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 lonesomeness 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 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

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

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 YOUR-SELVES! 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.

there's a lump in your throat, but try itjust once. Then try it twice and a third Stop shunning the boys. There are nice time. The first thing you know you'll ones in the world, you know, and lots of have smiled your way into a perfectly them you have met. I am sure, would be good friendship. Why, people are bound glad to be friends with a jolly little Miss to want to be friends if you're jolly and Nobody.

Vyvettes



Here's a dark-brown motor hat with flat little leather ornaments that try to look like flowers!

true, and all that a friend ought to be Try going to Red Cross workrooms at night and to department stores for a free knitting lesson on a Saturday afternoon. Join a church club and make an secasional pan of fudge for a regiment down in Camp Meads. Smile while you're doing all this, and see what happens,

Tomorrow's War Menu

DEPARTMENT Scrambled Eggs Whole Wheat Muffins Coffee

Ginger Bread DINNER

Scalloped Oysters with Rice Buttered Toast Stewed Bouquet Apples Stewed Tomatoes

Bouquet Apples

SCALLOPED OYSTERS WITH RICE

Rub a baking dish with eleomargarine
or drippings and put in a layer of warm
beiled brown rice mixed with a little shredded green pepper. Lay on this some systers
cut in halves and continue alternating in
this way until ail 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 cupfuls of boiled rice, a pint
of systers and a shredded pepper give the
approximate portions.—Pictorial Review

Scent Kerchiefs While

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

Women in Foreign Lands

In Morecce a bride is obliged to sit for even days on a mattress with downcast yes before she is taken to the house of his bridegroom in a sort of box. After that f she does not please him, he may return her with the purchase money.

The motorwomen of Rome learn their rade in 100 days at a school of instruction, ad are thought to be more reliable than the

IN THE MOMENT'S MODES

Coat Suit of Navy Blue Velvet,



Who Draws the Cartonis.

To the Editor of Woman's Page:

Dear Madam—I would like to know, if you will kindly tell me. If cartions are accepted by a newspaper from an outsider?

I am thirteen years of use and in the seventh B graile of school. I have frequently drawn enrioses and have drawn one which is recommended by my teacher.

A YOUNG READER. for this winter. The sleeves are tight and plain, with big buttons, and the coat fastens with a sash

the newspapers for that special purpose and are not bought "outside." This need not That Early 'Teen Appetite discourage you, however, in your drawing,

(A Poser for Mr. Hoover) 'm glad H. Hoover and the war Came not within my early 'teens.
At that lean age I hungered for
All forms of food from beef to beans. I ate whatever I could get
Where and whenever I could get it.
When any sort of food I met. I simply set to work and "et" it.

I'd wolf a dozen apples in As many minutes, and still hanker; I mooched from cupboard, dairy, bin, While still my form grew lank and lanker At meal times, when I broke my fast With speed no human eye could follow, My mother would exclaim, aghast:

I figured out, the other day,
How much t'would cost me now to eat
The stuff that then I put away—
The spuds, the bread, the eggs, the meat

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, Margaretta Harding, Gwendolen McWhorton and Katherine Graff.

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

The Old Man

TT IS just as I thought-fleas never sleep , Rowdy and made friends and I went and and I did not sleep much myself. Just anything. I said, "Good-by, grampa." He did not say anything. I said, "You don't need to say good-by unless you want to." He said, "I grab me in a new place. As soon as Rowdy am a hundred years old." I went down the walk and out through has had a good rest I guess I will give back the vines and his dog wanted to come home with us, and I do not blame him, but I made him go back. When we got home we his fleas to him, for they are his and I have not got any right to keep what is not

As I was not sleeping very well last night, I went in to see my burgiar. He was lying with his eyes wide open and the light shaded. He said, "Hellor" and so did I, and I sat on his bed with my back against the foot of it and smiled at him and he smiled back. I said. "You are like a flea, aren't you". He wanted to know why, and I told him that he was like a flea because I told him that he was like a flea because he never slept. Then I told him how the fleas had hopped on to me when I lathered Rowdy. He hughed and said he did not sleep much nights because he slept so much days. After that he told me a lot of in-teresting things about fleas and how far they could jump if they were as big as me. They could jump to the moon, or else he is fooling me, which he probably is.

