AR BREAD MAKING TO BE TAUGHT FROM DEMONSTRATION TRAIN—SMART FASHION NOTES

UCKING" THE SCHOOL CLIQUE— HOW TO BE HAPPY IN SPITE OF IT

nat a College Girl of Twenty-nine Told a Miss of Sixteen; It Made Her Decide She Was Wasting Precious Tears

upon a time in September, 1917. ung girl sixteen years old decided ould not go back to high school, rents probed her for the reason. rave several, each one as filmsy as her. Every one was surprised. It slated in the family plans that the should graduate.

to pressure of inquiry grew stronger Interview assumed stormy proper a and finally in an outburst of tears were almost flerce in their bitterness. girl confessed she was leaving beshe'd "never got in with the

sus heartbreak in the world was sinad into those six words. They thiable. Pitlable, because as the Firl sobbed them out between tears that had probably been by in her beart for months she was mest unimportant thing in the world e clique that is born in school.

What is the school clique? What is magical standard of "belonging"? No e has ever been able to tell. There are nely girls in the crowd and pretty ones There are pretty ones in and mely ones outside. Students in and utterfiles" out and vice versa. Just as on as you have found a workable classition you bump into something so absocontradictory that you despair of doing anything but letting the clique

that's what you have to do, let clique rest. While there are son's there'll be cliques.

kourse, when you argue with a girl topen it's hard to be able to convince gat the thing which seems most imect in all the world to her is really ast important. Goadings-on to exe in studies as a substitute for

'in on things" doesn't work. unsuccessfully tried these things, gone forth into the world. in despair. It was finally a twenty-Sear-old girl who had been "boxs" clique through her four years in colcipal and take the trolley car for high of the following morning.

sixteen-year-old girls who have to th while to pass on the cure employed | in the movies.

eddir of scianors for ripping seams?

I. When the light is poor the needle of a sing machine can be easily threaded by sing the needle to threading position and eing a small square of white paper directly

2 A "fruit shower" is similar to the bride's nen shower. In place of pieces of linen the speaks bring glasses of jelly and jury of Jam.

have giving the bride "a good start" in home

3. Clossed tea and coffee strainers can be

tally cleaned by rubbing with lumps of coarse

Pattern for Crocheted Sweater

Women's Page. Dear Madam - Will you please print directions have to make a crochected sweater, size 38 and open down the front? I want to use a bone size with a hook. I would like a fancy slipper such, and if not that stitch just a plain one.

A READER.

The pattern for a sweater in the plain

oper stitch is nowhere to be found. As

king of allppers I picked out the simplest

he stitch used in this pattern is called

half-double crochet (wrap, insert hook in

the wrap, pull yarn through; wrap and

te sweater calls for a colored border

the front and around the neck. It

be made in any colors you desire, but

stitches equal one inch; three rows

work twenty rows even Decrease one

de every sixth row five times. Work

rows even, then increase one each

cy one inch.

addrib white chain 102 for lower edge of

Table every sixth row five times. Work with rows even, then increase one each Rev. rows even, then increase one each Cath are row four times. On next row The chain twenty-two stitches. Work of the chain across row; add a chain of treely two stitches. Add a chain of treely two stitches. Add a chain of treely two stitches, and a chain of treely two stitches, and a chain of treely two stitches, are care seen. Next row work 114 stitches. The ain one st rows even. Then in next seed every row twenty times, play, sit work even until there are forty-won even twork even until there are forty-won even two even even to the even the story four rows sixteen times. Go Then the row where you began the 114 of these inava inhirty stitches for back of will I Jain yarn in next stitch and make has be from like first. Eight rows even, and the first like first. Eight rows even, and the first like first wells, which the row of single crochet. one stitch French for ten rows, increase one in 12 min row. Join color, twenty rows away, as we well seems and under-arm seam, which day with white heginning at lower till row right from make three stitches for higher two riws. Increase one stitch at sit, one stitch for each stitch across back. Woult the same way on other front. Join work twelve rows G21 increasing to the row at corners around aweater, and front work two rows (21) increasing to the first work work in these work in these from lower chain front work two rows to the neck starling three inches from lower chain front work its even. See three these from lower chain sixty-one. Work in the row fitted around a work from how aren. Fasten off.

The control of the sixty-one. Work in the row of the sixty-one. Work in the row of the four looks from the row of the four looks from the row of the sixty-one. Work in the same way for higher from the sixty-one. Work in the same way for the sixty-one work in the same of the same way for the same of the same way for the same of the same way for the same of the same of the same of the same of the same

the trimming shade "color."

we will call the main shade white

off three loops).

