

HO USEWIVES URGED TO DO REGISTER FOR SERVICE IN HOOVER'S FOOD-SAVING ARMY

Every Woman Can Be an Enlisted Soldier for Uncle Sam and the Allies If She Will

PERHAPS you have heard vaguely of the food conservation campaign and have resolved to cut down on your meat bills and to be careful. But have you really made it your business to find out all you could about Herbert Hoover and his food-saving army?

Vyvettes



Tams are becoming "bigger and better than ever!" Bigger, because—well, they couldn't be any bigger—and better, because of the handsome tassels of beads and jade.

To provide adequate food supplies for the coming year is of absolutely vital importance to the conduct of the war. With a very conscientious elimination of waste and a very strict economy in our food consumption, we cannot hope to fulfill this primary duty and in no other direction can women so greatly assist as by enlisting in the service of the food administration and cheerfully accepting its direction and advice.

Women's National Council of Defense and other women's organizations, Red Cross, Boy Scouts and civic and religious bodies have been asked to assist in making the registration complete.

Each card when signed will be forwarded by the local committee to Mr. Hoover in Washington. The name of each signer will be recorded. Specific instructions will from time to time be forwarded from Mr. Hoover. Household tags which will serve as badges of enlistment to be displayed in windows will be furnished.

The slogan of the army is "Feed the Allies out of what we save." Ninety per cent of the food consumed in the United States goes through the hands of women and they may best serve by saving.

If you do not receive a personal invitation, sign the petition form and mail it to your local committee of Public Safety, or to the Food Supply Department, 1428 South Penn square, Philadelphia.

Every woman in the household is to sign this pledge whether a member of the family or an employee.

IN ADDITION to the 1,500,000 Pennsylvania soldiers, Mr. Hoover will direct more than 18,000,000 other women who are to be similarly recruited from the other States and territories. Each woman soldier will be assigned to the second line of defense to fight the waste of food.

Mr. Hoover's position with respect to those who enlist will be less that of a general than that of an adviser, who suggests ways by which waste may be avoided. Enrollment compels no one to any course of action beyond conviction of duty. Each member of this army will do as much of what Mr. Hoover advises as her circumstances warrant and her judgment dictates. In other words, all cooperation, even after enrollment, will be voluntary.

CONNECTION with the activities of a food-saving army, President Wilson said.

MAN'S GROWING LACK OF CHIVALRY BLAMED BY DOCTOR FOR "CABARET CHICKEN," FUTURE MOTHER

PARENTS OF THE NEXT GENERATION—ACCORDING TO DR. AUSTIN O'MALLEY!



She and Her Male Companion Will Bring Imbeciles Into the World, Declares Austin O'Malley, South Philadelphia Expert

IT IS the "cabaret chicken" who, in large measure, will influence the destiny of the coming generation.

In the growing lack of masculine chivalry which is responsible for the increasing numbers of the "cabaret chickens" it is to be seen, therefore, and it is Dr. Austin O'Malley who says so.

Because the eminent South Philadelphia physician has written an arresting book on "Alcoholism" and because he is always having a great deal of interest in the modern problem in a number of magazines, I went to ask him what he thought about the recent enactment of the law by Minnesota's war body, which also had as its leading member, this law prohibits the sale of drinks to women in hotels, cafes, restaurants, roof gardens and every other public place.

By MLISS

It is a startling truth that men actually become a striking canary yellow, and could almost meet the rouge on her cheeks. She looked ten years older. The dye and paint and powder which some one had persuaded her made her more beautiful, gave a positively hard expression to her winsome, girlish face.

"The child of the cabaret frequenter who indulges in alcoholic drink is very apt to be a morose, high-grade imbecile, if not actually worse than idiot. There is no getting away from this. It isn't sentiment. It's a matter of fact, plain as day. The sins of the drinking fathers and mothers are visited upon their children, and the parents need not be out-and-out drunkards, either.

It is difficult to think of her as the mother of the coming generation. She seems rather a pitiable human moth, who becomes thoroughly stupid before she has much time to do any harm to her brood.

"What was needed is not prohibition or asceticism, but rationalization. When men and women realize that they are human beings, not pigs; when men cease pining young girls with liquor; when married women, mothers, take the cocktail from the family menu, then we shall have to meet of drastic, humiliating legislation or vulgar, nauseating snuff."

