on this little suggestion about making a fruit syrup which calls for no sugar. It is a good way to make use of apples and pears and plums that have been bruised. Boil them in a little water until soft, then press out all the juice and strain. Then boil quickly in an uncovered pan until it becomes thick like a syrup. Pour off into bottles and cork tightly. ONE WORKING FOR HOOVER.

Many thanks, Mrs. Housekeeper, for your timely suggestion.

Waxed Bread Wrapping

To the Editor of Woman's Page: Dear Madam—Lately in my kitchen I have begun to make use of the waxed paper that comes wrapped around bread. I use it to rub my irons on in order of using the little stick of wax, as used in waxing. You would be surprised to know how long one wrapping lasts, and there is never any danger of the stain of dirty wax being carried from the iron to the clothes. (Mrs.) R. McC.

Milk for a Nine-Year-Old Child

To the Editor of Woman's Page: Dear Madam—Will you please tell me if a quart of milk a day is about the right amount for a little girl of nine years to drink? My little girl doesn't care very much for milk, but I try to make her drink as much of a quart as I can every day. A MOTHER.

A quart of milk a day for a little girl of nine years is not too much. Milk takes a very important part in the diet of growing children. For the amount of food value that it contains milk just now, in spite of its high price, is cheaper than any other food. If the little one has difficulty in making a meal with a whole quart why not try using part of it in cooked dishes? Milk soups can be made very tasty and they offer a good way to get rid of left-over vegetables. Milk taken with a bit of sugar and butter, makes a nice breakfast, and remember that when a child falls the little one can often be tempted with a nice hot cup of cocoa.

Marriages Made Firm

To the Editor of Woman's Page: Dear Madam—One who tells me whether anyone is going to be married or not, and how soon, and as the bride is a sister, I try to make her drink as much of a quart as I can every day. (Mrs.) B. J. S.

Would Make New Friends

To the Editor of Woman's Page: Dear Madam—Please publish the following in your most enjoyable column: My little girl, who is now nine years old, has had a good education and has lots of friends, but she is very shy and does not like to go out much. I can give the best of references to any of her friends who will try to help her. I am very much obliged to you. (Mrs.) B. J. S.

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I am sorry but I am unable to furnish you with names and addresses through this department. Why do you not go to one of the many agencies that will help you if you

IN THE MOMENT'S MODES

Ostrich Is a Prominent Trimming in Fall Headgear



Vyvettes

A bird, perched on a high hat, ready for flight.

Ostrich continues as one of the favored chapeau embellishments. A few of the early season models introduced it as a tailored trimming, adorning the semitropical turban and the modified sailor. And now it becomes further entrenched in popularity by its use in trimming the dressier chapeau. There are no ostrich plumes or tips, for this is a feather embellishment that is considered smart just now only in its "treated" developments. It forms the narrowest of edgings. Long flies are given some treatment that makes them as bristling as aigrettes or wheat and then are woven into a boaklike banding of "ropes" and draped around the picture hat's crown, tied in the back or at the side, with ends unfastened. It is this last-mentioned development of ostrich that has been employed in the embellishment of the hat pictured in today's illustration. The hat itself is of black velvet, the dented crown stitched in coarse strands of white silk.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

Jim's Gift

IT WAS daylight when I woke the next morning at Mr. Rockruder's. I washed my face and hands in the bowl and looked in all the bureau drawers and in the closet and at the pitchers and brushed my hair till it shone. Then Rowdy and I opened our room door and listened and there was nothing doing, for everybody was still asleep. We sneaked downstairs and out of doors and I made a hopscotch in the dew on the grass and played at it till I hopped out all the marks. Then I followed some smoke that I saw across a brush lot and there was a heavy shack and an old white-headed negro was carrying in some wood. I went and looked in at the door and there was an old colored woman cooking something in a pot. They seemed surprised to see me and wiped off a chair and asked me to come in, but I told them there was nothing doing.

