eir Capacity for Manual Labor Developed Remarkably During Conflict - Business Terms No Longer Terrify and Mystify

soldiers of France have won the bravery and indomitable spirit, yet the women of Great Britain rather those of France who have taken up burden of womankind in the great They have set an example Amerimen would do well to follow.

At the outbreak of the war one oc lly saw photographs of English n posing in a field or at a machine in trousers; we imagined these ploto be more or less sensational and not conceive of a nation of trouwomen. But now this condition causes comment. The women have adopted masculine costume, but d of its masculinizing them they we feminized it. We see pictures of m working on fruit farms, in hayleids, in munitions factories, driving tracs, running machines, and all clad, as a atter of course, in overalls, riding es and puttees, or smocks, without

The London "Queen" has to say of en's work: "A great deal has been ned during the last two years conning the capacity or fitness of women work on the land. When the moveit for substituting women for men in rm and garden work was started, wledge of their aptitude and powers endurance was limited, and it has to admitted that many answered the call volunteers who were indifferently ted for work of a kind new to them and which has to be performed under conditions to which they have not been ac-

"The position toda; is entirely differ-The various bodies that have withsood the test of experience and whose forts have been given official recogniconduct operations on so sound a sals and with so thorough an undernding of the duties to be undertaken hat the sifting process may be said to completed at the source, and before oney, time and patience are vasted in est the countles.

The first rush of volunteer workers instuded a liberal proportion who, though willing, lacked the strength or the ability to reconcile themselves to their new environment, and their presence did the use no good. But, although failures have been common, successes have been of their British sisters.

are. The inconsistency in this case lying in the fact that it is a sum-

sufficiently numerous not only to justify past exertions, but to inspire hopes of

AND as regards woman's ability in the financial world. "To the generation of women before us no book was so mysterious as a check book and such words 'debentures' and 'ordinary shares' were alarming without having any real meaning. There was a sort of vague discredit attached to the practice of money making when conducted by a woman. If it was humiliating for a gentlewoman to be 'decayed' or in 'straitened circumstances,' it was scarcely more admirable for her to make a big turnover and profit in some sheer commercial undertaking.

these ideas.

"Women are not, on the whole, inclined to be either money-grubbers or profiteers. They are much more concerned that their that it should be lucrative. For this rea son they do particularly well as organliving human interest."

Much may be expected of American women; they have an initiative and selfreliance all their own, and in addition will profit by the three years' experience

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG Exclusive Use of Cooked Food

Injurious
WHILE in general it is true that the cooking of food increases digestibility, experience in the feeding of both infants and adults has clearly shown that a diet consisting exclusively of cooked food is detrimental both to digestion and to general mental both to digestion and to general health, and may lead to the most serious results. The writer's observations convinced him that adults as well as infants suffer from this cause. It has long been known that sait is not the exclusive cause of sourcy in sailors, as was once supposed; it is rather the lack of certain elements found in raw foods and which are essential to good nutrition. These are destroyed by the heat of cooking.

Foods containing such elements should

Foods containing such elements should be taken every day, or preferably at every meal. Among foods of this kind to be specially recommended are lettuce, cabbage, colery, fresh fruits of all sorts, turnips and even radishes, if care be taken to remove the acrid rind. Young carrots prepared raw are also relished by some people. Cucumbers and raw tomatoes are excellent.

These foodstuffs, while supplying very little actual nutriment, nevertheless furnish the body with valuable elements and the necessary bulk, with a sufficient amount of undigested matter to establish in the colon conditions that favor normal bowel movements.

