A PAGE OF FAR AND WIDE INTERESTS FOR WOMEN—TALK OF CHILDREN AND FASHION

YOUR CHILD LOOKS AT LIFE ABOUT THE SAME WAY YOU DO

Parents' Attitude Toward Things Molds Boys' and Girls' Opinions-Baby Begs for Medicine Because "Daddy" Likes It

Vyvettes

A soft velvet crown has its aspira-tions to any great height in front quite nicely and effectively crushed.

Note the fur flower pinned on the

great deal to do with their children's

must pay her a nickel in order to get

ing." Perhaps she doesn't suspect why.

of that little girl. It could-you know,

without deception. There are a thou

sand and one things about housekeep

Try investing the disagreeable with a

What new strides in paid war work have

been recently made by the women of New York?

2. Is it necessary for a girl to ask a man to

stenographic positions, several thousands

2. The Thanksgiving table can be attractively

decorated with a few yards of the "furkey" ercpe paper being sold now, a centerpiece of yellow chrysanthemums and artificial autumn leases and little individual favors of ting turkeys or Puritan maidens' dolls. The paper is hung around the table and yellow ribbon may lead from the contemporary

S. Both black and white satin plush is being

used in some smart shops as a substitute for fur in making searfs and neck pieces.

Shoes for Calling

3. What is the for coatee?

which are now open.

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 gives below are included it is understood that the editor dues not necessarily indoors the emitment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE. Evening Ledger. Philadelphia, Pa.

ANSWERS TO YESTERDAY'S INQUIRIES

1. In a pound of celery there are sixty-five calories, or units of food value. There is only sion, 1:24 I Street, N. W., Washington, D. C., is the place to write to about the Government 3-10 per cent fat, 2½ per cent carbohydrates or

How much better it would be if home-

THE power of suggestion with a child is mighty. The other day I heard of a small boy not yet two years old who is in the habit of begging for castor oil because his parents have had the originality to invest medicine with charm. To him it is good-like candy is to other children. He doesn't know what candy is: never even tasted it.

From the beginning the baby's mother and father made medicine seem like something very desirable. They smacked their lips and begged each other for some whenever the small son was about to have a taste of it. The result is, of course, baby begs for what mother and father think so nice. And after he gets It lie likes it. No one need offer him a reward for swallowing the nasty stuffthe reward lies in the swallowing.

ALTHOUGH this might seem like just a parental trick to save little-boy-two some tears, there's a great big principle behind it. Some might call it a deceiving principle. But it isn't deception, It's working out that mighty plan of interesting a child, not in the reward it will get for doing certain things-a nickel for taking medicine, for instance-but in the worthwhileness of the thing itself the little boy or girl is called upon to do, There's nothing under the sun you can't interest a child in, if you are willing to go into the intricacles of the thing and be interested yourself.

A child's attitude, early in life, toward matters depends almost wholly on its parents' judgment of those matters. Just as, for instance, a woman measures the value of each year's styles by the way | housework is the last hope that mother women she considers smartly dressed take them up. If left to herself with no help whatsoever from the outside world. what woman would at the beginning of a season have the judgment or perhaps even the courage or desire to pick out the fashions that eventually become established during the season?

The suggestion of the rest of the ing that make the nicest sort of conversa world has a great deal to do with our tion for a mother and her little daughter. lives. Parents represent the rest of the world to their children. They have a little bit of charm

I. What is the food value of turkes?

2. Many a backache is caused by a kitchen table that is too low. How can the height of the table be raised by a very simple device?

3. Is it well to hang a canary bird's cage in

heat and work-power and more than 15 per cent water. Twenty per cent of a pound is

2. Baking powder bisenits will be very light

with a bath fowel and whip, shaking towel when it gets dusty. Brush with soft bristle brush

and then clean out the tufting with a piece of

eotton tied on the end of a ment skewer. Finally wipe rapidly with cloth wrong very dry out of

bot water. Change clothes as they get dirty.

