

PAGE OF INTIMATE INTERESTS FOR WOMEN—LETTERS, GOOD HEALTH TALK AND MENU

WALKING PATHS OF SENTIMENT ARE DEATHBEDS OF FRIENDSHIP

Kissing Where There Is Not Real Love Ruins Comradship That Might Have Ripened Into Love—Discussion of Double Standard

WHO is it these girls kiss? This is a point brought up by one C. S. in a letter to the Woman's Page referring to the various opinions pro and con the kiss habit—lately printed in these columns.

Remember it takes two to make a bargain," she continues, "unless the man be a fool."

Then the letter goes on to describe a class of men who gather up their kisses and say good-bye—the man who cries "next" when the humor for a new conquest comes upon him. It is a real letter—this.

ALL this is true, C. S. There is such a man. He comes by the millions. Man is a conqueror ever. What he cannot have he wants and when he gets it after a little while he does not want it. Unfortunately for some, conquering has nothing to do with love.

Some day the bold, leading one—he whose belt is heavy with the trophies of near love, meets the only girl. Most likely he doesn't dare to ask to kiss her. Man is powerfully shy at a time like this.

Then in face of the great day when he is allowed the rare privilege of carrying her magazine home from town—all the other little girls in the world fade away into smoke. All the whispered nothings in the vestibule are forgotten. This is love—and there has been no kiss!

IS THIS a picture of a bold bad man? No, friend reader, it is a picture of the average man. It is the things as they are. And because we are living today—not tomorrow, when things may be more ideal—we have taken this stand of telling girls to save their kisses. They are cheap and tawdry when there is a double standard. It is true. A man, as one reader remarked, may be conferring his 1917 token of undying affection on the young woman from whom he would exact her first. But will it raise the

Vyvettes



A royal little hat of purple and gold brocade—and deep purple velvet top.

standard of the man's sense of things as they should be for the girl to try to break his record and distribute 1917 kisses just because he has rolled up a record of four figures.

When the day of the single standard comes, we hope that men will come up to the plane of woman, not that the world will accord her the rare privilege of coming down to his.

MORE friendships that might have matured into love have been ruined by kissing than perhaps by any one single institution. There is no going back to the old stamping ground of comradship when one has deserted it for the dillyng paths of sentimentality!

That was very plain when he explained it, but I was disinclined to think that my father was not going to be rich and at home nights and have an auto. If I had been a crying kid I guess I would have cried. My heart and neck hurt for just a minute and my father was holding me tight and Lowmy was looking anxious. Then I began to laugh and then my father began to laugh, and everything was all right. I took some oranges to Jim and Mary and some to Bell and Lummy, and some to June. Then I was happy, for Santa Claus had left me a box of candy, tied with a red ribbon, at June's.

PATSY KILDARE

Money in Oranges

THIS morning when I woke up I kissed Rowdy on the nose and then got up and made the coffee and popped the packages, and my father came and said: "You are certainly the finest little girl on this side of the street. You are getting to be a regular little housekeeper. Then he ate his breakfast and kissed me and went to bed to sleep after his night watching and Rowdy and I went uptown into a big store. He said to the man who came to me after he had waited on every one else: "Have you got any California oranges?" He said: "Yes," I said: "Are you sure they are California oranges? No other kind will do." He said: "Of course they are California oranges." I said: "Is there any money in California oranges this year?" He said: "I should say so. There is more money in them this year than there has been before for a good many years. How many do you want?" I said: "I want a box of them."

So I bought a whole box of California oranges, and he wrote down my name and where I live, and said he would send them out. Then I went home and the packages got there almost as fast as I did. I had the man bring them into the kitchen and then I got a dishpan to put the money in and a tub for the oranges. After that I got a hatchet and broke open the top of the box. It is a good thing that I am the strongest little girl in town or I would have had to get the hatchet. Then I got the biggest knife and cut down by the box and took an orange and cut it open.

I did not see money in it, but I cut it some more and there was not a cent in it anywhere. So I threw it into the tub and tried another. I kept on cutting them and digging around in them with my fingers till the tub was half full and my lap was full of juice and my fingers were sore, and I had not found a nickel. By that time I was so busy wondering whether I would get my money back and why Barney had fooled me that I did not see my father till he said: "What in the world do you think you are doing?" There he was in the door in his nightgown. I said: "Some friends of mine who are in the store who is not a friend of mine told me there was money in oranges, so I bought a box of them and I have opened half of them and have not found a cent."