"I do not see a veritable millennium in the distant future, but in the meantime the 'cabaret chicken' twirls her French-heeled feet to the latest time and despite the activities of Mr. Hoover at Washington, has no qualms about the tip that rough liquor and no statistics about where the high-grade imbeciles come from.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only. The name of the contributor is not published unless she so desires.

TODAY'S INQUIRIES

1. What is the most economical way to peel potatoes?

2. How can stale bread be utilized?

3. What is considered the proper accompaniment of curry in India?

ANSWERS TO SATURDAY'S INQUIRIES

1. Empty coffee cans, baking powder cans and syrup cans can be used for canning fruits and vegetables if they are thoroughly sterilized.

2. White bread can be cleaned satisfactorily with corn meal.

3. Iron rust can be removed from delicate white fabrics by covering thickly with vinegar, rinsing in cold water and then placing in cold water and bringing the water slowly to the boiling point.

Decorations for Independence Day

Dear Madam—Can you suggest some way to decorate the table on the Fourth of July—something simple and not expensive? G. T.

The variety of decorations in red, white and blue is so large that it is almost impossible to list them. It is necessary to make a choice. If you do not care to buy the favors, such as cracker crackers, guns, filled with candy, you can very easily make these at home by purchasing a roll of red, white and blue striped crepe paper. Shades of blue in many of this, and by cutting it in strips very effectively streamers can be dangled from the ceiling or made into net curtains for the table.

A diminutive soldier standing in a centerpiece. Or a very realistic fort can be erected with small shooting crackers. Serve the nuts, bonbons, etc. in individual dishes made out of crepe paper and the ice cream wrapped in thick paraffin paper and tied with red, white and blue ribbons.

To Decline Invitation

Dear Madam—I have been invited to a birthday party and I am unable to attend. Please write me a note to decline the invitation. My dear Madam—

Your letter does not tell me whether you are a young man or a girl; if the former, you would be more or less limited, of course, in your choice of gifts. A good book, a two or five pound box of bonbons or a box of flowers would be most suitable. A girl can give more intimate presents, such as silk stockings, fancy paper, a book, part of a toilet set or some handkerchiefs.

Gown for Theatre in Summer

Dear Madam—I have been invited to go to the theatre in Jersey City with a young man I know quite well while I am visiting friends in that city. What do you think I should wear? Would it be necessary for him to invite my husband along? CELESTE.

LIVING UP TO BILLY

By ELIZABETH COOPER

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

Dear Kate: I know you will be dead ere I can get to you, but I could not do anything else and perhaps some day you will understand why I do it. Anyway, I have given Billy his chance. He has got to grow up and be a good boy and he won't ever need to know that there are such things as thieves and prisons. He'll learn to think of his round eyes and his mother and father and his real mother who was in the str. He will think of his aunt Nan, as a little red-headed girl who loved him and brought him toys, and he won't never be a bitternose or what.

I will tell you all about it, so you can get the worst of your madness off before you come out. I don't want to kill me, but I will want to kill me, and perhaps you will, but I don't care, I have done the only thing I knew to do for Billy.

After Mrs. Smith's baby died, she wouldn't look at Billy for a long time. Then she got to holding him and rocking him to sleep at night, and after a while she couldn't let him out of her sight. I was awful glad, cause I thought, perhaps she would be always glad to have him, and then one day I heard them talk about going to Australia. Mrs. Smith didn't like the house since Paul was gone. She stops and listens as if she expects to hear him round the corner, and she don't want to go in his room, and she acts queer. Mr. Smith thinks if she got away where everything was different, she would forget me, or if she didn't forget she wouldn't remember with so much pain.

His brother wrote from Australia and asked them to come there a long time ago. He is in the sheep business and doing very well. They talked it over when you read it over, and now they have decided to go.