After that we went down to the river and walked along it to the boat-house. I needed inside very carefully, for you never can tell what you are going to find. When we went in I locked the door and it was a swell place for a swim, but I kept seeing the crazy girl leaning over to stick the big knife into Rowdy, so I did not swim very long. When I went up to the house and around to the kitchen the cook gave Rowdy a ham bone, but there was a meat and very little home. I said, "For cat's sake, how would you like to be a dog and be handed a bone like that? You'll have to do better." So she gave him a big plate full of cold oatmeal and meat grease, and he certainly went to it.

The cook told me while I was eating breakfast that Mr. Rockruder had framed out that he would not be in his house, and that Alice—which is the name of the crazy daughter—was in a very critical condition and would have to have an operation, which I suppose is something to wear on her head to hide the place where I blamed her. Of course, it's no fun being crazy, but she is a lucky girl at that, for she has a father and plenty of money. I have a father, all right, but there's no money, and what would be the use of my father, mother or God do if I went crazy?

Rowdy and I concluded to go back to town and we did, only it was a long way, and we kept meeting wagons that had gone to town the day before. We could not get a smile out of any of the men. I am glad my father does not have to go to town Saturday nights and get swigged. I have heard that it is hard luck to be a drunkard's child, but my mother can be sure that my father will never get drunk while I am around. She has left him in good hands, if I do say it.

When I got to Jim's it was nearly dark and it was warm enough to sit out on his porch, so we did, with Rowdy's head in my lap. After a while Jim went into the house and brought out a bundle and said, "Here is something for you." I opened it and said, "For cat's sake, what is it?" He said, "It is a bathing suit. Little girls should not go in swimming in their clothes and they should not go in swimming without clothes. You can put this suit on under your other clothing, then swim in it and take it off afterward and put on dry clothes."

I wanted to try on the suit right away, but he would not let me, so I hurried home and put it on, and Rowdy and I stayed in the bath tub till prayer time. I prayed, "Dear mother which art in heaven, I have certainly got a lot to be thankful for. Sometimes I think you and God ain't always on the job the way Rowdy is, but I always find out that you are. If you had not put that suit where I could grab it Rowdy and I would be playing hide and seek around the clouds about now. If the crazy girl comes to heaven you and God look out for her and do not trust her out of your sight with any of the little angels, and always be ready to swear her if she gets any. Amen."

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

THE CHEERFUL CHERUB

Wild flowers growing quietly With never help or fuss All seem like little messages From Somewhere Else to us.

TRIDENT WATER METER. NOW is the time to install a small Water Meter to get rating for 1918. PHILADELPHIA WATER CO., 912 East 1st St., Philadelphia, Pa. More "Tridents" used than any other make.

Ladies' Shirt Waists

Best quality; white and colors. \$1 to \$6 Special Value. Also full line of ladies', children's and men's hose. Sent Free by Parcel Post. McPHILOMY'S, 1624 Market St. NEXT TO STANLEY THEATRE. OPEN EVENINGS. Except Tuesday and Wednesday.

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 inclose stamped envelopes for reply.

Foreign Bodies Swallowed

SMALL coins, buttons and other round objects generally create no very great disturbance if they reach the stomach, as they usually do. Much unnecessary alarm is often felt when articles of this kind have been swallowed. Even pins and needles are generally successfully passed through the intestine if they reach the stomach. The intestine shows marvelous intelligence in dealing with these sharp objects. Professor Roger has shown by experiment upon animals that when a pin is placed in the intestine with the point downward and sticking into the intestinal wall, the intestine promptly turns the pin over, giving the head a down-stream direction, thus preventing penetration of the intestinal wall.

Anemic Condition of the Blood

How can one remedy an anemic condition of the blood? By means of sunshine, fresh air and a diet rich in green vegetables which supply the body with an abundance of food iron. A large amount of iron is found in the green leaves of lettuce and in spinach.

Strawberries and other fruits are rich in iron, as is also wheat, nuts, barley, oatmeal, whole wheat, raisins and figs and all rich in iron.

Cold Baths and Heart Trouble. Are cold baths detrimental to one afflicted with heart trouble? They are of the greatest benefit, but must be given very carefully.

Drinking With Meals. Is it injurious to drink water while eating if you do not drink to wash down the food? No; if you are thirsty while eating, take a few sips of water. It is not wise to drink at a meal, is quite sufficient. Never drink to rinse down imperfectly masticated food. Persons who suffer from acidity should avoid liquids at meals.

