

PROBLEM OF MAKING FRIENDS DISCUSSED—WHAT TO WEAR AND WHAT TO EAT IN WARTIME

LONELY GIRL CAN MAKE FRIENDS IF SHE STOPS THINKING OF SELF

"Little Miss Nobody," Who Comes to Big Town From Country, Writes She Is Lonely—A Brutal Remedy for Heartbreak Is Suggested

SOMETIMES a good bit of heartbreak seems to be crowded into the life of the country girl who comes to the big town to earn her own living. One little girl, eighteen years old, who signs herself "Miss Nobody," is so tangled up in loneliness that she writes to know how to go about entering a convent.

Bless your heart, little Miss Nobody, convents weren't made for lonesome, unhappy people. You have to be particularly equipped with that happy feeling to be of use as a nun; and besides, between the lines I can read it's for friends and not for a cloister you're longing.

"I have been in Philadelphia for a year," the tremulous little letter runs, "and I haven't got one friend here. Will I ever have friends? I am waiting for them, but none ever seems to see me.

"I've never gone around with boys, and I don't know how to sew or knit. I wish I did. I can bake, keep house and look after children, because I love them dearly. I wish I knew how to play the piano, but it takes money to do these things, and I am poor.

"I did not run away from home," the letter continues. "I simply had to go out and make my own living. And now I am so lonesome, so heartbroken and unhappy that I can't face the world any longer."

DEAR little Miss Nobody and all the little Miss Nobodies who cry at night and worry, will you forgive me for telling you a brutal secret? It's about how to be happy and how to make friends. STOP THINKING ABOUT YOURSELVES! When you are all wrapped up in your own troubles you're bad company for people, no matter how much they may be attracted toward you.

Oh, it's hard to laugh, I know, when there's a lump in your throat, but try it—just once. Then try it twice and a third time. The first thing you know you'll have smiled your way into a perfectly good friendship. Why, people are bound to want to be friends if you're jolly and

Tomorrow's War Menu

- BREAKFAST: Grapes, Whole Wheat Muffins, Coffee. LUNCHEON: Tuna Fish Salad, Creamed Potatoes, Tea, Ginger Bread. DINNER: Scalloped Oysters with Rice, Buttered Toast, Stewed Tomatoes, Bouquet Apples. SCALLOPED OYSTERS WITH RICE: Rub a baking dish with oleomargarine or drippings and put in a layer of warm boiled brown rice mixed with a little shredded green pepper. Lay on this some oysters cut in halves and continue alternating in this way until all is used. Pour in whole milk to moisten, cover the top with equal parts of ground dry bread crumbs and grated cheese mixed and brown in a quick oven. Three cups of boiled rice, a pint of oysters and a shredded pepper give the approximate portions.—Pictorial Review

Scent Kerchiefs While Washing

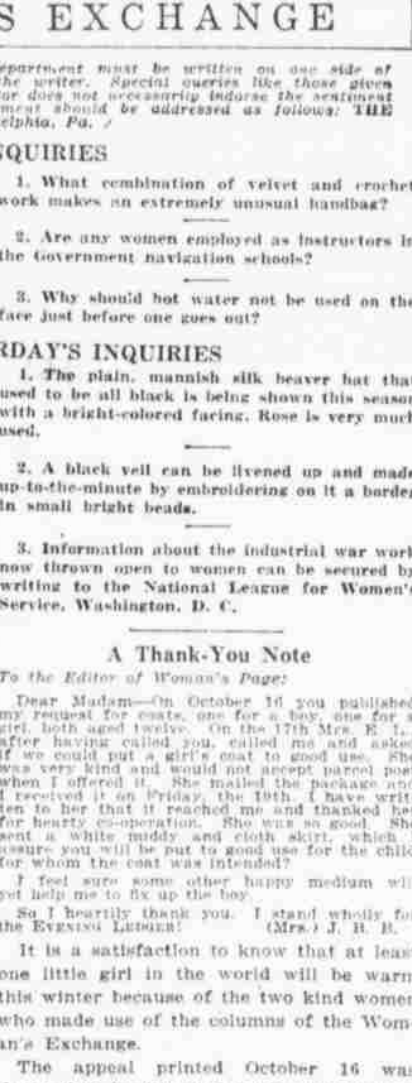
There is nothing daintier than a woman's fine white handkerchief that she ever so faintly sweetens as she draws it forth from her smart new bag. Perfume freshly put on often declares itself noisily to the world and brings criticism. One dainty housewife overcame this difficulty by performing her handkerchief while she was laundering them. Here is her method: Boil a small piece oforris root that has been tied in a piece of cheesecloth with the linen a few minutes before it is taken out. She found the fragrance in her kerchiefs so evasive that people did not know where it was coming from.