It most killed me, cause this is the only home I ever knew, and I didn't know what would become of Billy. I felt I couldn't take him back to the room. I said to Mrs. Smith one day that it kinda killed my feet from under me to think of Billy losing his home and the mother and things he had had for two years. She looked at me a long time and then she said, "Nan, Billy don't need to lose his home." I said, "What do you mean?" I will tell you with me." She said, "I took my breath away for a minute to think of losing Billy. He is in my face, cause he was so queer. You can come, too." I did not say nothing for a long time. I thought that this was my chance, I would get away from the old crowd, get away from all the things I hate and yet seemed kinda drawn to. I could leave this life that may be will take me down and down, and Billy and I could commence over again in a new country. Then I thought of you, Kate, and how you are coming out soon, and if both Billy and me was gone, you would have nothing to hold to, and I know you, and I know you would go straight to Hell. There would be no half way place for you, you would keep on sliding. And, Kate, I couldn't leave you. Billy can get on without me, he won't never know no difference, but you would be all alone, and it's hard enough to try to be decent when once you've been in the str—even with friends to help you, and when you come out, Kate, I am going to be waiting for you at the gate, and you are going to make a fight and win out and live decent.

I thought of all this when I sat there looking at Mrs. Smith, and then I said, "No, I can't go, but you can take Billy." She said, "Nannie, I won't take a baby unless I can adopt him and make him really mine. I don't want any father and mother to come and take him when I have grown to love him, and I know you, and I know your mother or Jim would give me less you saw something in it for yourselves.

"Then Mrs. Smith moved over close to me and took my hand and said, "Nan, I am going to let you understand that perhaps will hurt your feelings. Would you give Billy to me?" I said, "Why, I would love to, but I can't, he ain't my Billy." Then Mrs. Smith said, "You ain't angry at me, are you? I have never said anything, but I have never believed that story about Billy being your sister's baby. Isn't he your little boy?" I said, "I didn't say that, but I thought I had lied to her, thought I had made up that story about you being Billy's mother. I said I lied, and she said, 'We will go to the lawyer's and he will make out the papers,' so we went and I swore that I was his mother, and that his father was dead, and I gave Billy to Mrs. Smith, and when he come back he was her little boy, oh, Kate, I can't write more, my heart is nearly broke. NAN.

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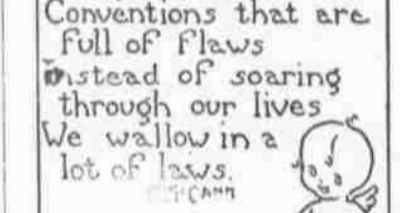
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THE CHEERFUL CHERUB

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"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Good Girl and Why She Was Insulted

"THIS was a demure, modest girl, about eighteen, with masses of chestnut brown hair," said the magazine editor in telling me of his experiences with his young telephone operator.



"MA" SUNDAY

"When she came back to us her beautiful chestnut hair had become a striking canary yellow, and could almost meet the rouge on her cheeks. She looked ten years older. The dye and paint and powder which some one had persuaded her made her more beautiful, gave a positively hard expression to her winsome, girlish face.

me about the 'canary-colored queen' and lingered around her desk I began to be irritated. One day she burst in on me in a torrent of tears and said that she had been grossly insulted by one of our visitors. In vain I tried to point out to her that she was as much at fault herself—that the change in the attitude of men toward her was due to the physical change in herself. But it was no use. And finally it was necessary for me to dispense with her services and lose the most capable girl I ever had."

Girls of the telephone switchboard, girls of the office desks, do you not realize that a painted cheek is a signal flag to the world? To be deemed good and pure and noble you must not alone feel that you are so in your own hearts. You must avoid the appearance of evil. The world judges you as it sees you—not as you know yourself to be.

And there is no beauty like the natural bloom of youth. A faded cheek becomes a ludicrous, often a ghastly travesty of nature when touched up by the so-called appliances of the modern "beauty specialist."

God did not intend human beings to be painted, or he would have had them born so.

There are beauty appliances far more effective than those of the rouge box. The girl who fills her life with beautiful deeds and beautiful thoughts, who bustles her days and her hands with the service of the Master, need not worry about her color or her complexion. Her soul will shine through and will radiate its glow on the gloomiest day.

Copyright, 1917, by the Bell Syndicate, Inc. Note—Mrs. Sunday will endeavor to answer many letters personally as she possibly can. All will receive consideration, and she will make her replies confidential when requested.

Thursday—"The Date at the Movies."

TO THE FOOD ADMINISTRATOR, WASHINGTON, D. C.

I am glad to join you in the service of food conservation for our nation and I hereby accept membership in the United States Food Administration, pledging myself to carry out the directions and advice of the Food Administrator in the conduct of my household, in so far as my circumstances permit.