My father started to laugh and then he said: "Come in here and sit on my knee. I want to tell you something." So I did and he said: "There is money in oranges." I said: "Then I'd better get busy and cut up the rest of them." He said: "Hold on, now, see whether you can understand this. There is money in oranges for the man who grows them if he grows a big crop and sells them for a good price. There is money in them for the storekeeper, too, for he buys them for one price and sells them for a higher price. If he sold that box of oranges to you for a dollar more than he paid for it there was one dollar in the oranges for him."

That was very plain when he explained it, but I was disinclined to think that my father was not going to be rich and at home nights and have an auto. If I had been a crying kid I guess I would have cried. My heart and neck hurt for just a minute and my father was holding me tight and Lowmy was looking anxious. Then I began to laugh and then my father began to laugh, and everything was all right. I took some oranges to Jim and Mary and some to Bell and Lummy, and some to June. Then I was happy, for Santa Claus had left me a box of candy, tied with a red ribbon, at June's.

"The Circular Mailcase," the next Patsy Kildare venture, appears in tomorrow's Evening Ledger.

IN THE MOMENT'S MODES

Coat of Golden Brown Fine Cut Bolivia Cloth



The style creators in all probability would not be sorry to see the belted coat lose its appeal, but so far the season has produced nothing that can supplant it in popularity. There are many semi-belted models to be seen in the shops, but there are few models which discard the belt entirely. The coat illustrated today is an example of the smartness which some of the semi-belted models incorporate in their modeling. It is of golden brown fine-cut bolivia cloth, with deep collar and cuffs of natural muskrat fur.

RAOUL WALSH JOINS GOLDWYN PICTURES

"Honor System's" Director Will Prepare Important Films. "Cleopatra" and "Camille" Coming

By the Photoplay Editor

R. A. Walsh, one of the ablest directors in the motion-picture industry, joins the Goldwyn pictures organization in December, having signed a contract with Samuel Goldwyn, president of Goldwyn, this week covering a long period of time. At the expiration of his now expiring contract with the William Fox organization, Mr. Walsh immediately will begin work on a big production which Goldwyn will hold pending his advent into its ranks.

The versatility of Walsh, his ability to reach the heights of melodramatic action, his command of pathos and love interest are perhaps best shown in "The Honor System." Other phases of Walsh's splendid capacities are revealed in his Theda Bara picture, "The Serpent," in "Regeneration" and in "The Innocent Sinner" and "Betrayed."

Raoul Walsh first attracted attention in films in the role of John Wilkes Booth in "The Birth of a Nation," and he was one of several young men who showed such adaptability for motion-picture direction that F. W. Griffith gave them units of that big historical story to do under his guidance and oversight. Steadily since that day he has grown in power and in dramatic insight.

The cast is being engaged and already the sets for Walsh's first Goldwyn picture are under way at the Fort Lee studios. Announcement of the story and cast is to be made soon.

"Camille" and "Cleopatra" have been passed by the State Board of Censors and will be shown in this city under the auspices of the William Fox Company. It is probable, according to George Dembo, local manager, that the latter production will be shown at the Metropolitan Opera House, The Arcadia will show "Camille" the week of December 3.

SABBATH PRESERVATION RALLY

Seven Hundred Sunday Schools to Hold Mass-Meeting Tonight

John Wanamaker will preside at a mass-meeting in behalf of Sabbath preservation this evening in the Baptist Temple, Broad and Berks streets. Representatives of nearly 700 Sunday schools will participate in the rally, which will celebrate the seventy-seventh anniversary of the Philadelphia Sabbath Association. Dr. Howard A. Kelley, of Baltimore, radiologist, will speak on "The Obligations of Christian Citizenship." The Rev. Dr. Thomas T. Mutchler, corresponding secretary of the Sabbath Association, will make the address of welcome, and there will be greetings by the Rev. Dr. Russell H. Conwell and the Rev. Dr. Floyd W. Tomkins.

The Rev. W. R. Forney will outline an educational campaign for Sabbath observance that will be inaugurated in 700 Sunday schools next year. The speakers of the Philadelphia Baptist Young People's Union and Epworth League will co-operate with the Philadelphia Sabbath Association. Harry C. Lincoln will lead a large chorus choir and Clarence Reynolds will give a patriotic recital on the organ.

