DOES WOMAN REALIZE WAR?—QUESTIONS AND ANSWERS—MATTERS OF THE HOUSEHOLD

IS A TRUE REALIZATION OF WAR DENIED TO MOST WOMEN?

The Countess of Warwick Holds This Opinion, but Holds Men Responsible for Women's Lack of Understanding

WHEN one finds women urging men to recruit one inclines to the belief of the Countess of Warwick who, in her book, "A Woman and the War," tells us that "woman falls in love with war because she has not the least inkling of its realities; her mourning garments are edged with pride.

"Why is it," she asks, "that woman is actually a war lover at heart, an inciter to, and encourages of ward have often been asked 'Can you explain why, while some women condemn fighting, the great majority do not shrink from it, and even regard the fighting man as the proper object of their admiration? It is a challenge that I will answer to the best of my ability. I can never forget that my eldest son has been in the fighting line, that my other boy gave up Cambridge for the aviation school, and is now flying in France, that my son-in-law is a soldier, and that of many friends and a few relatives only the memory remains. But I feel, from the bottom of my heart, that the death and glory idea is wrong. "Why is woman actually a war lover

at heart? The question stings me. I am almost reluctant to answer. Yet though the fault is woman's, the responsibility in woman was no more than man's toy. Is erly administered can produce enough It the irony of fate that man must pay food and clothing for ail; it has work and the terrible price for having made woman a measure of happiness for all." what she is; for having stiffed or sought Man was not born merely for glorious | realities face us.



This checked straw hat has a tar-get-like top. The milliner tried to hit the bullseye with a feathered ornament, but missed it hopelessly. However, the feathers looked very well on the edge of the hat, so they were left there.

death, he was born for glorious life, and in the systematic and universally condoned slaughter of man by man there is Down to only a few years ago, neither honor nor glory. The world prop

Yet, in view of the sacrifices women are to stifle her common sense, for robbing making the important part they are playher of the rights that she possesses by ing in this great war, the estimate does reason of being a human being; for dis- not seem exactly just. During the prestracting her with frivolities and seeking ent conflict, I believe, "war" has lost its to keep here merely as a minister to his glamor for even the most adventurous pleasures and a mother to his children? | among us, men or women—only the livid

2. Should a man wear white gloves at ar

3. Beige promises to be as fashionable during

He Is American Citizen

He is entitled to vote on reaching his

Wash Waist Several Times

chine waist which I dive a very pretty repesimmer. It is a pretty shade of pink, it
streamed anywhere, I have only were the wai
a few times, is there any way I can bleach it
I would like to have it a firsh color if possible
as I wish to wear it with a blue taffeta ou
and the combination with a distinctly pink wai
would not not well. It being an expensiwist I would like to get considerable me
wear out of it. Also, what kind of shoes shot
I wear with a blue taffeta suit? I am twen
years old. Are black low heeled ordards does
whough or should I wear pumps? I always u
black footwar.

One or two careful washings with a pure

oap and water should reduce the waist to

the desired color.

Black patent leather pumps or the dull

Let Him Call

It does seem strange that you have not heard from the young man in five months, but at the same time, if he has been away.

perhaps, or engaged in business, there is no very special reason why he should call regu-larly. Very often a girl makes too much of a man's attentions, and if he only wishes

to be good friends he feels it better to stay away. Perhaps this is not your case, but I would not demand an explanation, simply show him that you are glad to see him. It

would be all right to remark that you had not seen him for a long time, but do not dwell on the matter. There may be an ex-

so much time go without seeing you. I would not think he was worth bothering over.

Trip to New York

would I need?
You will need a trunk, though a small one would certainly do. If your friends go out a great deal it would be well to take two or three evening frocks: then you will want slippers and stockings for the gowns unless you wear black with all three, or silver

perhaps.

If you have two afternoon frocks I would take both. Wear your suit over on the train and a stiff hat and tailored waist. Take with you at least three changes of lingerie, five or six waists, a top coat, dressy hat and shoes for street kinnon and a store.

hat and shoes for street, kimono and slip-pers and all the necessary articles for your

of course, if you have not all these things

you can do easily with one evening frock and one afternoon one, but be very careful that your collars and cuffs and the tulic on the bodice of the evening frock are spot-

lessly fresh for all occasions

planation. If not, and he seems willing to

twenty-first year

reception, the bride or her mother?

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 included it is understood that the editor does not necessarily indoese the sentiment expressed. All communications for this department should be understed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa

TODAY'S INQUIRIES

1. How may rust status be removed from a 1. Are hors d'occures eaten with a spoon?

2. What vegetables may be served with roast afternoon wedding?

ANSWERS TO YESTERDAY'S INQUIRIES

1. A pinch of sugar added to an egg when | 1. Lace is in first favor for wedding gowns beating it will make it light in much less time. this season. is said the contents of a cracked egg. 2. Only white glace kid gloves should be worn boll out if the egg is wrapped in tissue by a bride.