History of Lavender Brandy

Following is a recipe that appears in the Cook's Own Book, which might have been a best seller in 1833, the year it was

A Thanksgiving Pie for Him

To two cupfuls of pumpkin that has

Toys for Her Little Ones

ess of Mrs. L. H. is held here forwarded to readers who may

ice for a few hours.

other ailments.

fluffy if the dough is allowed to remain on



Enchantment

T WENT out to Mr. Rockrudder's today and made Levy take me in the auto to the house of the man who is a hundred years old. The burglar was very glad to see me, and asked me if I wanted a couple of eggs fried, and I said I did-three. He went to a box on the shelf and looked into it, and then asked me if I would not as lief have some more bread and milk. I said. No. I want fried eggs. Why?" He said with what the chickens would lay tomorrow he would have a dozen eggs to sell and could get forty cents for them from a man with an auto who comes by.

I thought that was the limit, so I said, Who do you think you are, anyhow, and whose eggs do you think these are and who is letting you stay here? Give me that box and I'll show you." He gave me the box and I took the eggs outside and busted them against the barn. That made the burglar good and mad at me for the first time. He said, "You are a spotled girl, and what you need is a good epaniting. If I were your father you'd get it, too. You little savage, you get out of here. I do not love you any more."

any more."

I held up my chin and went out as proud as could be and when I went past the man who is a hundred years old he told me how old he is and I attack out my tongue at him and kept going. Howdy and I climbed a hill and it was then too dark to see much. We saw a light near off where there is a white house, and Rowdy and I went toward it lickets behalfe. , lickety brindle.

We knocked on the door and a man cam-We knocked on the doer and a man caree and opened it. He had a cardle in his hand and he had a wooden leg. The man said. "Who is there?" I said. "Patry Kildare." He tried to see me, but I guess his eyes were not very good, or they had not get used to the dark. He said. "Who is Patry Kildare?" I said. "Sue is a into trish girl, and giad of it. How did you less your leg." He said. "My what?" I said. "Your leg. He looked down and then he said. "By George! I have lost it, haven't I. Now where could I have lost it?" He tried to think where he had lost it and I said. "For car's sake, that is the fundiest thing I ever THE mother who complains about the Advadgery of housekeeping is very apt to have a complaining little girl on her hands when the "doing" of the dishes falls cat's sake, that to the fundest thing I eye heard of to lose a leg and not notice it. He said, "I am swillly careless. What is it you want here." I said, "I just came to see who lives in this house." to the lot of the twelve-year-old daughter. I know a little girl who has become so thoroughly colored with the idea that

The man said, "You want to knew who lives here" Let me see. There are three bears and a fairy and a witch and an exchanted princess and a magician, and this is her to dry the dishes without "grouchan enchanted palace, as you probably know. If somebody would only remove the spell upon it you would be dazzled by its magnifimaking could be enshrined in the heart sence. Come right in.

I looked around at the moonlight and the I looked around at the moonlight and the kind of shivery whiteness of the house, and then I said, "For cat's saite, no. I've got to be going." He said, "You are not afraid, are you?" I said, "Afraid of you? Why, you must be crazy. My dog would cat you up in a minute, but I've got to go now, I will come tomorrow." So we went away. I think I am a very lucky little girl. I have always wanted to see an enchanted palace, and now I have found one.

When I was subserbank to Mr. Bockrud-

When I was going back to Mr. Rockrud-der's past the house of the man who is a hundred years old I saw that it was all dark I was a way to be a say that it was all Lo burgiar ." He hollered, "Wait, Patsy." "Lo burgiar." He hollered, "Wait, Patsy," So I waited and soon he came out on the borch, and I could see him plainly in the moonlight. I said, "You have been crying You are craw. But I am sorry that I wastingy about the eggs, and I am sorry that I said you were a spoiled girl. You are the best little girl? ever knew." I said, "That's the truth, but I was mean about the eggs, and I am going to get the money and payyou for a dezen." He said, "Forget it, want you to know that I am not as stingy as you think, but this tumbledown place. as you think, but this tumbledown place needs so many things to get it started that I must rake and arrane money together in every way I can. Is it all right now?' I raid, "Yes."