TODAY'S INQUIRIES

What is the best was to dust a sewing when a woman enters the room or rises to leave it?

5. In frying doughnuts what will prevent the 3. What will prevent the disagreeable stee from absorbing too much of the grease? "caking" of powder on the nose?

ANSWERS TO YESTERDAY'S INQUIRIES

colhat gives better service than a penknife | 1. What is "period furniture"?



A hat that reminds us of the little song of the "Three Trees"—"one there, and one there, and one theah"—and there you have a picture—hat.

by the college girl. The treatment lasted two hours. It consisted of a college rec and a lead pencil and a few annotations The older girl took the senior record of all the doings and standings of her classmates and carefully penciled off the pletures of the girls who comprised the A Number 1 clique of the school. Every Greek letter, every little friendly jibe that indicates being "In on" all things desirable in the school was carefully pointed out. Then the pictures that were piti-

phrases were noted. WHAT happened next ruined the older girl's class record, for she wrote down beside each of those pictures, right on the beautiful paper, as far as she knew what had happened to those who beparents of this particular girl longed to the likenesses after they had

But the pencil marks did the trick, and what the little girl of sixteen read beside the pictures taught her forever and ever who made the girl telephone to the that she had indeed been weeping about the most unimportant thing in the world, bread making. The first car contains ex-The girls who belonged to the clique had drifted into singularly uninteresting SCAUSE cliques are manifold and lives! Coincidental as it may seen, the "outsiders" had achieved everything ck" them even more numerous, it is from successful matrimony to stardom

2. In it proper for a man to remain seated

It is medium in weight and similar in cha-

Clothes for "War Poor"

Use of Silver at Formal Dinner

extreme and of the silver placed at the left

side of the plate, whereas if oysters or

clams constitute the first course you will

see a long-handled, three-pronged fork at

the extreme end of the silver on the right-

hand side of the plate. Next to the oyster

hand side of the plate. Next to the cyster fork toward your plate is placed the soup, or boullion, spoon, then the dinner knife and the silver knife for the cheese at the salad course. If there is an entree that will require a knife it is placed between the dinner and choese knife.

On the left side you will find the fish fork at the extreme end if there is no hors doesnot not be a fourth fork placed between the alad there is a fourth fork placed between the dinner and salad fork.

The silver for dessert is placed on the table with the finger howis or desert plates.

To the Editor of Woman's Page:

To the Scitor of Woman's Page:

whilts of canning and preserving, the second is fitted out as a bakery, in which a new method of making bread from a flour composed of tye, potsides and wheat will be demonstrated. In the third car pictures and a series of illustrations depicting the need of war-time economy are to be dis The train, which is now at Thirty-second street and Lancaster avenue, is brilliantly decorated on its exterior. Vivid colors are painted on the sides and on each car is THE WOMAN'S EXCHANGE the coat-of-arms of the State of Pennsyl Letters and agrations submitted to this department must be written on one side of paper only and signed with the name of the tortier. Special queries like those given rate are invited. It is not refund that the editor does not necessarily indoes the sentiment that the editor does not necessarily indoes the sentiment treated. All commonlications for this descripted hould be underested as follows: THE

Until next week the train will be open for inspection at Thirty-second street and Lancaster avenue between the hours of 10 and noon and 3 and 3 o'clock.

has equipped a special train of three cars

for food conservation demonstrations

Tours to various towns and cities through

The train is to be in charge of Colonel Foster, of the State Department of Food Supply, assisted by the Misses Pittman and

Newcomb, from State College. At every stop made the public will be laught the latest methods of cauning, preserving and

at the State will start next week. Visits to Downingtown, West Chester, Columbia, York, Lancaster, Parkesburg and Heading

throughout the State.

have already been arranged.

IN THE MOMENT'S MODES

Hercules Braid Is a Favored Trimming for Fall



Braid is one of the smartest of fall trimmings for one-piece frocks, two-piece coat suits and the new one-piece coat dress. Not the narrow soutache, but wide braid—the braid we have long known as "hercules"—wide, flat and accommodatingly pliable. This trimming is peculiarly fitted for combination with navy-blue serge, and with the employment of this combination the style creators are evolving some very effective little frocks. Navy-blue serge has gone into the fashioning of the one-piece street costume pictured today. Collar, cuffs and vestee are of heavy, oyster-white silk. Black hercules braid trims the skirt and supplies the buckled girdle.

