# U. S. DEPARTMENT OF AGRICULTURE URGES CONSERVATION OF FOOD—WOMEN'S INTERESTS

### "CAN!" BRIEF SLOGAN ADOPTED FOR WOMEN OF THIS COUNTRY

Government Urges Conservation of Food Supplies by Housewives of America-Women Not Capable of Impersonal Discussions

Vyvettes

Three inquisitive aigrettes start

from the center of a three-cornered hat and run out carefully along the

edges to the three corners-and look over a bit-to find out which

way the wind blows, no doubt.

group of clubwomen in this city were

member when asked her wishes in the

matter declared that it was not so much

But instead of acknowledging the point

tions was threatened over this trivial in-

THE slogan adopted by the United States Department of Agriculture at Washington this year is brief but to the point. It is simply "Can"-in the imperative-not "Can you?"

And every housekeeper, if she has never before attempted preserving, is poring over recipes this summer with a yiew to stocking her pantry "against the winter.

Abstruse discussions of the merits of the cold-pack method, the sunlight process, pressure cookers and other things menfolk wot not of are running a close second to the equally mysterious (to the masculine mind) directions for "purling and casting off," which have been topics of conversation wherever two or three of the feminine persuasion are gathered together.

DAVID F. HOUSTON, Secretary of the Department of Agriculture, has issued an appeal to women throughout the country to can and dry all surplus perishable fruits and vegetables, and on no account to allow them to be wasted,

He says in part: "In addition to regular crops the products of large numbers | fields this attitude is more characteristic of small gardens shortly will become of women than of men. Men can have available in your community. From time | their differences of opinion in matters of to time, as happens each summer, sup- business, can express these opinions most plies of these highly perishable foods forcibly if need be, but when the bush will exceed immediate local consumption. ness at hand is concluded they can drop Unless this surplusage in large part is all feeling of antagonism and resume conserved locally for winter use by home | their former friendly footing. canning or drying, large waste of val- But women are inclined to place a uable food will result. Home canning personal construction on everything. and drying call for little apparatus, the This impressed me particularly when a processes are simple.

Will you not aid the Government in divided in opinion regarding some move restoring these home industries by a the club as a body was about to make. local conservation campaign?" The It seems the decision was reached in a Government need not question the Ameri- rather unparliamentary manner, and one can housewives' answer.

WOMAN'S broader life is making her the decision with which she found fault, become accustomed to expressions of but the fact that the vote was not taken opinion, free from any personal element. according to "Doberts's rules." But occasionally one still runs across a woman who allows personalities to cloud well taken, another member felt she was her better judgment, who cannot discuss being attacked personally. And for a any club business in a perfectly impartial while an actual break in diplomatic rela-

Not only in club life but in other cident.

WOMAN HAS RESPONDED TO CALL TO THE COLORS

Mrs. Joseph Leidy Points to Red Cross Services as Evidence of Spirit of Sacrifice

The rich Philadelphia woman who does nothing but waste time and money to longer exists, according to Mrs. Leidy, wife of Dr Joseph Leidy, 1319 Locust etreet.

As vice chairman of the membership committee of the Southeastern Featury Vanis Chapter of the Red Cross Mrs Leidy en-tertains no illusions concerning wealthy weamen and their activities "Since the war," said Mrs Leidy this

"Since the wai," said M. x Legly this morning, 'the weathy women have been giving their time and many to year rikef and by getting behind the Red Cross have developed that great organization of mercy into an efficient Rig Fryther to the American treeps and war suffered in Europe Philadelphia is participating in a nation-cide \$100,000,000 campaign for the Red Cross, and the Quaker City allotment is placed at \$2,000,000. A major share of this effort is directed by men. It is up to them to raise the money and then come the women, for upon their shoulders the Red Cross has placed the Burk share of the work in regard to the collection and diswork in regard to the collection and de-iribution of supplies and the actual work of caring for the wounded "It is a hig work," says Mrs. Leidy, "and one that must be shared by every

That Philadelphia women appreciate the tuntion and have responded to the Red ross appeal is reflected in the membership. the local unit. A year ago fewer that

Next week when Philadelphia ends its Next week when Philadelphia ends its 25,000,000 campaign the Red Cross will launch another drive to boost the membership to 100,000, and to accomplish this will carry the Red Cross appeal into every home in Philadelphia and adjacent rounties. It costs \$1 for a woman to join the Red Cross, and as Mrs. Leidy puts it, "become an actual part of the United States Government."