He did not say anything more, so I came He did not say anything more, so I came away. Here I am now, in the big front room at Mr. Rockrudder's, and Rowdy and I have kneeded and feduciout paws and prayed, Thenr Mother, which art in beaver, I thank you and God for taking me to that enchanted paines, which is certainly going some. I expect to stir things up around there tomorrow, but it is no place for a little girls to propallely. And listen. The next there tomorrow, but it is no prace for a lit-le girl by moonlight. And listen. The next time you or God put it into my bean to be mean to my burgiar I shall tell you just what I think of that kind of stuff. He is all right, and I will not stand for having his feelings burt. Ask God to bless you and my father and my burgler and me. Amen.

"Fairyland." the next Putsy kildare adven-ture, appears in tomorrow's Evening Ledger,

A Holiday Sweet

Quick maple candy is very good and caulty made. Place in the chufing dish one supful of crushed maple sugar, one cupful

supful of crushed industry of granulated sugar, half a cupful of milk and a heaping tablespoonful of butter. Cook all together for fifteen minutes or until a little tried in water forms a "soft" ball.

water forms a "soft" ball.

Remove from the fire, add one cunful of chopped walnut or panut means and beat steadily for five minutes. Four out on buttered plates and mark into squares before it

COCOA

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here for less than \$6 or \$8.

The Latest and Dain-tiest Models

Many Strik-

ing and Exclusive

Designs

Their Madatu-fa it proper to wear tan three white purpling an evening out? CTTEEN.

lead from the centerpiece to each place,

by he the tartistic transfer brandy is a reference to havender brandy its would depend largely on how well insite a new up to no preparation that you know the young girl on whom you are Lavender brandy, sometimes called lav-ender drops, etc., used to stand on the shelves of our grandmothers' cuplsoards, so call, but of late, unless the call be a strict I am told. The lavender plant has silinu-lant properties and the drink, for which many housewives seemed to have different parative strangers, the usual sack suit and formulas for preparing, was used for the black or tan shoes, as you will, are quite "nerves" and sick stomach and probably all right for calling. all right for calling.

Fresh Air for Whooping Cough To the Editor of Woman's Paner

"Fill a quart bottle with the blossoms of as it will contain. Let it stand ten days, then strain it and add of nutneg bruised, then strain it and add of nutneg bruised, tolvis cloves, mace and cookineal, a quarter of an ounce cach, and bottle it for use. In nervous cases a little may be taken dropped.

on a bit of sugar, and in the beginning of a stomach complaint a teaspaonful taken in half a glass of peppermint water will often prove efficacious."

Another formula, which appeared in Fomestic Cookery, Baltimore, 1846, follows:

"Pick the lavender blossoms and put

I am sorry not to be able to help you further in your inquiries, but we cannot "Pick the lavender biossens and put them in a bottle with a few blades of mace and some cloves. Fill up the bottle with good spirits and let it stand corked up trill all the strength is extracted, then strain it off and color it with a little cockineal."

We are indebted for these recipes to giving het drinks.

Joseph Jackson, whose letter about lavender brandy appears on the editorial page of today's EVENING LEDGER. You can get an Atlantic City paper in the newsstand on City Hall Square; that is, opposite Broad Street Station.

A Serious Problem To the Editor of Woman's Page:

Po the Editor of Woman's Page:

Dear Madam—Will you please print in your columns for me the recipe for the filling that soes in a pumplin pie? I want a good, rich filling because my boy is coming home from camp for his Thanksgiving, and sething is too good for him. Dear Madam—Once again I come for sivice.

My father is sick with cancer in the etomach and he heeds some one to care for him at home. Now I have been up with the living expenses, but my wages are not enough tring expenses, but my wages are not enough the six of the expenses. My mother realized the six of the expenses, my two young brothers and my sister next in size to me, who is not quite fourteen years of age.

