

SOLVING THE LONELY PROBLEM: THE GRACE OF FRENCH JEWELRY: SMART MODES: LETTERS

EDUCATED SUFFER MOST FROM BEING LONESOME

Reader Claims Intelligence Adds to the Misery of Watching the Springtime All by Yourself—A Practical Cure Is Suggested

I HAVE a letter from a man who intimates the highly intelligent people are apt to be chronically lonely ones. He does not want advice in particular, but simply wants the lonely problem discussed. A great many people write to the editor of a woman's page on this subject of loneliness. They give considerable food for thought. There are, of course, many ways to dissipate the matter. It is easy, for instance, to tell a reader to take to the public library and read—to take an editorial finger and point to Pollyanna fashion to the sunshine flooding the avowedly casual to the moon and the glory of the night to the vision that comes when one stands bareheaded in a field where violets are coming to life.

But to come back to my lonely reader. Even if I were inclined to indulge this editorial finger, he has forestalled the temptation. "Don't," he says, "advise me the great army of the lonely to go out and look at the stars and the moon. I like nature so much that it hurts. But it hurts most when I go out and drink it in alone. Contrary to the general opinion, rainy days and afternoons spent in the solitude of a bedroom are not bitter moments for the lonely one."

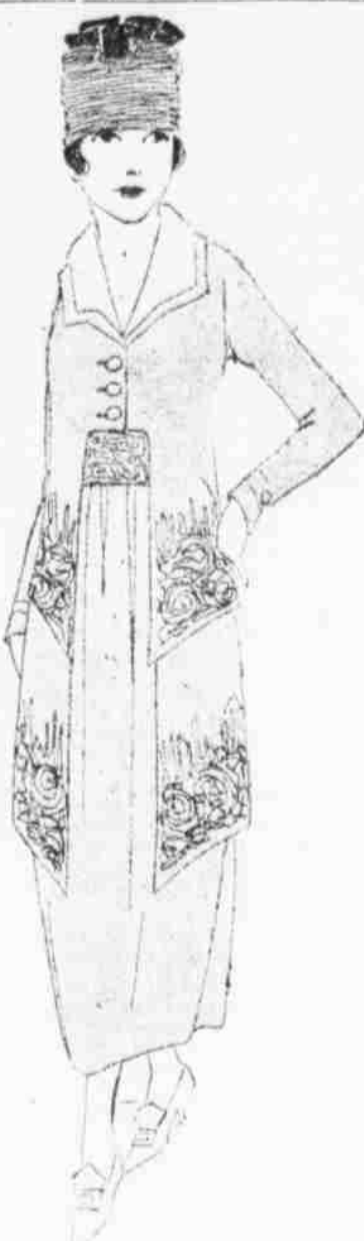
It is amazing in a crowd at the seashore. It is sitting alone at a good movie. It is looking at beautiful sights. The pity of it for all these things to be so lovely, and one must look at them alone! Better, sometimes, I think, the sensibilities that enable you to lumber through the world unseeing than to sigh at the sheer beauty of things all by yourself. It is the unfortunately educated and intelligent mortals, I think, who suffer the most from loneliness.

ARE the superintelligent people the loneliest ones? Perhaps. But not sufficiently lonelier than the rest to escape the same unromantic remedy.

Work, the right kind of it, is the cure for any chronic loneliness. I say this sincerely, having thought over it a great deal. But, I can hear you say, suppose the lonely one works all day? Must there be no play?

It playtime takes the form of making you look out the window and feel

Dressy Suit of Tricotine WOMAN CHAUFFEUR TO SERVE IN FRANCE



Lieutenant Mary Watkins Will Drive Motortruck Carrying Supplies to Ruined Villages

New York, April 5.—Colonel Adelaide H. Baylis, commander of the motor corps of the National League for Women's Service, has announced that Lieutenant Mary Watkins will sail for France next week with Miss Anne Morgan to assist in the work of restoring ruined French towns.

