## EVENING LEDGER-PHILADELPHIA, SATURDAY, APRIL 7, 1917

# THERS, SISTERS, WIVES, DO YOUR "BIT" IN THE COUNTRY'S PRESENT GREAT CR

## **AMERICA EXPECTS HER WOMEN** TO HEED THEIR COUNTRY'S CALL

TRIUMPH IN COLOR PHOTOGRAPHY WON BY WOMAN WHO DISDAINED TECHNIQUE

Don't Hesitate Just Because You Are Unable to Do Something "Big"—Little Deeds "Why Not?" Asked Mrs. Henrietta Hudson, Whose Intuition Has Produced Results That Are Marvelous and That Have Gained Her a Foremost Place in Art Just as Necessary

UHE natural joy this corner of the Christian world should feel over the oming of Easter must be partly overhadowed by the momentous and tragic vents of the last few days or months or years, culminating yesterday in a formal declaration of war, against not a country or a people, but an existing menace.

When news of the signing of a declaration of war by the President was made known through the tolling of the State House bell pedestrians in and around Independence Square stopped, looked and listened, but there was no exultant enthusiasm such as greeted speakers in the square this day week. Every one, even the little newsboys, seemed to realize the dread import of this sound.

In these days that are coming men and boys will go out to fight spurred on by a sense of duty to their country. Theirs will be the glory, if glory there be in shedding blood.

It is for the women to carry out their parts, unheroic and unspectacular as they may seem to be. It is in this, I believe, doing the small things, that so many of us fall short. We would, if we could, give up ourselves to the Red Cross or gather recruits for the army and navy, or even don a uniform and organize for home defense

But these deeds can only be performed by a limited number of women. To one of these there are a hundred others whose time is limited, who cannot through circumstances over which they have no control do anything "big" for the country. And so their "bigness" must lie in doing

the small things. Some women can roll bandages, some can knit, still others can make jellies. These accomplishments can and should be placed at the service of the country. Perhaps there is a woman who can do nothing, who has not time to give, yet who, interest to women, but which will now in perhaps, can spend a very little money. Let her spend it; even so foolish a thing do "their bit."



One doesn't realize at first glance that this smart chapeau, dissected, is really made up of the three ele-ments of a "tam"! It has the bandeau of straw, built up high; the silk baggy top; the pompon in not only a high position, but a front one as well. It's nothing but a glorified "tam o' shanter."

as a box of chewing gum has become almost a necessity for marching soldiers. The editors of the EVENING LEDGER, through its Woman's Page, will be glad -eager, indeed-to direct into the proper channels any supplies which may come to them, to give information regarding work or classes or in any other way to assist those who are unable to join in

organized relief work. Write to the Woman's Exchange, which, as its name implies, is a medium for the exchange of helpful ideas on subjects of

## THE WOMAN'S EXCHANGE

Letters and questions submitted to this separtment 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 indorse the sentiment expressed. All communications for this department should be addressed ce follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

#### TODAY'S INQUIRIES

w is so-called Russian tes made? 1. What is a cotillon?

2. How long is a woman expected to remain when attending another's day "at home"?

8. What kind of costume should rear when attending an "at home"?

ANSWERS TO YESTERDAY'S INQUIRIES

1. The age at which a boy dons a full-dress suit depends on the boy himself; some boys of seventeen or eighteen can wear them: after twenty-one, however, a man is expected to ap-pear in full dress at formal affairs. Olleloth makes a spiendid inner covering ation batting cut into little squares then in a cool oven will be found a rood sub-for down or feathers as stuffing for

2. A young man should have the prefix "Mr." ngraved on his cards. 3. Hair which is too fluffy can be trained and

held in place by the application of a little bril-

Wedding Day Shyme	The second second
	Wedding Day Shyme

Dear Madam-Can you tell me the rhym

WHY not? It was unbelievable. It upset traditions deeper dyed than the Bank of England. Yet, why not? It was probably such a train of thought

that ran through the mind of Russia and made her resolve to throw off the shackles, "regardless." It was such reasoning, mixed, perhaps, with a little more curiosity but with equal-ly as much "do or die" spirit, that darted in to the brain of a woman just about to be caught in the mazes of technicalities.