Are such spices as cinnamon, nutmes, pepper, cloves and singer proper foods? R. A. H. Spices and condiments of all sorts are not foodstuffs in the ordinary sense. While it is probably true that these substances may be used in extremely minute quantities for a long time without apparent injury. for a long time without apparent injury, their use is highly objectionable. They finally irritate the stomach, damage the liver and kidneys, and when freely used produce hardening of the arteries and high blood pressure. Persons who suffer from kidney disease, arteriosclerosis, hyperacidity, gallstones or urinare disease. strongy disease, arcerioscierosis, hyperacidity, galistones or urinary disorders of any sort should scrupulously avoid the use of condiments. Of course, it can hardly be claimed that extremely minute quantities of cinnamon, cloves or nutmeg which are sometimes used in flavoring beverages are productive of serious injury; but penser report times used in flavoring beverages are pro-ductive of serious injury; but pepper, pep-per sauce, cayenne, capsicum and hot sauces of all sorts are always unwholesome and should be discarded from the bill of fare.

How can one make sure of collecting rain rater so it will be pure? T. M. B. Rainwater is always more or less impure, as it collects dust by passing through the air. Considerably more dust and fifth is collected from the roof. The quality of rainwater can be greatly improved by permitting the first water which falls to escape. Rainwater is not likely to be contaminated by any sort of roofing material in common use. Water collected from a roof painted with lead paint is unfit for any domestic use.

Is the Jewish race as a whole healthier than he other races? Yes; and one reason is that the Jews have religiously followed the laws of hygiene for many centuries. They have not eaten pork, for example, and they have taken care to inspect carefully all animals eaten both before and after killing. As a race the Jewish people the world over have not been very large eaters of meat, and are of frugal habits generally.

Is it necessary to add moisture to the indoor air in cold weather? air in cold weather?

There is good evidence for believing that the addition of moisture to air which is unusually dry is a matter of importance to persons in health, as also to those suffering with certain forms of disease, particularly pulmonary difficulties. The air should not be saturated, but should contain moisture sufficient to prevent unpleasant dryness of the throat, eyes and skin. The colder the weather the more moisture is needed.

(Copyright.)

Ribs of Beef Simmer until tender short ribs of beef which have been well broken. When nearly done, add one medium-sized onlon, minced and fried until brown, one can tomatoes, one small can pimentos, one clove garlic minced, one cup minced celery, one tea-spoon Spanish pepper or paprika. Season with salt, thicken slightly and let simmer until tender. Garnish with parsley and

Philadelphia Audiences, Is Scoring Another Triumph With Optical Firm TRUE it is that "time doth work won-drous changes," and one of these changes as a delegate to the Musical Federation

Elizabeth Good Flaig, Once a Favorite of Critical

GIFTED WOMAN SINGER FORGES

AHEAD IN STERN BUSINESS WORLD

ful business woman from a popular and

Not so many years ago the columns of the Philadelphia papers devoted to musical affairs contained the name of Elizabeth Good Flaig. Not once was this name mentioned, but many times. Often an entire column would be devoted to the success of some opera at which Mrs. Flaig had scored another triumph. Mrs. Flaig's voice was a lyric soprano and she was much in demand for recitals, operas and concerts. She sang at the Academy of Music in "Il Trovatore," "Der Freischutz," "Martha," "Caval-leria Rusticana" and as Marguerite in "Faust." Del Puente, the great baritone, was her teacher.

Mrs. Flaig has also composed music, Her "Thoughts of the Past" was sung at the meeting of the Federation of Musical Clubs in 1911. She was long a prominent member

THE CHEERFUL CHERUB I used to be so sensitive That careless people made me cry But now I've grown so old and hard. That folks can't hurt me (if they try

meetings.

In her social life Mrs. Flair was as popu In her social life Mrs. Flaig was as popular and as much in demand as in the musical world. It was her privilege to help receive at the reception given in Philadelphia to Wu Ting-fang, the famous Chinese diplomat. When Mrs. Flaig was introduced to the great man by a dear friend who mentioned their years of friendship. Wu Ting-fang paid them both graceful tributes as being worthy of such friendship.

Mrs. Flaig was fortunate to the com-

went on her way and entered the business world by way of the Flaig Optical Company. Now the friends admit that they were wrong, for grit and courage added to native ability have made Mrs. Flaig as much of a success in the world of business as she was in music.

attractive."