3. To present egg custard from curding in the coming sommer as it was last summer. the cooking place it in a dish of cold water and

Use of Ham Scraps

Have you never combined ham and maca-ron? Cook the strips of micaroni until thoroughly soft, but unbroken, make a white State and grate breadcrumbs and American enesse. Butter the bailing dish and line with a layer of macaroni and white saues, then grate a thick layer of the ham scraps. suc a layer of grated breadcrumbs topped wite a layer of cheese, btart again with the macaroni ham, crumbs, cheese and pour the rest of the sauce over the whole, topping it all with a layer of crumbs. Hake in a me-dium oven from twenty minutes to a half This makes a delicious and very nu

Fudge With Condensed Milk

To the Editor of Woman's Page:
Dear Macham Can you give me a recipe for fudge made of confedenced mile? I cannot get the right quantity of mile in the several experiments I have tried.

VENETIA.

high-heefed pumps are appropriate for a silk suit. The low-heeled exford should be worn with sport suit or sport skirt and sweater. The Candy Cook Book gives the following ingredients: Two cupfuls sugar, one quarter cupful water, one-quarter cupful cardensed milk, two squares of unsweetense chocolate, see teaspoonful of vanilla and two tablespoonfuls of hutter. To the Editor of Woman's Payer

Dear Madam I met a young man last summer at the seashore and we saw quite a good
deal of each other. When I returned to the site
to come several times to call on me and asked
me in so with him to the theatre. I did no, and
we had supper a retward. He took me home at
about half after 12 and I have never beard from
him since then until yesterday, when I received
a note saying that he wanted very much to call
and would I see him. He made no reference to
not having seen me for five months. What do
you think I should do?

Put sugar, water, milk and chocolate in saucepan. Heat gradually to the boiling point and let boil until mixture will form a soft ball when tried in cold water. Remove from range, add butter, pour upon marble slab for a large platter which has been buttered) work with a fork or wooden spatula.

adding the vanilla as the mixture begins to Cut into squares before cold.

Waterproof Umbrella

To the Editor of Women's Page:

Dear Madam—I recently purchased as unbreila. An accident tore a hole in it before it was used for rain. It has been carefully mended, but, of course, cannot be returned. I find, low-ever, that It is not rainproof. Is there anything I can do to make it so? (Mrs.) W. A. G.

thing I can do to make it so? (Mrs.) W. A. G.

Try toe following way, which has been given by good authority: First spongs the cloth on both sides with a solution of one part or sulphate of alumina in ten parts of water, then with a solution of soap, which is prepared by boiling one part of light-colored rosm and one part of crystallized carbonate of soda with ten parts of water until the rosh is dissolved. The rosin soap thus formed a to be separated by the addition of common fact. This soap is then dissolved, together with one part of soda soap, by boiling thirty parts of water. After this last specific, rinse thoroughly in rain.

Pineapple Salad

To the Editor of Women's Page:

Dear Majam Please give me a recipe for pineapole saind.

Wash one head of lettuce, take away the omaide leaves and cut the heart into small pieces. Put them into a bowl, season sman pieces. Put then into a bowl, season with sait and pepper, add a can of sliced pineappie, whip one-half cupful of cream, atir it into one-half cupful of thick mayonnaise; poor this over the lettuce and fruit in the bowl and mix all thoroughly together. Serve on individual salad plates put a ball of cream cneese on each slice of pineappie, garnish with a maraschino cherry and serve at once.

Chicken in the Casserole

To the Editor of Woman's Page:
Dear Massam—Will you kindly quote me a
recipe for chicken cooked in a chaserole?
Miss.) E. W. AllTUS.
Marion Hariand gives the following Marion Hariand gives the following recipe, which has proved very good:

Truss the chicken, which must be young and plump, as for roasting. Into a frying pan on top of the range put two tablespoonfuis of butter, a sliced onion and carrot, a hay leaf and a sprig of thyme. When the vegetables are slightly browned put with the chicken into the casserole, add a pint of well-seasoned stock, cover the casserole and cook in the oven for three quarters of an hour. After it has been in the oven for this length of time drop in a dozen potato balls or strips that have been cut from raw potatoes and saute in butter, and a dozen preach mushrooms. Season the gravy to laste and leave the casserole uncovered that the chicken may brown. Ten minutes before slig-from the oven pour over the chicken to the chicken from the oven sprinkle it.

Marion Hariand gives the following received as a sparagus with the served as a sparagus of arranging crarkers to served with salad?

