

LETTERS FROM FRENCH WAR HOSPITALS

WOMAN'S OTHER INTERESTS SECONDARY TO MOTHERHOOD The Girl Who Prefers to Carve Her Name in the World of Fame Rather Than to Assume Domestic Responsibilities

It is a splendid thing for a girl, when she enters upon a business career, to throw herself into her work heart and soul and to make it secondary to nothing. But it is unfortunate for her to so lose sight of the primary cause of her existence that she deliberately stifles any maternal instincts she may have.

I have just been reading of a young woman from a town in the Middle West who, because she achieved a certain amount of success in musical circles upon coming East, broke her engagement to a youth from her "home town," although she acknowledged she loved him, but declared she must have greater freedom for her work than matrimony would allow her.

All very well and good if love does not enter into the thing, but when it does it seems to me a girl is taking rather long chances when she so decides. A. L. McCrimmon, in his book on "The Woman Movement," says: "The intellectual and esthetic throes of creative work are very commendable. In race continuation, however, flesh and blood can never be replaced by stylism and palette.

This hat is but a high band that narrows as it comes round to the front and passes through a slit in the other end and fastens with a rose.

of social activities. Her functions are unique. No creative laboratory or propagandist shrine can take her place, no creche can supply her arms, no manufactory her nourishment, no infant erythema her intuition and instinct, no social nursery her sympathetic care. She hides behind no 'social responsibility' that she may have license for selfishness or shirk individual responsibility, which is the source of the iron in the constitution of man.

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 given below are invited. It is understood that the editor does not necessarily endorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES
1. How can absorbent cotton be prepared?
2. How can a paint be made waterproof?
3. Of what does a good oil for sewing machines consist?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. The food for a woman of sedentary habits should differ from that of a woman who is physically active in that she should consume fewer starchy foods, such as potatoes, beans, bean puddings and thick soups and pork or veal, but should eat a generous amount of green vegetables, salads, lean beef and fruit.

- Recipe for Nut Bread
Dear Madam—Please publish a recipe for nut bread, the kind that is used in making sandwiches. MARGARET T.

- To Use Leftover Toast
Dear Madam—Here are several ways of using up leftover toast for luncheon: Tomato Cream Toast, one-half cupful tomato sauce, one-half cupful cream, one-half cupful butter, one-half cupful sugar, one-half cupful chopped walnuts. Mix and sift the dry ingredients and add the walnuts. Beat the egg and add to the milk, then mix this into the dry ingredients very slowly. Beat well, turn into well-greased oblong pans, let rise for twenty minutes, then bake from three-quarters to one hour in a very moderate oven.

- Potted Meat for Sandwiches
Dear Madam—Can potted meat be used as a sandwich filling? MRS. C. M. J.

- Cheese Dishes
Dear Madam—A pleasing variation may be made from the usual cheese and tomato sauce by using a thick cream sauce. Use eighteen ounces cooked meat and six ounces butter seasoning. A little ham or other salted meat could be used with fresh meat in the proportion of three parts fresh meat to one part salted meat. Trim the gristle and fat from the meat and put through the mincer twice, then put the minced meat in a mortar and season highly, salt the butter and add it gradually to the meat, reserving enough to pour over the top.

- Ministers' Fee at Wedding
Dear Madam—I am to be married shortly and have invited the minister who used to be at our church to perform the ceremony and our present pastor to pronounce the benediction. Should the bride and groom be responsible for the expense of the ceremony or is it sufficient to make an offering to the minister to perform the ceremony? Who is responsible for the expense of the organ and the sexton's fee? MARY.

- Other Wedding Details
Dear Madam—It is ever allowable to use those paper napkins at a wedding reception? Also, must the attendants at a wedding be married? Should the bride ask both bridesmaids and bridesmaids to be present? Must the bride give a present to the bridesmaids and bridesmaids? FUTURE BRIDE.

- Climbing Beans
Dear Madam—Climbing beans can be trained to the trellis in a very simple way. A fair amount of sun, say half a day of it. Keep the trellis and Lazy Wife are good green beans and Golden Wonder are good yellow beans. They should be picked when four to five inches long and are best when they are just beginning to show the veins. Do not plant against the fence, but about two feet away to avoid scaling of vines from reflected heat waves.

- Bala-Cynwyd Musicals
The Neighborhood Club of Bala and Cynwyd, the civic organization of their section, showed how well its serious-minded members could enjoy music and dancing last night at a musical and dance given under its auspices in the Bala-Cynwyd Auditorium.

- Roses
We are having special sales of them in our shop.