Here is the result: Henrietta Hudson, saturated with the am bition to bring the great and wonderful out-doors indoors to her invalid mother by means of direct color photography, turned herself and her camera loose on her thirty acre summer place on the shores of Lake George. Armed only with the color plater discovered by the Lumiere brothers of France and the conviction that she "didn't need those technical rules anyhow," she went forth with boundless faith to coax world into the camera.

And she did. "I didn't know enough to fail." is the way Mrs. Hudson, who has been staying at the Bellevue-Stratford, explains the fact that she ranks foremost in the country as direct color photographer, and that she is, in fact, the only woman in the world spe-

"I decided to ignore all technical points "I decided to ignore all technical points except the rudimentary ones," she con-tinues. "I went at my picture work from the



#### Winner of First Prize in Recent Contest Tells of M. Mental Agony During the Illness of Her Little Daughter

The letter below was written by Mrs. L. A. Dreka, of Sassafras, Md., who re-ceived first prize in the competition held for the best letters by readers of the Woman's Page telling of the way in while with pain. The fever that was burging be mothers successfully brought their children through crises.

To the Editor of the Woman's Pape: Dear Madam-It is over a year now since my baby so nearly died, but even yet my baby so nearly died, but even yet a cannot recall that awful time without a shudder, and I think she sometimes won-ders, when I ars perhaps tired and im-patient, why I so quickly snatch her up and hug her tight. She, my first baby, was not welcomed. I did not know a thing about babies, but thought I did not like them-end facad blicking somewhing creatures. red-faced, blinking, squawking creatures always guzzling or nuzzling for so I. in my ignorance, thought, And, besides, I hadn't time. I had my work—my beloved work—and neither my husband nor myself wanted a family-not for a while, anyway-and so we bitterly resented the com-ing of what we felt would be an incum-Often we thou brance and handicap.

But when they brought the little bundle into me the morning after she was born (I had blessed the hospital routine that kept ber away from me until then), and then weat out and left me alone with her-well, the maternal instinct suddenly awoke, and a love such as I had never dreamed of took he place of indifference and disgust. From that time on my one fear, amount-

ing almost to an obsession, was that I might She was such a tiny creature lose her. neither red-faced nor squawking, but almost too dainty and waxlike to be real, and oh, so good; but from the first she had a sort of wistful, pathetic look as if she were thinking. "I'm sorry to trouble you, since you didn't want me, but I won't stay And, oh! how hard I tried to love that look away.

She had several severe illnesses, but quickly recovered from each, and then, when she was fourteen months old and the brightest, happlest youngster—the darling of the household—she suddenly developed a complicated set of ailments that baffled physi-clans, and in a few days made of her a littie crumpled, wilted flower. Almost from the first her-case was pronounced hopeless, the symptoms pointing to cerebral trouble and the best we were told to hope for was that she should remain in the state of semi-consciousness until the end, rather than awaken to the awful suffering of meningitis.

She had always been trained to sleep

Costumes today brought out the fact that this is a season for buttons, great and small, sometimes a whole gross being used in the embellishments of a single coat.

coats formed a favorite combination. A new note in headgear is the jockey cap. Hats of dark color have the brim of a contrasting bright hue, with a bit of braid or a button forming the decoration. A college dansant was given in the sub-marine grill of the Traymore, when students from Yale, Harvard, Princeton, John Hopkins, the University of Pennsylvania and other big eastern institutions gave their interpretation of the modern dances. Mingling with the dancers was B. F. Smith, of New York, who at eighty-seven was as spry as any youth on the floor. A military aspect was given the affair when several of the

recruiting officers stationed here came in for a dance. Major James H. Hayes, of Governor Edge's staff, entertained a party. Mr. and Mrs. E. A. Bookmyer, E. A. Bookmyer, Jr., and Roy Bookmyer, of Overbrook, will not open their Chelsea cottage this Easter, but have taken apartments at the Traymore. A dinner dance will be given at the Sea-

view Country Club on Easter Monday night, Lord and Lady Aberdeen will arrive at the Marlborough-Blenheim on Sunday after

The fever that was burning he and a cold room (for two her temperature never went below is a grees), so all day I sat in a room which windows open. It was in the windows open. It was in the windows open and zero weather, and all I could do to the water or stroke her little hot for with my cold hand.

