

"MA" SUNDAY GIVES PERTINENT ADVICE TO WOMANKIND—TODAY'S FASHION SUGGESTION

NOT ROUGE, BUT THE UNWISE USE OF IT THE ROOT OF ABSURDITY

Few Women Can Use Coloring So Skillfully That They Fool All the Public All the Time—Suppression of the Masculine Bore

A FEW women can use rouge so skillfully that it cannot be detected, but for every one of these there are a hundred who deceive themselves into believing they can apply it so cleverly no one will know, when in reality they look like painted manikins.



A wide frill of stiff black lace stands up from a black straw band.

The first time a girl applies a little color to her cheeks she does so stealthily, feeling quite as guilty as when she smoked her first cigarette.

It HAS always seemed to me rather better for a woman if she is dreadfully fagged out to force a little color into her cheeks, whether she does it by the use of hot water and ice or carmine, than to appear at some festivity to which she has been bidden looking quite like a ghost at the feast, with every one eyeing her askance and predicting her early demise.

YOU said last evening that one should not be bored by anybody," writes a correspondent from Merion; "that no matter how dull persons may be, you can always gain something from them. Perhaps so, but do you not think there ought to be a society for the sup-

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

INSUFFICIENCY of food is a cause of neurasthenia occasionally encountered in the United States, though less common than in some other countries. Like all other body structures, nerve cells derive their stores of energy from food.

Experiments of Von Noorden, Lusk, Zunt and others have shown beyond any room for doubt that an inferior source of energy, foods rich in protein or albumin—abnormally exhaust the energy centers and so lead to a great waste of energy.

High Blood Pressure Please give cause and remedy for high blood pressure. High blood pressure can be reduced by removal of the cause, the only safe and proper method. Pressure-reducing drugs are dangerous and rarely useful.

Troubled With Hot Flashes I am fifty-three years old and am troubled with hot flashes. What would you suggest? The only real tonic that a woman of your age needs is food.

Remedy for Dandruff What is the cause and remedy for excessive dandruff? Dandruff is a functional disease of the oil glands. The diet should be regulated and consist chiefly of fruits and vegetables.

Vertigo What will cure vertigo? The cause must be treated. Vertigo is a symptom. It may be due to some disorder of the labyrinth of the ear.

Dental Use of Eucalin A middle-aged woman with hardening of the arteries and Riggs' disease of the heart.

NOMINATED BY THE PRESIDENT Three Named Members of Vocational Education Board

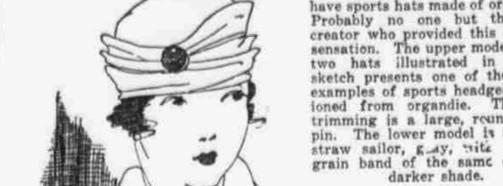
Meat Pie From Leftovers Cut meat into fairly small pieces. Stew in saucpan with a little water, left-over gravy or soup, salt to taste, and such seasonings as onions and celery, if desired.

Infants—Mothers Thousands testify Horlick's The Original Malted Milk

Upbuilds and sustains the body No Cooking or Milling required Used for 1/3 of a Century

IN THE MOMENT'S MODES

Organdie Sports Hats Are a New Style Sensation



Who ever suspected that we would have sports hats made of organdie? Probably no one but the style creator who provided this chapeau sensation.



LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

Dear Kate: We are out of quarantine. I sent you word twice that Billy was all right, and he is getting well, but your little Paul died. When I got out here that Monday night, the doctor was in the house and told me that if I came in he would have to put me in quarantine, and I couldn't leave.

CARRY BASKET AND SAVE CASH, HOUSEWIVES TOLD

Reno Schoch Foresees Lower Prices for Food by Elimination of Delivery System

Reno Schoch, chairman of the food conservation committee of the United Business Men's Association, in a statement, says he believes that the housewife will soon be able to save considerable money on her food bills if she carries her food home instead of having it delivered.

What to Buy, What Not, in City's Produce Markets

- Scarce Group: Pineapples, Peaches, Cantaloupes, Tomatoes, Strawberries, Watermelons. Normal Group: Oranges, Lemons, Carrots, Cucumbers, Gooseberries, Garlic. Abundant Group: Potatoes are now abundant and cheap.