Women in Foreign Lands

The beauty of women in foreign lands is judged by the size of their ears; the larger the lobe, the more beautiful the woman. In Morocco, a bride is obliged to sit for seven days on a mattress with downcast eyes before she is taken to the house of the bridegroom in a sort of box. After that if she does not please him, he may return her with the purchase money. The motorwomen of Rome learn their trade in 100 days at a school of instruction, and are thought to be more reliable than the men.

IN THE MOMENT'S MODES

Coat Suit of Navy Blue Velvet, Beaver Trimmed



Working like a beaver," we used to say. Beavers are setting a new record this year and working overtime. The deep shawl collar is very new and very becoming, and there is a generous band of the fur on the skirt of the coat. Aside from the use of the popular fur, this is an exceptionally good model, being simple and conservative and yet following all the most approved lines of the year. The exaggerated flare of the coat skirt and the comparatively tight skirt are a return to the silhouette of four or five years ago that fashion approves for this winter. The sleeves are tight and plain, with big buttons, and the coat fastens on a saash that crosses over in front.

No Junior Naval Reserve Here

Dear Madam—Is there a junior naval reserve in Philadelphia? If there is, where is its office and what is the way for joining? So far as I can learn there is no junior naval reserve in Philadelphia. None of the naval authorities questioned on the subject has heard anything of its establishment in this city.

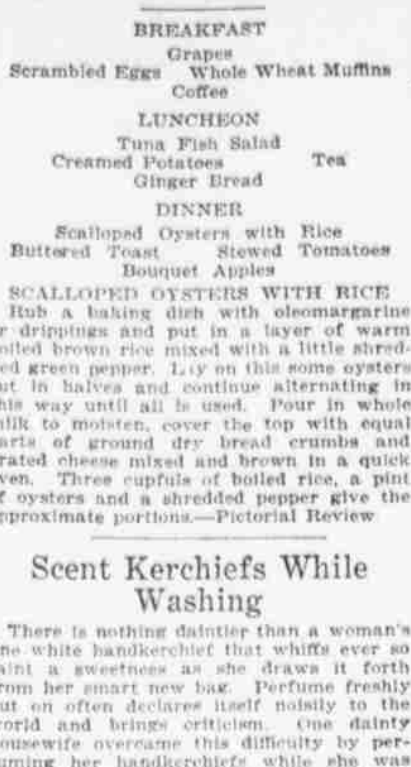
Who Draws the Cartoons?

Dear Madam—I would like to know, if you will kindly tell me, if cartoonists are accepted by a newspaper from an outsider? I have frequently drawn cartoons and have drawn one which is recommended by my teacher.

Who Speaks First?

Dear Madam—When a woman and man meet on the street should she speak first? Should a man stop a woman on the street for a moment to let it over permissible for a woman to order for herself in a restaurant unless she is with a man? It is usual for the woman to bow first unless she knows the man very well and has not happened to see him. He may then attract her attention. Unless a man is well acquainted with a girl he should not stop her on the street for a conversation. He may join her and walk with her, however. A woman should never give the order for herself if she is in a cafe or restaurant with a man. She may express her preference to him, but he should do the ordering.

RIVERTON'S "LITTLE HELPERS"



Members of Mrs. Murray Boyer's Junior Red Cross workers, of Riverton, N. J. Their activities include rolling newspapers for candles, "snipping," knitting and working fracture pillows. Left to right, standing, are: Mary Harding, Laurene Rolf, Virginia Campbell, Margaret de Zouche and Margaret Smith. Seated, Margareta Harding, Gwendolen McWhorton and Katherine Graff.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

The Old Man

IT IS just as I thought—fleas never sleep. I did not sleep much myself. Just as I was dozing off last night one would grab me in a new place. As soon as Rowdy had a good rest I guess I will give back his fleas to him, for they are his and I have not got any right to keep what is not mine.

THE CHEERFUL CHERUB

The autumn leaves come floating down, Each one a little graceful sigh That now the chilly days are here. And all the summer things must die.



Maison de Mode

1225 WALNUT ST. Serge Dresses \$18 to \$65 Vals. \$25 to \$75

The Fur & Millinery Shop, Inc.

1423 Walnut Street Where Styles Originate HATS FURS BLOUSES TOPCOATS

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health questions, Doctor Kellogg in this space will gladly give advice on general medicine, but in no case will he take the risk of making diagnoses or prescribing for individuals requiring personal treatment. Health questions will be promptly answered by personal letters to inquirers who include stamped envelopes for reply.