At night I only half undressed and a awake every five minutes or less. In he I hardly slept at all. They urged me to lay her down-holding her couldn't keep her alive, and was only injuring myself. But it

was only injuring mysen. But it to me that if I held her tight enough even death could snatch her from a though I always felt him lurking in room ready to take her away if I into my vigilance one instant; and so I w

Often we thought she was gone, the so still

I had never been of a religious but then, when human skill failed is he my constant thought became a prayer a "Oh, God, don't let my baby die, ap thing else, but don't let my baby die," w

"Oh, God, don't let my baby die, an thing else, but don't let my baby die," wi in my mind always. For nearly three weeks there was a change, only a gradual sinking, and a became so thin the bones almost can through and every one wondered how a lived so long. And then one night she and denly was roused by the most sate paroxysm of pain that brought shrick and shrick that hardly sounded human and a one member of the family sourrying is the doctor, while the others gates around, helpless, to watch what we thoug was her death agony. I think my mind a most gave way then, and I would has welcomed death as a release from pain, he when at last she quieted and lay still a exhausted in my arms, she opened her or and gave me a weak little smile. The we thought it the last. But I forced is tears back and smiled back, and when he doctor' came a few minutes later she asleep. We watched her all that night and in the morning she awoke—better! No fever, no pain and ready to ma though such a pitiful little smile to and she improved steadily from that the on. Of course, it was days before could lift her head and several weeks is fore she could sit up, but when at last and was pronounced "out of danger" I broke

alone, and did not like to be rocked or held, but now it was so different. She be-came restless if I laid her down, and else—for I felt that at last God had to moaned pitifully if any one else held her, though she did not seem to recognize any baby. MYRTIS L. DREKA

THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL.D.

In answer to health questions, Doctor Kellogg in this space will doily give advice on prevention medicine, but in no case will be take the risk of making diagnoses of or prescribing for aliments requiring surgical treatment or drugs.

A been present when the world was made he would have offered the suggestion to make health contagious instead of disease. But he was laboring in ignorance of the fact that health really is contagious.

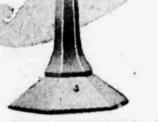
That that health really is contained. We catch health easily, but it is hard work to catch disease. For instance, if a man wishes to get smallpox, he must go and hunt up some one who has the disease in order to secure it. If he desires typhoid fever he will have to swallow typhoid fever germs and weaken his system in other ways that he may become susceptible to it. The germs and weaken his system in other ways that he may become susceptible to it. The man who gets tuberculosis must prepare for it year after year before he can "catch" it. It takes years to wear away enough of the natural strength of the constitution to make tuberculosis germs thrive and grow in the

The Contagiousness of Health CERTAIN lecturer once said that had he | propped so that the reading matter is justed to the correct angle of vision, a when one sits in the correct reading pa-tion, it is very restful to read in bed. What the body is relaxed and a sensation of con-fort is produced the mind is more can concentrated for reading.

#### Numb Fingers

What causes numbress and tingling in t fingerends when they become cold? What a cure it? A disturbed circulation is the can Bathing the hands alternately in hot us

cold water for ten or fifteen minutes the morning and at night, followed by massage, are useful measures. The re-cause of this condition in most cases chronic constipation which produces an intoxication. The condition of numb ers should receive attention promptly, and a most serious condition known as a most serious condition known as finger" may result.



John Tennant, a world-famed critic, remarked of her work:

"It is certainly safe to say that never in the history of photography have precious stones been reproduced with such exquisite fidelity or with such technical exactness as to brilliancy of light and color, transparency, reflection and relief. Mrs. Hudson's methods are her own and strikingly in-dividual, although without trick of any

Mrs. Hudson modestly acclaims her own She attributes her success with

EASTER CROWDS POUR INTO ATLANTIC CITY Influx of Visitors Indicates Great

Assembly on the Boardwalk Tomorrow

ATLANTIC CITY, April 7.