HOW MUCH IS A DOLLAR?

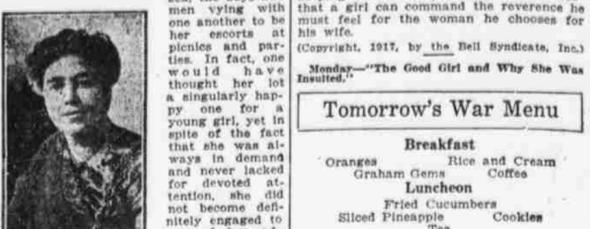
Depends on where you spend it, says the thrifty woman. And here a dollar buys \$1.50 worth of honest clothing value. Frugal husbands to drop in and see the Summer Suits we make to measure for \$18.50.

Advertisement for Billy Moran shoes, featuring a portrait of Billy Moran and text: "He'll agree they're well worth \$20.00 BILLY MORAN 1103 Arch St."

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Girl Who Was an Easy Mark Ethel was an attractive girl, full of kindly, sympathetic impulse and without a single mean trait in her make-up.



"MA" SUNDAY I thought perhaps it was because she had not found the right man and was saving herself for her ideal, but one day a middle-aged friend of hers gave me the solution.

"Cheer up, Eddie! You'll soon be feeling better. Come on to the house and I'll make you a cup of strong coffee." My companion shrugged his shoulders.

"There is a girl," he explained, "who sooner or later will become the victim of her over-sympathetic nature. She is so plastic, so responsive, so weakly kind to anybody in any sort of distress that she has no real moral fiber. She will never make a good marriage, for she's that losing game of giving too much attention to any one who asks. A serious man would be afraid to marry her for fear that, even after she was his wife, her sympathies might be played upon by some one else and both their lives wrecked."

"One of the reasons the boys are all keen to take Ethel out is because she's such an easy mark. All they have to do is to pretend to feel hurt or abused at her refusal and she'll do anything for them. The very tenderness of her nature makes her reluctant to cause anybody unhappiness if she can make them more contented, even by permitting the familiarities which should be reserved for her engaged lover."

I determined to have a talk with Ethel before it was too late. As delicately as I could I pointed out to her the danger she was running. Her candid eyes filled with tears.

"So that is the reason," she cried, "why none of the boys I have liked and who seemed to like me so much, ever came to the point of proposing! I have often wondered why, one by one, the men who went with me would go off and marry some one else—maybe a little mouse of a girl who could scarcely say 'Boo.' I think it is unfair!" I told her it was.

She fell to weeping bitterly and I tried to comfort her by telling her that it was not too late to change. I pointed out to her that a sympathetic and tender heart is one of the most priceless endowments, but the same sympathy must not be allowed to run loose; that it should be conserved for those who are honestly worthy and needful of it. I showed her that it is the

Advertisement for Charming Taffeta Frock, featuring an illustration of a dress and text: "Now is the Time to Buy This Charming Taffeta Frock. Exceptionally good quality taffeta. Pockets and belt trimmed with embroidery, and a stunning Georgette Crepe Collar. Special Value at \$5.98."

Advertisement for Dalsimer Standard Shoes, featuring illustrations of various shoe styles and text: "Footwear of Fashion for the Younger Set. Every whim of fashion is represented in this footwear of the newest mode. Of unquestioned style correctness, it is in keeping with the demand for distinctiveness. Dalsimer footwear for the younger set is designed by experts who have studied the adaptation of styles to the growing foot. Our new models abound in Style and Character, with a touch of Youthfulness so appealing. 'Tis a Feast to Fit Feet. Dalsimer 1204-06-08 Market Street."

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 receive a special reply. The editor does not assume responsibility for the return of unsolicited communications. All communications for this department should be addressed to THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. Should salted meat be put on to cook in cold or boiling water? 2. What causes too thick a crust and too many holes in Graham bread? 3. How can starch be prevented from sticking to the iron?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Carpets can be freed from moths by being placed in the sun, well beaten, then sprayed with kerosene after resting spray with black-soap tea. 2. If sausages are stuck with a fork, then pushed in flour before frying they will not burst open and lose their shape. 3. A sirloin steak is more economical than a tenderloin steak.

