

PARADES OF CUBA ARE PLAYING IN WAR RELIEF

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 well-organized Red Cross branch.

It is good to hear of Cuba as other than a land of dolce far niente and to picture the women busily knitting socks or rolling bandages in place of their former customary dawdling over teasups. 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 Mrs. Mariana Seva de Mencia, the wife of the President of Cuba, as chairman of the women's section of the Cuban Red Cross, and more than 1300 representative women of the island actively engaged, the movement for war relief work has just been revived under the most favorable auspices. Madame Mencia 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 making small comfort kits and sewing stockings and handkerchiefs for the soldiers of France since the first year of the war, never has the feeling for doing something big and useful for the Allies reached such intensity. A host of enthusiastic women are ready to leave their sunny homes to engage in Red Cross work on the battlefields. The women of Cuba have indicated their readiness to 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.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and should be addressed to the editor. Below are invited. If 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, PHILADELPHIA, PA.

TODAY'S INQUIRIES
1. When a fire is too hot for breathing, how can it be cooled sufficiently in a short time?
2. How can a saving in butter be effected?
3. How is Javelle water made?

ANSWERS TO YESTERDAY'S INQUIRIES
1. A small waterer or a rubber sprinkler will sprinkle clothes more evenly than if done by hand.
2. Cold cream 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 beeswax never turns rancid and will not flavor the cake, as is sometimes the case with lard or butter.

Value of Chicken Fat in Cookery
To the Editor of Woman's Page:
Dear Madam:—In your readers throw away the body fat of poultry, big layers of clean, sweet yellow fat, which is the most valuable of all the products of the chicken? If they do, according to specialists of the United States Department of Agriculture, they are throwing away fat which French housewives consider the finest of fats for making cakes, and especially puff paste. In certain seasons in New York and other big cities this fat is so highly esteemed that it brings as much as \$1.10 per pound. So great is the demand for it that many persons make a business of collecting it from butchers and other sources, and selling it before delivery to customers. Housewives would do well to insist on having it delivered to them in their own homes. By using chicken fat in cooking they can save the amount of fat that is usually lost. To prepare it, cut it out in a double bag, or another vessel, and keep it covered with water. It should be kept cool and covered like butter and used in a very few days. The fat may be used for frying, and in cakes such as sponge cake, where the seasoning used will mask any flavor which the fat might have. It can also be used for frying the chicken, lard or other meats, and for seasoning vegetables, etc. (Mrs. J. H. C.)

Salad Greens Commonly Grown
To the Editor of Woman's Page:
Dear Madam:—There are some salad plants to be had for the mere picking. Like all food materials eaten without cooking, they should be very carefully washed before using. Watercress is perhaps the most common. It should never be eaten if it has been grown where there is any chance of contamination from excrement or other filth. This is true of any vegetable that is not cooked, but must be especially true in connection with plants growing near water, since the latter may be contaminated with sewage. A long way from the place where the illness was propagated, or another wild plant useful for flavoring other salads. If you wish to use salad greens in lettuce or other sharp salads, taste the ordinary wild kind to see how it is. It is usually as a substitute for the varieties cultivated for that purpose. Of plants cultivated in the former garden the leaves and strips suited for consumption may be mentioned as a seasoning. (Mrs. V. T.)

Keeping Fresh Meat and Poultry
To the Editor of Woman's Page:
Dear Madam:—What is the best way to keep fresh meat and poultry? Should they be laid right on the meat or poultry in direct contact with the ice; also do not lay it flat in a dish or pan. Put a rack under the meat, then set the pan in the refrigerator, after wiping the meat with a damp cloth. If meat is to be cooked several days, lay it on waterproof paper, spread lumps of charcoal around, the meat up and hang it in a cheesecloth bag where it is cool and airy, or hang it where there is a draft, but not a draught.

Take Girl to Cafe?
To the Editor of Woman's Page:
Dear Madam:—Is it good form to take a young lady to a cafe or root garden after an evening at the theatre for a little support? What should be the other under circumstances such as above?
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 bouillon or clam, a salad or some such dish, as chicken à la King, followed by an ice, would be appropriate.

IN THE MOMENTS MODES



A hat neither large nor small, but nevertheless distinctly smart, is composed of white milan straw. The sole trimming is its unique edging of clipped white feathers. The chiffon cape is collared and laced with white fox and tied with narrow piqued grosgrain ribbon. The combination of hat and cape is especially effective.

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 preventive medicine, but in no case will he take the risk of making diagnosis or prescribing for ailments requiring surgical treatment or drugs.

Take a Nap
WE OFTEN hear that "I am so sleepy, but I don't want to sleep in the daytime for fear I shall not sleep at night." That is all wrong. Night is the best time for sleeping, but if you need a daytime nap—if your body calls for it—by all means take one. You will probably sleep just as well when you go to bed, and even if you do not, you have had the amount of sleep you require for the twenty-four hours, and had it when the body most needed it. There are many reasons why a person does not get restful sleep, or why he has insomnia, aside from the fact that he is not living a simple, country life.

Hands Tremble
I am sixteen years old and my hands have shivered since I was a baby. It is a hindrance to me. What can I do to cure this condition?
A shaking, trembling condition of the hands shows some nervous disturbance. You should consult a physician.

Eating Between Meals
Is it ever permissible to eat between meals?
Certainly. One may eat whenever he is hungry provided he has a natural appetite. Regularity in eating is the safest rule to follow.

