

MARY GARDEN'S NEW RECIPE FOR SLIMNESS—WOMEN'S LETTERS

NEW RECIPE FOUND FOR SLIMNESS—OVERSERIOUS CONVERSATION

Mary Garden Loses Fifteen Pounds Talking to Analytical Youths in France—Ennu Takes Off Flesh and Friendship

MISS MARY GARDEN has found a new recipe for slimness. Presto, she returns from Europe fifteen pounds lighter than the day she set foot on the American gangplank.

When asked for an explanation of the miracle Miss Garden attributed her lost flesh to a malady—conversation of over-serious men!

Just for instance, isolate the incident from the newly slim one and consider over-seriousness. It did away with fifteen pounds of grand-opera flesh. Think of the good will and "let's-be-friends" that slid away with the toll of avoidpudginess. Then count the cost of letting seriousness slip from its moorings and monopolize conversation.

Miss Mary did not go on to say what the over-serious man was talking about, but it is safe to wager it was himself. There's nothing so vitally interesting to an over-serious man as himself. Nothing in the world seems to be so highly fascinating as the innermost recesses of his brain. And in his generous moments, which is every time he faces a partner, this explorer of self is perfectly willing to let somebody else roam around his mental belongings.

THIS interpretation of Miss Garden's recipe for slimness does not aim to be a knocking festival directed at the man who has never been able to get over the wonder of being himself. It rather aims to get at the root of an evil that is not confined to sex. The evil of introspective and self-analytical conversation.

THE WOMAN'S SEX CHANGE

Letters and questions submitted to this department will 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. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

1. Why should bread be eaten with eggs? 2. What is a casserole? 3. What is terragon vinegar?

ANSWERS TO YESTERDAY'S INQUIRIES

1. Water glass is a chemical solution used for preserving eggs. It can be bought at any drug store. 2. The color of the shell of an egg is no indication of the nutritive value of the egg itself. White-shelled eggs cost more than brown-shelled ones in some communities simply because of preference for them on a certain diet.

3. An unbalanced meal is one that contains too much of one kind of food. For instance, milk, meat and eggs are muscle-building foods, and should not be served together in large quantities at the same meal. Foodstuffs containing starch, such as potatoes, rice, wheat and foodstuffs containing the other elements of nourishment should appear on the menu with the muscle-building foods.

Drop Doughnuts

To the Editor of Woman's Page: Dear Madam—Kindly send a recipe for drop doughnuts. I enjoy your column very much and hope that others appreciate it as much as I do. GREATLY.

I hope the drop doughnuts will add to the enjoyment obtained through the column. This recipe comes from Alice Mitchell Kirk's "Practical Food Economy": You will require two cups of pastry flour, one-half cupful of sugar, one-half cupful of milk, one egg, three teaspoonfuls of baking powder, one teaspoonful of melted butter, one teaspoonful of salt, nutmeg and fat. Put all the dry ingredients into the flour sifter and sift into the mixing bowl. Beat the egg well and add to the milk. Add this gradually to the dry mixture with the melted butter. Beat until the mixture is thick and feathery in the kettle over a moderate fire. When hot test by dropping in a piece of bread to see if it browns very quickly; then drop the batter by teaspoonfuls into the hot fat to fry until a light brown. These are very nice for breakfast and are very easy to make. The dough may be made the day before, covered and set aside in a cool place. It is much better to practice with this recipe before making the rolled kind.

Buttermilk Salad Dressing

To the Editor of Woman's Page: Dear Madam—I am told there is a delicious salad dressing for cucumbers that can be made with buttermilk. Can you please give the recipe for it? (Mrs.) A. L. O.

The dressing you refer to is known as buttermilk cream salad dressing. It is said to be very refreshing and healthy. One-half cupful of buttermilk cream, one tablespoonful of vinegar, one-quarter teaspoonful of salt and a little cayenne pepper is required. The buttermilk cream is made by heating buttermilk slowly until it begins to thicken. When it is taken off the stove and drained it will have the consistency of cream. The buttermilk is not supposed to rise above 100 degrees Fahrenheit, and an extra needle is used on the next eighteen stitches for the neck and on the remaining thirty stitches start front.

