BEADS HAVE JUMPED FROM POCKETBOOKS TO HATS-OTHER FASHIONS AND KITCHENCRAFT

COMMUNITY FIGHTING HALL WOULD ISOLATE PARENTS' SPATS

This Might Keep Children's Lives From Becoming Abnormal From Listening to Breakfast Table Wrangles

TT HAS occurred to me that a commu-Inity fighting hall would be of benefit to the community. There have been community kitchens, why not a squabble hall on the same plan? To this husbands and wives might repair with their quarrels and thus spare their offspring the danger of listening to the family

For the privilege of being thus able to hire a hall for conjugal discussion there might be only one obligation in curred. The sparring parties must lock up the fight in the hall when it is time to go, make an engagement to return, but in the meantime keep the wrangle entirely out of family view. There must be no leftover!

NOT so long ags a little eight-year-old confided to a grown-up intimats the following:

"Every once in a while my mamma and papa have a great big fight!"

"Do you mind?" said the grown-up, fencing for the time to find a neutral and at the same time sympathetic argu-

"Nope," was the reply, "becuz when they fight I don't have to eat oatmeal and I don't have to wear rubbers."

UNFORTUNATELY this little boy was more original than he was typical of the child who is entertained at the breakfast table with his mother's and father's differences. Wet feet and possibly a few Frequently they grow to pity themselves. -abnormality.



A tam of brocade; the design has been worked over in beads and gold thread and finished of with a tassel.

This self-pity may be due them, but it is very bad for them. A child looking too much into her own life is on the way to becoming a morbid woman.

IF HUSDANDS and wives must wrangle and take one or two days to recuperate from unpleasantries exchanged-why then let them spare their children. It isn't much fun to come home from school in the afternoon and have to tiptoe around to find out whether mamma's cross or not when you never did a thing

to make her cross. In plays and books it's all right never lumps of sugar where catmest ought to to know what's going to happen next. But be are bad enough, but they're not the when you introduce this element of unworst by-products of the squabble held certainty into a child's life you're putup for family view. I have seen little ting that child into the most dangerous girls cry bitterly over the family fracas. of all dangerous atmospheres for children

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.

3. What is "asple?"

TODAY'S INQUIRIES

1. Why is it inadvisable to use a chain con-trivance to clean out scrapings from pots and the home of a girl who has met him several 2. What is the best way to clean hair

times and never invited him to her home?

2. Would a light colored georgette crepe dress he a sensible investment at this time of the year?

3. Since her operation how does Sarah Bernhardt manage to gracefully play her old-time favorite pieces?

2. A French manteau is a rather dressy cloak

that can be worn in the afternoon or evening. It is particularly in vogue in wartime because

3. It is not proper for a girl of fifteen to go

ter for an older person to be part of the

He Bleached His Hair

Dear Madam—I have slightly red hair. Is it bossible to turn it back to its natural color, which was brown before I used some peroxide thought it would turn it a light brown instead turned it red.

When new hair comes in it will be the

natural color of your hair. Of course, this will take a little time, because hair only grows at the rate of about six inches a year. There is no way of making the red

hair turn to its original shade without dye-ing it. You might have your hair shaved off if the queer shade of red is very em-

barrassing. It will come in quite quickly in its own dark brown shade. Be careful not to catch cold if you do have it shaved.

What to Wear

Dear Madam—Will you please tell me regarding evening dress: First, are long white kild gloves necessary with an evening gown for a full-dress evening from seedding his season; that the base of a blid elle. The base of a blid elle. The base of the blid elle the base of the blid elle that the blid elle the blid

First. There is as yet no indication that

long gloves must be worn with evening gowns this year. For the last several years it has been considered quite as good form not to wear gloves in the evening (ex-

cept for very formal balls or the opera) as it used to be to wear them. Certainly for a home wedding they need not be worn; they should be carried however.

Second. A derby hat is dressier than a soft hat and should be worn in preference

to a soft one if there is no high silk hat

Third. Pumps are dressler, but low patent-leather shoes are perfectly permis-sible for a man wearing evening clothes.

Present for Soldier

Dear Madam—Will you kindly advise me through the Eventsu Lebore about this? A very good friend of mine has gone into the army and I want to get him something for a remembrance. What would you advise me to get him?

there are many other things to choose from

Carmen's Hair

To the Editor of Woman's Page:

Dear Madam—Will you be so kind as to inform me through your valuable communit Geraidine Parrar wors her hair hanging in the pleture called "Carment" which played at the stanley Theatre some time ago! Also tell me if Carmen's hair is waved or straight.