Mrs. Flaig has installed a new filing system and brought everything about the business up to date. Her alm is first to make people feel pleasant, second to do the very best for them possible and third to obtain the best possible results. A steadily growing business is the best proof that Mrs. Flaig is accomplishing her purpose.

If linen is stained with tea the stains on the stained parts before washing

Mrs. Flaig was fortunate in the companionship of a husband who appreciated and delighted in his wife's musical career, but in 1912 Mr. Flaig died and then it was that Mrs. Flaig became a business woman. Against the advice of friends, she caimly went on her way and

If you should chance to happen in at the If you should chance to happen in at the Flaig Optical Company's office you would approve the growing plants and fresh curtains in the window, and within you would surely approve the dainty little lady at her desk and delight also in the homelike at-

mosphere of the office.

Said one customer, "Oh, I do not mind waiting one bit here, it is so restful and

can be removed by applying glycerin. A little of the best glycerin should be rubbed

"Sugar Would Seem to be a Food Especially Adapted to Children"

Sugar is an energy-giving food which is easily assimilated. Let the children have it in its most wholesome form -simple sweets such as plain candies, cookies, preserves, jams and custards.



Sold in 2, 5, 10, 25 and 50 lb. cotton bags, refinery packed

FRANKLIN

Everyone ought to have two pounds of Franklin Sugar in his diet every week. They furnish energy for restless, playing children and stamina for hard-working grown-ups.

"A Franklin Sugar for every use"

Granulated, Dainty Lumps, Powdered, Confectioners, Brown

THE WAR - PERMITTING PASIFICAS - FRATERIALKS - HOUSEROED PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

> WHEN I woke up yesterday morning I praying for this baby for years, and we went and stirred up the dish with the I moved here I have the pancake batter in it. but I felt so tired of pancakes that my stummick seemed to be turning over, so I got some money out of my father's pocket and went to the grocery and bought some pickles and peaches and

While the man was putting them into a bag he said: "Did you hear the news, kid?" I said, "What news?" But I kept my eyes on him, for every time he gets me interested talking he slips me something poor. He said, "The people who just moved in across the street have got a little baby Then before I had recovered he had slipped me three rotten peaches and some broken cakes. But he didn't get away

I paid him and took my bag and Rowds and went across the street and into the house, and there wasn't anybody in the hall. I went upstairs and a lady with a white cap said: "Have you come to see the baby?" I said, "You know it." She smiled and pointed to a room, and there was no one there but the new lady and she was in bed, and when I tippytoed over to try to get a look at the baby she smiled kind of pale and said: "Have you come to see

I said. "I have come to tell you that I am sorry if I was saucy the day you moved in, though I know I wasn't." She said: in, though I know I wasn't." She said:
"That's sli right." I said, "All right then.
Let's get down to brass tacks. I have got an awful disappointment for you and I am breaking it to you gently so that you can get ready to bear it." She said: "What in the world are you talking about?" I said: "About the baby. It is not yours. It is mine. I have been praying to my mother for a long time to send me a baby sister, and this is it. You know you are a stranger in this neighborhood and you ought to have sense enough to know that you could not move in here and get a baby first clatter out of the box. The angel that brought this baby made a mistake."

She said: "My dear child, I have been

went and stirred up the dish with the I moved here I gave, the angels my address. Maybe your baby will be in the next mail." I said, "You can't put not across on me like that. It is my baby Rowdy and I are here to take it along wig us." Then the lady with the white our

us." Then the lady with the white on came in and said: "You must not entit the patient. I will let you see the baby and then you must run along."

Well, I thought I should go through the floor, for it wasn't a baby at all, but wrinkly faced red little monkey! I was wrinkly faced red little monkey! I was missingly surprised. Then I said real polita." I am sorry I troubled you. I was mistaken, and you may keep this one. It is a human baby that I was praying for."

The new woman said, "Send that dreat ful little savage out of here and do not in her come back."

So I went, and down the street I may be the come back."

her come back."