"That in itself," she says, "Is worth the and a better investment cannot be. The dollar is spent properly and for the relief of men who are fighting for the principles of liberty. Bosides that, the investor becomes a part and paccel of the sovernmental machinery and is given a personal interest in the organization. As a member of the Bed Cross she is entitled to its privileges and has an equal standing with members of the army, navy or diplo-matic service. 'In the Red Cross a leveler of social dis-

ONE BIG SISTERHOOD

'Most assuredly. The organization is welding the classes together in one big sisterhood. The rich and the poor are brought together and imbued with the same ideals work as one for a common cause. Nothing could be more democratic and nothing can be of greater service to the country.

It has mobilized the women of this country as effectively as the conscription bill mobilized the fighting men. This is not

idle talk, but a reality.

"A year ago Japan, with a population of 40.000,000, had more than 1,800,000 Red Cross workers. America, with its 100,000. 00, had only 25,000

ration of the country issued a call for countries, and today we have nearly This tells the story and reveals how we need have righted to the colors. They have rendy to serve the army that America will send to France and ready to extend a helping hand to the distressed of the 10,000 members

MRS. JOSEPH LEIDY

TIMELY SUGGESTIONS

Mrs. Leidy offers the following sugges-tions to Irhindelphia women who are anx-ious to help the Red Cross

First I advise every woman to become a member of the Red Cross. The member-

p fee is \$1, which is spent in relief work adquarters with the richest contributor. Secondly, I advise women to volunteer service. There is a bulk of work to do and everybody can help. Women are needed in the sewing rooms, others required to roll handages and hundreds needed in other branches,

"Briefly, there is not a woman in the city who cannot do comething that is of As an Hustration Mrs. Leidy pointed to

the worlt of sixty-two young women in Philadelphia moving-picture houses. "When the \$3,000,000 compaign was organized," she continued, "it was decided to collect contributions in the movie theaters. Volun-teers were wanted and sixty-two responded. They are young girls and a majority are recent graduates of the high schools. They to swell the Philadelphia fund. Two of the soung women collected \$250 in a Mar-ket street theatra yesterday. This is only

one type of service.
"But it typifies the spirit of the Red Cross, and such a spirit spells victory for America. It proves that the American woman of today is animated with the same spirit of sacrifice that characterized the "The war awakened the womanhood to women during the days of the Revolution, a stern realization that it was cast for an important role in the great struggle. The Red Cross as the official relief organi-

moved the pituitary gland will be atimulated to activity, and at once the child will begin to grow and will take on a very rapid and vigorous growth. The mind which has been infantile will begin to expand and develop in a normal way, so that the removal of the adenoids sometimes seems almost to work a miracle in a child. At the present time quite a large porportion of the children of our public schools are suffering from adenoids as a result of infection from neglected colds, or perhaps from bad food and general neglect of hygiene. The children of every public school should have the benefit of periodical health inspection so that every child that has adenoids or any other remedial defect may be known, and may have the benefit of up-to-date medical treatment.

Alcohol Rub

Des an elcobol rub have the same effect as cold application? Not exactly the same. An alcohol rub produces reaction in a very moderate and mild way. It is the mildest way to produce a reaction of the skin. The effect of the cold rub is much more tonic.

What is the food value of the peakut? P. The peanut is a libthly nutritious food, athough botaulcally not properly classed as a nat. The peanut is in chemical composition very closely allied to nats, not withstanding that it is produced by a plant which is botanically associated with pease beans and other leaumen. The peanut is rich in protein and fats. A pound of peanuts contains two-fifting as much fat as a pound of butter and fifty per cent more version than a sound of contains the forms. protein than a pound of ordinary beefsteak. Its total food value is nearly 2000 calories to the pound, a food value which is equaled only by those feedstuffs which furnish putriment in the most concentrated form,

Recent experiments conducted by the inited States Bureau of Chemistry have United States Bureau of Chemistry have shown that the protein furnished by the peanut is of very high value in nutrition. The peanut supplies a kind of protein which is deficient in nearly all cereals and other seeds. It is for this reason that peanut cake has been found so valuable as an addition to cereals in the feading of aninais. The peanut is likely to prove equally

valuable as a human nutrient.

