PART WOMEN OF CUBA ARE PLAYING IN WAR RELIEF AN ANIMAL EXPERT WRITES ON PEOPLE

CUBAN WOMEN HAVE ORGANIZED EFFICIENT RED CROSS BRANCH

Land of Dolce Far Niente Transformed Into a Beehive of Industry by Charitably Inclined and Patriotic Women

THAT the Cuban women, whom we usually associate with the indolent women of other warm countries, are wholly alive to the responsibilities a state of war has imposed on them is evidenced in the splendid work they have been doing through their efficient and wellorganized Red Cross branch.

"It is good to hear of Cuba as other than a land of doice far mente and to picture the women busily kuilting socks or rolling bandages in place of their former customary dawdling over tescups.

A correspondent from that country writes:

"Cuba has now taken its place, not only as one of the democratic nations of the world, but as one of its newest Good Samaritans. It has become an important factor in that army of mercy, the Red Cross. With Mme. Mariana Seva de Menocal, the wife of the President of Cuba as clinirman of the women's section of the Cuban Red Cross, and more than 1300 representative women of the island as tively engaged, the movement for war relief work has just been revived under the most favorable auspices. Madame Menocal called a meeting of women from all parts of Cuba to formulate plans for co-operation with the American Red Cross in the making of bandages and hospital supplies for the soldiers in Europe and for the armies of the United States and Cuba, which hope to a man to aid in the war on European soil.

"While Cuban women have been busy stockings and handkerchiefs for the soldiers of France since the first year of something big and useful for the Allies sunny homes to engage in Red Cross Cuba have indicated their readiness to contration cames in Triscornia.

succor to the hungry and homeless group."



In a flight of fancy, we dare say, this bird was pinned on this toque

ception of Cuba's Red Cross Society.

"It took its place with the other na tions as an active participant in Red Cross work. This was on March 19, 1910. and from that day the Cuban branch has worked earnestly and devotedly to carry out the programs of the international committee. When cholera frightened the people of Cuba not long ago, the Red. making small comfort kits and sewing Cross showed its true worth. In the I spirit of Florence Nightingale the women of Cuba went about the sick, fearless in the war, never has the feeling for doins the thought that they might be infected and administered aid and comfort. With reached such intensity. A host of en- the dauntless energy and skill that thusiastic women are ready to leave their characterized General William C. Gorgas, the men of the Cuban Red Cross work on the battlefields. The women of worked among the population in the con

make many sacrifices in order to be of use to the sick and wounded who are suffering in the cause of the Allies, which is Cuba's cause.

44 A NOTHER incident in the society's has endeared it to the hearts of all Cuban patriots. When repairiated Cuban seldlers returned from Mexico, many in had health and with out suitable clothing, members of the Red Cross came to their assistance, performing a duty for which the Government and the people have been grateful may be became he has a troubled continual to the society's have been grateful. ternal chaos which crippled the social ever since. Even up to recent months And industrial life of the country, when the Red Cross was at its post fulfilling a call of distress from across the sea its duties with the same sincere enthuturned the attention of the Cuban people | siasm that it displayed in its early days away from their own homes to those of During the last winter, when the insurthe foreign sufferers. It was in 1909, when | recto rebels again disturbed the peace of the earthquake on the island of Sicily Cuba, the Red Cross carried on the work laid waste thousands of homes and left of reconstruction. At first in the disa host of human beings without shelter tricts of Jaruco and later in the province or food. Cuba was laboring hard in the of the Oriente or Santiago the nurses and rehabilitation of its own revolt-ridden physicians, social workers and philanland. Its own people were in dire need. thropic agents of the society set about Yet in the spirit of the Good Samaritan repairing the damage done by the rebels the little island republic stretched out its to life and property. The establishment hand and, working with larger Powers of sanitary conditions was perhaps one of which came to the aid of Messina, offered the outstanding achievements of that

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of super only and signed with the name of the writer. Special queries like those given by are invited. It is understood that the editor door not necessarily indoors the sentiment expressed. All communications for this department should be addre as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

2. How can a saving in botter be effected?

8. How is javelle water made?

I. When a fire is too hot for brotting, how the first proper for a widow upon remarriage as it be cooled sufficiently in a short time? to be attended by bridesmaids?

