## CK OF UNDERSTANDING BETWEEN THE "CLAWSSES"

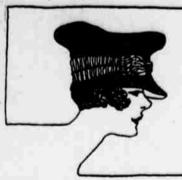
sent Exigency May Do Much to Break Down Social Barriers-The Three-Course Limit to Dinners

THERE is ever to be a better under-tanding between the classes, war, with the sacrifices, the doing away with ed traditions it entails, may oc-

rtainly, as yet, there is a sad lack of athy. Women are accused of being greater snobs, of course, yet there is tle snobbery among men, younger and boys particularly, that is most

ne boys, for instance, are perfectly to serve their country—if they can so in company with their own parar set. They will not enlist as comsailors or marines, but rather expect Government to be so flattered over r offer that they can pick and choose. And the same is true, unfortunately, reding women's willingness to work. nen and girls are eager to do Red work, or to assist in getting reults, but they must have their own . I was told by the organizer of Red Cross branch that girls were stantly joining and then dropping out use they wanted to belong to Mrs. and-So's class, whose members were nds. These are only a few instances. t do not imagine all women and girls e adopted this attitude, for there are as many working faithfully all day g without any thought of their social

AND, on the other hand, many of the working classes will fall to understand when they learn of the resolution eased by women of the Emergency Aid, ledging themselves to limit their lunchons and dinners to only three courses. Vyvettes



such a sport cap as this?

This sounds like a small thing, yet to the women who made this resolution it was a distinct sacrifice. It is not that they necessarily constantly overeat. But custom has declared for numerous courses, and in the matter of entertaining, in particular, a curtailment of the regulation number means much to a

Many women do not appreciate really what a sacrifice men are making when they declare their intention to give up smoking. It seems a silly thing, at best, yet to them it has become almost a necessity. No one should poke fun at another who is trying to "do his bit," trifling as it may seem. It is always these little things that count for so much in our

## 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 indorse 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. What precautions, if taken early in the
- E. What is the best way to freshen cretonnes?
- 2. What causes boiled Icing to be sugary in-

ANSWERS TO YESTERDAY'S INQUIRIES

1. A thorough sun buth is the best thing 1. A dinner gown is a semi-vening dress; the next mattresses and pillows.

andful of salt and the skins of lemor

2. A little bluing and a few drops of am-sonis added to the water in which cut glass washed will make the ware glisten.

## Recipe Given-Others Requested

the Editor of Woman's Page: Dear Madam —Please tell me how to fix egg-plant to eat; also, kindly give me a recipe for sound cake, and one for cheese pie and crust. Here is my recipe for chocolate cake: To one supful of supar add one-quarter cupful melted butter; two eags, well beaten; add three-quarters of a cupful of milk, one and one-quarter cup-tule of four, sifted thoroughly; one-quarter cup-tul of cornstarch, one and one-half tesspoon-dis of baking powder, one tesspoon-ful of va-milla. Beat well together, bake in moderate overs and cover with chocolate loing. and cover with chocolat

Eggplant tone of the most delicious of regetables if properly prepared, and one of the most testeless otherwise. Cut the egg-lant as you would a loaf of bread, making he slices less than one-quarter of an inch hick; then remove the purple skin. Put the weight on them to keep them under the water for three-quarters of an hour. At the end of this time dry them, dip in cracker crumbs, then in beaten egg. and small in cracker crumbs which have been eggently then are the same than the man assigned by the hostess to take easoned, then set away in the ice box until easoned. Fry in deep fat until they are a ulden brown, then drain on absorbent aper and serve. The eggplant should be ift inside when cooked thoroughly. It is silcious served with ketchup. Other ways cooking it are stuffing, scalloping and

Ingredients for pound cake: One pound ch of butter, sugar, flour and eggs, one despoonful of brandy, one-half teaspoonablespoonful of brandy, one-half teaspoon-ule of mace. Cream together the butter and ugar, add the brandy and mace. Beat the rokes and whites of the eggs separately antil very light, add the yolks to the reamed butter and sugar, beat well, then add the flour and the whites of the eggs tternately, whipping in lightly. The batter nould be stiff. Turn into square tins and ake in a moderate, steady oven; cover ith paper to prevent the cake browning o quickly.

