

ENGLISH WOMEN SET EXAMPLE FOR US IN THEIR WAR WORK

Their Capacity for Manual Labor Developed Remarkably During Conflict—Business Terms No Longer Terrify and Mystify

The soldiers of France have won the extreme admiration of the world for their bravery and indomitable spirit, yet it is the women of Great Britain rather than those of France who have taken upon the burden of womanhood in the great war. They have set an example American women would do well to follow.



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

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 as 'debitures' 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 gentleman 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.

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 a piece of meat when being cooked over be prevented from becoming dry?
2. In buying a breakfast, which is more economical, a sirloin or a porterhouse?
3. How can a piece of delicate broken china be mended without stain?
ANSWERS TO SATURDAY'S INQUIRIES
1. Russian tea is made quite strong and served in long, thin glasses with slices of lemon and lumps of sugar dipped in foam.

Relief Organizations' Merger
To the Editor of Woman's Page:
Dear Madam—Kindly tell me whether it is true that the National Preparedness League has gone out of existence, and if so, what organization is doing similar work in the United States? 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.

Brussels Sprouts—Artichokes
To the Editor of Woman's Page:
Dear Madam—You print so many helpful hints that I am writing to ask you if you will tell me just how to cook Brussels sprouts and artichokes. I often buy these in the store, but have never been able to cook them properly.
(Mrs.) C. M. J.

French Dressing
To the Editor of Woman's Page:
Dear Madam—What is the correct way to make French dressing so that it will keep? I have made a salad with French dressing and it has become so watery that I could not eat it.
(Mrs.) P. D. S.

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 health, and may lead to the most serious results.

Spices
Are such spices as cinnamon, nutmeg, pepper, cloves and ginger proper, rather, 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, their use is highly objectionable.

Rain Water
How can one make sure of collecting rainwater so it will be pure? T. M. H. Rainwater is always more or less impure, as it collects dust by passing through the air. Considerably more dust and filth is collected from the roof. The quality of rainwater can be greatly improved by permitting the first water which falls to escape.

Jews' Health
Is the Jewish race as a whole healthier than the other races? F. M. R. 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.

Air Moisture
Is it necessary to add moisture to the indoor air in cold weather? C. B. 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.

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

Flat-Heeled Pumps
To the Editor of Woman's Page:
Dear Madam—Kindly tell me any reason why flat pumps are so injurious to the feet? I have had such aches in the middle of my feet since I bought a pair of flat pumps.
ADELE C.

Question of Precedence
To the Editor of Woman's Page:
Dear Madam—Will you kindly tell me what is the proper manner of precedence 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.

Two Menus
To the Editor of Woman's Page:
Dear Madam—Could 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 and the dinner for men and girls.
(Mrs.) P. D. S.

GIFTED WOMAN SINGER FORGES AHEAD IN STERN BUSINESS WORLD



Elizabeth Good Flaig, Once a Favorite of Critical Philadelphia Audiences, Is Scoring Another Triumph With Optical Firm

TRUE it is that "time doth work wondrous changes," and one of these changes has resulted in the evolution of a successful business woman from a popular and talented opera singer. 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.

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

of the Matinee Musical Club and often went as a delegate to the Musical Federation meetings. 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 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 atmosphere of the office.

Tea Stains
If linen is stained with tea the stains can be removed by applying glycerin. A little of the best glycerin should be rubbed on the stained parts before washing.

PATSY KILDARE, OUTLAW

WHEN I woke up yesterday morning I went and stirred up the dish with the pancake batter in it. But I felt so tired of pancakes that my stomach 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 frosted cakes. 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 girl." Then before I had recovered he had slipped me three rotten peaches and some broken cakes. But he didn't get away with it.

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 exactly 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. It 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.

29c lb.
CHILD'S & COMPANY
THE DEPENDABLE STORES
Where Your Money Goes Farthest



"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.



FRANKLIN GRANULATED SUGAR
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