Strawberry Sauce for Cake

To the Editor of Woman's Page: Dear Madam—During the strawberry season I make a dessert which is delicious out of strawberries and cake. I have a little time and is as good as strawberry shortcake. I make a sauce by creaming one heaping tablespoonful of butter and beating into it gradually one and one-half cupfuls powdered sugar and the stilly beaten with a fork until light, and when ready to send to the table beat in a pint of strawberries which have been mashed, and place on pieces of sponge cake. D. G. B.

Recipe for French Toast

To the Editor of Woman's Page: Dear Madam—How do you make French toast? Stale bread can be used very nicely for this. Have it cut in slices of ordinary size, a little thinner if anything. Beat up an egg, add one cupful sweet milk to it and a little salt. Dip the bread into the mixture, then brown at once on a hot griddle or fry in deep fat, drain and spread with butter. Serve with syrup. J. L. L.

Chicken à la Maryland

To the Editor of Woman's Page: Dear Madam—Will you please publish a recipe for chicken à la Maryland? Dress, clean and cut two young chickens in pieces for serving. Season with salt and pepper. Have ready one egg beaten up in a little cold water, some grated bread crumbs (sifted) and some sifted flour. Dip the pieces of chicken in the sifted flour, then in the egg, then in the breadcrumbs, covering each piece thoroughly. Have the oven quite hot; grease a dripping pan with lard and arrange the pieces of chicken in it. At the end of the first five minutes baste with a little lard. Bake for thirty minutes, arrange on a platter and serve at once with the following sauce: Strain into a saucpan any fat that may be left after the chicken has been removed, add to it enough fat to make four tablespoonfuls, three tablespoonfuls flour, salt and a dash of paprika. Stir carefully until the mixture is smooth, then add a little at a time, stirring constantly, two cupfuls of milk. Boil two minutes. J. L. L.

Greens Which Are Plentiful

To the Editor of Woman's Page: Dear Madam—The greens which are plentiful now, although none of the fruits is particularly good at present, the strawberries which for a while flooded the market falling off on account of the rain. M. Y. L.

Wants Home for Dogs

To the Editor of Woman's Page: Dear Madam—A few weeks ago you found homes for kittens through your column. I am glad to ask you to help me find a home for some young dogs—an Irish terrier, a fox terrier and a wire-haired pointer. A FRIEND TO ANIMALS.

To Restore Luster to Beads

To the Editor of Woman's Page: Dear Madam—What will restore the luster on the beads that have become dull with age? Without knowing the substance of which the beads are made it would be impossible to suggest a means of brightening them. If they are of glass, a bath in alcohol might restore the luster; if of gold, a simple washing with soap and water should clean them. M. Y. L.

Removal of Grease Spot

To the Editor of Woman's Page: Dear Madam—Could you kindly tell me what to do to remove a grease spot (lard) from a white dress? M. Y. L.

When an application of powdered magnesia is written in the shoe, allowing it to dry in

YOUTHFUL LOVE AFFAIR

To the Editor of Woman's Page: Dear Madam—What would be your advice in a case like this? I am a girl of seventeen, although I look and act much older. About three years ago there was a boy of sixteen who went with me all the time. We thought the school and did not see him for some time. Now since we exchanged presents at Christmas, although this boy, who is sixteen, is going around with a lot of tough fellows and wants to know how I can make him propose to me, I have been thinking of him and he was well liked by the girls in his class and he was well liked to him? He came to see me the other night and seemed just the same as always. J. L. L.

Should She Write

To the Editor of Woman's Page: Dear Madam—I was given a surprise when I was very much pleased over it. Should I write to all those who gave me presents at the time? J. L. L.

Black Shoes Are Preferable

To the Editor of Woman's Page: Dear Madam—Will you tell me if white shoes should be worn with a blue crepe de chine dress and dark hat to an afternoon wedding? What kind of gloves must be worn? DELIA.

Question for Scientist

X—It is impossible for me to answer a question of this kind, and moreover, any answer must be more or less guesswork. If you are seriously interested, go to the library for books dealing with the subject. M. Y. L.

Hair Split at Ends

To the Editor of Woman's Page: Dear Madam—What can I do to prevent my hair from splitting at the ends? Also, how often do you advise washing it? M. Y. L.