The recipe for cheese ple is referred to

## Waterproofing Kitchen Floor

the Editor of Woman's Page: Dear Madam—How can a kitchen floor be attriproofed? Please tell me how to remove ains from white marble. S. R. M.

Paramn oil, purchasable at the drug can be used to waterproof a kitchet store, can be used to waterproof a kitchen cor. Apply it cold with a soft cloth. One part should suffice for a room of mediumize. To remove stains from marble make pasts of benzine and powdered soapstone, pread it on the marble and allow it to remain overnight. In the morning wash the warm water, and if the marks have at disappeared repeat the process.

## Rust in Sink

he Editor of Woman's Page dadam-How can rust be removed from

## To Clean Gas Stove

Her of Woman's Page: Indam—How can a gas stove whice o clouged up be cleaned? E. L. se the separate parts in a solution water and lys for several hours, well and afterward rinsing in arm water. Wear rubber gloves at the hands in some other way by the work.

What could be more charming than a finely made frock capped off by

1. What is the proper way to eat artichokes?

In use at the table? 3. From which side should a dish to which

2. A bride in writing a letter of thanks to a married couple for a wedding gift should write to the woman, mentioning both in the letter.

S. Stationery in vivid corors is in bad taste; pale shades of gray, mauve, tan, etc., may be used, but when in doubt always use white.

## Identity of "Mademoiselle Miss"

To the Editor of Woman's Page:

Dear Madam Is the author of the letters now running in the woman's page of the Evenyo Leiness under the title of Mademoi selle Mira's real person, living the life she describes? Can you tell me her real name?

CURIOUS.

The letters were really written by a young woman serving as a nurse at the front, bu who cesures her anonymity preserved for the present. Perhaps after the war her name will be made public and she will return to this country.

## Is Ride in Cab Permissible?

the Editor of Woman's Page: It is not usual for a girl to go to a party

her offers to take her in a taxi there is no reason why she should not ride in it with him. In fact, it is better to have a man than to travel about entirely alone at night. Under ordinary circumstances, however, it is better to go in the cars or on foot with a man with whom you are but slightly ac-

## A Correspondence Courtship

To the Editor of Woman's Page:

Dear Madam—I am a young lady of eighteen and have been corresponding with a gentleman three years my senior of another town and whom I have met only once. Lately he has discontinued writing without any reason whatsoever, and as I love this young man very dearly I would like to know what course to adopt in an effort to bring about a reconciliation.

VIRGIE.

You are taking rather too much for granted, my dear Virgie. I cannot see just what you can do but wait for the young man to write again. Are you sure your let-ters did not show him too plainly that you believed yourself in love with him?

## Husband's Claim to Estate

To the Editor of Woman's Page: Dear Madam—If a widow with two children married a second time could her husband, after her death, claim her property? ANXIOUS. If she made a will leaving the estate to her children the husband could not share in it; otherwise, one-third of the estate would fall to him.

## Parent Too Strict

To the Editor of Woman's Page:

Dear Madam—I am a young girl of eighteen, considered good looking and have a number of boy friends, who want to come see me, but my father will not allow it, although I think I am old enough; don't you? He works at night, and objects to having boys come to the house, as he is not there and my brothers are usually out. Please advise me what to do, for I cannot go on being shut up like this always.

HELEN.

At eighteen you are quite old enough to receive little attentions from men you know. But your father is right in not wanting you to have them come to the house when no one is home but yourself. Have you no older woman relative or friend who could be present in the house to chaperon you? Talk the matter over quietly with your father and let him see that you are really being done an injustice, and I am sure a way will be found.

## Should He Send Flowers?

Should He Send Flowers?