"Mademelle" Miss

These letters from an American girl serving with the rank of lieutenant in a French army hospital back of the Marne constitute the most interesting material we have had in these letters some fragments of true stories. The nurse tells with a wonderful reticence of the joys and sorrows of her life in the world's greatest crises and humanitarianism.

THIS being an essentially Christmas Number we'll omit professional data and all the tragic things that show you the bright side of the battle. Don't forget there is one, and it is good to reveal it from time to time, lest we lose faith in living, and feel too much stress on the shambles, the misery, the cruelty, at the expense of finer realities, and if Robert Louis Stevenson were here he'd perfectly agree with me! All of which goes to show that the Star of Bethlehem has shone very close above my humble shelter at this blessed season, and that the Angel of Death has not passed over it. For which I am ever most grateful that my heart is as light as a lark's today; and it has learned—as our soldiers learn to sleep in the trenches—not to forecast alarms for the morrow.

It was over a week ago, when the stress of death and swift changes was at its height, that for once in my life I had a flash of forethought for Christmas; and when the government offered me six days' leave of absence to which we are entitled at this time, I refused it instantly. Mothers who love their children don't go off and leave their soldier mothers than any other creature in the world, I believe, does love to be diverted.

I happened to tell my scheme to the young chemist who helps in the operating room. As he for some time has been busy with carrying wounded to providing me with chocolates which quickly disappear down thirty-three throats—he suggested interesting his mother and her Paris friends. There is a dear little old woman who plays the role of fairy godmother to my ward. For a long time I never knew who she was or where she came from, but twice a week, just at soup-time, he would trot the dear, quaint creature, tied up in a woolen fish and laden with a huge basket filled for the whole family. Sometimes it held baked apples all sticky with jelly, sometimes a hot bouillabaisse, a steaming hot, sometimes tart, or ripe pear—always a digestible inspiration. She'd slip in, set the basket on the table, and slip out, often before I had time to thank her. Later I found it was Mme. Nabout, who keeps the tiny grocery in the rue de Fremicourt; and I was almost sorry to place her, she was so like a figure out of Hans Andersen, and put in orange in the fly to ask if she could help me order a tree. Her keen, wrinkled eyes just danced. Not only she'd help me, but she knew a horticulturist who'd give me one if I said so, and all the things, ribbons, and some handkerchiefs, and there was a confectioner who had bonbons to spare. So immediately I took heart and set my little Christmas tree in the room. A little thinking at night, and three pilgrimages to town, of an hour and a half each, did the rest; and Christmas Eve you couldn't have found a prettier tree than the one which, lit with its glistening branches towards the rafters of Pavilion V.

Mme. B., my young friend's mother, sent me a pretty card with many bouquets of cigarettes, twenty pipes, and biscuits in a paper bag; and my good games that house me so cheerfully tucked ten francs under my breakfast plate, and I myself stretched several points, "for Xmas comes but once."

The next letter will appear in Monday's Evening Ledger.

There have been various changes of which I will tell you in my next. Gauze, cotton, gloves and needles all there. Thanks, thanks, and God bless you! It's a new year of promise. I believe we ought to be joyful no matter if men do try to make a vale of tears, and the more suffering I see, the more I think so.

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LOTS OF TIME TO PLAN GARDENS; SEASON BACKWARD THIS YEAR Not Too Late to Join Home Army of Food Producers in Back Yard or Suburban Plot—Some Essentials for Success—Value of Intercropping

THIS is a late gardening year. Persistent cold weather and late frosts and rains have delayed many kinds of planting far beyond the usual time. This fact must be remembered in using the various gardening tables and suggestions which in this paper and in the "Evening Ledger" have been issued through the press have set times for planting. Such dates are always approximate and for the majority of things it is better to be late than premature.

It is by no means too late to plant out a garden and aid in the army of food conservation in the national crisis. The gardener who wishes to raise vegetables for his own family will do well to choose crops from the lists which previously have been given in his local locality.

FOR EARLY CROPS
Those who desire to produce early crops should bear in mind that a warm, sandy loam will produce an earlier crop than a heavier soil that retains more water and less heat.

Frost is less likely to injure vegetables planted on high ground than in low places or valleys into which the heavier cold air commonly settles. The garden should be fairly level, well drained. The crop will mature the earlier on land that has sunny, southern exposure.

ESSENTIALS FOR GARDENING
The essentials for successful gardening on a small or large scale are soil, water and cultivation. Much depends also on the grower, the season and the crops selected.

The soil is the storehouse of plant food. The gardener, therefore, should know the soil or retted material in large quantities. The gardener should remember that about 50 per cent of ordinary earth is not soil at all, but consists of air and water.

Water makes plant food present in the soil freely available to the roots. Rain is soft and contains ammonia. The effect of soft water on the plant world is one of the miracles of good gardening. Plants are abundant and contain large amounts of water which they have to draw from the soil.