Lieutenant Watkins, who has been active in motor corps service here, is an expert driver. In France she expects to drive motortrucks carrying supplies, clothing and building material to the devastated villages.

As the railroads in the battle zone of France are almost completely destroyed or being used for military purposes motortrucks are sorely needed.

The threat of the German drive toward Liege, Belgium, was interrupted by this advance. By the fall of the German advance the rebuilding and replenishing of the villages will go on as usual.

Lieutenant Caroline Mountain, another motor corps driver, is now serving in France.

Blouse Effect in Crepe Waist



One of the most striking of the new spring creations is this Russian blouse effect produced in a waist of georgette crepe. The white cuffs and vestee combination blend well with the ivory blue of the georgette. The vestee is outlined with a sash of opal beads and a lead pendant.

TAKE SOME NEWSPAPERS; MAKE A FIRELESS COOKER

To Latest Dispatches Add Saucepan, Needle, String, Scissors, Paste, Pencil, Says British Doctor, and Keeps Water Hot Three Hours

SAVE your old newspapers and make a fireless cooker.

This can be accomplished with comparative ease. The Council Board member of the Royal College of Surgeons, who recently submitted to the New York Herald a London publication, a description of how the "steamed cover," an inventor from the "steamed cover," can be made with old papers as the prime requisite.

Three-part, grey-washed, extra-strength, padding, string, bolts, pins, a rubber band and about two dozen newspapers are the materials needed for the construction of this important acquisition to the culinary outfit.

In the first place a "dummy" is to be made about as thick as bread and the material rolled out to the size of the boiler. The rolling paper around the boiler, and then of putting it. This covering is only a temporary guide, which contact through which the heat can be conducted. The boiler is then covered with water put under the covers. The newspaper sheets must be opened out singly, care being taken to use only those that are long and wide. The boiler will come in handy to make the boiler, using the same as a guide.

Then the padding needle with about three feet of string say the dimensions, using the ends together with a large knot. Pass the needle through the center of about a dozen of the paper discs and pull through up to the boiler. Pass a few discs over the knot, so as to hold it, using the paste in starting quantity and it does here and there.

Next make a fold longer in one of the perfect sheets of newspaper. This fold is to be fully the same depth as between the center of the top and the bottom of the boiler. Lay the dummy on its side and secure the paper around it, passing the side edge of the paper, using as little as possible, care being taken not to waste it in the "dummy." Now make the disc of paper with the string and needle apparatus on the top of the dummy, which previously has been placed upon the boiler. Pass the string through the hole in the paper, the center by threading them around the boiler. Leave the needle through a few discs or squares of paper, and having put some paste on them, and on the string, pass them down on the top of the boiler, the ends of the paper, straightening up the complete comparatively straight edge.

Put on three or more such covers. As the size of the covers increases so does the size of the boiler, so as to bring the top edge of the boiler close up to the central strings. The folded edges of the paper are to be put to the bottom of the boiler. To add strength, the first and last covers must consist of and the discs be covered with, respectively, white and brown paper. To secure strength the lower edges of the two covers must be folded several times. The sheets of newspapers must be placed on evenly and neatly, but care should be taken not to get them too tight, as the object is to form air spaces between the layers of paper. About two hours is required for two people to make the "steamed cover."

To finish, pass the needle through the ring, having previously threaded on the string some disc of paper. Now take the needle back through the same disc, and then through the ring, so that the string will be taut. Tighten up the string to the top of the boiler, and pull through the hole in the boiler. Now take the needle through the hole in the boiler, and then through the ring, so that the string will be taut. Tighten up the string to the top of the boiler, and pull through the hole in the boiler. Now take the needle through the hole in the boiler, and then through the ring, so that the string will be taut. Tighten up the string to the top of the boiler, and pull through the hole in the boiler.