Geraldine Farray were her hair up in the pigture to which you refer. As a rule Carmen's hair is at least slightly waved. The big, distinguishing thing about it is the Spaniah headdress. In this the hair is brought up a little high at the back of the head and held in place with a big Spaniah

To the Editor of Woman's Page:

To the Editor of Woman's Pope:

Editor of Woman's Page:

ANSWERS TO YESTERDAY'S INQUIRIES 1. It is not permissible to use the name Red

1. According to Dr. Harvey W. Wiley, pure food authority, whole wheat flour is the most sennomical and wholesome wheat flour that can Cross in connection with a bazuar or benefit when only part of the proceeds of the affair are to be turned over to the Red Cross. be used.

2. Knitted things like awenters, scarfs, capes, etc.. should be left dried in a crumpled heap in the sun. Hanging them up stretches them and gets them out of shape.

and neatly by basing the darning on a little piece of net that matches the color of the stocking. 3. Silk stockings can be darned most securely unchaperoned to the movies at night with a box about her own age. It looks infinitely bet-

Use for Oil of Sweet Almonds To the Editor of Woman's Proge;

Dear Madam-Kindly publish through your column for what purpose oil of sweet almonds KAY B. Oil of sweet almonds, which is known

expressed oil of almonds, is used as a food just as olive oil is used. It contains the same food value as olive oil and may be used as a substitute for it. It is tasteless. This must be differentiated from the manu-hitter almonds, which is used in the manu-facture of flavoring, but which in the raw is highly poisonous. must be differentiated from the oil of

Palette Knife in Kitchen

Palette Knile in Kitchen

To the Editor of Woman's Poor:

Dear Madam—Maybe some of our readers
will be interested to know of how much convanience a palette knife is in the kitchen. I
mean a knife such as artisfs use, one that
bends. It is fine for taking cakes and cookies
from pans and it is so decible that it is really
economical it saves cake batter, for instance,
when you use it to assaid in pouring the batter
into a cake nau. As it bends sailly it reaches
every part of the bowl. I have read many useful susgestions in this column and it wanted to
do my bit by telling this.

Exc'HANGE. The palette knife in the kitchen sounds like a help for Hoover. In this sense you were truly doing your bit, weren't you?

To Clean and Curl White Plumes

To the Editor of Woman's Paux Dear Madam—Can you kindly tell me through your column how I can clean and curl white plumes at home? (Mrs.) M. L.

After brushing thoroughly to get all the dust out, put the plumes away in cornstarch and powdered magnesia for five or six days. Then shake out all the powder, being careful not to treat the feathers too strenuously. Use a coarse comb to get the little pieces of feather back into shape. To curi hold in the steam of a kettle, drawing a few of the tendrils at a time over the edge of a blunt knife. If you draw steadily and firmly there will be no breaking.

To Launder Chintz

To the Editor of Woman's Page:

Dear Madam—Can you give me a little information about ironing chintz curtains? Should here be froused on the wrong or right side?

Also do they require a thin or a thick starch? Man it is at the best after laundering them it is trough on the right side or face.

when it is froned on the right side or face Chintz requires a thin starch.

Spanish Tripe To the Editor of Woman's Pape:

set him? READER.

If you knit it would be nice to give him a scarf, wristlets or a sweater. Then there is the comfort kit, which seems to be very much in demand in the camps. This is a bag, as a rule, made of pretty-colored cretonne about twelve inches square. In this bag all kinds of comforts and luxuries for the soldiers are placed. Here are Dear Madam—Can you please print a recipe for using trine? I think there is a Spanish Senipe of some sort. (Mrs.) E. C. V. Buy trips from your butter, that has been thoroughly cleaned and is ready for belling. No matter how trips is to be used it should be boiled first.

for the soldiers are placed. Here are some suggestions: Game, pack of cards, mouthorgan, comb, pipe, scissors, needles, thread, buttons, shaving soap, tobacco and other things similar to these. The articles can be fitted into little pockets made in the side of the kit. Spanish tripe is prepared, if possible, in a causerole dish. After boiling cut the tripe into small pieces and put in the causerole dish, which has been greased. Then scald haif a can of tomatoes and add to it haif a cupful of chopped cabbage, haif a chopped onion, half a green pepper shopped, a dash of cayenne pepper and three-quarters of a teaspoonful of sait. Four this sauce over the tripe. Cut a few sloss of bacon into squares and arrange on the top. Bake this in a moderate oven for about an hour. An electric flashlight, a khaki air pillow, a pair of military hairbrushes, a trench mirror for shaving, a leather tobacco waltet or a pipe with his luitials on a little encircling band would be appreciated. I am sure.

Tomato Chow-Chow

six tomatoes you will require one is tomatoes you will require one is cuton, one greek pepper, two table-in of trown sugar, one-half pint of it and one tablespoonful of salt. In the tomatoes, remove the skins and than firstly. Fut the onions and the labels is a small stewing bettle. Add some, finely chopped, the sugar, the him the cut. Cook to a slow oven, the state as test. When it is guite the man and the cook and the state as test.