Nuts Useful in Diabetes

A LARGE variety of nuts and nut preparations is another source of proteins and fat. These foods are of inestimable value in the treatment of diabetes, and are most satisfactory substitutes for flesh foods of various sorts. It has been well known for half a century or more that nuts, properly prepared, constitute a valuable diet in diabetes. Dr. Austin Flint, of New York, more than a third of a century ago recommended a flour made from blanched almonds as a diabetic food. There are other nuts which may be prepared more conveniently and at less expense than almonds, although the latter are very wholesome. Nuts have an advantage over all other natural food substances for diabetics in the following particulars: 1. They contain no starch, or at least only an insignificant amount. The chief exceptions are the chestnut, which contains 40 per cent of starch, and hence cannot be recommended in this disease; the walnut and the pecan.

Floating Kidney

What do you recommend for a floating kidney? Nothing except an abdominal bandage in most cases. An operation rarely is of use. (Copyright.)

Energy Used Daily

How much energy does a person use each day? Every twenty-four hours the energy output of the human body is equivalent to one-seventh of a horsepower per hour continuously—a little more than three horsepower daily. The energy output is much more nearly proportionate to the surface of the body than to the weight and size of the individual. Very little change of position or slight movements of the arms or fingers, breathing exercises, turning over

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given herein are invited. It is understood that the editor does not necessarily endorse the opinions expressed. All correspondence should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. What novel material is being used to make the shade for the floor lamp? 2. How can pieces of soap too small and slippery for handling be used for the bath? 3. What sugar-savers does the Government advocate using? 4. What combination of velvet and crochet work makes an extremely unusual handbag? 5. Are any women employed as instructors in the government navigation schools? 6. Why should hot water not be used on the face just before one goes out? 7. The plain, mannish silk beaver hat that used to be all black is being shown this season with a bright-colored facing. Rose is very much used.

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Six ways of including milk in the menu without using it as a drink are to use milk gravy with fish, vegetables, dried beef, etc., on a milk toast, in cocoa, in milk soups, in custards and with cereals. 2. The Government advises the use of poultry, rabbit, soups and beans as substitutes for beef, mutton and pork. 3. Two iron-holders fastened like mittens on a long string will save the time spent in looking for a towel when one is handling hot dishes and pans. This little homemade device is hung about the neck and is always ready for service.

To Take Rust From Cut Steel Beads

Dear Madam—Will you please tell me what will remove rust from cut steel beads? I made a handbag trimmed with steel beads for a Christmas present to my sister. Now I find they have rusted. Can you furnish me with any recipe? I have tried vinegar, also ammonia. READERS.

Any acid strong enough to surely and quickly take the rust out of the beads would injure the color of the fabric of the bag.

Here are two substitute methods a chemist suggests. Either or both may be tried:

To Make Curtain Arabian

Dear Madam—Kindly tell me what to use to make a white Marie Antoinette curtain Arabian color. I wish to use it with another one. R. C. Use coffee or tea to make the curtain Arabian or dark color. The stronger the coffee or tea the deeper will be the shade. In order to make the curtain match the one with which you wish to use it test the coffee dye by trying it on pieces of white goods. When the samples are the desired shade use that strength of the liquid for dipping the curtain. The coffee or tea used for the dyeing is made just as usual.

Directions for Sleeveless Sweater

To the Editor of Woman's Page: Dear Madam—I am a reader of the Evening Ledger and would like to know how to knit a sweater without sleeves and collar, as the soldiers wear. Can they wear no other color than khaki, olive drab and dark gray and one row of single crochet around neck and one row of single crochet around the armholes. If you have never learned how to knit you can learn from the instructor in the department store where you buy your yarn. Khaki, olive-drab and gray are the only colors used.

Storing Vegetables

To the Editor of Woman's Page: Dear Madam—Will you please tell me if it is desirable to get a pamphlet or some directions about how to store fruit for the winter? I thought perhaps one of the societies that are interested in home sweetening of food would put out such a pamphlet. A WAR GARDENER.

Advertisement for Stone Tailored Suits, 1220-1222 Walnut Street, \$35 and \$39.50.

Advertisement for Bond Bread, 'Why I buy Bond Bread'.

Advertisement for Maison de Mode, Serge Dresses \$18 to \$65.

Advertisement for The Fur & Millinery Shop, Inc., 1423 Walnut Street.

Advertisement for Dougherty's Faultless Bedding, Hair Mattresses and Box Springs.

Advertisement for Lift Corns Out With Fingers, Don't Hurt a Bit—It's Magic.