Every road is leading to Atlantic City, judging by the influx of visitors pouring into this resort hourly. Philadelphians prelominate. The Great Wooden Way is particularly

joyous because of the presence of college boys and girls and prep school students here for the spring vacation.

Striped and checked skirts worn with plain

5. The club sandwich originated, it is said. In this way: A man coming home late at night went to the pantry in search of food, but could nest find enough of any one thing in the larder to make a meal. So he toasted some pieces of bread, spread them with butter and placed be-tween them a lettuce leaf, a slice of cold this of cold and the several slices of crisp. few ol several on and a layer of mayonnaise.

The club sandwich originated, it is said.

8. At what meal is butter not served?

#### Cake With One Egg

To the Editor of Woman's Page: Dear Madam—Can you tell me of a recipe for cake which calls for one eng only? (Mrs.) G. D. L.

This recipe, if carefully followed, will This recipe, if carefully followed, with give you a delicious cake, and requires only one egg: Cream one-half cupful of butter, two cupfuls of sugar; add one egg beaten light, one cupful of milk, one teaspoonful of vanilla and two cupfuls of flour into which have been sifted two level teaspoon-fuls of baking powder. Bake in a moderate

#### Puff Paste

To the Editor of Woman's Paget Dear Madam-Will you give me a recipe for a light puff paste? INQUIRER. a light puff pasts? INQUIRER. I think you will find this recipe satisfac-tory: Into a half-pound of flour chop six ounces of firm, cold butter, and when like a coarse powder wet with a small cupful of iced water. Stir to a paste and turn upon a chilled board. Roll out quickly and lightly, handling as little as possible. Fold and roll out three times, then set on the ice for several hours before making into pies. Always bake pastry in a very hot oven.

#### Attractive-Looking Salad

Po the Editor of Woman's Pape' Dear. Madam-Will you tell me of a pretty way to serve a fruit salad, and what to put in it? SARA.

Have you ever made little baskets out of cucumbers? Cut one end of the cucum-ber and stand it up. About two and a half inches above the base trace a narrow strip of the cucumber in the form of a handle with a sharp knife; then scoop out the center of the vegetable so as to give the effect of a small basket with a long, graceful handle. The the handle with a long, grace-ful handle. The the handle with a bow of white baby ribbon. Be careful not to make the handle too narrow or thin, as it might break or sag. Skin some hard white grapes and cut them in half to remove the seeds; ir these into a rich mayonnaise and fill cucumber baskets with the mixture. rve cream cheese and todsted hard crack-s with the salad.

#### **Preparation of White Sauce**

Preparation of Weman's Page: the Editor of Weman's Page: bear Madam—Can you tall me how to make to save so that fi will sursty be smooth? to ough I mix it carefully. It always gets app. I also have trouble with cornstarch. (Mrs.) A. A. C.

(Mrs.) A. A. C. Kome cooks in making white sauce first it the butter, then dissolve the flour the milk and add this. If you have ne it this way, try adding the flour to the Med butter and mixing thoroughly be-adding the milk, and I think you will the no trouble. You must not have the sadding the milk, and I think you will no trouble. You must not have the sadding the milk, and I think you will the no trouble. You must not have the sadding a few drops at a time sold-not warm-milk, then in mixing the with the heated ingredients, stirring matty.

### r Feeding of Goldfish

wedding-day superstitions? Also, is there any special celebration for the twelfth wedding anniversary? CARRIE. The rhyme you ask for is associated with birthdays as well as wedding days, unless there is another of which I have not heard, The lines are as follows: Monday for wealth.

Tuesday for health, Wednesday the best day of all; Thursday for losses Friday for crosses. Saturday no luck at all

One version of the rhyme has it "Saturlay, no day at all." The twelfth wedding anniversary is cele

brated by gifts of silk and linen.

## Marriage License

To the Editor of Woman's Page: Dear Madam—I am ensaged to a young man who is twenty-one years old, and I am nine-teen. He belongs to the National Guard, and if his regiment is called out we may want to marry at once. Can we obtain a license here, and how soon may one be married after obtain-ing a license?

The application would have to be made to the Cierk of the Orphans' Court, at City Hall. You would both have to go and answer any questions under oath. As you are only nineteen you are under legal age, so your parents or guardian would have to accompany you and give consent to the marriage. A license costs \$1. You can be married immediately after obtaining it.