To the Editor.of Woman's Page:

Dear Madam—Will you tell me, when a girl and her fisuce are invited to a dance at a hotel by a waman who is living there, is the man supposed to sand flowers to his hostess? Also, is he supposed to ank his hostess to dance before his flances?

There is no obligation for the sending of flowers—in fact, it is quite unnecessary. It is a very courteous thing to do, however, so if the man wishes to do so do not diseased him, as an extra courtesy of this kind as always gracify appreciated, especially by an elder woman.

The hostess should be asked to dance first, but as circumstances often alterthings, there can be no set ruie. If the fishers has no partner and would have to be left alone it would not do for the man to be the fishers to dence and leave the girl

## THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

Causes of Impure Blood THE most important factor in the produc-tion of impure blood is foods that con-tain poisons, or unwholesome substances that may be absorbed into the blood, such as alcoholic beverages of every description, patent medicines—which nearly always con-tain a considerable amount of alcohol and condiments, such as pepper, mustard, pepper sauce, ginger and similar substances. Flesh meats of every sort contain impuries, being saturated with venous blood and tissue poisons. Animal products and extracts and meat juices are not concentrated nutriments, as commonly supposed, but rather concentrated tissue poisons, which, when taken, render the blood impure and diminish its alkalinity. Meat which has undergone decomposition—that is, which has become tender and high-flavored by long keeping after killing of the animal-and all foods which have undergone fermentation or decomposition, are sources of blood contamination. Hence, large eaters of meat are likely to have impure blood. It it well known that butchers are poor subjects for the surgeon Overesting also renders the blood im-

pure by filling it with unused and im-perfectly prepared material which must be treated as so much waste matter. Overwork and deficient sleep fill the blood with impurities by the overproduction and deficient elimination of the tissue wastes

or poisons which naturally form in large quantities whenever the body is at work. Drugs of various sorts, such as opium tobacco and many other narcotic drugs, con-taminate the blood and lessen its defensive power. Exhausting indulgences of all sorts have a similar effect. Tobacco and alcohol not only contaminate the blood, but produce disease of the heart and blood vessels The idea that the blood may be purified by medicine of any kind is a very great error and one which has been productive of a vast deal of mischief. There are no herbs or drugs whatever the taking of which

will purify the blood. The blood is not to be purified by putting something into it, but requires that something be removed from it. Water is the universal cleansing agent, and its free use is essential to blood purification. To undertake to purify the blood by means of pills is about as reasonable as to undertake to launder a dirty shirt or any other soiled garment by the same means.

Neglect to maintain the proper activity

of the skin, kidneys, bowels and lungs leaves poisonous matters to accumulate in the blood. By exercise, the amount of air taken into the lungs may be increased seven fold, and blood purification may be proportionately increased. Neglect to keep the skin active by sweating baths or, better still, perspiration induced by exercise and daily cold bathing prevents the elimination of the poisons which naturally pass off through this channel. When the bowels are allowed to become constipated the pois-onous matters which are retained are absorbed into the blood and become a source of universal disturbance and injury of universal disturbance and made, throughout the body. When, by the free use of bran, fruits and fresh vegetables, the bowels are made to move freely three times a day, the absorption of poisons from the colon will be prevented. Vigorous exercise out of doors is one of the most important means of maintaining blood purity.

### Celery and Lettuce

What medicinal property in celery and let-use causes these vegetables to be recommended a diet for nervous persons? D. G. R. Fresh vegetables of all kinds aid bowel action and supply useful nutriment to the Lettuce and celery have no specific medicinal properties.

## Grape Juice

For what reason is grape juice a health drink? Grape juice possesses the same valuable properties as all fruit juices. Fruit juices stimulate appetite, aid digestion, stimulate bowel action and furnish the body with very precious food elements, which are of great value in promoting healthy nutrition.

## The Nursing Baby

How long should the child be kept at the breast for one nursing? Should the child take both breasts at one nursing? MRS. B. Not more than twenty minutes. If the milk is very abundant one breast may be sufficient, otherwise both may be used.

