

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 fails in love with war because she has not the least inkling of its realities; her mourning garments are edged with pride.



This checked straw hat has a target-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 neither honor nor glory. The world properly administered can produce enough food and clothing for all; it has work and a measure of happiness for all.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department only designed to give the editor a better insight into 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 many must states be removed from a white dress?
2. What vegetables may be served with roast ducks?
3. What are dust screens?

ANSWERS TO YESTERDAY'S INQUIRIES
1. A pinch of sugar added to an egg when beating it will make it light in much less time.
2. It is said the contents of a cracked egg will not hold off if the egg is wrapped in tissue paper.
3. To prevent egg curdled from curdling in the cooking place it is in a dish of cold water and bake slowly.

Use of Ham Scraps
Dear Madam:—Can you suggest an appetizing way of using up ends and scraps of ham—that is, when it is no longer possible to cut it slices? One cannot serve scraps and ham does not make a good hash.

Fudge With Condensed Milk
Dear Madam:—I recently purchased an umbrella on 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, however, that it is impossible to use it. I am wondering if I can do to make it fit.

Waterproof Umbrella
Dear Madam:—I recently purchased an umbrella on 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, however, that it is impossible to use it. I am wondering if I can do to make it fit.

Pineapple Salad
Dear Madam:—Please give me a recipe for pineapple salad. (Mrs. T. T. Y.)

Chicken in the Casserole
Dear Madam:—Will you kindly give me a recipe for chicken cooked in a casserole? (Mrs. W. A. C.)

Serving of Asparagus
Dear Madam:—I have been invited to spend a week or ten days in New York. The people who have invited me are very nice, but I do not know much about New York. I am wondering if you could give me some suggestions as to what to do and see. I am also wondering if you could give me some suggestions as to what to wear. I am also wondering if you could give me some suggestions as to what to eat. I am also wondering if you could give me some suggestions as to what to buy. I am also wondering if you could give me some suggestions as to what to do. I am also wondering if you could give me some suggestions as to what to see. I am also wondering if you could give me some suggestions as to what to do. I am also wondering if you could give me some suggestions as to what to see.

Luxurious Hair Mattresses
There are no hair mattresses like Dougherty's. Produced by trained craftsmen under perfect sanitary conditions, they are unequalled in the delicious quality of rest they impart and in their beautiful workmanship. Now is the time to secure these masterpieces of bedding for your summer homes, town or country. You will find they have been correctly named Faultless by our thousands of delighted patrons.

Dougherty's "Faultless" Bedding
Hair Mattresses. Box Springs. Bedsteads. 1632 CHESTNUT STREET



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

NEW YORK, May 8. Mrs. T. D. M. CARDEZA, wife of a prominent Philadelphia traveler and explorer, who was herself appointed secretary of the New York State Bureau of Industries and Immigration two weeks ago, and who is probably one of the wealthiest officials in any branch of American Government service, in conducting a novel campaign of "reassurance" among the 3,000,000 foreign-born factory workers throughout New York State.

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

Last Sunday Mrs. Cardeza and Mrs. Clark addressed several thousand Hungarians, Poles and Romanians in Schenectady at the Armory. The Sunday before last Mrs. Cardeza and Mrs. Clark addressed the foreign-born employees of the Aluminum Company of America in Massena, the Esopus River Paper Company in Poughdam and the Remington Paper and Power Company in Norfolk.

An address by Mrs. Clark to 1500 Hungarians and 4,000 Romanians at the Wilkshire Company on the Niagara River near Buffalo several weeks ago so impressed the foreigners that, after the meeting, some of them gave to the authorities firearms and other weapons which they had been concealing in their homes.

Mr. and Mrs. T. D. M. Cardeza, who have a large hunting estate in Poland near the Russian-Austrian border, devoted their entire time to war-related work abroad previous to their return to the United States several months ago. Mrs. Cardeza was decorated 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 Royal Geographic Society of London.

Crumb Cake
Take two cups of flour and sift with two teaspoons of baking powder, one-half teaspoon of salt and one big cup of sugar. After sifting work in with the fingers two tablespoons of shortening, very kindly. After it is well mixed it will look like crumbs. Take one-fourth cup of crumb and set aside. For the rest add one-half cup of butter and one-half cup of sugar. Mix together and beat quite a little. Grease either loaf or sheet tin and turn in batter. Stir in two level teaspoons of baking soda. Put the reserved one-fourth cup of crumb and bake in moderately heated oven about forty-five minutes. The crumbs on top form a frosting. The cake is light and fluffy. One-half cup of chopped raisins, apples or currants may be added to cake if desired.

Molasses Cookies
One cupful molasses, one cupful brown sugar, one-half cupful shortening, one-half cupful flour, one-half cupful salt, one-half cupful coffee. Stir in two level teaspoons of baking soda, one and one-half teaspoons ginger. Mix all together and add flour enough to make stiff. Set away overnight in cool place. If necessary add more flour to roll out. They are better mixed the night before baking.

Boiled Rice Pudding
Boil one-fourth cupful of rice, and when soft put in baking dish and add one beaten egg, one pint of milk and one-half cupful sugar. Bake in moderate oven until brown. Add a little vanilla if desired. This pudding may be eaten hot or cold and served with light cream.

Apples Baked a New Way
Open a can of apples, put them in a deep 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.

FACE CULTURE
THE "MONTGOMERY METHOD"
Positively ride the outside of all Humors, Boon Skin, Blackheads, Pimples, Warts, Nail, warts or other skin troubles.