The average garden, prepared and planted at random, proves a good investment, but will increase its returns by following a definite plan. The possibilities from letting crops follow one another or even overlap are legion.

For the first consideration, take the variety of vegetables. These will depend largely upon the personal tastes of the family and space available. The average-sized garden should be devoted to green vegetables rather than to root crops, as there is less risk in a diversified cropping.

IN THE MOMENT'S MODES



A revival of the becoming "poke" is seen in this dress hat of black luere, with its coquettish streamers of robin's egg blue velvet. The rose beneath the brim seems perched at a rather perilous angle, but since the end justifies the means, why not? A hat of this description was marked \$12 in one of the better shops.

YOUNG KNOX'S WIFE PLANS COUNTER-SUIT

Orders Attorney to Bring Action for Divorce Against Senator's Son

A counter-suit for divorce will be filed against Philander C. Knox, Jr., son of the former Secretary of State, by his wife, Mrs. Knox, who is now in Philadelphia. The action was announced today by Mrs. Knox, who is serving as an understudy in the "Oh, Bay" company at the Princess Theatre, New York. She filed for a divorce last October by Senator Knox's son, who is now in Philadelphia. The action was announced today by Mrs. Knox, who is serving as an understudy in the "Oh, Bay" company at the Princess Theatre, New York. She filed for a divorce last October by Senator Knox's son, who is now in Philadelphia.

As Miss May G. Boller, a salesgirl and actress, Mrs. Knox eloped with Knox in March, 1915, from Providence, R. I. After some difficulty in obtaining a divorce to marry them, they came to Philadelphia, where they lived at 1706 Pine street and later at Secretary Knox's home, at Valley Forge.

Their married life was stormy. For a time the parental blessing was withheld. Then "Tip," as Mrs. Knox called her husband, failed to work the alleged forcing her to accept his parents' decision. In 1915 she ran away from him. They were reconciled, but separated again.

Dispatches from Reno recently quoted Mr. Knox as saying he intended to bring suit against his wife. Mrs. Knox is a handsome young woman of Pittsburgh. Mr. Knox's brother, Hugh Smith Knox, was divorced by his wife, Mrs. Katherine McCook Knox, of Pittsburgh, February 2, 1914, on grounds of "cruel and barbarous treatment." They were married in 1911.

THE CHEERFUL CHERUB



One large wooden crocheted rug, cut in cloth into strips one-half or one inch wide, whichever is easier to handle. Sew strips in one long piece. Chain eight, join in ring. Next round, crochets nine, making two single crochets in one loop, so round and widen and make rug lay flat. In order to make a crocheted rug, you must use a round, widening as you see fit until you make twenty or twenty-two rows or until it seems large enough. Plain yellow is very handsome, or plain gray or plain blue—to match your room.

Cocoa Pudding
Moisten three-quarters cupful of soft bread crumbs with one cupful of hot milk. Add one-half cupful of cocoa, one-half cupful of grated coconut, one-half cupful of sugar, the beaten yolks of two eggs, one-quarter teaspoonful of salt, one teaspoonful of vanilla and one-half teaspoonful of lemon. Place in a buttered mold and bake in about half an hour. Serve with sweetened and flavored whipped cream.

A Modern Bathroom
is one of the most attractive rooms in the house. Always fresh and neat, it is a real delight to the eye. Floor, brick, bathroom fixtures will make your bathroom modern. They are honestly made of the best materials, and will outlast the house itself.

Free Bros. Co. Showrooms 14-16 & 20 N. Fifth St.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XIX—Patsy Has a Birthday
I DON'T see why a birthday should be different from any other day. Mine wasn't and I am glad it is out of the way. It was a sort of a nuisance waiting for it and looking forward to it and then not getting anything.

The next morning, when Rowdy and I started to ramble, just as we came out of the house who should come along but Mr. Carpenter? He looked back at his house and then when he got in front of our house he said, without looking at me, "I will go along and you follow me around the corner, Patsy."

So we did, and he took out of his pocket a lovely new doll, "Patsy." He said, "I don't ever tell anybody where you got this, or I will get into trouble, but I thought you ought to have something for your birthday and so I got it. Mrs. Carpenter doesn't like you, but I think you are a nice little girl. So don't tell anybody about the doll." I said, "All right, Mr. Carpenter." He said, "That is not my name. My name is Henry Peck, I believe, but you can't blame a man for wanting years in his own family, can you?" I said, "No, sir," but I did not know what he meant.

