

HONORING MEMORY OF SOLDIERS HAS SPECIAL SIGNIFICANCE TO WOMEN THIS YEAR

MEMORIAL DAY OR DECORATION DAY—WHICH IS IT TO YOU?

Real Significance of the Day Should Not Be Lost in the Nation's Present Crisis

IN TALKING of and planning for today, have you called it Memorial Day or simply Decoration Day? It always seems to me the name one gives it is significant of the meaning one attaches.

Decoration Day, as it is commonly called, is looked forward to particularly by many working people for weeks ahead, a jaunt of some sort is planned, and keen is the disappointment if the day proves rainy and cold instead of bright and sunny—as this, very fortunately, this one.

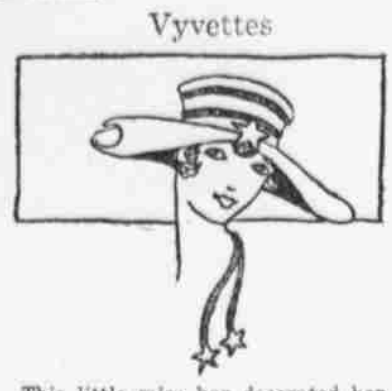
No one, unless he or she is tied down to an office day in and day out, can readily appreciate a holiday.

I KNEW a man who for the first forty years of his life played. His means permitted him to travel North in summer and South in winter or abroad, always following the track beaten out by other pleasure-seekers.

Holidays, bringing with them crowds of excursionists, always bored him. He couldn't understand the enjoyment people got out of herding together in that way.

Then, when he was well into the prime of life, he was obliged to earn his living. And no child out of school was more keenly anticipatory of the first holiday which came to him!

BUT, to return to today's celebration, it is altogether fitting and proper that the day should be spent out of doors; it is also natural that youth should not be deprived of all enjoyment because of the war which has come upon us. But this



This little miss has decorated her hat apropos of the day! She has turned back her hat brim and caught it with a star and tacked two more stars at the ends of two red streamers. Needless to say, the stripes on the crown are red.

year, particularly, let every one—man, woman and child—stop for a moment and consider the meaning underlying the observance of this day.

The word "decoration," although it was originally intended to signify the decoration of soldiers' graves, does not forebode convey that idea. Rather, one thinks of parties, of games, brass bands, excursions and all the other features accompanying a day off.

Try this year to think a little of the day as Memorial Day, with all that the name meant to its founders.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THE best of all exercises is walking. Far too little walking is done in America. As a nation we are losing the use of our legs because of the electric cars, motor vehicles and the rapid transit ways of getting about.

There are certain principles to observe in walking—one should not scramble or loaf along unevenly, but with a comfortable, regular stride, a correct holding of the body and good breathing, walking steadily to a goal.

In the day's work of a man, whether it is professional, manual or business, drudgery and monotony are lightened if one walks strength into his brain and draws; if his work calls for walking in the open air, he should be a happy mortal, only let him do his walking in the correct way.

High Blood Pressure. Why is salt put down for one who has high blood pressure? Salt causes contraction of the arteries, and this contraction of the arteries increases the blood pressure.

Treatment to Restore Rigid Hand. What treatment will restore the use of a hand which has become rigid in an almost closed position? The patient is a woman, recently married and had the use of her hand for the first time since she was married.

Buckwheat. Is there any objection to buckwheat as a food? No. Buckwheat is wholesome. It is not so good as some of the other cereals, but it is wholesome. There are a few people who find some inconvenience from the use of buckwheat.

Milk Diet Harmful. Is a milk diet ever harmful? Yes. It is sometimes very harmful. There are some people so sensitized to milk that they cannot take it in any form. It acts as a violent poison.

Bromides Harmful to Children. Are bromides harmful to give to children? Certainly. Unless you want your children to grow up and be weak minded, you should discard bromides and all such drugs.

Banana Cake. Bake a sponge cake or a plain cake in two layers. Just before serving put freshly sliced bananas between and on top of the layers of cake.

Banana Whip. Press the pulp of three bananas through a ricer, vegetable press or sieve; cook with one-third a cup of sugar and a tablespoonful of lemon juice until scalded; cool and flavor with a few drops of vanilla or a little wine.

Hot Cabinet Pudding With Bananas. Line a quart mold with well-buttered paper; sprinkle the paper with sugar, then dip slices of bananas and nutmeats in raisins on the bottom of the mold to form a simple design.

Care of Child's Hair. A READER—Buy a package of fishberry at the drug store. Directions for its use will be printed on the wrapper.