Then I went back to my bed and slept awhile and then it was Sunday morning and nobody had got up but Levy to go for my father. Rowdy and I went down to the kitchen and ate everything there was cooked and then we rambled. We did not go near the city, but out the other way. We came to a bend in the fond and at the bottom of a hill there were a lot of vines as high as a house and we could hardly see into them, but we found a place to look in and away back in there was the littlest old house we had ever seen. An old man was sitting out on the porch, so we went in. When we got near him a big dog ran out and jumped on to Rowdy almost before I knew he was coming and jumped off again almost as quick and went under the house in a hurry. Rowdy would have gone in and brought him out if I had not told him

We went up to the porch where the old man sat in a rickety chair with his hands on the top of a cane which stood on the porch between his knees and his chin was on his hands and he was chewing tobacco without any teeth. I said, "How do you without any teeth. I said, "How do you do?" He did not answer. I said, "Good morning." He said nothing at all. I said. "Are you a real person or an enchanted prince or just a funny old man?" Then he opened his face and said, "I am a hundred years old." I said, "You look it."

He had gone to chewing tobacco again and I could not get him to say anything more. So I left him and began to look around. There was a kind of a good-looking ow in the lot back of the yard, but she was

cow in the lot back of the yard, but she was skinny, because there was not much grass this time of year, and the barn and the shed were all rickety and everything was rusty Then I went into the kitchen and found a bowl and spoon and there were a lot of packages of breakfast food on a shelf and there was a pan of milk on the table. I stayed there and washed the dishes and made a fire in the stove and swept out the house and washed the windows. By that time the dog came out and crawled to

just foam blm every day.

went up and saw the burglar and the doc-

"The Hounds of Heaven," the next Patsy Kil-dare adventure, appears in Friday's Evening Ledger.

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.





The Bur & Millinery Shop, Inc. 1423 Walnut Street

> Where Styles Originate

HATS BLOUSES FURS TOPCOATS

Luxurious Hair Mattresses and Box Springs

We are specialists in bedding and hold the most unique position in this business in Philadelphia. "Faultless" Bedding is supreme in excellence and luxury. Do you know about it? We alone make it.

Dougherty's Faultless Bedding Hair Mattresses. Box Springs. Bedsteads

GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

unsiner to health questions, Ductor Kellong in this space will daily plue and vedicine, but in no case will be take the risk of making diagnoses of or prements requiring surpleal treatment or drugs. Health questions will be swered by personal letters to inquirers who inclose stamped envelopes

Nuts Useful in Diabetes

A LARGE variety of noise and nut prepar-ations is another source of proteins and fat. These foods are of inestimable value food. in the treatment of diabetes, and are most satisfactory substitutes for flesh foods

of various sorts. 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 ex-pense 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 ex-ceptions are the chestnut, which contains 50 per cent of starch, and hence cannot nended in this disease; the walnut and the peanut).

2. Nuts contain a large amount of easily digestible fat, which diabetics need to re-place the starch and sugar which they nust avoid.

3. Nuts are rich in blood and tissue-building elements, being, in fact, the most highly concentrated natural food substance The absence of starch and the large pro

portion of albuminous elements combined with fats presented by this class of food substances give them proporties virtually identical with those of flesh foods, with the exception of the entire absence or uris acid and other poisonous substances which abound in the tissues of animals.

4. The great difficulty in the use of nuts is their indigestibility when taken in the ordinary dry state. By very thorough mas-tication raw nuts may be safely eaten, but unfortunately very few people have the patience to use their teeth with sufficient thoroughness. Very long and patient chew-ing is required to prevent the entrance of hard, indigestible and irritating particles into the stomach. They should be chewed until they are like cream before swallow-Energy Used Daily

How much energy does a person use each

Every twenty-four hours the ent my output of the human body is equivalent to one-seventh of a horsepower per hour con-tinuously—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

Diet for a Sedentary Person I lead a sedentary life as a bookhay. What is the best diet for me? GEORGE 1. L. No one should lead a sedentary is No one should lead a sedentary its Such a life is unnatural and disease producing in spite of any special distary producing in spite of any special distary producing in spite of any special distary producing. You should get outdoor exercise daily. If you are busy all day, get an hour earlier in the morning and dense that time to outdoor exercise or waking A flesh diet or a high protein distribution on that consists largely of meat or exist and the consists largely of meat or exist particularly injurious to persons of set entary habits. When the body is hasting one-fifth that which is absorbed and consecutated by the blood during active executated by the blood during active executation of all sorts, vegetables, lettuce culcumbar and tomatoes should constitute the diet

Floating Kidney

and tomatoes should constitute the diet.