UNCLE SAM'S "CONSERVATION SPECIAL" VISITS CITY



The special train, by means of which the United States food administration is seeking to educate American housewives throughout the country to economical practices, with the "crew" of demonstrators, is shown above. Two of the latter are illustrating a demonstration in canning. Both photographs were obtained at Thirty-second and Market streets, where the train today remained for several hours before resuming its tour of the State.

PATSY KILDARE, OUTLAW

A Narrow Escape

f that horse's foot or else of your wings.

carried into his back yard, but I don't know what for. Tomorrow is Sunday and I have

got to start early and get a look at old grampa's grave, though I know as well as

you do that it isn't showing sprouts. Amen." "Seeking Information," the next Patsy Kil-bure adventure, appears in tomorrow's Evening

-- DALSIMER STANDARD SHOES

The Greatest

Offered Today

We want you to come in and see

these two new models, which we

consider being equal in quality

and style to footwear

shown elsewhere at

higher prices.

Style Value

A FTER I woke this morning I did not lie | bappy when we folded our paws and prayed. Thear mother which art in heaven, you for it being Saturday Bowdy and I wanted by the property near had me today. I felt the wind for it being Saturday Rowdy and I wanted to be on our way. So out I hopped and got the coffee made and the pancakes stirred and the milk in. The milk made me think of Jim, and Jim made me think of Maggie, so that made me think of where

When my father had fed his face and had fed mine and Rowdy had fed his Rowdy and I rambled. I thought I would surprise Maggie, so we went to the bathhouse by the river and there was nothing there. The blankets were gone off the bed and a lot of dead leaves had blown in there, so I took a swim and Howdy stood on the bank wondering what had happened to Miss Groarty. Then we want to Jim's and Jim was not there, but another man was up on a ladder painting Jim's house. I hollered, "Come down!" He just laughed and didn's come, so I shook the ladder and it slid at the top. He dropped his paint and caught the eaves to keep from falling, and he held the ladder with his toes. Helieve me, it Maggie, so we went to the bathhouse by 11 the ladder with his toes. Believe me, it was a job to push the ladder back under

When he came down he looked pale and he raised his hand as if he was going to blam me one, but Rowdy growled away down in his neck and stood up stiff legged. The man said, "Why did you do that?" I said, "Why didn't you come down? Where are Jim and Maggie?" He said, "Jim and Miss Greatty were married yesterday and have gone on a wedding trip. I am running have gone on a wedging trip. I am harmonial his milk route and painting his house while he is gone." Then he said, "Are you Patsy?" I said, "Yes; what's it to you?" Its maid. "Jim told me to tell you he would be back next Saturday and his wife said to give you

So then Rowdy and I went away and went to the iron dog man's house and the iron dog man was not there and his sister was just going out riding on a horse and she had on breeches like a man's. She said, "Good morning, Patsy." I said, "Good morning, old maid." Then she laughed and said she would be back in about an hour. said she would be back in about an hour I said. "You are not going out on the street. I hope." She said. "I certainly am." I said. "For cat's sake, don't you know some one is going to see you with breeches on if you do?" That made her laugh so hard that her hat fell off and Rowdy and I ran to get it and the horse jumped and kicked so hard that the old maid fell off and the horse's foot went past my ear so close that I felt the wind of it.

Then the horse ran out of the gate and down the street, and the old maid helped me up and asked me if I was hurt, which I

me up and asked me if I was hurt, which I wasn't. Rowdy came back from running the horse and we went into the house and the old maid said she was very thankful that I did not get my head kicked off, and I told her that she did not have anything on me. Then she laughed and went to change her clothes. She told me her broth-er's name is Lunny Smith and her name is Boll Smith. She noticed my hair was wet and I told her I had been swimming. So she went and got a little bundle and got me to show her the place and she went into the bathhouse and there was a bathing suit in the bundle and she put it on and we both went swimming. She knows how to swim, but not any better than I do. This has been a good day and I felt very

Infants-Mothers Thousands testify

Horlick's Malted Milk

Upbuilds and sustains the body No Cooking or Milk required Used for 1/2 of a Century obstitutes Cost YOU Same Price.

GOOD HEALTH QUESTION BOX

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

In answer to health questions. Doctor Kellogo in this space will daily give advice on preventing medicine, but in no case will be take the risk of making diagnoses of or prescribing for all medic requiring airginal treatment or drugs. Health questions will be promptly assumed by personal letters to inquirers who inclose stamped cavelages for cepty.

we cheev for-to crush and soften the food so that we can detect and enjoy its flavor.