Tomorrow's War Menu

- BREAKFAST: Laked Peas, Scrambled Eggs, Toast, Coffee. LUNCHEON: Creamed Macaroni with Oysters, Tomato Relish, Hot Biscuits, Steamed Prunes. DINNER: Baked Spiced Salt Mackerel, Boiled Potatoes, Green Peas, Pineapple Salad with Mayonnaise Cheese. BAKED SPICED SALT MACKEREL: Let the fish soak in cold water for about twelve hours. Then drain, rinse, well. Put in baking dish—grate if possible—and sprinkle on top with one quarter teaspoonful each of cinnamon, allspice, clove and pepper. Pour over this one-half cupful of vinegar and one-half cupful of water. Bake for an hour in a moderate oven. Baste quite frequently.

Arts and Letters Society Meets

The Arts and Letters Society of Philadelphia held its monthly meeting last evening in the New Century Club. An interesting program was given with "India" as the central topic. In addition to consideration of the subject of the evening an attractive musical program was offered the members and their guests. Soloists for the evening were Louise Streret-Hazel, soprano; Dorothy Neale, pianist; and Charles Hunsberger, tenor, assisted by Mabel Parker. The music committee this season consists of Marion Spangler, Mrs. Gardner Nicholas, Mary Bates and James Travenport, with Frederick E. Starke as chairman.

THE WOMAN'S EXCHANGE

Letters and questions submitted in 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, and the answers will be given in the next issue of the Woman's Exchange. All communications for this department should be addressed to the following: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. How many calories, or units of food value, are required per day by the average active woman of from twenty-five to forty years? 2. How can the sacks in which flour, sugar, salt, etc., come be utilized? 3. What palatable breakfast dish can be made from left-over pieces of cornbread?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. The five classes of food, correct use of which makes the balanced meal, are protein foods, or muscle builders; carbohydrates, starch, sugar, etc., which make heat and power to work; fats, which also make heat; foods containing mineral salts and vegetable acids, to cleanse blood, build bone, etc.; and roughage, or bulk, such as bran, coarse cereals and the coarse part of spinach, cabbage, etc., which are body regulators. 2. Excellent powder for flavoring and thickening soup can be made from bits of left-over celery and solid vegetables that have been dried in the oven and then ground up. 3. A wad of paper makes an admirable button and hook fastener. Hooks can be put in one compartment, buttons in another, etc. The paper can be hung up in the sewing machine, and thus used saves many a moment spent in looking for dress "findings."

Indignant Maiden

To the Editor of Woman's Page: Dear Madam—May I present a girl's viewpoint on the subject of matrimony? I am a single girl, and I am not going to be married. I am not going to be married because I am not going to be married. I am not going to be married because I am not going to be married. I am not going to be married because I am not going to be married.

Cheese Croquettes

To the Editor of Woman's Page: Dear Madam—Will you please print a recipe for making cheese croquettes? (Mrs. M. N. N.) Melt three tablespoonfuls of shortening and to this add one-third of a cupful of flour and one cupful of hot milk. Blend and stir until smooth. To this add one cupful of cheese, finely chopped; one-quarter teaspoonful each of mustard, paprika and salt and a pinch of cayenne pepper. Let stay in shallow dish until cool. Shape into balls, then into small pyramid-like mounds and roll them in sifted bread crumbs. Then dip in egg and once more in the crumbs. Fry in deep fat. The croquettes should be a golden brown.

To Feed Five on Six Dollars a Week

To the Editor of Woman's Page: Dear Madam—I am a great lover of your department, and as I find others getting problems solved through you I now come for help. Please can you give me a family of five (no small children) can with \$6 a week have three cooked meals a day? (Mrs. M. N. N.) If so, would they be eating the best of food?

Course in Primary Methods

To the Editor of Woman's Page: Dear Madam—Will you please tell me if there is a school in Philadelphia which offers a course in primary methods? I am a teacher and I am interested in this subject. (Mrs. M. N. N.)

Is Still Water Clean?

To the Editor of Woman's Page: Dear Madam—Kindly tell me which water is cleaner—running water or still water? (Mrs. M. N. N.)

Cannot Be Answered Here

E. B.—Please send self-addressed envelope in regard to inquiry about Philadelphia and New Jersey and the question of husband's residence and a personal reply will be sent to you.

MRS. G. P.—If you will send a self-addressed envelope your inquiry will be answered.