Serving of Asparagus

To the Edditor of Womain's Page;

Dear Maitam—Should asparagus be served as a sparate course. Is the casserole with salad?

(Airs.) M. L. K.

It depends entirely on the individual taste. Some persons prefer to have their asparagus with the main course, and in this case the vegetable is cooked with melted or drawn butter sauce. Others wish it as a separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad and have if the separate course instead of salad have if the separate course. Others with



Mrs. Marian K. Clark, official head of the New York State Bureau of Industries and Immigration, at left. Mrs. T. D. M. Cardeza, newly appointed secretary of the bureau, at right.

PHILADELPHIA WOMAN QUIETS N. Y.'S 3.000.000 FOREIGN BORN

Wife of Traveler and Explorer Appointed Secretary of State Bureau of Industries and Immigration—Talks in Alien Tongues

and who is probably one of the wealthless officials in any branch of American Govenment service, in conducting a novel campaign of "reasurance" among the 3,000,000 foreign-born factory workers throughout New York State Accompanied by Mrs. Marian K. Clark

Accommunied by Mrs. Marian K. Clark, chief investigator of the bureau, Mrs. Clarkeza travels from one large factory plant to another in widely separated towns and ettles addressing the immigrant workers in their own languages. The two read to the foreigners Fixedent Wilson's recent proclamation regarding the status of allens in the United Statos during the present war crisis. They tell the auxious allens that their persons and savings are in no danger so long as they commit no open or secret offense against the weifare of the United Statos.

Last Sunday Mrs. Cardeza and Mrs. Clark addressed several thousand Hungar-ians, Peles and Humanians in Schenectady at the Armory. The Sunday before last Mrs. Cardera and Mrs. Clark addressed the foreign-born employes of the Aluminum Company of America in Massena, the Eac-quette River Paper Company in Poisdam and the Remington Paper and Power Company in Norfolk, An address by Mrs. Clark to 1560 Hun-

garains and treations at the Wickwire Company on the Niagara River near Buf-fule several weeks ago so impressed the foreigners that, after the meeting, some of To the Editor of Women's Page:

Lear Madam. De you think that a box born in this country, whose father is not a naturalized citizen, is an American citizen? Could be vote when he is twenty one years old? A R. A. M. A I them gave to the authorities ffrearms and other weapons which they had been con-cealing in their houses.

Mr. and Mrs. T. D. M. Cardeza, who have

a large limiting estate in Poland near the Russian-Austrian border, devoted their en-

THE CHEERFUL CHERUB Although I have a lot of woe And lack both friends and money In all my darkest tragedies still see something Funny.

NEW YORK, May 8. | months ago. Mrs. Cardeza was decorated

Crumb Cake

Crumb Cake

Take two cupfuls of flour and sift with two teaspoonfuls baking powder, one-half teaspoonful sait and one big cupful of sugar. After sliting work in with the fingers two tablespoonfuls of shortening tany kindl. After it is well mixed it will look like crumbs. Take one-fourth cupful of crumbs and set aside. For the rest add one-half teaspoonful of nutmeg and one-half teaspoonful of vanila to one cupful of either water and milk or all milk. Mix together and beat quite as little. Grease either loaf or sheet tin and turn in batter. Just before putting in oven strew all over top the reserved one-fourth cupful of crumbs and bake in moderately heated over top the reserved one-fourth cupful of the proposition o apples or currants may be added to cake if and lugged out a dishuan widesired.

Molasses Cookies

One cupful molasses, one cupful brown mar, one-half generous cupful shortening out. They are better mixed the night be-fore baking.

Boiled Rice Pudding

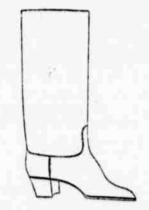
Boll one-fourth cupful of rice, and when soft put in baking dish and add one beaten egg one plut of milk and one-half cupful Hake in moderate oven until brown. Add a little vanilla if desired. This pud-ding may be eaten hot or cold and served with light cream.

Apples Baked a New Way

earthen dish, add all the juice, two cupfuls of brown sugar, one-half cupful raisins. Bake slowly two or three hours, or until a dark red.

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PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXXIII-A New Ambition

puts it all over a human being again, for Rowdy never gets tired of pancakes—we rambled and went out to the river. It was very smooth and sunshiny. I swam over and back one time mere than I had ever done before, and on the last trip hack I let down in the middle of the river and brought up bottom.