2. What attendants may a widow have at

period of mourning.

than "very sincerely."

mation that she is single.

necessary shopping.

In the Editor of Woman's Page:

3, Is a widow given in marriage by her nearest male relative, as in the case of a senne girl?

the same width can be used during the entire

2. "Very sincerely yours" is more correct

3. An unmarried woman when writing a bus

ness letter should sign her name with (Miss) in brackets if she desires to convey the infor-

Should Working Man Give Up Seat

To the Editor of Woman's Page;
Dear Madam The other day I was going tones from a hard day's work, and a girl about twenty years of age came into the rest had been down own who mad seen that the hard her asked me to be her all days now about a hard to be her all days now a with hard seen to be her all days by the hard to be her all days by the hard to be her all days by the hard who go shopping should go home early mount was until the cars are crowded with correcting people?

A WORKER

Under ordinary circumstances the man

should not have asked you to give up your seat, although it is just possible that the girl may have fell faint from the crowd or overexection. It is inconsiderate of young girls and women to shop until the last minute, then expect tired men to give up their seats to them on the way home, but then, too, you must not forget that many

of the women you see on the cars at this

hour with bundles are also wage-earners and must snatch what time they can for

Who Gives Wedding Reception?

ANSWERS TO YESTERDAY'S INQUIRIES I. When using stationers with a black harder it is not necessary to have a narrower burder; 1. A small watering pot or a rubber sprinkler will sprinkle clothes more evenly than if done

2. Cold cereal can be used to thicken soups.

3. If beeswax is used for greasing baking tins it will not be necessary to wash them each time after baking; the beesway never turns rancid and will not flavor the cake, as is netimes the case with land or butter.

Value of Chicken Fat in Cookery

To the Editor of Woman's Page:

Salad Greens Commonly Grown

To the Editor of Woman's Pape:

Dear Madam There are some sailed clause to be had for the mere picking. Like all food materials eates without cooking, they must be were carefully washed before using. Watercress is methors the one most generally known, it is also califyated. It should never be eaten if it had been grown where there is any chance of centamination from typhold fever or other discussed. This is true of any vegetable that is uncookied but must be remembered especially in connection with plants growing near water, since the latter may have carried the discuss serms a long way from the place where the littless are the latter may have carried the discuss serms a long way from the place where the littless way. Peppergrass, or peppercress, is another with plant useful for flavoring other salids. It too sharp to use alone. Sorrel may also be used to give a pleasant acid taste to lettues or other mid-discoved salieds. Though the ordinary wild kind is too sour to use in quantity as a pother, like the variaties califyated in the flower switch the mentioned as a seasoning for salieds.

May be mentioned as a seasoning for salieds. To the Editor of Woman's Page:

Keeping Fresh Meat and Poultry

To the Editor of Woman's Page:
Dear Madam What is the heat way to keep fresh ment and positry? Should they be laid READER. Never put meat or poultry in direct contact with the ice; also do not lay it flat in it dish or pan. Put a rack under the meat, then set the pan in the refrigerator, after wining the meat with a damp cloth, if meat in he cooked several days, lay it on a service of paper, agreed lumps of charcoal around, the the meat up and hang it in a characteristic bag where it is cool and airy, or it is stag the space place it on a rect near IN THE MOMENT'S MODES



THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In univer to health questions, Dietor Kellago in this space will duly give advice on preventive medicine, but in me case will be take the risk of making diagnoses of an prescribing for adments requiring surgical treatment or draws,

Take a Nap

posed of white milan

straw. The sole trim-

ming is its unique edging

of clipped white feathers.

may be because he has a troubled con-science; if m, he ought never to disen unit he has fixed things up. 11 may be, how-ever his conscience is all right, void of offense, and in that case the chances are that his blood is filled with poisonous mat-ters that good the brain cells - rritate the brain cells - and keep floor from working

normally and from resting.