ADVENTURES WITH A PURSE

FRENCH JEWELRY ADDS GRACE TO THE HAND

Little Finger Rings of Jade and Sapphire Hold Their Own With Real Gems

AFTER all, the question of income has little to do in the matter of the lovely French jewelry to be had at many of the shops. One of those whose pleasure it is to display the fascinating rings confided to me that it is surprising to know how many persons purchase one of these rings to wear with their jewelry "of the first water."

Not is it to be wondered that one finds beautiful a square set ring with the night-blue of the sapphire, surrounded by sparkling little brilliants. Here is a ring that would lead distinct

MOTHERS' PROBLEMS For the Children's Year

By MARY L. READ, B. S.

Director of the school of Mothercraft War Service.

Questions on the education of children—how to feed, discipline, train, and the best understanding of child nature—all are answered through this column. Parents are urged to send their questions to the editor of the Evening Public Ledger, for answers to be published in this column.



How much more comfortable and happy the normal, healthy boy at right seems than the anemic, stoop-shouldered fellow at the left, his pudgy fat comrade with the "pushmobile," or the precocious, near-sighted lad of six, whose mental development, at the expense of his nerves and physique, places him on a level with the three boys, who are two years older. Which boy has the best chance to become a vigorous man, of service to the community?

What Is a Normal Child?

A NORMAL child, in brief, is one who is free from physical pain, defects, illness and weakness; who has vitality; who has the physical and mental development and traits usually found in children of about his age and sex. The following summary covers most of the range of physical characteristics in an elementary way. Only a trained examiner can make a complete and exact examination.

NORMAL	WRONG
Normal for age, height and sex.	Either underweight or overweight as a danger signal.
Front ear chest expanded both sitting and standing.	Shoulders drooping; hollow chest; thin and wasted.
Clean, whole, regular, painless.	Irregularities, black, green or yellow spots, cavities, pain.
Clear, sparkling, sixfold.	Dull, watery, inflamed, itching, sandy; scoria, squints or holds back near face.
Slight waist; responds readily when spoken to.	Filled with hard wax; carache; frequently falls to respond.
Free from bluishness; no pain.	Cornic flat foot.
Clear, firm; cheeks ruddy.	Pimples, acur; flabbiness, cheeks pale.
Good-natured; not easily irritated or frightened; can sit quietly.	Irritable; given to tantrums; fighting, twiddling or disturbed sleep.
Good appetite; satisfied after meals.	Appetite slight, fidgety or gluttonous; only regular meals; 4 to 6 hours apart; always hungry; craving unwholesome foods; eats at irregular intervals; has pastrty, fried foods, tea, coffee or alcoholic beverages.
Comfortable; one or two bowel movements regularly each day.	Stomachaches; gas in stomach or intestines; sour stomach, coated tongue, foul breath, constipation.
Regular, deep, with mouth closed.	Shallow, difficult; holds mouth open either when sleeping or awake.
Quietly, soundly, ten or more hours.	Broken, restless; talking; night sweating; less than ten hours.

Every child normally passes through several stages of development from babyhood to manhood or womanhood. At each stage in his development there are conditions of size, proportion, energy, agility, response, that are normal to his present stage, but that may be abnormal at some other stage. Likewise there are traits of mind, habits, character, tastes and interests that are normal at one stage, but that would be abnormal at another stage. The normal child lives each stage intensely and so develops normally into the next stage. We must judge each individual child according to his stage of development.

Woman's Liberty Loan Committee

EDITORIAL FOR WOMEN BY A WOMAN

By MRS. JOHN H. MASON

EACH day as we hear of the valor and heroism of our soldiers in France there is born within us a new determination that the women must unflinchingly take up the burden of household hardships, in so far as lies in their power, not by doing their bit, but by doing their All.



MRS. JOHN H. MASON

Soldier Boy Is 19 Pounds Ahead of Stay-at-Homes

Who is helping to save it? Are you? You need to consume 2½ pounds of flour a year in the ordinary day. The food administration wants you to consume only 1½ pounds a year now, so that this imminently needed wheat may get to the war workers and fighters in Europe.