Rowdy and I stayed on the smooth sand by the side of the river and I tried turning over endways like the lady at the matinee. It is not as early as it hosked. I would not may hands on the sand and kick my heris up into the air and it did not hurt when I came down frontward, but when I came down hackward it hart, until I backel up to the river, and then when I came down hackward it fell into the river and that did not hurt. The concentrated residues of the foodstuffs, including the indigestible particles of mustard, pepper or other condiment taken Rowdy got excited over it, but I could not do that all day. So I am going to keep doing it till I can do it right, for I am Irish. Then we rambled to Old Maid Tompkins's and she skinned her teeth at me and said, Why, where in the world have you been,

I skinned my teeth back at her and said, Why, where in the world do you suppose to ye been?"

we've been?"
She said. "I am going to have fried chicken for dinner and there will be enough for the two of us and the bones for flowdy."
So I stayed and I told Old Maid Tomp-kine about turning over endways and she said. "My gracious! No lady does anything like that." I said, "I know one lady who is the bone to the lady type." She M RS T. D. M. CARDEZA, ine wife of a by the Red Cross for her courageous work on battlefields. Mr. Cardeza, who is a survivor of the Titanic disaster, is a Fellow of the New York State Bureau of Industries and Immigration two weeks ago.

One of Co. L. C. L. C. L. D. L. G. L. D. L.

After Rowdy had finished eating we ram-

and logged out a dishian with all the dirty dishes in it and he said. "We don't laundry dishes, but I must say you are certainly some kid." I said, "Ain't that the truth?" He said, "I will bring your clothes home day after temorrow and you must be sure to have the money."

When night came I prayed, "Dear mother, I have learned that feeling and down to.

meited after it is measured, one-half tea-spoonful salt, one-half cupful hot coffee. Sir in two level traspoonfuls haking soda, one and one-half traspoonfuls ginger. Mix all together well and add flour enough to make stiff. Set away over night in cool site didn't stick. I wish you would thank ways and she finds it out she will be sorry stiff. Set away over night in cool if necessary add more flour to roll. Clod for me for being re good to my mother they are better mixed the night because in the stiff of the first stiff in the stiff of the stiff in the stiff of little girl and ask Him to help me learn to turn over endways. If He is busy I can learn by myself, but if He isn't busy and will help I can learn quicker. I don't tilm if would do any harm to teach Old Maid Tompkins to do a flip, in spite of herself

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

In answer to health questions. Doctor Relings in this space will daily give advice on preventing medicine, but in no case will be take the risk of making diagnoses of ar prescribing for allments requiring surgical treatment or drugs.

MUSTARD, pepper, pepper sauce, cayenne, known as its flora. Germs are microscopic organisms which belong to the vegetable Sometimes I look at Rowdy and almost with that I was a dog like him instead of a human being like me. When he meets other dogs he either fights or is friends with them right away, but when I meet a bunch of human beings I either fight with them or they don't have anything to do with me. Even if a human being is irish like me she doesn't want to fight all the time.

When I had fried my pancakes and choked them down, which I have to do sometimes, I get so tired of them—that's where a dog puts it all over a human being again, for Rowdy never gets tired of pancakes—we

WI capsicum, horseradish and the whole distributions which are found in the intestines are called the intestines. It is in the intestines are called the intestines are called

But the worst effects of condiments are being indigestible, become more and more concentrated as the food substances with which they are eaten are absorbed, and hence their irritating effects are seen in a very pronounced degree at the extreme lower end of the small intestine, and in the colon,

chronic constipation.

The concentrated residues of the foodstuffs, including the indigestible particles
of mustard, pepper or other condiment taken
with the food, brought in contact with the
rectum causes chronic catarrh; hemorrhould develop, together with ulcers, fissures
and abscesses, followed by fistulae, and the
way is prepared for tuberculesis and cancer.
In India, especially in Ceylon, and also in
Mexico, countries in which corries and hot
sames are used, gastric catarrh, constipation and hemorrhoids are almost universal
among those addicted to the use of these
pernicious food poisons.

Intestinal Flora

What is meant by "intestinal flora"? D. F. J. Plants which grow in a country are

Albumin in the Urine

What does it mean when albumin is found in the urine?

The temporary appearance of albumin in the urine indicates congestion of the kidness, a very common result of constipation. When albumin is constantly present it indicates inflammation or degeneration of he kidneys. Liver Spots

Is there any cure for liver spots? H. S. M. Is there any cure for liver spots? H. S. M.
The brown spots which appear upon the
hands and face as well as the dark circles
which are often seen about the eyes and
the general brownish color of the skin are all due to the same cause—a poisonous condition in the intestines. The diet should be at once changed, using liberally fruits be at once changed, using the and fresh vegetables, especially bran and mineral oil, at every meal. The howels must be made to move three or four times a day. Meat should be dispensed with and eggs eaten very sparingly. The appearance of liver spots is an indication of active old

age. The cause is failure of the glands of the kidneys to destroy poisonous pigments produced by putrefaction in the colon. The pigments are thus left to accumulate in the blood and tissues. When the pigment is deposited in patches it gives rise to the socalled liver spots.

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