Nothing except an abdominal bandage is sost cases. An operation rarely is of use



Its brown even crust and fineness of texture Why do I buy Kolb's Bond Bread? A moving picture led me to give it a trial, but the loaf itself, the result of Philadelphia's best home bread bakers, was the convincing factor. Its brown, even crust; fineness of texture, purity, cleanliness and flavor have made it a necessity in our home. Yours, MRS. S. HUSTED 5831 N. 12th Street The above letter was received from this Kolb's Bond Bread user such Loaf Guaranteed by Bond of Kolb

Lift Corns Out With Fingers Don't Hurt a Bit-It's Magic Few drops stop sorness, then the corn or cal-

lus shrivels and lifts off. Try it and see! No humbug!

This tiny bottle holds the wonder of wonders. It contains an almost magical drug called freezone. It is a compound made from ether.

Apply a few drops of this freezone upon a tender, aching corn or a hardened callus. Instantly the soreness disappears and shortly you will find the corn or callus so shriveled and loose that you just lift it off with the fingers. It doesn't hurt one particle.

You feel no pain or soreness when applying freezone of afterwards. It doesn't even irritate the skin.

Just ask in any drug store for a small bottle of freezone. This will cost but a few cents, but will positively rid your poor, suffering feet of every hard corn, soft corn, or corn between the toes, or the tough calluses on bottom of feet. Genuine freezone bears the name of Edward Wesley Carcinomati, O.

1632 CHESTNUT STREET

Po the Editor of Woman's Page:

Dear Madam—Will you missions tell me if it is noushis to get a numbilet or some directions should how to store Iruit for the winter? I thought perhaps one of the sociaties that are interested in the conservation of food would put not such a numbilet. A WAR GARDENER,

The food commission of the Philadelphia lients Defense Commission of the Philadelphia lients Defense Commission of the Philadelphia lients Defense Commission, will send you a

two for four inches. Kait plain until the sweater measures twenty-five inches. Knit twenty-light inches and bind off twenty-four stitches for the neck loose. Knit twenty-four stitches for the neck loose.

Storing Vegetables

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 herest? If the is in a cafe or restaurant with a man. She may express her preferences to him, but he should do the ordering.

What's a plane anyhow, little Miss Nobody? Muny people have spent hundreds of dollars learning how to play and now spend all their time listening to Oh, it's bard to laugh, I know, when talking machines. And please little Miss Nobody, here's a parting word of advice:

work makes an extremely unusual hamibag?

the Government navigation schools?

2. Are any women employed as instructors in

3. Why should hot water not be used on the

2. A black yell can be livened up and made

up-ta-the-minute by embroidering on it a barder

A Thank-You Note

I feet sure some other happy medium will a help me to fix up the boy.

So I heartily thank you. I stand wholly for the Eventsu Lamann! (Mrs.) J. H. B.

It is a satisfaction to know that at least

one little girl in the world will be warm

this winter because of the two kind women

who made use of the columns of the Wom-

The appeal printed October 16 was

thoroughly investigated before publication

In it a request for a coat for a boy of

twelve as well as for the sirl was made. The

boy has not yet been supplied. Mrs. J. B.

No Junior Naval Reserve Here

Dear Madam—Is there a junior naval reserve in Philadelphia? If there is, where is its offic-and what is the age for joining? I. G.

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

Who Draws the Cartoons?

Who Draws the Cartoons?

Cartoons are drawn by men employed by

You must remember that these very men

when they were your age or a little older

had to face the same things you will have

ing. One good way for a boy to start, pro-

Who Speaks Figst?

better things.