A simple, non-standarding dietary is med-flesh dietary particularly, must be followed, with the avoidance of tea and coffee, which are irritants to the brain. Everybody knows that coffee or ten will often keep a person awake when he is so tired that he cought he asleep. They take away drowsines

One who is troubled with insomnia should eliminate meats from his dietary and should ake the heaviest meal in the middle of the Supper, if eaten at all, should coress chiefly of fruits. Pastries of all sorts should be avoided. Also rich sauces and feeds difficult of digestion

When is the best time to take often all before or after month? M. H. S. Olive oil should be made a part of the meal. If taken for the purpose of lorsening

the production of acid in the stomach, one of its best uses, the best results are obtained by taking the oil at the beginning of the meal.

The stomach should get it cared an quickly as possible. But very frequently what are diagnosed as utlear of the stomach are really there is the modern of the meal.

The stomach should get it cared an quickly as possible in the interpretation of the interpretation of the stomach, one of the interpretation of the interpretation of acid in the stomach, one of the interpretation of acid in the stomach, one of the interpretation of acid in the stomach, one of the stomach, one of the stomach, are really the result of the interpretation of acid in the stomach, one of the interpretation of acid in the stomach, one of the interpretation of acid in the stomach, one of the interpretation of acid in the stomach, one of the interpretation of t Acid in the Stomach

Kindly suggest something that will note no cure and in the stomach, DAILY REGORD mastication because chewing stim- due to the gall bladder. dates the secretion of soid in the stomach.

WE OFTEN hear this: "I am so sleep." Avoid means fish, filed foods, sweets, tea and coffee. You may take buttermills, all time for fear I shall not sleep at night." That is all wrong. Night is the best time for sleeping, but if you need a daxtime for sleeping, but if you need a daxtime.

with narrow piqued grosgrain

ribbon. The combination of hat

and cape is especially effective.

Hands Tremble

A shaking trenculous condition of the ands shows some nervous disturbance. You should consult a nerve specialist.

Eating Between Meals

Certainly. One may cat whenever he la ungry provided he has a natural appetite. legularity in eating is the cafest rule to

Tumor Under the Tongue What is the tentment for a fumor under the

googgue a fluence. Food for Growing Boy

What kind of food does the fast-growing by

Natural food, such as grains nots, vege-tables and fruits, and also outdoor exercise smouth to give him a good appetite.

Ulcer and Cancer Phase after of the stomach run into cancer.

Some of the most connect surgeons at the present time are very sure that every subset of the stomach. When anylody has ulcer of the stomach, he is very likely to have, a protective League, is peculiarly fitted for the stomach should get it cared as unicity in that locality is very pare.

Diseased Gall Bladder

Will a discount pult blooder or hije trouble render a person regressional and the fit is Take a tablespoonful of valve oil at the Yes. A very common cause of neuras-beginning of each meat. Your dictary themia and indigestion as well as other should consist of foods that do not require troubles attributed to the stomach are reality

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

School

NAY FATHER was sitting on the edge of 1 my bed when I woke and when we ad kinsed each other we had pancakes. Then my father went to bed and Rowdy and I rambled past the Carpenters' and around where the Rectors are having the new house built in place of the one Willer Carpenter set on fire. We kept on going till we saw man climbing a foam pole and I said. What are you doing there?" He said.

a man climbing a foam pole and I said. "What are you doing there" He said. "What's it to you?" and I said. "I just want to know." He said. "There are whole families like you."

I did not say anything more but just waited. After a while he came down and I said. "Go to it, Rowdy!" Then if the man had not pulled up his foot as quick as he could he would have had a wooden leg. He said. "Call off your dog." I said "You can't come down till you tell me what you are doing up that foam pole." He said. "The storm blew some wires down and we are still fixing them." Then he started to put his foot down and Rowdy jumped at it. I said. "Wait a minute. Where does the wire you are fixing go to?" He said. "Oh, to helangawn." So then I said, "All right, Rowdy." Then the man came down.

I was disappointed, but maybe I will find the heaven wire yet. You never can tell. Rowdy and I had a lot of fun doing a shadow dance on the side of a harn by the road. But a man came out to the barn and said, "What are you doing?" I said. "What's it to you?" He said. "Nothing, only if you were my girl you would be in school".