Sleeveless Slip-On Sweater

To the Editor of Woman's Page: Dear Madam—Will you please print directions for a ladies' sleeveless slip-on sweater with collar attached, measurement being thirty-four inches high, twenty-seven-inch waist and hips forty inches. (Mrs.) M. J. O.

Back—Cast on seventy-eight stitches, knit thirty-two ribs, then knit two, puri two for twenty-five rows; now knit fifty ribs; slip the first thirty stitches of an extra needle; bind off the next eighteen stitches for the neck and on the remaining thirty stitches start front.

Front—Work five ribs; now increase one stitch toward the front every other rib until fourteen stitches have been added; work second front to correspond; now slip all the stitches on to one needle; knit sixteen ribs on this length; now knit two, puri two for twenty-five rows; finish with twenty-eight ribs, plain; bind off. Sew up the underarm, leaving eight inches for the armholes. Finish neck and armholes with a row of slip stitches. The collar is knit separately and also you wish and sewed on.

A New Bottle Washer

To the Editor of Woman's Page: Dear Madam—Will you please print directions for a new bottle washer or, in fact, for a wash tub with a handle to be correct to take my sewing with me in case my hostess should have some sewing for odd moments. You would be perfectly correct, my dear Helen, and your hostess would probably be very glad to know that you had something to do with her.

Take Sewing While Visiting

To the Editor of Woman's Page: Dear Madam—I have been invited to spend a week with friends and I would like to take my sewing with me in case my hostess should have some sewing for odd moments. You would be perfectly correct, my dear Helen, and your hostess would probably be very glad to know that you had something to do with her.

Yvettes



Knitting days these—and the thing to do is to keep a cover to fit over a becoming shape. The color to match that on one's favorite sweater.

you to get your own thoughts out of your system via the conversation route. Save your own interesting personae for later. If you do you'll probably not get over-serious in conversation.

As a rule it is pretty hard to work up a case of over-seriousness about other persons' interests!

INTROSPECTIVE conversation isn't always the sin of egotism. Sometimes it's a case of being afraid talk will run out and falling back on the only thing one knows thoroughly—self.

In such case, try the weather. The weather as a table topic has been abused by most jokesters. When talked about in the right way it isn't half bad. For instance, the weather brings on crops, sunsets, hurricanes, fishing seasons, and conversationally speaking it has never been said to drive away two pounds!

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 excepting by correspondence or through a physician's letter. So inquirers who include stamped envelopes for reply.

Tapeworm

THE most prominent symptoms of tapeworm are colicky pains in the lower part of the abdomen, especially after fasting, relieved by a full meal; ravenous hunger, distention of the bowels with gas, alternate constipation and diarrhea, itching and prickling sensations; in children, convulsions, the passage of portions of the worm.

Of the various symptoms just named the last is the only positive sign of the presence of tapeworm. No patient should ever be treated for tapeworm unless the positive signs of the presence of the parasite are first detected. The application of measures for expelling the worm must be managed by a physician. There are various remedies, but they should be used under the supervision of a competent medical man, as is true of the use of all poisons.

The tapeworm is always due to the eating of flesh which has been imperfectly cooked. The embryos of the young tapeworm are found in little sacks or cysts in the lean flesh of beef or pork.

The embryo of tenia sellium may be seen with the naked eye, looking like small bladders in the lean meat of pork. In beef the cysts are too small to be readily seen with the unaided eye. First of all, these creatures is said to be "measly." This disease is very common in Ireland, where, according to good authorities, as large a proportion as 2 per cent of the hogs are affected. The disease is communicated to man by eating measly flesh without sufficient cooking to kill the embryos, probably due to the habit of eating raw meat when about their work. Among the Abyssinians, whose regular diet is raw flesh, almost every person has a tapeworm.

It was formerly supposed that the danger of acquiring this disagreeable tenant was wholly connected with the use of pork, but the researches of the late Doctor Leidy, of Philadelphia, showed that the variety of the worm which is most common is that caused by the use of raw beef.