The peanut is rapidly growing in public estimation as a food. This country now produces more than \$50,000,000 worth of peanuts annually, whereas a few years ago the annual production was less than one-fourth as much. Much land that was formely used in eatsing cotton is now devoted o the culture of the peanut.

THE CHEERFUL CHERUB I like to spend my days outdoors -No matter what I think about My thoughts just grow as free as flowers And little verses blossom out.



LIVING UP TO

Beer CERTIFE POUR DE

I opened your trunk and got out the clothes you wrote about. I give the gray dress to Mary, and the cost to Mrs. Keenan. There are a lot of things that you won't be able to use when you come out. Hadn't better give them to some one? It seems shame to have them laying there no use to any body.

I had a dandy day yesterday. Mildred Carter met me in a shop and we spent the

### IN THE MOMENT'S MODES

The Plaid Gingham Frock Is Smart This Season

After many years of being considered a strictly "practical" material, gingham has entered the class of really smart fabrics. So firmly has it established itself as a factor in the season's sartorial scheme that today the wardrobe of the smartly dressed woman is incomplete if it does not include at least one gingham frock. In pattern, huge block plaid is the favorite. One may indulge one's color preference to the limit, but pink, black and white seems to be black and white seems the just the combination which has just the best of things. Do not have your frock made entirely of the plaid gingham, Combine it with the same material in solid color of harmonizing or matching shade; or if you prefer you can select linen for the solid color. The costume illustrated today presents on of the period of sents one of the new gingham frocks. The plaid of the pleat-ed skirt combines Copenhagen blue, black and white, and the color of the blouse matches the blue of the plaid.

whole day together. You know she is married. Married some swell man and lives in a fine place on Riverside Drive. She is just as pretty as ever. No wonder she was in all the Broadway shows. She hasn't a bit of sense, but her tiny figure has the most perfect curves, and her face and eyes are just like a wondering child. She makes me think of Billy. She has a baby two years old, and if it wasn't for him, she would go back to the stage. She is awful lonesome back to the stage. She is awful lonesoms up in her fine home, and she misses the lights and the fun and the pretty dresses. She is crazy over the clothes the girls are wearing in the new Field show, and I think she misses the suppers after the shows when a lot of the gir.s used to go with the Johnnies and sort of joy ride. There wasn't Johnsies and soft of yoy ride. There wasn't nothing wrong with the parties, but her mother-in-law thinks it is awful to even mention them. A pretty girl like Mildred could have four suppers a night if she wanted to, because lots of men like to take a show girl out. They wear pretty clothes and attract attention and are funny, have lots of upsto-date stams, know all the new lots of up-to-date slang, know all the new songs, and don't expect a man to be clever. All that they want of him is to pur for the supper. And they are perfectly willing to pay for it if you don't expect them to talk of art or the uplifting of the drama.

Just look pretty and say fool things and whistle popular songs and say things that ion't make their heads ache to answer. I don't make their heads along to many women, think it is always wrong to go to supper, that it is done by heaps of girls who are on the level. I'm in a hurry now.

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### 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 writter. Special queries like those given colour are insided. It is understood that the edition does not necessary indersto the mittinent expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Letger, Philadelphia, P.

TODAY'S INQUIRIES 1. What causes fruit, vegetables and other

2. What is the difference between preserves

3. Which of the fruits contain pectin, neces-

causes it to crack. 2. It is better to wash windows on a duli or when the sun is not shining directly them.

3. Windows should be cleaned first on the outside; then when cleaning the inside any remain-ing spots will be easily discernible.

Canned Strawberries That Retain Color

To the Editor of Woman's Page. Dear Madam—Please give me directions for canning strawberries so they will keep their color as much as possible, and oblige, CONSTANT READER.