And that way

MaleCount

cover lots

of space.

Who Gives Wedding Reception:

To the Editor of Woman's Page:

Dear Madam—I and a young follow and am
to be married next month. My sweethwart lives
in New Jersey, and we are to have a hignarty on our wedding day. Her parents insist
on having the party in her home town, but
my perents also fasist on having it in my home
town. We neither of us our where it is given.

Will you kindly state in the Woman's Exchange where the party should be given, in her
town or in mine?

H. D. T. It is always usual for the bride to be It is always usual for the bride to be married in her own home or in a church in her own town, and the reception should always be given after the ceremony at the bride's home, or in a hotel if the home is not large enough. Of course, there are circumstances which make it impossible sometimes for one of the bridegroom's parents to journey anywhere, through illness, perhaps, and when this is the case a bride may be married from her future this hand's home THE CHEERFUL CHERUB Sometimes I Feel so cramped all day At night I find a windy be married from her future husband's hor and the reception may then be held there. place And sort of spread my Take Girl to Cafe? soul out thin

To the Editor of Woman's Page:

Dear Madam—Is it good form to take a poung lady to a rate or roof gurden after an evening at the theatre for a little supper? We at should one order under circumstances such as PRANK.

these?

It depends very much on the age of the girl. If she is still very young—that is under twenty-three or twenty-four—it would be better not to do so, but it can usually be left to the girl herself to decide. You might ask her, and if her parents have no objection she will accept or vice versa.

A boulion or clams, a salad or some such dish as chicken a is King, followed by an ice, would be appropriate.

Then I introduced Rowdy and I said, "Where do I go, please? I clean forgot that school began yesterday." She said, "Your mother might have told you." I said, "My nother is in heaven and the wires are all down." She said, "You are imperiment." I said, "No, I'm Irish." She said, "I can see that I am going to have to straighten you out. How far have you been?" I said, "I have been out to June's and away down the river." Then I thought of the place the food fixer mentioned and I said. "I have been nearly to helangawn."

The tail lady said, "That will be sufficient where the food care of the place of

The tail lady said. "That will be sufficient. You and your dog can go into this room and think over your conduct." So we did and she shut the door after us. After a long time we looked out of the window and saw all the kids going home. The tail lady came and let us all out and and let the late this he a lesson to you. Get here said, "Let this be a lesson to you. Get here at 9 o'clock in the morning."

at 9 o'clock in the morning.

I went to bed early so as to be ready for school in the morning and I prayed, "Isear mother, wasn't that a joke on me, forgetting about school when I wanted to go so much? Stand by me now, for I am going to need a friend. I can see now that the tail lady is going to have trouble with me. Make me a good girl and make the tail lady to do her share of heing good. I don't want to to have to do it all. Amen."

f you no more should love me?-you? It takes my breath, a thought so strange As that aught earthly could your spirit was To change!

In faith all minor faiths above, So do I trusi, so live, in your Incomparable love!

I laugh for joy to think how much A question would your nature wrong. Whom Heaven created, with a noble touch, So strong!

Nay: doubt, for me, new born, were over. You will remain unchanged and true— Not, not that I am I, my lover. But just that you are you!

Florence Earle Coates

ERNEST THOMPSON SETON KNOWS ANIMALS BETTER THAN PEOPLE

His Novel About an Emotional Irish Youth and a Clear-Headed Young Woman, Filled With Incidents of Western Life, Entertaining but Not Great

and that some of the main events about which the tale is built actually happened. Experienced revel readers will be repelled

by this admission, for they know from ex-perience that the story founded on fact is soldon to be compared with the one whose

author is not hampered by his author in describe actual events. The mingling of history and fletion in this way rately suc-ceeds. It can succeed only when a con-structive gening makes the attempt. Mr. Seton is not a constructive genius.

logical discussion. His admirers, and be his them by the ten thousand, will read the book out of curiosity because he wrote it. They may be pardoned if they suspect that