Tumor Under the Tongue
What is the treatment for a tumor under the tongue?
Consult a surgeon.

Food for Growing Boy
What kind of food does the fast-growing boy need?
Natural food, such as grains, nuts, vegetables and fruits, and also outdoor exercise enough to give him a good appetite.

Ulcer and Cancer
Does ulcer of the stomach run into cancer?
Some of the most eminent surgeons at the present time are very sure that every ulcer of the stomach, when it has not healed, is very likely to have, a year later or several years later, cancer of the stomach. A person who has ulcer of the stomach should get it cured as quickly as possible. But very frequently what are diagnosed as ulcers of the stomach are really ulcers of the duodenum, and a cancer in that locality is very rare.

Diseased Gall Bladder
Will a diseased gall bladder or bile trouble result in a cancer?
Yes. A very common cause of neoplasms and indigestion as well as other troubles attributed to the stomach are really due to the gall bladder.

Acid in the Stomach
Kindly suggest something that will help me cure acid in the stomach.
Take a tablespoonful of water oil at the beginning of each meal. Your dietary should consist of foods that do not require much mastication because chewing stimulates the secretion of acid in the stomach.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

School
MAY FATHER was sitting on the edge of my bed when I woke and when we had kissed each other we had breakfast. Then my father went to bed and Rowdy and I rambled past the carpenters and around where the Rectors are leaving the new house built in place of the one Wilbur Carpenter set on fire. We kept on going till we saw 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."

Jane Better Than Cinderella
The name "Cinderella," which Marjorie Benton Cooke, author of "Ranald," has chosen for her new book, suggests something light. There are light portions of the novel, and by the same token there are the best parts. It is only when the author becomes grave and serious that she shows a tendency to dullness. When Jane Fudd is just Jane she is interesting; when, emulating Cinderella, she marries a fairy prince, she ceases to be attractive. For one thing, she treats herself to some of the old, ugly triangle, and for another, after all her unconventional behavior, she winds up her romance in the most conventional way imaginable. Jane also shows the mistake of indulging in cheap philosophy, or at least of tolerating it in others. She admires a man who says to her such things as "We treasure our many virtues, but those who have become vices. Patriotism, for instance." That sort of thing jars in times like these.

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THE CHEERFUL CHERUB
Sometimes I feel so cramped all day
At night I find a windy place
And sort of spread my soul out thin
And that way cover lots of space.

You
If you no more should love me?—you?
It takes my breath, a thought so strange
As that night earthly could your spirit woo
To change!

Remote from doubt, I dwell secure
In faith all minor faiths above,
So do I trust, 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!

AN ANIMAL EXPERT WRITES ON PEOPLE

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

NO AMERICAN writer has done more than Ernest Thompson Seton to increase the sympathy between men and animals. He has written for Americans, and even though he was born in England, was educated in Canada and did not take up his residence here till he was a man grown, in the "Biography of a Beaver" he has told a tale so moving that many children find



ERNEST THOMPSON SETON

It is impossible to read the last chapters because of their emotion for the old bear which finally goes to his end in Death Gulch. Mr. Seton knows animals from long intimacy with them.

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

verted in a Methodist revival and became a preacher in the most of his life promise made to his mother. He is saved from the consequences of his temperamental defects and trained into a vigorous manhood by a young woman with business sense and balanced judgment. The story opens in a frontier Canadian town, moves to Dakota, thence to Chicago and back to Dakota again. Mr. Seton confesses in the preface that most of the characters are from life and that some of the main events about which the tale is built actually happened. Experienced novel readers will be repelled by this admission, for they know from experience that the story founded on fact is seldom to be compared with the one whose author is not hampered by his attempt to describe actual events. The mingling of history and fiction in this way rarely succeeds. It can succeed only when a constructive genius makes the attempt. Mr. Seton is not a constructive genius.

Yet it must be admitted that he has written an entertaining story of his life promise made to his mother. He is saved from the consequences of his temperamental defects and trained into a vigorous manhood by a young woman with business sense and balanced judgment. The story opens in a frontier Canadian town, moves to Dakota, thence to Chicago and back to Dakota again. Mr. Seton confesses in the preface that most of the characters are from life and that some of the main events about which the tale is built actually happened. Experienced novel readers will be repelled by this admission, for they know from experience that the story founded on fact is seldom to be compared with the one whose author is not hampered by his attempt to describe actual events. The mingling of history and fiction in this way rarely succeeds. It can succeed only when a constructive genius makes the attempt. Mr. Seton is not a constructive genius.

Mr. Bourne's book is not only interesting from the theoretical point of view, but is a valuable book because of the extensive laboratory methods it elucidates. EDUCATION AND LIVING, by Randolph Bourne. New York: The Century Company, \$1.25.

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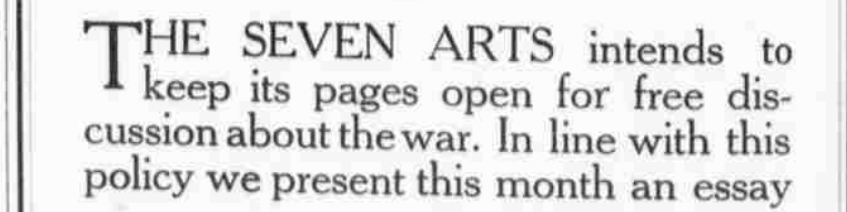
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By RANDOLPH BOURNE

You have not heard this side of the case before; and whether you agree with it or not—and you may not—you should read it.

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