#### **Both Speak Spanish**

to the Editor of Woman's Page Dear Madam-Some time last week I met a girl in a trolley car, I found har to be very pretty. She was studying Spanish, a larguage which I speak, though I am not a Spaniard. How could I see her manin? S. P. D. If you want so much to meet the young ady you could only do so by finding a mutual acquaintance to introduce you.

#### Game of Backgammon

Game of Banan's Page Dear Madam—Could you kindly inform me how the game of backgammon is played? (Mrs.) F. H.

Space will not permit me to give a detailed explanation of the game. You can read all about it in an encyclopedia of games, procurable in any of the free libraries. Backgammon is played by two per-sona, each of whom is provided with fifteen men, two dice and a dice box. The men on each side are of different colors, black and white, and the players are distinguished by the color of the men with which they play. The back of a checker board is used for the game, the board being divided into two tables, inner and outer.

#### Market for Photoplays

To the Editor of Woman's Page Dear Madam-Please print in your paper where I can sell a photoplay. L. B. Consult the motion-picture directory and send your scenario to one of the film com-panies named.

#### Life of Napoleon

To the Editor of Woman's Page Dear Madam-Kindir tell me the whole life of Napoleon. HARRY S. This subject is too exhaustive for these columns. Consult an encyclopedia in the free libraries in this city.

viewpoint of the color artist. I had infinite edifice. patience and infinite faith and enough of a woman's curiosity to wonder just why things couldn't be done. "Some one took the trouble to remark that about a particular piece I was trying

to do, 'You can't do it, and only a fool woman would think of it, anyhow,'" The success of the "fool woman" is rather hard to describe. It involves the capturing

of the exquisite hues of the soap bubble, the elusive lights of precious jewels and the catching of the very sunlight itself. In the course of an exhibition at the Naional Arts Club of New York last October

these to her daring departures from the rules laid down in instruction books. These departures are said to be based on an in-tuitive grasp of color and the problems presented in its reproduction.

sented in its reproduction. "The quality in a woman that makes her turn out good strawberry shortcake." says Mrs. Hudson, interpreting her unusual self, "is the thing that gives her the power to do anything in the world !'

This may be the reason Mrs. Hudson i listed as a member of the Royal Photographic Society of Great Britain and that

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

looked around the room and could not find out where I was or how I got there. I was thinking that maybe my mother had sent for me and that I had gone to heaven. Just as I was thinking of getting up and going out-doors to take a look at heaven and see how I liked it I saw the pink nightio I was wearing and then I sat up and laughed because I was so silly. Then

Rowdy jumped up on the bed and barked and I didn't know whether I was glad or wasn't not to be in heaven.

or wasn't not to be in heaven. Then the young lady came into the room and said: "Good morning. How do you find yourself this morning?" I said: "I don't have to look for myself, but when I first woke up I couldn't find myself at all and thought I was in heaven." She said: "Do you wish you were?" I said: "I did until I smelled breakfast and now I'm glad I'm not. But it would be fun to be in heaven and to have you and Rowdy and my mother and your mother and the pink nightle always." She said: "You are a remarkable child to be not seven yet. I shall be much interested in watching your course when you get into school."

ourse when you get into school."

Then I washed my face and my hands and dressed and went to breakfast, and I sunk a few biscuits and poured in a glass of milk and felt fine. Then the young lady took me upstairs and brunhed and fooled with my hair for a long time and did it up in all sorts of ways, and I said: fooled with my hair for a long time and did it up in all sorts of ways, and I said: "Who does the pink nightle belong to?" She said: "That is yours whenever you will come out to stay with me." Then I said: "Who did it belong to?" She said: "It belonged to my sister who was much like you, only she was dark where you are fair," and there were tears in her eyes. She said that her sister and her mother were in an auto and turned turtle and then she cried a little and I had to think how surprised the man who drove the auto must have been when he looked around and saw a couple of turkles on the back seat. She said: "When it gets too cold for your bare legs what are you going to do?" I said: "When winter comes." Then I said: "Gee! Didn't you know that winter had been here and gone?" And she said: "When?" And I said: "A long tims are." And she said: "Tt is coming back. Didn't you know that?" I said: "Wo told you?" She said: "Nobody told me: I knew it." Then I said: "Cheer up. You are probably wrong." She laughed and hugged me and said said she wanted it for a sooveneer. Her father came home and hugged me and said said she wanted it for a sooveneer. Her father came home and he shock my hand and said he was very giad to saw mo that he would have them me home is boo the only Rowdy arise and