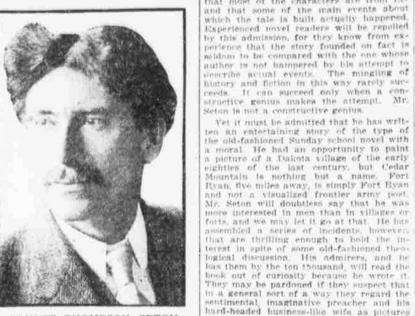
is a general port of a way they regard the entimental, imaginative preacher and his wird-headed husiness-like wife as pictures of Seton himself and his wife, for it is

of seton immeer and his wife, for it is generally supposed that this sort of a domestic partnership exists between Mr. and Mrs. Seton. After reading it his admirers will be willing that he should continue to write nature books, though he may win another class of followers who will wait cagerly for his next moral preachment.

THE PREACHER OF CEDAR MOUNTAIN: A tale of the open country. By Ernset Thompson Scion. Garden City, Doubleday, Page & Co., \$1.35.

author in not hampered by bla attempt

No AMERICAN writer has done more than the crease the sympathy between men and animals. He can be claimed for America, even though he was horn in England, was educated in Canada and did not take up has residence here till he was a man grown. educated in Canada and the man grown, this residence here till be was a man grown, in the "Biography of a cirizziy" he has told in the "Biography of a cirizziy" he has told thence to Chicago and back to Dakotta thence to the confesses in the preface that most of the characters are from life that most of the characters are from life.



ERNEST THOMPSON SETON

it impossible to read the last chapters be-cause of their affection for the old hear which finally goes to his end in Death Gulch. Mr. Seten knows animals from long inti-macy with them.

Does he know life as it is lived by men and women is the question that naturally forces itself to the mind when one learns that he has written a royel. After reading "The freeder of Cedar Mountain" it must be confessed that the qualities which have made Mr. Seton's nature books pepular are not of the kind from which a great tovol can be constructed. He has told an interesting story of an Irish lad, loxable, enthusiastic, impressionable, who was con-

Americans in Embryo

The end of the European War will us questionably bring the immuration problem n the United States to the front again The Immigrant and the Community," by Grace Abbett, is a valuable contribution to the discussion of that problem. Miss Abbott confines herself almost entirely to drawing her theories from facts. She does not build her facts on theories. The book not build not the results of long research and investigation in the great immigrant centers of America, but also in such sources of immigration in talleta, treatm and the Slovak districts of morthern Hungary and

There is no doubt that the problem of There is no doubt that the problem of the humigrand touches every one in America. The American who, forgetting for the magneti the social soil from which his nation enemy, success contemptiously in the man, woman and didd, heavy laden with burdens of soil and body, coming flown the gamphino of one of the great liners or walking through the streets of some American city, fails to recognize that the influence of the trie eventually percolates through the entire fabric of our commry's life, social, political and economic. To direct this influence along the proper o direct this influence along the proper ourse is perhaps one of the greatest duties

women encounter exploitation at the hands of the unsertigations and their relation to the public health, positive and morals of the United States. She speaks with an anthority founded on knowledge of the facts of the situation and with a vitalizing sympathy bull upon infinate acquaintance with those who are so often misunderstood as they bunder about in a strange land. Her book is worth reading, it is both a valuable record and a guide of practical mander turner.

THE IMMIGHANT AND THE COMMUNITY. In Grand Abbitt. New York: The Contary Com-

Jane Better Than Cinderella

I stopped with one feet in the air and said. "For cat's sake." Then Rowdy and I nearly knocked the man down going away from there and when we got to the school we never stopped for anything, but went up the front stems like a bird. A tall lady net us inside the door and I was breathing hard. I said, "Weil, here we are." She never cracked a smile when also said, "Yes, here you are. Who are you?" I said, "I am Patsy Kildire."

Then I introduced Rowdy and I raid, "Where do I go, please? I clean forgot that shool began vesteriaty." She said.



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Mr. Bourne's book is not only interesting from the theoretical point of view, but is a valuable aid because of the extensive laboratory methods it clucidates.

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The War and the Intellectuals

By RANDOLPH BOURNE

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