One hundred and fifty pounds of flour per person a year. But you must look to your own flour. Our brave army is leading you on your own field.

The soldier boy in the thirty-two camps and contingents of our country is getting 251 pounds of flour per day. This is at the rate of 121 pounds per year. He is nineteen pounds ahead of you and your stay-at-home. You must think that in this which is particularly your job to do will continue to stay nineteen pounds of flour ahead.

Hats

that are made to satisfy an ideal—quality—not to meet a price.

DRESS MODELS SPORT MODELS

Furs Stored, Altered and Repaired

BLAYLOCK & BLYNN, Inc. 1528 Chestnut St.

HAM

one of the favorite American foods.

WILBUR'S COCOA

"ALL FOOD, NO WASTE"

is nearly one-half pure waste money.

These who serve Wilbur's regularly help themselves to live better at less cost.

WAR TIME RECIPES

A little booklet contains delicious and economical recipes. Free on request to H. O. Wilbur & Sons, Inc., Phila.

J.M. Gidding & Co. 1422 Walnut Street West of Bellevue-Stratford

are now INTRODUCING

the Toreador Cape and its "sister" model the Carmen Cape

together with many new models in smart cape coats and representing the Last Word in fashions for Spring

"Save 100,000 Babies This Year!"

This is the slogan of the Children's Bureau of the Department of Labor—a slogan illustrative of its big drive for the conservation of human life.

How the Bureau expects to accomplish this end is told by

Julia C. Lathrop Chief of the Children's Bureau IN SUNDAY'S PUBLIC LEDGER

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will be answered on our special page only and signed with the name of the contributor. Special questions like those covering the various phases of the woman's life will be answered on our special page only. All communications for this department should be addressed to THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- What method of preparation will take the strain away from eating?
- When cake icing becomes too sugary, how can it be made palatable enough to use?
- What will clean kitchen utensils when they have become soiled with grease and dirt?
- What has Paris labeled as the current war trend in the use of fruit?
- How is the current following a certain popular trend in the use of fruit?
- When a string of beads breaks, what are the most reliable materials will wear these beads?

YESTERDAY'S ANSWERS

- The Italian way of serving canned beans strains flavor from eating. A careful use of olive oil. Before warming, the beans should be well drained. The oil should be poured over the beans and the beans should be well drained.
- Breakfast cereal can be sweetened with white sugar. The addition of a little vanilla will make it palatable.
- The simplest way to put down a cork to a wine bottle is to use a corker. The cork should be pushed out of the bottle by the corker. If necessary, an additional piece at right angles to the corker will do the trick.
- Dr. Roselle Blaughter, of New York City, is chairman of the American Red Cross, which is the largest organization in the world. It is the largest organization in the world.
- It is expected that American women should support the return of "flowers" should be the order of the day. There are thousands of women in Paris who are waiting for the return of "flowers" should be the order of the day. There are thousands of women in Paris who are waiting for the return of "flowers" should be the order of the day.
- The hair of a hand out of style from the face if it is dried hanging down the back. It is the best of the face in place of down the back.

Many Ways to Neglect

To the Editor of Woman's Page: Dear Madam—My heart goes out to all of you who are neglecting your health. I have been neglecting my health for many years. I am now 45 years old and I feel like I am 60 years old. I am neglecting my health in many ways. I am neglecting my diet, my exercise, and my sleep. I am neglecting my health in many ways. I am neglecting my diet, my exercise, and my sleep. I am neglecting my health in many ways. I am neglecting my diet, my exercise, and my sleep.

Clothes for Little Ones

To the Editor of Woman's Page: Dear Madam—I have been a constant reader of your paper and have seen a few articles that have helped me. I am now 45 years old and I feel like I am 60 years old. I am neglecting my health in many ways. I am neglecting my diet, my exercise, and my sleep. I am neglecting my health in many ways. I am neglecting my diet, my exercise, and my sleep.