Invitations to the Firm. Dear Madam—I am in a married and have to send invitations to members of the firm where I have been working up to the time of my marriage.

Ask Her Permission First. To the Editor of Woman's Page: I met a girl at an evening party recently and I want very much to go call on her.

Couple Entering Home. To the Editor of Woman's Page: Dear Madam—An elderly couple having \$500 each wish to enter a home. Can and do these people legally claim any insurance, lodge or other money when the death of the couple is said?

To Clean Leather Chair. Dear Madam—I have a very handsome leather chair which has become infested with small white bugs, possibly owing to the fact that it has been standing in a damp place.

IN THE MOMENT'S MODES



A PRACTICAL DRESS. Natural-colored linen is the chosen material for this barrel-shaped frock, in which the skirt is cut in two portions and joined above the knee with rows of beige-stitching to make it bow out.

The Oxen. Christmas eve, and twelve of the clock. "Now they are all on their knees."

Banana Fritters. One-half cup of flour, one-quarter cup of cold water, one egg beaten, a pinch of baking powder, one-fourth teaspoonful of melted butter.

The Violet. Down in a green and shady bed. A modest violet grew; Its stalk was bent, it hung its head.

Banana Loaf. Take a small loaf of sponge cake or angel food and cut a well in the center. Fill with sliced bananas and heap with whipped cream sweetened to taste.

The Butterfly and the Bee. Methought I heard a butterfly Say to a laboring bee: "Thou hast no colors of the sky On painted wings like me."

MERIDALE BUTTER. Its delicate flavor is always the same all the year around and is never obscured by heavy salting.

Be sure it comes to you in our own Merifol wrapper, which insures purity, quality and quantity.

Avoid butter with a wet wrapper. Water is dear at butter prices.

AYER & MCKINNEY (Makers of Philadelphia Meridale) Bell Phone, Market 3741

Look for the "Merifol" wrapper—air-tight, dust- and odor-proof—at your grocers.

Are Sharply Reduced. Shirtwaist Frocks \$15 to \$45. Custom Tailoring. "Sterling" Designs at reduced prices.

1210 WALNUT ST.

LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

Dear Kate: I told you, didn't I, of sending for Jenny the Great White Way, and let them take a good look at Jenny. It would be better than all their sermons.

No, I won't bring Billy up to see you, Kate. He is big enough to remember things, and I don't want him to know what a prison is, and his first remembrance of his mother must not be that he saw her behind the bars.

I know you want to see him and I can understand it, because I love him, too. But I would die without ever touching his hand rather than ever let him see me in stripes. He will be five years old when you get out.

(CONTINUED TOMORROW) (Copyright. All rights reserved.)

LE PERLE Face Powder. Has no equal. The most exacting will be pleased with the delightful results. 25c & 65c the box at all best shops; by mail prepaid.

Lucas VELVO-TONE-FINISH. Cleans, varnishes and produces hand rubbed finish in one operation. For sale by ALL GOOD PAINT AND HARDWARE STORES.

Des Lauriers Jewelry Factory, 740 Market St. TEA SETS RESILVERED 75c UP EACH PIECE. Mesh Bases Replated, 25c up. Gold Plating Write or Phone (Market 1715) for Estimator.

Ville de Paris CLEARANCE EXTRAORDINARY. ENTIRE LATE SPRING AND EARLY SUMMER COLLECTION. Gowns, now \$25 to \$65. Coats, now \$25 to \$50. Suits, now \$25 to \$55. Skirts, now \$5.50.

Final Spring Reductions. One-piece Dresses. Coat Suits - Top Coats. Millinery. Our regular stock reduced for clearance. BLAYLOCK & BLYNN, Inc. 1528 Chestnut St. Furs Stored, Altered and Repaired.

MEELEY 2012 Walnut Street. CLEARANCE SALE. Commencing Monday and Days Following Afternoon and Evening GOWNS. Linen Dresses - Suits. Sale Price \$45 to \$125. Formerly \$135 to \$250. Children's Department Discontinued - Closing Out Entire Stock at 1/4 Price.

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 endorse the sentiments expressed, and should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES. 1. Which kinds of flour do worms and weevils attack most easily, white flour or Graham and buckwheat? 2. How can rats which curl up at the ends be made to lie flat? 3. What can be substituted for an invalid table when the latter is not available?

- ANSWERS TO YESTERDAY'S INQUIRIES. 1. When hanging a picture, suspend it first with its face to the right, then twist it around; the wire, thus crossing, will prevent it from hanging crooked.

- 2. Rub grease stains on the kitchen table with a cut lemon. 3. After an egg has been hard boiled let cold water run over it for a minute; this will cause the egg to contract slightly and separate itself from the shell; thus the shell can be more easily removed.