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THE WORLD'S WAR Through Woman's Eyes

By ELLEN ADAIR

"The Last Call"

LONDON, Sept. 4. HE WAS the best-looking padre on the western front—a fearless man who scorned bullets, and whose life was given over to ministering to the fallen. When the men went out into No-Man's-Land on the deadly business known as an "advance," he went, too. No one could hold him back.

"But 'twas the service on the battlefield that was more wonderful than this," I heard a soldier whisper, "and 'twas on the battlefield the padre was wishin' his last call would come. For, boys, he would say, 'It like to die alongside ye, fightin' to the end.'"

It was in a remote part of the Highlands of Scotland not very long ago that I came across a little graveyard, most of whose age-worn tombstones dated back to the fifteenth century.

Several of the inscriptions were poetical and crude—as used to be the fashion a hundred or so odd years ago. The faults of the departed, as well as the virtues, were set forth for all the world to read. Here I could learn that bad temper and spitefulness had been the leading characteristics of the occupant of one grave, while nearby a paragon of perfection lay, "mourned and lamented by all who knew him."

But the small cross that caught my eye was of simple wood, and very new. It somehow seemed strangely out of place in that old-world graveyard, so I crossed over to read the inscription. It was scratched in pencil, roughly:

"The Last Call." Below was the name of a very famous soldier of a Highland regiment, a man who had won every decoration for gallantry that it is possible to win.

For a moment I wondered that such a gallant and famous soldier should lie in such a simple grave, with only a wooden cross to mark it.

And then I remembered the story of his little Highland mother, who had come all the way to France, just to bring his body home to be buried in the old country. I accepted a penny for the inscription. It was scratched in pencil, roughly:

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IN THE MOMENT'S MODES

Draped Afternoon Frock



The vogue of the draped skirt in afternoon frocks grows with each passing day. Some—a very few—tailored frocks have skirts with drapery, but the materials of these do not lend themselves quite so happily to this form of modeling as do the frocks of soft finish silk.

The drapery is applied in some instances; that is, it is in the form of overdrapery, as pictured in the accompanying illustration. The material is moonglo meteor in navy blue and the embroidery is worked out with varicolored silk and gold threads.

RED CROSS TO PROVIDE MILLION COMFORT KITS

That Number for U. S. Sailors and Soldiers, and Like Quantity for Russians

A million kits are to be made at once for the men of the United States army and navy and a million more will be made for the Russian revolutionary army. To expedite matters in the way of accomplishing this gigantic task the Red Cross today issued a half million practical circulars which explain in detail how to make these very necessary kits and bags.

Each circular also gives a diagram which will make the work comparatively easy. It is announced that the Red Cross is to be under no expense for the kits. All may be provided as gifts to the fighting men from the women who wish to make them.

It was announced by Miss Florence Marshall, director of the Woman's Bureau, that the circulars were in keeping with suggestions offered by the War Department.

THREE TYPES. Three types of kits are suggested—a simple bag with draw string and two with pockets, one for the trenches and one suitable for hospital use. Anything similar will be gladly welcomed. The kits are to be made of plain khaki. Colored fabrics have not been advised because it is dangerously visible when carried by troops at the front.

The circular lists the personal equipment given to each enlisted man by the War Department in order that women should duplicate these articles in filling the comfort kits. But it also notes that the regular outfit of any soldier is liable to be lost or destroyed and that additional supplies even of his necessities may be welcome to him at the front.

The Red Cross Commissioner in France has advised about comfort kits as follows: They should contain pipe and tobacco pouch, heavy socks, handkerchiefs, wash cloths and soap, mouth organ or game, pencil, writing paper or pad, and envelopes, and if not too expensive, single-bladed knife and spoon.

They should be made of stout material, so that they can be used in all sorts of practical ways. They should have, if possible, an American flag sewed on the outside.

Materials for making the kits can be procured by the chapters from the Red Cross Division Supply Service. Individuals may purchase their materials from the chapters or from local retail stores. Certain articles, like the combination knives and spoons, may be had from the Division Supply Service.