## Neurasthenia

Will a sluggish or chronic congestion of the ver cause a condition of neurasthenia? B F. M. C. Sluggishness or congestion of the liver s never a primary cause of disease. This condition is always secondary. The most common cause is constipation and resulting intertinal toxemia. The liver never is lazy, but often is overworked.

What is a good form of exercise for eyes thred by too much literary work? A. C. W.

The eyes should have rest from reading and from all kinds of fine work. Out-of-door recreation, such as golf and gardening, and almost any form of outdoor employment will be found suitable, (Copyright.)

### URGES SERVICE EMBLEM FOR WAR FOODMAKERS

Public Safety Committee May Adopt South Carolina Plan to Encourage Production

George Wharton Pepper, chairman of the Committee of Public Safety of the Com-monwealth of Pennsylvania, in charge of organizing the State to support the Federal Government in war, favors giving service buttons to the farmers of Pennsylvania and to the citizens who plant gardens in their back yards.

This announcement was made today at the safety committee headquarters, 700 Finance Building, when the plan of button presentation now in vogue in South Caro lina was told him.

ima was told him.
"Nothing is more important in waging this war of ours than to encourage the farmers to produce big crops and to encourage the people who live in the cities to raise as many articles of food as they can," he said. "These little service buttons would arrest them then their service were as the country of the cities of the country were as the country of the country serve to show them their efforts were ap-preciated. I would like to see this same plan used in Pennsylvania."

The South Carolina plan is unofficially to organize the rural and city people into a great body, with the motto—"Service for

To each farmer who gives assurance that he is raising more this year than he did last year and to each citizen who has a garden of food products, the Civic Pre-paredness Headquarters will give a neat little button.

Around the edge of the button are the words. "I Am Growing Food to Help Win the War." In the center of the button is a shield with the word "Service" at the top and below the words "For All," which are shaped to make the base of the shield.

A great campaign of publicity is being carried on by the committee in South Carolina. Joe Sparks. State Building. Columnary of the shield of the shield. lina. Joe Sparks, State Building, Colum-bis, S. C., is secretary of the publicity com-



# IN THE MOMENT'S MODES



## WIDOW DOING "HER BIT" IN GROWING VEGETABLES

Mrs. Stearly Sent Only Son to Aid Country and Now Works Garden

Picture Illustrating this appears in picto-

When the United States entered the world war Mrs. E. J. Stearly, a widow, dependent on her only son for support, called her boy to her and said: "My boy, your country needs you; give yourself to its defense. Don't worry about me; I'll get along all

The young man demurred at first : he was anxlous anxious to go, yet felt that his dury was to stay at home and provide for his mother. She, however, insisted, and because of her persistence the son joined one of the Na-

ional Guard regiments. The little mother was left alone. But a third started out to join the English she was happy, glad that she had been able army, but went down at sea, a submarine "do her bit" for the nation. At home she set about planning of some other way in which she could be of service. The gar-den in the rear of her home, 1917 North Twenty-fifth street, presented to her numerous possibilities. Day after day she worked in the little yard, putting the soil in condition to receive seeds of every description. Small spaces were set apart; potatoes omatoes, corn, beans and several other veg

etables will grow there later in the season. Not a foot of the space in the little garden has been overlooked; every space has been prepared for some eatable.
"In this way," Mrs. Stearly, with a win ning smile, explained today, "I will be able to keep myself supplied with quite a num-

her of table necessities and at the same time will do a little service to my country for it is entirely possible that I will have nore than I can use myself. Those left over, should there be any, will provide some other person with good fresh vegetables, What an amount of vegetables could be raised if every woman would only reserve a little space in her garden for their cultivation!" she concluded.

## Glazed Tile

If glazed tiles are spotted they should be cleaned by rubbing them over with a cut emon. Leave them for about a quarter of in hour and finally polish with a soft



Taken from milk pro-duced in the heart of the zone from which New York City draws its choicest milk sup-ply, the cream which goes inte

## **MERIDALE** BUTTER

is acceptable for food, under the rigid inspec-tion of the Pure Food Department of New York City. The cattle, the barns and the milking methods are subject to like inspection.