Tumor and the X-Ray. Can a tumor be detected with an X-ray? Yes, sometimes; not always.

Don't Feed Your Baby Every Time He Cries

Many are the mothers who feed the baby to make him stop crying. Poor Baby! He stops—for a while—and then it's all the worse. For the tiny stomach has had another load added to its already undigested burden.

The baby isn't always hungry. Perhaps he's getting too much or the wrong kind of food.

Give him your breast milk as long as you can. It may be the saving of his life when he is sick. You'll probably be able to nurse him nine full months if from the beginning you use one feeding a day of

Nestlé's Food

(A complete milk food—not a milk modifier)

Give him that feeding at any hour each day in place of your own milk—and leave yourself free to take a little air or pleasure to build up your own milk.

Then when weaning time comes, you'll just give more feedings until the baby's all on NESTLÉ'S without feeling the change.

NESTLÉ'S comes to you in a safe, airtight can—you add only water and it's ready. You don't have to worry about sour milk or consumptive cows, or germs in the milk.

In NESTLÉ'S—made from the clean milk of healthy cows in sanitary dairies—every cow's milk danger has been destroyed—every baby need has been added.

Send the coupon for a FREE Trial Package of 12 feedings and a book about babies, by specialists.

NESTLÉ'S FOOD COMPANY, 281 Woolworth Building, New York. Please send me FREE your book and trial package. Name: Address: City:

THIS year, above all others, when extravagance and waste are to be avoided, you should have Vogue at hand. For, now every woman must devote even more than her customary care to the selection of her wardrobe, so that not one hat, gown or wrap may remain unworn and its price wasted.

Vogue \$2 Invested in Vogue Will Save You \$200. A tiny fraction of your loss on one ill-chosen gown.

The gown you buy and never wear is the really expensive gown. Hats, suits, negligees, that miss being exactly what you want, are the ones that cost you more than you can afford.

Why take chances again this year when—by simply sending in the coupon and at your convenience paying \$2—you can insure the correctness and economy of nearly a whole year's wardrobe.

VOGUE suggests that before you spend a single penny on new clothes, before you even plan your wardrobe, you consult its great Autumn and Winter Fashion numbers:

HERE ARE THE 10 NUMBERS OF VOGUE WHICH YOU WILL RECEIVE FOR \$2

Table listing Vogue Fashion numbers: Autumn Millinery (September 1), Forecast of Autumn Fashions (September 15), Paris Openings (October 1), Smart Fashions for Limited Incomes (October 15), Winter Fashions (November 1), Vanity Number (November 15), Christmas Gifts (December 1), Holiday Number (December 15), Lingerie Number (January 1), Motor and Southern (January 15), Forecast of Spring Fashions (February 1).

In the next few months, during the very period in which Vogue's special Fashion Numbers appear, you will be selecting your entire wardrobe for the coming Winter, and spending hundreds of dollars for the suits, hats, gowns and accessories that you select. Consider then, that for \$2, a tiny fraction of your loss on one ill-chosen hat or gown, you may secure Vogue for six months—an assurance of valuable and new ideas and an insurance against costly failures.

Don't Send Money. You need not bother to enclose a cheque or even to write a letter. The coupon opposite will do, and is easier and quicker. With one stroke of the pen, you will make your entire clothes problem.

Just Out the Packing Cases—The Smartest Early Autumn Boot Styles NOW at a Saving of \$2 to \$5

Advertisement for boots with prices: Wonderful \$8.00 to \$9.00 Values, at \$5.00. Boots That Will Bring \$9 to \$10 Elsewhere, at \$5.50. Boots, Easily Worth \$10.00 to \$12.00, at \$6.50. Our second-floor location, low rent, no charge account, no free deliveries, combined with our other economies, guarantee that you'll match Philadelphia's best styles here and beat Philadelphia's best prices by \$2 to \$5 the pair.

SPECIAL OFFER. If your order is received immediately, we will start your subscription to Vogue for the coming season. This number includes the best models called for the last collection. But since the additional cost of a copy of a small supply on hand to meet the demand for this big special number we cannot guarantee to send it unless your card is mailed immediately.

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