HOME COMPOSERS' MUSIC HEARD

Manuscript Music Society Provides Original Program for the Philomusian Club

The Manuscript Music Society, whose membership includes a number of Philadelphia composers of mark, and the Philomusian Club co-operated last night in a program of original music. The club women were the hostesses of the home composers in their delightful club house and the concert represented the November meeting of the musicians. A number of compositions of merit were heard. In many cases the composer performed or directing his own work. Nicholas Douthy, the noted tenor, artistically sang several songs and Miss Quinlan was heard also in vocal solos. A trio for piano and strings was directed by Camille Zeckler. Philip Goepfert's violin sonata and piano pieces by Clarence Hayden were also performed. The club had the assistance of the Hahn Quartet in the interpretations. A supper was served after the program to the members of both clubs.

To Stop the Flapping

The flapping of the window shade when the sash is raised and the shade lowered is a serious annoyance to nervous people, who are generally light sleepers. If the shade is raised the light may wake you early, yet ventilation is absolutely necessary to health. The way to prevent the flapping is very simple. Screw two little brass cup hooks, one on each side of the window frame, opposite each other about a foot from the sill. At night tie a broad tape across the opening from one hook to the other, as sail-ors say, "taut." Sew a third hook in the middle below the sill, exactly in the center. Pull down the shade over the tape and tie the cord to the lower hook. The shade will be held firmly in place and a peaceful night's sleep is assured.

THE CHEERFUL CHERUB

It's strange that all the books there are Show such a little part Of all the poems each one has Unwritten in his heart.

Warm, Fleecy Comforts and Blankets

The "faultless" kind, their quality and daintiness will prove a revelation to you. Needed every night now to add the finishing touch to your comfort. Comforts, lamb's wool or cotton filled. Blankets, the softest, fluffiest, and warmest you ever had. All sizes for single and double beds, extra large beds, and cribs. We are sole makers of Faultless bedding.

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GOOD HEALTH QUESTION BOX

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

Fresh-Air Sleepers

WHATEVER other luxury there may be lacking in the sleeping room, it should not lack the luxury of fresh air. The re-breathing of air already contaminated by waste products from the lungs is undoubtedly the cause of many of the increasing ills to which flesh is heir, many more than are so recognized. The modern well-built house provides for a plentiful supply of fresh air indoors through some efficient system of ventilation, but the ordinary village home, the farmhouse and the cottage is dependent upon window ventilation. Two windows in any room, preferably on opposite sides, will serve the purpose.

The extent to which the windows are opened must be dependent somewhat upon the condition of the weather and the number of occupants in the room. Under ordinary circumstances, lowering the window one inch for each occupant has been found sufficient for the requisite supply of fresh air in cold weather. When a strong wind is blowing, during cold weather, a smaller opening will suffice.

Besides provision for an abundance of sunlight and fresh air, the sanitary sleeping room should be supplied with some means of heating in cold weather, for while a cool atmosphere is the most conducive to good sleep, and much heat is undesirable at night, a room unprovided with some means for heating is likely to collect so much dampness as to become a serious menace to health.

At all seasons the bed should be comfortably warm and thoroughly dry. A cold, damp bed is a deadly contrivance, by which many have lost their health and even their lives. If there are no arrangements for heating the bedroom, the bedding should be taken to some other room and warmed each time before being slept in during cold and inclement weather.

Sleeping out-of-doors, while being a remarkable restorative measure for the sick, is also a powerful disease preventive for those who are well. For the hosts of men and women who, for various reasons, are obliged to lead sedentary lives in offices, shops and homes, or who are employed in dusty factories and dingy workrooms, it easily furnishes the opportunity for securing several hours of the refreshing and invigorating open air obtainable in no other way.

Brain workers, college professors, school teachers and professional persons may bring to daily vocations a clearer head, a sounder body and a better disposition by this means.

For those persons also who, while not immediately ill of any disease, complain of being run down, weak and deficient in nerve energy, suffering from headache and a tired feeling on arising in the morning.

Concert in Aid of Swarthmore Soldiers

The Women's Club of Swarthmore will hold a concert tonight for the benefit of the young men from that district who are serving with the colors. Those who will participate are John Curtis, Jr., Mrs. Jenny Knicker, Johnson, Miss Mary Triffin, Mrs. K. B. Maher and Bernard W. Poland.

Boys, Here's the Way to Make Muscle

More muscle—more muscle than Skinny, Fat, or anyone in the gang—do you want more muscle? If you do—then you should do what the football men and the men in the big leagues do—eat the right thing for breakfast—eat Cream of Barley. It's good for muscle, and it's good to eat. For tomorrow's breakfast have Mother get from the Grocer

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