

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 the 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 easy ways to dissipate the matter. It is easy, for instance, to tell a reader to take an editorial finger and point to Pollyanna fashion to the sunshine flooding the avowed content 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."

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, if you are not busy, suppose the lonely one works all day? Must there be no play? If playtime takes the form of making you look out the window and feel

sorry for yourself, then this must take the form of work. A different kind, of course, from your daily occupation. Let me cite a case to you. I knew a man who was intensely lonely. At the age of thirty, unmarried, he came to a strange town where it seemed every one had closed their calling but about three years before he arrived. He lived in a rooming house, and he and I imagine it was 3 o'clock when it was only 1. All the lonely strangers in our city will know just how he felt. "You're low, indeed. That's well, I don't know whether I ever wrote to the editor of a woman's page to find out what to do. But he did it."

It was a big business in a railroad station for the Boy Scouts that turned the trick. A wild notion seized him to answer, "We need you," the sign read. Well, six months later that man stood in a rooming house, a case of cheerful, honest awareness that he couldn't tell you whether the moon was in the sky or in the clothes closet.

DO YOU get the secret of the work cure? It must be the kind you can't drop at a minute's notice and not making some one feel that if you are a lonely woman, for instance, and decide to take up knitting in your room at night as the cure, I leave you to it. But if you are a man, you may have a class of little girls to teach how to make nightgowns for the children in Belgium. There'll be a different story to tell on that score.

The cure for loneliness is unromantic, but the beautiful part is it so often leads to romance. Loneliness is, after all, only a very bad case of thinking about yourself too much. Those in the world are inclined to avoid men and women who are always moodily thinking of themselves. Let the world know you are full of busy interests. There is an old lady who says, "I'm busy with my garden. This applies to loneliness. Get busy. Manufacture one worthwhile interest in your life. Others will come trooping to fast you'll have to hear an engagement book.

Dressy Suit of Tricotine WOMAN CHAUFFEUR TO SERVE IN FRANCE



A pretty suit with long and slender lines is this new spring creation. Tricotine is its foundation, but the elaborate braiding in self color on the jacket, belt and tunic is the first to catch your eye. Three dainty buttons and a dainty collar of white faille add gaiety to the model.

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.

Tomorrow's War Menu

- Breakfast: Toasted English with Dry Cured Potato Wafers, Bacon, Eggs. Luncheon: Cold Roast Beef, Creamed Potatoes, Canned Corn, Canned Apples. Dinner: Roast Beef, Creamed Potatoes, Canned Corn, Canned Apples. Dessert: Fruit Salad, Ice Cream.

The Food Administration Says a good soldier does not eat a good soldier's food, but abstains in the observance of food-saving rules.

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 navy 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 Review, a London publication, a description of how the "kitchen cover," a doctor found in the kitchen, can be made with old papers as the prime requisite.

Three-inch grey-lined paper is chosen as a padding, string, coils, a saucepan, a lead pencil, a curtain ring, pins and brush 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 a half broader and deeper than the saucepan. This can be done by rolling paper around the cooking vessel and taping or pasting it. This covering is only a temporary guide, which contact through which the heat can be conducted. The final coat of the final cover over the pan will be made.

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 hole in the disc of paper. Tighten up the string so that the ring sits down on the disc. Cut off the needle and pass the top end of the string several times tightly around the double string under the disc and then bring it up a little. Lastly, paste down the disc. When the paste is dry the cooker can be lifted by the ring, when the "dummy" will fall out. The saucepan may now be placed in the cooker. The hot water in the pan will be kept at a temperature of about 165 degrees Fahrenheit for three hours, it is said.

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 confined to me that it is surprising to know how many persons purchase one of these rings to wear with their jewels "of the first water."

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 questions like those concerning the editor's date and the editor's name, will be answered only if accompanied by a stamped envelope. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES: 1. What method of preparation will take the sugar off of a cake? 2. When cake icing becomes too sugary, how can it be made to taste better? 3. What will clean kitchen sinks when they have become soiled with grease? 4. What has Paris labeled as the current vogue? 5. How is the current following a certain popular trend in the use of fresh fruit? 6. When a string of beads breaks, what is the best material to use to mend them?

YESTERDAY'S ANSWERS: 1. The Italian way of serving canned beans is to drain them from their liquid, and then to add a little olive oil. Before warming, add a little salt, and then the beans will be better. 2. Breakfast cereal can be seasoned with a little sugar, or raisins to the hot milk. 3. The simplest way to put down a cork to a bottle is to use a corker. 4. Dr. Roselle Slaughter, of New York City, is chairman of the American Medical Association's committee on the use of the word "doctor" in advertising. 5. It is expected that American women will support the return of "flowers" to the front. 6. The hair of a woman should be washed with soap and water, and then rinsed with cold water.

MOTHERS' PROBLEMS For the Children's Year

By MARY L. READ, B. S. Director of the Bureau of Child Welfare, Philadelphia



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.

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 uncomplainingly 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.

Hats

that are made to satisfy an ideal-quality—not to meet a price. DRESS MODELS SPORT MODELS. Hats: Blaylock & Blynn, Inc. 1528 Chestnut St.

WAR SAVINGS JINGLES

I saw a ship sailing, sailing on the sea. 'Twas full of ammunition, the hull was full of dynamite. And oh, but I was happy, that I had done my share. I'll be a soldier, I'll be a soldier, I'll be a soldier, I'll be a soldier.

HAM

one of the favorite American foods.

WILBUR'S COCOA

"ALL FOOD, NO WASTE" is a complete and perfect food. These who serve Wilbur's regularly help themselves to live better at less cost.

J.M. Gidding & Co.

1422 Walnut Street West of Bellevue-Stratford

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 LEADER