Hull and weigh the berries and for each pound of berries allow ten curies of sugar and one-fourth cupful of water. Cook the sugar and water to a thick syrup, let cool a little, then pour over the berries, which have been washed, drained and put into fruit jars. Fill the jars to overflowing with the syrup, adjust the rubbers and screw down the covers loosely. Set the jars on the rack in a steam kettle, cover with folds of cloth or paper and surround with water at the temperature of the jars. Bring slowly to the boiling point and let boil ten minutes, then tighten the covers and let the jars cool in the kettle. Store in a dark, dry, cool

### Candied Pineapple and Cherries-

To the Editor of Woman's Page: Dear Madam-Can you tell me how to candy pineapples and cherries? JANE B.

Stone the cherries, remove the hard center and the outside of the pincapple and cut it into slices. Let cook in boiling water until tender. For one pound of drained fruit cook one and one-quarter pounds of sugar and one cupful of the water in which the fruit was cooked to the soft-ball stage. then remove from fire and pour it over the fruit, having placed it in a shallow dish. The syrup should cover it entirely. Return to the fire and let boil up once, then set aside until next day. Drain on a sleve. Repeat this process three times, when the fruit will probably have taken up all the syrup it will absorb. Let it dry, then store in tightly closed glass jars. If the syrup crusts during one stage, the next time do not add more sugar, but instead add a little water and boil.

### Recipe for English Crumpets

To the Editor of Woman's Page:
Dear Madam-How are English crum;
made? (Mrs.) C. P. made? (Mrs.) C. P. J.
Marion Harland's Cookbook gives this
recipe: Mix together three gills of lukewarm water, one-half teaspoonful each of
salt and sugar, one teaspoonful of melted butter, then dissolve a quarter of a yeast-cake in this mixture. Into this stir enough flour to make a very stiff batter. Beat for ten minutes, adding as you do so enough lukewarm milk to make batter stiff enough to be poured slowly from the bowl. Grease shallow muffin rings. Place these on a soapstone griddle and when hot pour the batter into them to a depth of one-quarter of an inch. Bake slowly, not turning until brown on the other side, then turn for only a few

### Mashed Potatoes With Peanut Butter To the Righter of Woman's Page:

Dear Madam—Recently you have had a number of ways of using pearsit butter in combination with other fracts at the table in your column. Here is another good combination. Take all polatoes of medium size to one and one-half abheapoonthis peant butter, two tablespoonthis scutter, one-half cupful hot mile, salt and peper to take. Bolt the polatoes, then mash hom and best them to a smooth cream with a title butter, salt, paper and mile. Heap in a not buttered baking dish, blend the peanut butter with the other butter, do over the polatoes and bawar in oven.

JESSIE McC.

To Tighten Cane-Seat Chairs

the Editor of Women's Page; sar Madam—Is there anything to do to cane-chairs which have begun in sag? I shall reclate any adules you can say me. (Afrz.) W. Shink you will find that if you wash the hot mapping then place them in ale to dry, they will be quite tight

### I. What is the proper attire for men when

2. Should women remove their hats when attending a breakfast?

3. Is is usual for suests to linger long after breakfast?

ANSWERS TO YESTERDAY'S INQUIRIES

1. Exposing enamelware to heat too suddenly auses it to crack.

1. A bride's veil should extend preferably to the end of her train, but in any case should reach the floor.

2. Finger bowls are brought in with the de sert plates at dinner and placed to one side of the cover until the end of dinner before being

When finger bowls are used at breakfast they should be brought in after the fruit.

To the Editor of Woman's Page:

of these points may be well used, please let me hear som.

(1) When serving, is the housess served first silways or only at the most course?

(2) At a direct in one over home when the maid amountes direct who leads the way into the direct course.

(3) How should the agents be sensed?

(4) When the family always has coffee and there is any doubt as to whether the guests would rather have ten, done the housesy for the minimal the question of the greate? This sould of course, only be necessary if the healest was no asset. At a dinner recently attended one of the guests was a rather particular old one of the guests was a rather particular old have.

(6) If a toly has been asked to spend the night with a friend and he, daughter and aunt have been asked to dinner on the night she arrives how should they be placed at the table? J. N.