Church Observes 25th Anniversary. MOUNT CARMEL, Pa., Sept. 15.—The twenty-fifth anniversary of the founding of Holy Cross Church was observed here by a large number of Catholics from all portions of the anthracite region. Following a street parade services were held in the church by Bishop McDevitt and Vicar General Hassett, of the Harrisburg diocese.

Tomorrow's War Menu. BREAKFAST: Cantaloupe, Bacon and Eggs, Coffee. DINNER: Fricassee of Chicken with Dumplings, Mashed Potatoes, String Beans, Lettuce and Tomatoes, Homemade Peach Ice Cream, Coffee. SUPPER: Mashed Potatoes, String Beans, Lettuce and Tomatoes, Homemade Peach Ice Cream, Coffee.

"Baseball Game of Life" The "Baseball Game of Life" will be the topic presented by Rev. Thomas W. Davis, pastor of West York Street Methodist Episcopal Church, in the Bee Hive Tent at League Island Navy Yard, Philadelphia, Pa., on Saturday, Sept. 16, at 8 o'clock.

VERDICT BLAMES P. R. R. FOR FATAL ACCIDENT

Absence of Watchman Held Responsible for Man's Death at Crossing

Failure on the part of the Pennsylvania Railroad to keep a watchman at Linden Avenue crossing, Torresdale, twenty-four hours a day was responsible for an accident at that point which caused the death of Robert S. Rihl, of 823 East Girard avenue, according to testimony given at the inquest in the case this afternoon.

Rihl, with Isaac Parvin, of 4222 North Fifteenth street, was in a motortruck which was struck by an eastbound freight train at the crossing a few days ago. Rihl was killed and Parvin suffered serious injuries. Following is the food report issued today by J. Russell Smith, chairman of the food commission, Philadelphia home defense committee:

ABUNDANT—Watermelons, celery, peaches, squash, eggplant, cabbage, parsnips. NORMAL—Turnips, oranges, potatoes, green beans, cucumbers, radish, carrots, plums, beets, lemons, sweet potatoes, lettuce, peppers, lima beans, cantaloupes.

SCARCE—Apples, corn, tomatoes, raspberries, pears, bananas, onions, blackberries, pineapples. Dressed white catfish, 15 to 16 cents. Dressed red catfish, 11 to 12 cents. Haddock, 11 to 12 cents. Bonita mackerel (small), 18 to 20 cents. Round fish, 10 to 11 cents. Whiting, 5 to 6 cents.

FISH PRICES FALLING TO NORMAL LEVEL

Variety Increasing and Plentiful Supply Expected Next Week

Wholesale fish prices are gradually returning toward their normal level. The variety is increasing, and there probably will be a plentiful supply by next week. Following is the food report issued today by J. Russell Smith, chairman of the food commission, Philadelphia home defense committee:

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THE CHEERFUL CHERUB

I love to hear this music box; It tells of times that used to be. The little tunes it tinkles out Just sound so lavender to me.

Quartermaster Reserve Enlistments. The following enlistments in the Quartermaster Reserve Corps were announced today: John P. Brasell, twenty-two years, 4141 Reno street; William H. Talbot, twenty-two years, 5002 Florence avenue, and James W. Gilhooly, twenty, 4913 Pentridge street.

To Women Investors. Our War Time Advice. Do not speculate—You need all your principal. Keep your principal fully invested—You need all the income. Understand and manage your own affairs—Knowledge is the best safeguard.

Bonbright & Company. MORRIS W. STROUD, JR., Manager. 437 Chestnut Street, Philadelphia. New York, Boston, Chicago, Detroit.

"From the Cactus to the Fleur-de-Lis" Third article in the series telling of "The Great Hike" of the American Regulars from the Mexican Border to the Firing Line in France. By Raymond G. Carroll. Special staff correspondent officially accredited to the American Expeditionary Forces. APPEARS IN TOMORROW'S PUBLIC LEDGER. It describes the life aboard a troopship over the sea to France.