My mother was thinking about keeping my sister at home instead of herself. By doing this she would have to stop school. But this is where the law interferes. They want her to go to school.

I only carn \$16 per year. Dear Madam—Once again I com My father is aick with cancer in and he needs some one to care for New I work very hard and try with the living expenses, but my a enough to meet the expenses. Because nothing is too good for him we are printing a good, rich recipe with four

been stewed and then pressed through a colander add the yolks of the four eggs beaten and one cupful of white sugar Mix with this a quart of milk, a teaspoonful of cinnamon, nutmeg and mace mixed and the whites of the eggs beaten quite stiff. Stir this custard well from the bottem and then line your ple plates and bake in a steady oven.

where his tax go to school.

I only earn \$16 per week, and, an you well know, this is not enough to support a family of six. I would only be ton glad to send my sister to school, while my mother could stay home and take care of father, but the thing is I have not enough power. In this case I will welcome any advice you may give me. Thanking you in advance for the trouble I am civing you.

for Her Little Ones
of Woman's Page:

m—I have been thinking about or to you for a long time, as it to do something to relieve this situation, which is indeed a very hard one for a young man to face. It would not be well for the little girl to take care of a cancer patient old. Our income is lust enough the present the following the present of the thought it is not right to ask this, then bother about it. (Mrs.) I. H. is held here forwarded to readers who may h. In requesting the address self-addressed cuvelope. Toys for Her Little Ones
To the Editor of Woman's Page:

Dear Madam—I have been thinking about writing a letter to you for a long time, as it takes all my courage to write this. Do you think among your many readers there may be any that have a doll or a few toys they would like to give to my children. I do not mean toy toy. I will not be able to get them anything. We have seven children, the oldest hipfen years old. Our income is just enough a gaint an at the present time. So I thought I could only get a few toys for Christmas for hem. I would be very thankful.

If you think it is not right to ask this, then called the present the course of the course

IN THE MOMENT'S MODES

Pekin Blue Pompom Cloth Coat.



The chief advantage of the furtrimmed cover-all coat is that it is suitable for wear on mild days as well as during the coldest weather. If your coat has one of the smart and practical adjustable collars you can have it snugly buttoned when the weather demands, and on warmer days you can have it ad-justed in broad-spreading collar fashion. The coat pictured is of fashion. The coat pictured is of Pekin-blue pompom cloth, while nutria fur supplies the collar and cuffs.

Tomorrow's War Menu

Wheatless 1say BREAKFAST Apple Sauce

scrambled Egg-Graham Griddle Cakes Coffee

LUNCHEON Beans and Macaroni with Tomato sauce Proserved Cherries

DINN B Reast Shoulder of Vea: Baked Pointees Green Pens (Cabbage Salad | Prune Whip

BEANS AND MACARONI

"(A tested recipe)

1 cupful of macaroni

4 cupfuls of water. 1 teaspoonful of sait.

2 cupfuls of kidney beans.

I cupful of thickened tomato sauce.

Break the macaroni into small sticks, about an inch long, and cook in boiling saited water until soft. Then drain and pour cold water through the macaroni. Add the tomate sauce, cooked hidney beams and heat thoroughly.

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. usuer to health questions. Doctor Kelloop in this space will daily give advice or prevent edicine, but in no case will be take the risk of making diagnoses of or grescribing for all ments requiring surgical readment or drugs. Health questions will be pramptle a-swered by personal letters to inquirers who inclose stamped envelopes for reply.

Poor Circulation

What may be done for poor election? J. Realest v. J.

The average number of red blood cells

per cubic millimeter for men is \$,000,000, the normal blood pressure is about 120.

Of representation in

leftover dishes it can be the basis of after

"the day," Here are some suggestion

crinted in Good Househoeping for make

When serving, carve stiess and serve

platter may be used in soup. The record

ing the most of your turkey :

NASAL catarth is usually curable, but the cure is by no means an easy or simple matter. There is no such thing as successful "catarth remedy." In the majority of cases there are conditions in the nose which require the special attention of an expert. Bones become thickened mucous sur, ces are swollen and drainage. an expert. Hones become thickenous mucous sur, ces are swollen and drainag-passages become obstructed, retaining in-fectious material. The cavities of the facial bones connected with the nasal cavity become infected, thus maintaining a condition of chronic infection.