(1) It is usual to serve the hostess first at every course and then the maid passes straight around the table. Sometimes she goes to the guest on the right of the hostess after serving her first and then to the guest on the left and around, that one person ot always be the last person at the table

(2) When dinner is ready the maid goes to the hostess and announces it in a low tone, and the hostess rises a moment later and leads the way into the dining room, fol-lowed by her guests.

(3) The woman guest of honor is placed at the right of the host and the man guest of honor at the hostess' right. The other guests are placed by those with whom they will be most congenial.

(4) Tes should be served with dinner and the coffse should be served after the dessert in small cups. If the meal is a luncheon

or supper, the hostess usually serves the tea or coffee, and in this case it is well to have both. The hostess asks her guests which they prefer, never the maid.

(5) If depends on the size of the family in this particular case cited, but the two older women should be given the places of honor; that is, the guest for overnight and the aunt. the aunt.

### Linen Trousseau

To the Editor of Woman's Page:

Dear Madam—I am to be married next month and have not very much money to spend. How few things do you think I need provide for my lines close? I have been told the bride is supposed to supply the lines for the house. Is this correct?

CLARA.

You would require six sheets, six pillow cases, three spreads, three tablecioths, one dozen napkins, one dozen lunch napkins, several centerpleces, two sets of six dollies. also kitchen towels and pantry towels, six each; three dishcloths, one or two pairs of blankets and s table pad. I do not think you could manage well with less. The bride provides the linen, as you have been informed.

### Polish for Patent Leather Shoes

to the Editor of Woman's Page: Dear Madam—What kind of polish should be used on patent leather shoes? E. M. C. Patent leather shoes should not be polished" in the strict sense of the word. apply a mixture of one part linesed oil to two parts cream to the shoes, rubbing it well in with a soft flannel cioth. This will keep the leather soft and it will not crack as

Second Request for Address Will Mrs. M. H. P., who wrote to the Weiman's Exchange effering two killens for adoption phenes eard in her address so I may communicate with her?

### THE GOOD HEALTH QUESTION BOX

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

namer to health questions. Dactor Keilogg is this space will daily give adules on present edicine, but in no cose will be take the risk of making diagnoses of or prescribing for all ments requiring surgical frequencies or drugs. Realth questions will be promptly an swered by personal letters to inquirers who inclose stanged exclapes for reply.

### Adenoids

A has adenoids, the case should have im- bones to grow in an irregular fashion. mediate attention. This is generally a very much more serious question the. It is supposed. In adenoids there is at the ening of the mucous membrane of the bearing of the mucous membrane of the bearing of the first the serious of the septum of the none, so that the name cavities may be hearly closed. This leaves very small openings for the air to pass through. In addition, hausing down from the roof of the mouth, back of the soft palate, are masses that fill the none are completely that the air cannot set there is an extension of fat. In many cases there is an extension of fat. In many cases

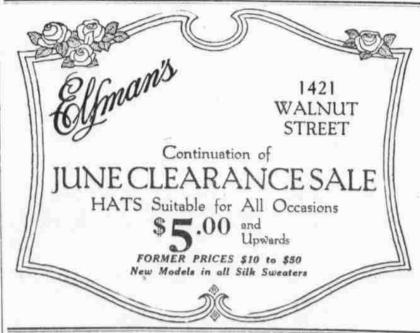
farough.

Recently there has been discovered another very important thing. Up in the base of the brain there is a little body known as growth of the health there is a little body known as growth of the pituitary giand, a minute like cell that controls the nutritive functions of the body. It controls growth, it controls the processes estimated will be fully be the processes of tissue formation. When this gland is

S SOON as it is discovered that a child | affected in a certain way it will cause the Cliants are generally persons who have that the massi cavities may be hearly closed. This leaves very small openings for the air to pass through. In addition, hand fing down from the roof of the mouth, back of the soft palate, are masses that fill the none so completely that the air cannot get the control of the mouth, back of the soft palate, are masses that fill the none so completely that the air cannot get the room of the pituliary gland through.

Recently there has been discovered another very important thing. Up in the base of the growth of the strength of the growth of the child, becarrowth of the adenoids disturbs t growth of the adenoids disturbs this gland. When the gland is affected in certain ways there will be an arrested development. The child will always remain an infant in many

When the adenoids are re-



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