So I went, and down the street I passed a yard with some girls in it, and I hus my chin on the fence and looked over, and the oldest kind of stuck up her chin and said: "Is that the only dress you have got: But I needn't ask that, for if you had any other you would surely wear it." I said "Is that the only face you've got? But I needn't ask that, for you wouldn't be wearing that one if you had any other." She says, "You think you're smart, don't you! I said, "No, and I don't think you are." She said, "I am as smart as you are." and said, "I am as smart as you are," an said, "You would need to have a little m sense than you have got to make you half. witted."

play, so we rambled and I went to a more and did not get home till the middle of the night. I was feeling tired and happy and when Rowdy was quiet and his paws were crossed on the bed beside me I said. "Dear mother, of course you have been watching mother, of course you have been watching me all day and you know what's been doing but I wish you would not watch me too close, for it would be more fun sometimes to tell you about it. It would have surprised you if I had told you I came near adopting a monkey. Give my love to God and tell him that he certainly put a punt lot of girls on this street. There ain't one beside me that I play with, and to make me a good girl. Amen."

The next adventure of Patay Kildare will

Good Coffee

The taste for it is about as universal as thirst itself; but the "good cheer" of a nutritious cup is not common enough to be had for the mere asking. All coffee is not good; and chronic drought tortured Egypt into the discovery of irrigation. Are YOU satisfied with your morning cup?

If you learn the way of careful folks, you'll be exactingly particular about your coffee buying. Throwing a pot of paint at a canvas is not making a picture; and simply asking for "Good Coffee" is no surety that you're getting what you want. There are follies as catching as contagious disorders, and coffee-negligence is one of them.

It's easy to sell poor coffee, for by concealment of some facts and exaggeration of others, well-meaning minds are for a while willingly persuaded. Scream as we may at the bad, the good prevails; and thousands and growing thousands of exacting, hard-to-please, coffee-loving people continue to find material comfort and well-being in every pound of WINNER BRAND COFFEE.

Think of the best, the very best that can be said of GOOD COFFEE and every word exactly fits the exceptional qualities of this famous blend. It's noted for uniformity and deliciousness of flavor and aroma-rich, smooth, delightful. appeals to exacting taste and prudent economy, for it's only 29c a pound. You're tiptoeing on the edge of events when you say "WINNER BRAND" in a Childs Store. You're getting very near to the real thing.

THE DEPENDABLE STORES

"Where Your Money Goes Farthest"



A very inconsistent hat, but never-theless quite pretty and alluring— as inconsistent things sometimes mer hat of chiffon, trimmed with a border of white fur! The top is covered with shiny green leaves.

still greater results in the future."

work should be interesting to them than izers or administrators of some kind of public work in which there is scope for practical abilities and a good spice of

2. How does a man's visiting

2. The length of time a weman usually stays when attending another's day at home ranges

3. An ordinary afternoon costume, either dressy coat suit or a one-piece frock may worn to an at home.

Relief Organizations' Merger

Dear Madam—Kindly tell me whether it is true that the National Preparedness League has gone out of existence, and if so, what or ganization is doing similar work. E. McC.

The National Preparedness League was merged with the National Red Cross, and as such will continue its work. Those who belonged to the league automatically became members of the Red Cross at the time with their chapters intact.

Flat-Heeled Pumps

Plat-needed Funns

To the Editor of Wemon's Pages

Dear Madam—Can you give me any reason why flat pumps are so injurious to the feet? The flat-soled high shoes never bother me at all, but my instep begins to ache the minute I put on pumps.

ADELE C.

In order to keep pumps from sliding off, the foot must be held in a certain strained position, and when, in addition, the heels are flat the instep is almost sure to suffer. Faw women can wear them with comference.

Few women can wear them with comfort when they have much walking to do.

Question of Precedence

To the Editor of Woman's Page:

Dear Madam—Will you kindly tell me what is the proper manner of procedure in entering a theatre? Should a man lead the way? Also, who should enter the car first, a man or woman, and which should leave it first?

BETA.