To the Editor of Woman's Page:

an's Exchange.

now thrown open to women can be sewriting to the National League for Women's Service, Washington, D. C.

To the Editor of Woman's Page:

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 ourses like those given below are invited. It is understood that the caltur does not necessarily inderes the restinant expressed. All communications for this department 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 1. What combination of velvet and erochet

2. How can pieces of soap too small and slippery for handling be used for the bath? 3. What sugar-savers does the Government

ANSWERS TO YESTERDAY'S INQUIRIES 1. Six ways of including milk in the menu without using it as a drink are to use in milk used to be all black is being shown this season with a bright-colored facing. Rose is very much milk toast, in cocoa, in milk soups, in custards used,

2. The Government advises the use of poul-try, rabbit, soups and beans as substitutes for in small bright beads. beef, mutton and pork.

3. Two iren-holders fastened like mittens on a long string will save the time spent in look-ing 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

To the Editor of Woman's Page: Dear Madam—Will you please tell me what will remove rust from cut steel beads? I made a handbag trimmed with sleed beads? I made a handbag trimmed with sleed beads for a Christmas present while in Atlantiq City.

Now I find they have rusted. Can you furnish me with any recipe? I have tried vincear, also ammonia. Any acid strong enough to surely and quickly take the rust out of the heads

would injure the color of the fabric of the Here are two substitute methods a

chemist suggests. Either or both may be Take dry magnesia, such as comes by the cake in the drug store, and rub it thoroughly and plentifully on the beads with

your finger. Allow the powder to remain on for an hour or two and then polish off. Rub the beads with kerosene Rub carefully so that the kerosene does not streak the material in the bar. Polish off with pumice stone powder. The more you work on the beads the more rust you will be B's address is held here. able to remove.

To Make Curtain Arabian

To the Editor of Woman's Page: Dear Madam—Kindly tell me what to use to make a white Marie Autoinette curtain Arabias color. I wish to use it with another one.

Use coffee or tea to make the curtain Arabian or dark scru. 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: To the Editor of Woman's Page:

Dear Madam—I am a reader of the Evening
Leners and would like to know how to knit a
sweater without sleeves and collar such as to
swidders wear. Can they wear no other color
than knaki, olive drab and dark gray?
(Mrs.) K.

Here are the official Red Cross directions for knitting the sleeveless, collarless sweater such as the soldiers wear. For this you require three hanks of yarn and a pair of Red Cross needles No. 3: Cast on eighty stitches. Knit two, purl

to face in order to make a success of drawfour stitches for the neck loose. Knit twentyeight stitches. Knit five ridges for each
shoulder, cast on twenty-four stitches. Knit
plain for twenty-one inches. Puri two, knit
two stitches for four inches. Sew up sides,
leaving nine inches for armholes. Knit two
rows of single crochet around neck and one
row of single crochet around the armhole.
If you have never learned how to knit
you can learn from the instructor in the department store where you huy your yarn.
Khaki, olive-drab and gray are the only
colors used. vided he has finished school, is to get a job as office boy in the art department of a newspaper. If he is talented this leads to

Who Speaks First?

To the Editor of Woman's Page:

Dear Mandam—When a woman and man meet on the street should she or he speak first? Should a man stop a woman on the street to talk for a moment? Is it ever permissible for a woman to order for herself in a restaurant when 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 a react her attention.

Unless a man is well acquainted with a girl be should not atop her on the street for

LUNCHEON Tuna Fish Salad Creamed Potatoes Tea

Washing

The beauty of women in Horneo is judged by the size of their ear-lobes; the larger he lobe, the more beautiful the woman.



"Working like a beaver," we used to say. Beavers are setting a new record this year and working overtime. There is beaver on every type of garment this year, and it is the newest and smartest fur you can use for trimming. In this case it has been cleverly combined with navy-blue velvet, and the ef-fect is particularly striking and rich. 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

that crosses over in front.

"Good gracious! Are the lad's legs hol-low?"

The spuds, the bread, the eggs, the Twas \$7 for a meal On weekdays; Sunday, fifteen flat! Now how would Herbie Hoover fee! Were he to eatch me doing that?—printelland Gillian in the October