she is now qualifying for a fellowship. WHEN I woke yesterday morning I had a funny feeling and for a long time I dog's got no sense. He was afraid he might turn turkle and I guess I was too. So we rambled and when Old Maid Tom kins saw me sittin' on her front step she said: "Mercy sakes, child, where have you been?" I said: "Almost to the end of the street." She said: "Would you like some

been?" I said: "Almost to the end of th street." She said: "Would you like som bread and butter and sugar to eat?" said: "I'd like some to chew, but I can't swaller it for I am full up already," She said: "Your poor child, you certainly do need some one to look after you." When I went past Miss Jones' she and

her beau were holding hands on the front steps and when I went past the Carpenters' Mrs. Carpenter was holding Wilbur on her lap. I went home and sat in the dark holding Rowdy on my knee and said: "Dear mother, give my regards to God when you see him, but I want to talk to you tonight. I have had such a good time at the young lady's and her mother did no go to heaven, she turned turkle. I hop-you haven't been looking for her and you haven't been looking for her and I advise you to keep your eyes on Old Maid Tompkins. She thinks I need some one to look after me and she is very nice and makes dandy tarts, but I don't think she'll do. Amen.'

(Copyright.) The next adventure of Patsy Kildare will a pear in Monday's EVENING LEDGER.

#### A Healthy Job

The healthiest occupation of all is said to be that in the American petroleum works. Here the men are said never to suffer from sore throats, dipatheria, quinsy or kindred allments. Indeed, petroleum fumes are so good for the throat that it is quite common for sufferers from throat affections to "take the fumes" just as people "take the watere" the fumes," just as people "take the waters at Hot Springs or French Lick.

THE CHEERFUL CHERUB I'll grapple with the Facts of life And never mind how For always part of me can stay Alone and happy in my dream.

open a sale of Irish lace on Monday to aid the soldiers of the British Army and will be assisted by a number of Philadelphia society women. Mrs. John W. Martin entertained at lunch-

eon at the Traymore for Miss Minier, W. H. Curtis, Jr., John R. Curtis and Miss

Alberta C. E. Reiss. Mr. and Mrs. J. A. Slattery are chaperon-ing Miss Caroline Ballenger and Miss Dorothy Lank.

Philadelphia arrivals included Mrs. F. A Moyer, Miss M. H. Thayer, Miss Houston, Miss Thelma Neala, Miss Edna Doak, Mr. and Mrs. Henry G. Swenk, Walter S. Kip, Mr. and Mrs. Frank J. Framing, Dr. and Mrs. W. H. Bucker, Jr., Mr. and Mrs. W. P. Simpson, Mrs. John H. McFadden, Mr. and Mrs. J. A. Hemphle, Mr. and Mrs. W. H. Steigerwalt.

A family party from Germantown in-cludes Mrs. B. W. Greer, Jr., Miss Betty Greer, Miss Josephine Greer, Mrs. Franklin

Greer, Miss Josephine Greer, Mrs. Franklin L. Wood, Miss Mary Wood. Other arrivals include Mrs. C. H. Moss, Mrs. Hambly, Mr. and Mrs. Edward J. Darby. Mr. and Mrs. Lewis F. Shoemaker and the Misses Shoemaker, of Lansdowne, are here, as are also Mr. and Mrs. Maurice Daniels, Mr. and Mrs. Stanford K. Runyan, Miss Elizabeth Headley, Mrs. K. G. Swope, Miss Shoth Mr. and Mrs. Heaver, Swope, Miss Smith, Mr. and Mrs. Henry L. Mat-thews and Miss Katherine Matthews.