Custom has decreed that the man should lead the way into the theatre until he gives the checks to the usher, who then leads the way. The man then steps aside to allow the woman with him to follow the usher to

When entering a trolley car the woman goes in first and takes her seat while the man follows her, having first stopped to pay the conductor the two fares. Os leaving the car, however, the man leads the way and stands at the door, ready to take the woman's hand and help her down the steps if she so desires.

To the Editor of Woman's Page:

Dear Madam—Can you suggest a simple menu for a luncheon for ten guests, and also a six-course dinner for twelve guests? I want to give the luncheon for girls only, but the dinner for men and girls. (Mrs.) F. D. S.

the seats.

f she so desires.

to one-half hour

Letters and questions submitted to this espartment 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 indores the contiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

ANSWERS TO SATURDAY'S INQUIRIES Russian tea is made quite strong and d in long, thin glasses with allees of lemon lumps of sugar dipped in rum.

2. Butter is not served at formal dinners. S. "Potage" is the French for soup.

Cream of Tomaso

the Editor of Woman's Page:

Dear Madam—Will you tell me how to make
gream of tomato soup which will not curdle?

the please publish a recipe for cream of
[Mrs.) T. D. S. Either fresh or canned tomatoes can be used for the following recipe. If fresh, a losen will be needed, or one can of tomatoes. Put them on to boil after skinning hem; when soft, strain the juice and add it three tablespoonfuls of cornstarch or tablespoonfuls of flour dissolved in a tablespoonfuls of flour dissolved in a prul of water. Heat a quart of milk until aming, drop a pinch of sods into it, then d slowly to the tomatoes, stirring constity. Add a lump of butter, a dash of post, one sugarspoonful of sugar and it to tasts. Serve at once. I think you il have no trauble if you follow these dictions carefully. The tomatoes should be seed in their own fulce, without water, not boil the soup after it thickens, as is frequently the cause of curdling. To make celery soup, cut a bunch of ary into small pieces, sover with water stew until tender. Then rub through colander. Melt two tablespoonfuls of

stew until tender. Then rub through colander. Melt two tablespoonfuls of ter, add the same quantity of flour and mart of scalded milk to which a pinch soda has been added. When smooth add celery very slowly, season with pepper, and celery salt, and serve. Instead of quart of milk a pint of milk can be d and a pint of stock; this will give it cher flavor.

Brussels Sprouts-Artichokes

dinner for men and girls. (Mrs.) F. D. S.

Five courses are sufficient for a simple though formal luncheon. Start with a cream of pea soup and serve croutons of bread with it; then have five guineas, broiled and cut in halves; serve these on individual plates. With the guineas cook new peas and new potatoes; current jelly is relished also with guineas, as they are apt to be a little dry. Have a salad of tomatoes scooped out into cups and filled with a mixture of cream cheese, mayonnaise, ground nuts and watercreas. Chocolate celairs make a delicious dessert. Serve coffee after the luncheon in small cups. Have olives celery, salted nuts and candies on the table.

For a six-course dinner start with clams

Madam—You print so many helpful that I am writing to ask you if you me just how brussels sprouts should a dand served; also artichokes. I often is in the stores, but have never bought (Mrs.) C. M. J.

sels eprouts have a flavor somewhat bbage, but much more delicate, and licious if properly cooked. Remove er green leaves and souse the sprouts down in cold water, then soak them out one-half hour. Boil in salted antil tender. Fifteen minutes is sufficient, if the sprouts are young nater, as they should be. Do not let cook until they fall apart, however, them, place in a warmed vegetable and serve with a rich white sauce over them, or simply melted butter street. The addition of some grated to the sauce makes a welcome variation of the artishoke which is eaten as to the artishoke which is eaten.

the artishoke which is eaten before it blooms. Wash the roughly, then pare and slice lown until they are oblong in sk in boiling salted water but not until they break. It is sauce poured over them: It of melted butter, to which aspeciated of Iemon juice, a conion juice, a dash of musniful of saled oil and a pinch resper, Beat together until remove from fire and add to besten egg, stirring con-