DR. W. H. MONTGOMERY
707 Flanders Building
Walnut St. at 15th, Phila., Pa.
"NEPER"—A Superior Cold Cream

For the Horsewoman
LEATHER and workmanship of the best—in authoritative style, either tan or black.

CLAFLIN, 1107 Chestnut

Luxurious Hair Mattresses
There are no hair mattresses like Dougherty's. Produced by trained craftsmen under perfect sanitary conditions, they are unequalled in the delicious quality of rest they impart and in their beautiful workmanship. Now is the time to secure these masterpieces of bedding for your summer homes, town or country. You will find they have been correctly named Faultless by our thousands of delighted patrons.

Dougherty's "Faultless" Bedding
Hair Mattresses. Box Springs. Bedsteads. 1632 CHESTNUT STREET

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

XXXIII—A New Ambition
SOMETIMES I look at Rowdy and almost wish that I was a dog like him instead of a human being like me. When he meets other dogs or other fighters or in 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 rich 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 got 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 rambled and went out to the river. It was very smooth and sunny. I swam over and back and thought that I had swam down before, and on the last trip back 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 sideways like the lady at the matinee. It is not as easy as I thought. I would put my hands on the sand and kick my heels up into the air and it did not hurt when I came down frontward, but when I came down backward it hurt, until I hopped up to the river, and then when I came down backward it fell into the river and that did not hurt. 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 do you suppose you've been?" "I skinned my teeth back at her and said, "Why, where in the world do you suppose you've been?" "I skinned my teeth back at her and said, "Why, where in the world do you suppose you've been?"

After Rowdy had finished eating we rambled home. I think I was right and Old Maid Tompkins was wrong, though she would not admit it. All ladies ought to learn to turn over sideways.

So I played and I told Old Maid Tompkins about turning over sideways and she said, "My gracious! No lady does anything like that!" "I know one lady who is going to or break her back trying," she said. "You mean I?" "I never did anything like that," I said. "No, you never did, and now look at you. Maybe if you had learned how to turn over sideways you could have got married. I guess a man likes to marry a lady that he can be proud of and that is not a dead one."

When night came I prayed, "Dear mother, I have learned that feeling sad doesn't get nobody anything, and I don't care if June did throw me down on account of the kid's face I pushed. When I can turn over sideways and she finds it out she will be sorry she didn't stick. I wish you would thank God for me for being so good to my mother and my father and making me such a good little girl and ask Him to help me learn to turn over sideways. 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 think it would do any harm to teach Old Maid Tompkins to do a flip in spite of herself. Amen."

The next adventure of Patsy Kildare will appear in tomorrow's Evening Ledger.

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventing disease, but in no case will he take the risk of making diagnoses or of prescribing for ailments requiring surgical treatment or drugs.

MUSTARD, pepper, cayenne, capsaicin, horseradish and the whole list of hot, irritating substances which are frequently added to food as seasoning, having no food value in themselves, are active causes of constipation and other maladies. These substances produce at first irritation and later on catarrh of the stomach and intestines, leading to inflammation and catarrh of the stomach, intestines and colon and possibly to degeneration of the gastric glands. The consequence is loss of the normal reflex activity, to which the waves of bowel movements are due.

But the worst effects of condiments are to be seen in the lower part of the small intestine and in the colon. Condiments, being indigestible, become more and more concentrated as the food substances with which they are eaten are absorbed, and hence their irritating effects are more pronounced in the lower part of the small intestine, and in the colon, where the food residues accumulate before passing on. Irritation results in infection, which follows colitis, and not infrequently acute and chronic appendicitis, affections which are both a consequence of chronic constipation.

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

Intestinal Flora
What is meant by "intestinal flora"?
D. P. J.
Plants which grow in a country are known as its flora. Germs are microscopic organisms which belong to the vegetable kingdom. The germs which are found in the intestines are called the intestinal flora by bacteriologists. The normal flora of the intestine consists of acid-forming or butyric germs, which prevent putrefaction. "Wild" germs, particularly meat bacteria, get into the colon and produce putrefaction. This is the origin of many chronic maladies.

Albumin in the Urine
What does it mean when albumin is found in the urine?
E. S. M.
The temporary appearance of albumin in the urine indicates congestion of the kidneys, a very common result of constipation. When albumin is constantly present it indicates inflammation or degeneration of the kidneys.

Liver Spots
Is there any cure for liver spots?
E. 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 and fresh vegetables, especially bran and mineral oil, at every meal. The bowels 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 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 pigments are deposited in patches it gives rise to the so-called liver spots.

Shoes of Utmost Practicability for Long-Hour Standing or Hospital Service

These two big shops are specialists in good-looking service shoes. The one illustrated is of fine white linen with plenty of toe room and moderate heel with rubber top lift.

Priced at \$6 Oxfords, \$4.50

Every woman needs at least one pair of some type of "service" shoes. We've prepared a most complete selection, all of good quality, at moderate prices.

The Harper Shoe Co. WALK-OVER SHOES 1022 CHESTNUT ST. 1228 MARKET ST.



Children's Hickory Garters

Some reasons why mothers buy— Children's Hickory Garters

Pin—strong, will not bend. Buckle—easily adjusted, protected back. Patent rubber clasp saves darning. Elastic—long-wearing. Stockings are neatly and securely held up. Economy in getting high grade garters. Guarantee with each pair.

And why the best stores sell— Children's Hickory Garters: Every sale means a pleased and permanent customer. Every mother who buys one pair will return for more. Every pair is guaranteed to give long, satisfactory service.

15c and up, per pair according to size Children's Hickory Garters are sold at the best stores. Look for window displays of these popular garters.

A. STEIN & CO. Makers PARIS GARTERS Chicago New York