- Pineapple Candies—Coddling Eggs. To the Editor of Woman's Page: Dear Madam—Several days ago one of your readers asked for recipes for making pineapple candies. Here are two good ways. Make a fondant in the ordinary way, then grate the pineapple into small pieces, roll each piece into the cream. Pineapple candies are made according to the recipe you gave several days ago, then dipped into melted butter, chocolate, and dried on waxed paper. This is delicious. Will you please publish in your column recipes for coddling eggs? Mrs. W. L. L.

- Recipe for Silver Pie. To the Editor of Woman's Page: Dear Madam—Can you give a recipe for silver pie? It is made, I think, with potato and eggs, but I do not know. ANKIDON.

- Is this the recipe you desire? Pare and grate one large raw white potato, add the juice and grated rind of one large lemon, the stiffly beaten white of one egg, one teaspoonful of granulated sugar and one cupful of cold water. Stir well together and pour into a pastry-lined pie dish and bake in a moderate oven until firm in the center. Beat the white of another egg until foamy, then beat in a tablespoonful of granulated sugar and a little lemon juice and rind until the mixture is stiff. Arrange in a wreath around the edge of the pie, then return the pie to the oven until the white is firm. Have the oven cool, so that the egg will be only faintly tinged.

- Chicken Gumbo—Creole Stew. To the Editor of Woman's Page: Dear Madam—I am sending you two recipes, which I consider good.

- Chicken gumbo—Save what is left over from roasting chicken, cover with water, add onion, until the meat falls off the bones, then strain it all and pick out the meat. Add a little more water and salt; let simmer until rice is done and ready to serve. Add well-seasoned squares, brown in oven and serve with the soup. Creole stew—Cut two slices of corned beef and fry until brown; also cut the fat and brown for medium-sized onions with a little oil and chopped beef. When well browned stir in one tablespoonful of flour, add a cup of boiling water, one heaping teaspoonful of celery seed, a dash of pepper and nutmeg and, lastly, two cups of canned tomatoes. Cook ten minutes and serve hot. (Mrs. H. L.)

- Hints on Saving in Food. To the Editor of Woman's Page: Dear Madam—Do you know that every bit of meat and fish can be combined with cereals or vegetables for making most delicious, meat or fish pies and so on, and to add flavor and food value to made dishes?

- That every spoonful of left-over gravy can be used in soups and sauces or as flavoring for meat pies, croquettes and vegetables? That every bit of clean cut trimmings from meat and every spoonful of dripping and every bit of grease that rises when meat is boiled can be clarified, if need be, and is valuable in cooking? Don't forget your garbage pail at the expense of your bank account, particularly in these days of strict economy. HOUSEKEEPER.

- Cat Scratches Wall Paper. To the Editor of Woman's Page: Dear Madam—We have an Angora cat, one a year and a half years old, that continually scratches the wall paper. I would be much obliged if you would tell me how to break him of this habit. (Mrs. J. E. C.)

- Cats take this way of keeping their nails sharpened. If an upright piece of wood, not too hard, is provided in a conspicuous place the cat will form the habit of using it, otherwise he will almost invariably deface the wall paper or the woodwork surrounding doors. To break him of the habit, you might attach a strip of heavy oiled paper at the place he is in the habit of scratching.

- To Clean Leather Chair. To the Editor of Woman's Page: Dear Madam—I have a very handsome leather chair which has become infested with small white bugs, possibly owing to the fact that it has been standing in a damp place. Can you tell me how to break him of this habit. (Mrs. J. E. C.)

- Remains or gasoline will kill these pests. Use a small spring bottom oiler and force the fluid into every crack and crevice. The fluid should be allowed to remain for some time, as the liquid is inflammable, and afterwards to do this use an insect

- couple entering home. To the Editor of Woman's Page: Dear Madam—An elderly couple having \$500 each wish to enter a home. Can and do these people legally claim any insurance, lodge or other money when the death of the couple is said? (Mrs. J. E. C.)

- Every home has its own rules regarding the disposition of the property of those who enter it. You can acquaint yourself with these facts at whatever home you apply for entrance.

- Neptune GASOLINE Storage System 73 V. The tank is under floor, out of way, giving safe storage at low cost. Protects you against price fluctuations and prevents waste. Send for circular.

- 1 Bbl., 65 Gallons ..... \$55 2 Bbls., 110 Gallons ..... \$49

Fleck Bros. Co. Plumbing & Heating 44 to 50 S. 6th St. Phone 609 Arch St.