In every case of chronic nasal catarria

a competent nese specialist should be con-sulted.

Indications for Sun Bath

What are sun baths used for? I. M. R.
The sun bath is useful in all cases of malnutrition, anomia, inactivity of the skin,
chronic dyspensia, most cases of neurasthenia, indigestion, chlorosis, rheumatien,
diabetes and obesity. The only class of
cases in which the bath is positively contrainfleated is that in which the patient
has recently suffered from heat stroke and
is especially susceptible to the action of the
affront rays of the sun; but such cases are mirror rays of the sun; but such cases are

Corns and Callosities

lion may come and callions places on the design of the feet be cured; JOHN G Corns or callings on the roles of the feet are often very painful and occasion great inconvenience. If very tender and swollers with redness of the tissues around about the proper remedy is rest, lying in a forizontal portion, accompanied by proper use of positioes, until the soreness and irriuse of positions, until the soreness and irri-tation disappear. After the tenderness has subsided, a loose since should be worn and to releve the corn of pressure apply over it a thick piere of buckskin or felt with an epening in the middle of the size of the vallue. By his means the pressure can be wholly taken of the callur and nature will in due time effect a cure. If the skin is very thick it may be softened by the au-plication of compresses wet in blearbonate of such rolution. In a short time the skin becomes softened, so it can be easily scraped off.

How to Prevent Pneumonia

to mammonia catching? Ann it be preven The geries of pneumonia are sent into the The germs of pheumonia are sent into the air by coughing, speezing and speaking. In this way the infection is scattered. Persons who have apparently recovered from mea-monia often earry the germs in the massi-scentions and sputum for weeks, possibly longer, and thus become carriers of the

disease. Two things are necessary to produc-Two things are necessary to produce premounds, a pretimenta germ and a succeptible patient. A person whose resistance is sufficiently high may meet any number of premionia germs without danger. The germs are received, but they are unable to obtain a foothold and develop the characteristic disease.

Fresh air is abundance day and night,

SMITH Brothers' S.B. COUGH DROPS



Children will go out in the snow and slush. Give them Smith Brothers' to ward off dangerous colds.

At druggists, grocers, confectioners: also news and cigar stands.

The difficulty is probably due to a visco-motor spissin of the vessels in the ex-tremities. The most common cause is toxins absorbed from the intestine. The bowels should be made to move three or four times a day by regulation of the diet and use of mineral oil when necessary. Normal Blood Count and Pressure What is the normal blood count and the



day take a sharp knife and cut all the ble of turkey from the carcass. Add to have

of this dieed co.d potato and mix carefully with cream-sauce to which is added a little

with cream-rance to which is added a little finely dised red sweet-pepper threferably borne canned), chopped parsley, salt and pepper to taste. Serve on a platter with a border of alternate small onlone and think liked carret—all very hot. Some variety of tart belly or cramberry same is a paparent addition and inexpensive it home, made. Let a day cause, then serve the cooked rice, spaghettl or macaroni, and the remainder of the studiety mixed lightly win rest of the turkey gravy but the remainder of the studing into small siles, brown, and use as a narrish. Colesian made of red cabbage is delicious with the particular "left-over." The positively lar experience of the turkey is in som made substantial enough to serve as the ball as

substantial enough to serve as the bart of

That Thanksgiving Turkey A Thanksgiving turkey isn't such a lux ry when you consider all the really good to \$195.

Reduced to without the bones. What is left on the

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Says Mother's Son

"My dog, Duke, he has no sense. I guess I'll lick him.

"This morning when I was eating my Cream of Barley he jumped up and tried to eat out of my dish.

"I know Cream of Barley is awfully good, but he ought to have more sense. I guess I'll lick him."