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

The Experiment

THIS morning Rowdy and I went to Bell's A house to get my trick pipe. Then we went to school, and just as we were going in we met Miss Willie, my teacher, and she said, "How is my little girl this morning?" I said, "I did not know you had a little girl. How big is she." The teacher said. "Why we have the said." raid. "Why, you are my little girl." I said, "You're crazy in the head if you think I am your little girl." She said, "How is your dear, kind father?" I said, "Pretty well. How is your wood chopper?" She laughed and said, "What a quaint child you are! What is that you have in your hand?" hand?

I said, "That is something that I brought to school to see whether Peanuts Feeney can blow the cork out of the bowl." She said. "I see. If he can blow the cork out he has strong lungs." I said, "No, if he can he has a strong breath, The stem does not reach to his lungs." She said. "It is very interesting and educational. It shows what air can do—just plain, common, invisible air that shows what air can do—just piain, common, invisible air that you cannot see. It can lift immense weights and drive motors and run cars." I said, "Yes, and it can blow houses and trees over, too, when it gets in a hurry to go somewhere and they get in the way." She said, "True enough, I see that you are observant." I said, "If it doesn't interfere with my being Irish I would just as soon be."

She said, "Let me try the pipe. I have a desire to see whether my lungs are strong." I said, "You'd better not." She said, "Yes, I will. I like to encourage my pupils to pursue scientific subjects." I said,

ouplis to pursue scientific subjects." I said,
"I wish you wouldn't." She said, "I will,
though. I have a curiosity to see if I can do it. Also I wish to demonstrate to you the wonderful strength of this invisible and impalpable something which we call air." I said, "I guess I know as much about air as is good for me. I would rather you wouldn't blow it. You will probably be sorry for it if you do." She said, "Has some horrid man been smoking tobacco in it?" I said, "No, it is new, but I would rather you would not blow in it,"

She took it and blew in it in spite of me and she got it good and plenty, for she filled her cheeks with air and blew herself cross-eyed. Finally she said: "I shall have to give it up, but it is a very interesting experiment and I may borrow it this afternoon to give the children a chance to try it and to serve as the subject of a short talk on the properties of air." All the time I was walking behind her so as not to let her see me laughing. Then we met the principal, and she looked at my teacher and then she looked at her again and scowled and then she looked at me. I guess she saw I was busting. She said: "It looks very cute, Miss Dangler, Are you thinking of going into vaudeville?"

ou thinking of going into vaudeville?"

My teacher looked surprised and said: "I o not get your meaning." So the principal aid: "Perhaps this well help." Then she opened her handbag and let my teacher look into her little mirror. You should have heard my teacher scream and seen her reach for me—only I was not there. Then had to tell the principal about it and now I had begged my teacher not to do

The principal asked for the pipe and ther she took the cork out and went to shake out the lampblack, but it stuck together and would not come out, so she blew in it to make it come, and it did, and she got it all over her face. Just as I was getting ready to run away from school and never come back she began to laugh and then my teacher started to laugh and they went into the school to wash their faces and the danger was over, but the principal dropped my pipe on the walk and busted wide open-

"Amusing the Baby," the next Pater Kildare adventure, will appear in tomorrow's Evening Ledger. for economy's sake women are wearing afternoon frocks in the evening and these do not require a regulation evening wrap.

Baby Shoes From Kid Gloves

If you have some long white kid gloves that have been laid away and whose fingers have "gone the voyage," why not turn them into wee kid shoes for baby? Baby's little pink toes are pliable enough not to require king as regards their gear. The little white kid shoes can be bound around the edges with ribbons, pink or blue ribbon, and can be laced up the

Cinnamon Custard

Mix a quart of milk that has been brought to the boiling point, a piece of cinnamon stick and three heaping tablespoonfuls of granulated sugar. Strain and let cool. When quite cold add two well-beaten eggs. Put in baking dish. Butter slices of brown bread on both sides and cover top of pud-ding with this. Bake in a slow oven. Serve with whipped cream.

Poor Chicago!!!

The washwomen in Chicago have a union! Wouldn't it be funny if they called a strike? Poor dirty windy city, just her luck to have a union about something to keep her from being clean!

IN THE MOMENT'S MODES

Reception Costume of Beige



The fashion folk, judging by many models among the afternoon frocks now being shown, have decided upon a continuance of the vogue of satin and silk brocade. Of course, these materials are only found in those afternoon costumes designed for occasions which just miss being strictly formal in character. They are very dressy, but their dressiness rests not in their trimming, but rather in the richness of the materials they employ. The afternoon costume pictured todaydesigned to serve as a matinee frock—is of beige, satin brocade trimmed with taupe fox. The narrow sash, starting at the sides, ties loosely in the back to fall in ends tipped with balls of the fur.