Food hurriedly eaten is only half appreciated. The flavor is carried off before the "taste buds" have felt the tang and the thrill of it. There are no taste buds in the The Talmud tells of a man of glutton size

disposition who wished that he had a neck like a crane s mile long, and that he could taste his food all the way down.

One doesn't need a longer throat nor more tasts buds. If we chew our food until all the tasts is extracted, we've gotten all the satisfaction possible out of it, and it takes only about half as much food to produce the sense of satisty that says "Enough!" Enough !" In recent years Horace Fletcher, who

foncered a renaissance of chewing, but proved that a man can live on half as much ood if he chews well, and will enjoy his food immensely more than when he gulps it down without half tasting it.

So don't have any fear of a food familie. Just chew, and get everybody else to chew, and there will be a surplus of food.

But if you sit down to the table and say o yourself, "Well, it's wartime and Mr Hover says we must economize," and begin to try to "scrimp," you'll get more hungry every minute and end up by eating twice an much as usual. But if you forget Mr. Hover and the war and just go in for a good time with your palate by chewing each morrel as long as it has any taste in it, you will enjoy eating as you never did before and will eat only half as much.

And what is more, you will be better particularly. courished, stronger, more enduring and nore efficient

So our advice to to chew, chew, chew, and be an epicure of the real sort. And you'll eat all you want to eat and save half you sed to eat without tasting or digesting

Gum Chewing

Is gum chewing an injurious habit? A. T. M. Yes. The constant activity of the sali-vary glands excited by gum chewing, especially when the gum is flavored, exhausts the glands so that they lose their power to digest starch, a very important function which is necessary for good digestion. This has been proved by actual ex-periment. A man was made to chew gum constantly for several hours. At the end of the first hour there was slight decrease in the digestive power of the saliva. At the end of the second hour there was a very marked loss of digestive activity and at the end of four hours the saliva had almost entirely lost its activity. The habit of chewing tobacco or gum exhausts the salivary glands and thus lays the foundation for indigestion. The thorough chewing of the food is essential to good digestion, but sum chewing is a unique mand warrent. but gum chewing is a uncless and m less harmful practice

Tuberculosis and Ozone

Is ozone useful in the treatment of tuber Ozone is a very active form of oxygen When inhaled even in very diluted form it is highly irritating. It has many times been tried in the treatment of consumption. but has proved to be entirely useless.

Snuff

What are the effects of taking snuff? S. K. The systematic effects of snuff taking are the same as those of tobacco taken in any other form. Also the sense of smell is destroyed through the chronic catarrh induced, the sense of taste is impaired and the sight may be seriously affected. This deadly habit certainly is much less commo than in former times and, on the whole If that foot had landed under my ear I is less injurious to the general public th would be up there now with you. Tell Mr. carpenter that the new boards have been effects are virtually confined to the user is less injurious to the general public than either tobacco chewing or smoking, as the

Tomatoes

Is the tomate a wholesome food? The tomato is an excellent article of food. It is properly a vegetable fruit. The tomato is valuable because of the citric acid which it contains, and also on accoun

New Military heel model.

Dull calf vamp with silver

grey fabric top. Dark tan calf vamp with fabric top

of harmonizing shade.

High heel model of dull calf.

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people are ever ready to assist

you in your selection, and will

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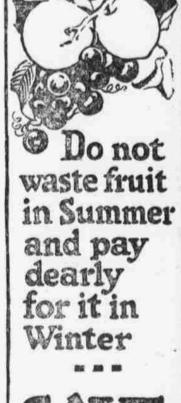
THEW and chew as long as there is of its large supply of vitamines and irea.

One pound of tomato centains enough irea to supply the body needs for one day. The tomato is an excellent food for persons suf-fering from a deficiency of blood or blood coloring matter.

Dental Bridge Work

My dentist has advised bridge work for me A person who has bridge work must take very particular care to avoid insanitary conditions in his mouth. However, when sufficient pains are taken to cleanse the mouth, there is no reason why it may not be kept in a wholesome state. Bridge work is of great value because it allows more thorough chewing of the food. (Copyright.)

Friends to Meet at Cape May in 1918 CAPE MAY, N. J., Sent. 21.—The executive committee of the Friends' Conference of the United States have decided to hold their next blennial conference at Cape May, opening on July 2, 1918. The conference will last two weeks and are than 5000 representatives are expected from all parts of the United States. The last conference was held in Cape May in the summer of 1916.



Store up an extra supply of preserves jams jellies

"A Franklin Sugar for every use" Granulated.



Dainty Lumps.
Powdered.
Confectioners.



Where Shall I Send My Child to School?

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 obtain complete and reliable information of any hearding 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.

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