David H. Lane, Republican city chairma who never misses an Easter at the shore, is among the arrivals. Major and Mrs. E. G. Pendleton, who

spent the winter at Palm Beach, have opened their cottage. Mrs. M. J. O'Meara is occupying her cottage, 41 South Talla-

Mr. and Mrs. William D. Windsor are entertaining Mrs. William R. Philler, of Haverford, at their Chelsea cottage. Mr. and Mrs. John C. Morris and Mr. and Mrs. Richard Morris, of Chestnut Hill, have taken a cottage in Ventnor for the Easter season

Among the new visitors are Mrs. M. Thompson Bryan and son, Mr. and Mrs. H. M. Boyer, Paul Boyer, Mr. and Mrs. H. Blair Kennerly, Miss Vivian E. Kennerly, Miss Emily A. Hamilton, Mrs. Edward Fay, Miss R. E. Fay, Commodore F. M. Bost-wick, U. S. N.; Mrs. R. E. Carney, Mrs. W. Wick, U. S. N.; Mrs. R. E. Carney, Mrs. W M. Boggs, Mrs T. J. Coonahan, Miss A. Vir ginia Coonahan and Miss Lillite E. Coona

PHILADELPHIA NURSES

QUIETLY MOBILIZING

Adequate Corps Being Mustered

for Service at a Mo-

ment's Notice

With the quietness and efficiency with which they step into the sickroom and delphia are being mobilised. Hundreds of them, in the spirit of Florence Nightingale, already have expressed their willingness to serve their country, whenever, wherever and the woman's Hospital and a member of the State Board of Examiners of Nurses, is marshaling an adequate corps to be ready at an instant's notice under the suspices of the collage women's division of the Red Cross. "My list is open for volunteers," Doctor Seabrooks said. "They must be graduate nurses, of course. We want as many as we can get, but we always keep in mind the fact that the sick people back home

real monumental dyspepsia

But while we catch disease with difficulty we catch health easily. The wind is full of it. The sky is covered with it. The glorious unshine strikes health into our bodies But, unfortunately, while we sing about letting the "sunshine in" we do not do it. We deliberately shut it out of our homes and away from our bodies. Some people are afraid of air. They fear that if it should strike them they would get pneu-

nonia We must be engaged with the thought of cultivating sufficient health to live above the erm line

Hot vs. Cold Water Drinking Should one drink hot or cold water before

That depends upon whether the gastric juice is too acid or not sufficiently acid. If ones stomach does not make enough hydro chloric acid he should drink a little cold water half an hour before meals, because little cold this will, stimulate the gastric glands. If one has too much acid he should take a glassful of hot water half an hour before sating.

Grapefruit

What is the food value of the grapefruit? D. E. P.

D. E. P. The grapefruit, like other citrus fruits, s chiefly valuable for the sugar and citric acid it contains. The food value of an ordi-nary-sized grapefruit is 100 calories, or about the same as four ounces of grape juice or five ounces of milk, or a large slic of bread.

Sleep

How many hours of sleep are required? Some persons may be able to get along fairly well with six hours, but eight hours of complete rest in bed are required by the average person. Many who have a pre-disposition of neurasthenia require an hour or two more. two more.

**Reading** in Bed Is reading in bed injurious? M. E. D. If the light is good and if the body is

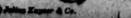


## Be well gloved on Easter morning

Twelve thousand dealers and millions of women prefer Kayser Silk Gloves, not merely because they are the best known gloves, but because they have found out from actual experience that Kayser Silk Gloves wear better and fit better.

Buy them now for Easter.





#### The same is also true of dyspensia. Think how hard a man has to persist in eating unwholesome things before he can acquire

**Foul Breath** What is the cause of foul breath? M.S.

There are many minor causes, such a decaying teeth, chronic nasal catarrh diseased tonsils, but the principal cause is constipation. The poisons absorbed from the colon are discharged through the luma causing a foul odor to the breath. To causing a foul odor to the breath. The remedy is to adopt an antitoxic dietary and to train the bowels to move two or times a day.



The march of civilization is measured by the progress in the science of sanitation. Fleck Bros. Bathroom Fixtures embody all the newest scien-tific improvements. Homsely made of the best materials, they give a lifetime of satisfactory service. Economical, for the first cost is the final cost. Their beauty of design and finish is in keeping with their sturdy quality.

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