Churning Butter on Sewing Machine Some ingenious housewife suggests the following novel method of churning butter from small amounts of cream.

Put the cream in a half gallon fruit jar cloth to avoid its slipping around and place it on the treadle of the machine. You may then either slip off the band and run the machine rapidly for a few minutes. or place the jar between your feet on the a very few minutes you will have a nice little dish of butter. From one-half to one and a half pounds may be made this

Keeping Man's Carnation Fresh

Somehow or other a carnation that has served as a boutonniere refused to "stay put" in a glass of water that is intended to lend itself to overnight preservation. Try putting a square of white paper over the top of the glass. Make a hole in the middle of this. Slip the short stem of the carnation in and you will find that the flower will stay beautifully in place ar show no tendency to fall out of the glass.

Dress Boot

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A dressy boot for the woman who does not like high heels. Comfortable as well as smart. A counterpart in every detail, except height of heels, of the high French - heel



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GOOD HEALTH QUESTION BOX

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

THIS assumes, of course, that you are | for ten minutes or more after the bath than resolving to keep up the cold spray dur-ing the winter. For if the cold spray is ing the winter. For if the cold spray is cooling and refreshing in summer, it is also warming and refreshing in winter, paradoxical as this may seem. The reason is that, if properly taken, it maintains a vigorous circulation of the blood, which pro-motes the heat-making activities of the en-

tire body.

Do not miss the cold bath a single morn-Do not miss the cold bath a single morning, for if you skip one cold morning it will be next to impossible to take it the second. Also, these cool mornings be sure that the body is warm before getting into the bath or under the spray. Do not move about your apartment and allow the body to become cooled off, but go directly from the bed to the bath.

If your system is not rugged you may find it advantageous, provided you take the tub plunge, to draw the water the night before. This will, to some extent, take the "edge" off the water, especially if the bathroom is warmed.

But about the exercise. Exercise of some kind immediately following the cold bath

kind immediately following the cold bath is of the greatest importance. It encourages the circulation of the blood. This is ages the circulation of the blood, important, because during the night the tendency has been for the circulation to become less active than during the day.

set in motion the vital functions of the vari-ous organs of the body.

The good effects of the exercises are still reatly enhanced by exercise before the

This is possible, however, only on the part of persons who are vigorous, since the reaction of the cold water after the exer-cise would be too vigorous and involve too great an expenditure of energy for many

The bath should be taken immediately following the exercise in order that good rection will be obtained and the danger of taking cold lessened. If there is even the slightest interval between the exercise and the bath, keep the body covered by a blan-

Neither before nor after the bath should the exercise be vigorous enough to bring about too great an activity of the heart or lungs—for the cold bath should never, nder any circumstances, be taken wher either of these organs is excited. It is far better to take moderate exercise

THE CHEERFUL CHERUB

I think I'll start exploring -Now the world's mussed up with war The desert island business Should be paying more and



Is the frequent use of castor oil harmful? The frequent or habitual use of castor oil gives rise to inflammation of the colon and produces very obstinate constipation. The same is true of other medicinal laxa-

Shivering

What is the cause of shivering? JONAS. Shivering occurs when the temperature of the blood has been reduced a few tenths of a degree. Muscular action is always attended by the production of heat as a by-product. When the temperature of the blood is lowered, shivering, which is an involuntary action of the muscles, takes place as a defensive effort, having for its purpose the production of heat. Shivering is thus a remedial process and may be a year. a remedial process and may be even en-couraged with advantage. An eminent English traveler who explored the Arctic regions, in giving an account of his ex-periences, mentioned that on a certain oc-casion he and his companions, having be-come greatly chilled by exposure, sat down ipon a block of ice and shivered them selves warm.

Coated Tongue

How can I keep my tongue clean? It is heavily cated every morning. B. B. A coated tongue is an indication of a dis-eased state of the blood. Poisons are being circulated through the system. The cause is usually a sluggish colon. Constipation is the usual cause of a coated tongue and foul breath. Constipation must be cured by a laxative diet of fruit, fresh vegetables,

(Copyright.)

Children's Kisses Closer than homing lambs against the bars At folding time, that crowd, all mother-

warm,
They crowd—they cling, they wreathe;
And thick as sparkles of the thronging stars, Their kisses swarm.
—Josephine Preston Peabody.

Tomorrow's War Menu BREAKFAST Oatmeal and Top Milk Hot Biscuits LUNCHEON

Oyster Stew
Oyster Stew
Toasted Crackers with Butter
Sliced Peaches DINNER Lamb Stew with Dumplings inach Sour Bests Cinnamon Custard

Something Else Woman Did Professor of class in ancient mytholest-What can you tell me of Paycher. Student—"She was the woman in wrote the psychology."



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