Then Rowdy and I rambled, and when we passed the Carpenter's, Mr. Carpenter was sitting out on the porch. I said, "Good morning, Mrs. Carpenter. Yesterday was my birthday and I am now seven years old and quite a different little girl from the little girl I used to be when I was only six. I was certainly a bad child," I said, though I wasn't. "Now it will be all right for all the little children in the neighborhood to play with me. I wish you would please tell them so." She said, "Young lady, you better start your boots and go where you are going. A child that runs wild the way you do at all hours of the night is no fit playmate for anybody. You are just a little savage and you need a good spanking. I should think your mother would turn over in her grave at some of the things you do."

I wanted to stick out my tongue at her, but I didn't. I only said, "For an old woman, you are very silly and ignorant. Everybody but you knows that my mother is not in her grave. You ought to know that when a grave is closed up it opens out for the other side and the people who are buried in themselves on the road to heaven, and the bottom of the grave drops out and they fall into the other place."

She said, "Whom are you calling an old woman?" I said, "Nobody." Then I stuck out my tongue and Rowdy and I rambled. For little folks should never argue with or be saucy to grown-up people.

I went swimming with my new doll and swim very well for the first lesson, only when I was in the water I was a man. Her head sinks and she hasn't any more complexion left than a rabbit.

When I got home that night I knelt down and prayed, "Dear mother, I suppose you were disappointed about not getting anything on my birthday, but that was all right. I got a doll from Mr. Carpenter, whose name is really Henry Peck. I hope the woman I see in the newspaper and that you helped her find her little girl, it's no fun being a stranger in a strange place. I have got a scheme that will surprise you. Watch out for it. Amen."

The next adventure of Patsy Kildare will appear in Monday's Evening Ledger.

THE GOOD HEALTH QUESTION BOX

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

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnosis or of prescribing for ailments requiring surgical treatment or drugs.

Diets
When one has a tendency to dream, the indication is that he is overworked, or worried—nervously unbalanced in some way. A late supper, an evening of excitement, indigestion, constipation—these cause dreams to occur as reflexes starting in the alimentary tract.

Whenever there is constipation, there are poisons in the blood stream which irritate the nerve cells and cut out mental impressions which have been previously received. The brain pictures are distorted, confused, and queerly combined in dreams, so that the result is very different from the mental action of the waking state.

By primitive people, dreams were regarded as forerunners of coming events and were accepted as messages from the gods. Today even, there are many superstitious persons who believe in dream omens and make a practice of consulting "dream books." Many a woman passes through weeks of anxiety and fear waiting for the something to happen in the way of treachery, disease, disaster and sudden death which she fears in the waking state.

In a certain sense dreams may be regarded as warnings. A man who dreams of his business should be warned by this fact that he needs rest. He should take a vacation so that his tired and overworked nerve cells may have an opportunity for recuperation.

Frightful and distressing dreams are exhausting and produce effects similar to those caused by actual experiences, although less intense. A sleep to be in the highest degree restful and recuperative should be dreamless. Dreamers often awake exhausted and depressed. The tendency to dream may be in part temperamental, but in a large degree due to wrong habits of eating.

Late suppers, indigestible food, bad mental habits and excitement that overstimulate the emotions and feelings are common causes of dreams.

Restful and dreamless sleep is promoted by out-of-door exercise, fresh air sleeping, simple diet and avoidance of tea, coffee and condiments. Heavy meat eaters are generally poor sleepers.

A warm or neutral bath (not a hot bath) at bedtime is an excellent means of promoting sound and restful sleep.

Neurasthenia
Please suggest the best diet for a neurasthenic, together with the best means for bringing about three or four bowel movements each day. M. M. B.

The diet should be anti-toxic; that is, meats of all sorts should be avoided. In some cases eggs should be avoided also, and sometimes it is necessary to discard the use of milk. In such cases all animal proteins encourage putrefaction, which gives rise to poisons which are the cause of the neurasthenic symptoms that the great majority of cases. It is equally important that the bowels should be made to move three or four times a day by means of a laxative diet, which should include an abundance of fruits and green vegetables. A tablespoon of bran at each meal will in many cases secure free movements of the bowels.

Mrs. George Dallas Dixon Addresses Meeting at Altoona
ALTOONA, Pa., April 21.—Attended by several hundred enthusiastic members, a meeting of the Altoona branch, Pennsylvania Railroad, Women's Division for War Relief, was held at the Logan House. The meeting was addressed by Mrs. George Dallas Dixon, of Philadelphia, influenced by the fervor of her remarks, the local division members pledged themselves to be economical in food and dress. Mrs. Dixon urged compulsory military training as a great reform. Mrs. J. B. Hutchinson, also of Philadelphia, and wife of a retired Pennsylvania Railroad official, also spoke.

Walter Bassett Smith