Each employee of Meri-dale Creameries is also uired to pass a medical examination and carries a health certifi-cate from the New York City Board of Health.

Meridale Butter is therefore a quality product and the price for itmust not be measured by market quotations for reprinted storage butter, which are largely governed by the law of supply and demand; in other words, it is quantity, rather than quality, which decides the price. AYER & McKINNEY

Makers of Philadelphia Bell Phone, Market 2741 Keystone Phone, Main 1783 Look for the "Merifoll"

### LOSS OF SONS IN WAR DRIVES HER TO DEATH

Two Fell Fighting, One a U-Boat Victim-Mother Leaps Into River

Despondence caused by the loss of three sons, two of them on European battlefields. caused Mrs. Sarah Hickey, forty-nine years old, of 121 South street, to end her life, She leaped into the Delaware River last night from Pier 22. South Wharves, and died today at the Pennsylvania Hospital

from exposure. Policeman Mallon, of the Third and De Lancey streets station, pulled Mrs. Hickey from the river, and the policeman himself had to be treated at the Pennsylvania Hos-

oital. word of the death of her eldest son in the trenches of Flanders, where he had been lighting in an Irish regiment. Another son fell fighting "somewhere in France" and

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## PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

out my welcome, so I didn't. Ye was a great many beautiful dresses and some big lady dolls, and I wished I had a sure enough nice big doll, but who am I to have a doll or anything? Then I began to feel lonesome and I thought of what my father had said one time that a man never gets so lonesome as when he is alone in a great city, where no one knows him. So Rowdy and I made up our minds to ramble out into the country. First I took Rowdy around and let him look into a butcher shop window for a treat, for I knew he had not enjoyed looking at the pretty dresses and the lady dolls. He seemed pleased with the almost whole cow we saw hanging up. The cow was split in two and was hanging up by one back leg and looked pretty good, even to me. So we went across a bridge and stood and looked down at the boats awhile. Also a train ran under along the river and the engine smoked us good.

We took the first turn to the right and went straight ahead around two corners, and it was very fine and interesting, and Rowdy licked two dogs without my helping him at all. We came to where some boys was playing marbles and a dirty faced haby was slitting in a carriage hollering its head off. I said, "Who belongs to this haby?" The biggest boy says, "What's it to your" I said, "You better feed it or something, for it is crying." He said, "Let it cry and chase yourself." I stuck out my tongue and said, "I will chase myself when I get ready."

I get ready."

He poked me in the stummick, which did not hurt, and I punched him in the nose, which did. He beliered and Rowdy barked. Then we rambled again and went to a pitcher show, and the lady smiled when she sold me the ticket, and when we got in the ticket was wasted, because the lady inside was playing such rotten music that Rowdy could not stand it. I liked it all right, but Rowhy just stuck his nose up in the air and cried out loud, as if his heart was breaking. So I had to take him out, though did not have the heart to scold him, he

felt so bad.

Everybody we met smiled at me and I smiled back, and I was glad I was living in such a good city, and it was dark when we got home, and I looked in the glass and my face was black! I must have got it that way when the engine coughed in my face.

WHEN we woke this morning my father
Was eating his cakes and he told me to
fry mine and eat them, and I did. Then he
gave me a red apple while Rowdy was hogging his cakes, and then he said he was
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ging his cakes and so he kissed me and I
kissed him, and Rowdy and I rambled.

I wanted to go to call on June, the lady
at the house where they have the pink
at the house where they have the lady
the angels down and I prayed. There was not anything to eat in the
sould down and I prayed.
There was not anything to ad in the
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sould down and I prayed.
There was not anything to ad in the
sould down and I prayed.
There was not a of people I know. Tell her she needn't bother about Rowdy's fleas. We got kind of tired waiting and my father got some tar soap. Amen."

The next adventure of Patay Kildare will ap-





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Walter Bassett Smith