Name Address

Number in Household..... Do you employ a cook?..... Occupation of Breadwinner..... Will you take part in authorized neighborhood movements for food conservation?.....

There are no fees or dues to be paid. The Food Administration wishes to have as members all of those actually handling food in the home.

DIRECTIONS Mail this slip to the Food Administrator, Washington, D. C., and you will receive FREE your first instructions and a household tag to be hung in your window.

Upon receipt of ten cents with your pledge card and a return addressed envelope, the official button of the Administration and, if desired, the shield insignia of the Food Administration will also be sent you.

Tomorrow's War Menu

BREAKFAST Cooked Malt Cereal Toasted Crumpets Beef Hash Coffee

LUNCHEON Clam Fritters Rhubarb Coleshaw Brown Bread Tea

DINNER Clam Chomder Corned Beef Creamed Cabbage Watercress Raspberries

To a Young Lady Sweet stream that winds through yonder glade, Apt emblem of a virtuous maid— Silent and chaste she steals along, Far from the world's gay hues throng; With gentle yet prevailing force, Intent upon her destined course; Graceful and bliss wherever she goes; Pure-bosomed as that watery lass, And Heaven reflected in her face! —William Cowper.

ASK FOR and GET Horlick's The Original Malted Milk Substitutes Cost YOU Same Price.

Summer Clearance Millinery reduced to \$5.00

Waists and White Skirts One-Piece Dresses in Wash Materials and Georgette Children's Dresses Regular Stock, but Greatly Reduced for Clearance

BLAYLOCK & BLYNN, Inc. 1528 Chestnut St. Furs Stored, Altered and Repaired

MANN & DILKS 1122 CHESTNUT STREET

Tyrol Wool Tailored Suits For Women and Misses

May be had in every fashionable shade and color as well as white and black. Also made in exclusive sport models

23.75 24.75 27.75 Tyrol Wool Top Coats, \$24.75 Early Fall Hats are ready

Dear Madam—Can you tell me how to make fresh fruit with fresh fruit, so the ingredients will be nicely blended? MRS. R. S.

The secret of making good fresh cream when using fresh fruit lies in mashing the fruit thoroughly and in whipping the cream before the fruit is added. Peaches, berries or bananas, etc., which are cut up will freeze into hard lumps, while if mashed and mixed with cream a mousseline mixture will result. This may also be packed for a number of hours without losing its consistency, while lumps of fruit only grow hard. To make it entirely of rich cream is desirable, of course, but in these days not practicable. You will find that one part cream to two parts milk will make a very toothsome mixture. You can whip the cream and add the sugar and the fruit to it, then the milk and, last of all, a raw egg. This will thicken it slightly as the dasher of the freezer beats it. When partially frozen remove the dasher and pack it for several hours until needed, using plenty of salt and covering it with a piece of old carpet.

Carried Eggs—Tomatoes

Dear Madam—Can you tell me some way of using curly headed chicken cutlets, from very fond of the flavor? HEADER.

Carried eggs are delicious, also carried tomatoes. For the former use four hard-boiled eggs and cut each into lengthwise with heat one cupful of milk. Mix together two tablespoonfuls flour with two tablespoonfuls melted butter; season with salt, pepper and one-half teaspoonful of the curry powder; add the hot milk gradually, stirring constantly, then add the eggs. Cook for a minute and serve on toast garnished with watercress.

Carried tomatoes—Wash one cupful of rice through several waters; partially boil it, have ready one quart of stewed tomatoes. Add one teaspoonful of curry powder to the tomatoes and salt to taste, and fill a baking dish with alternate layers of the tomatoes and rice. Have a layer of bread crumbs on top. Dot with butter, bake three-quarters of an hour and serve hot.

Summer Salad Recipes

Dear Madam—Having read the request for hot salads for someone I am sending you two. One frequently with good results. Carrot and lettuce salad on the table and lettuce and tomato salad. The ingredients are three cupfuls carrots sliced, one cupful lettuce, one cupful watercress, one cupful butter, one tablespoonful salt, watercress, parsley, dry mustard, sugar, vinegar and oil. Mix the carrots and peas with a little seasoned parsley and one-half of the dressing. The dressing is made by beating the watercress and pour over the remainder of the dressing. The dressing is made by beating the watercress and pour over the remainder of the dressing. The dressing is made by beating the watercress and pour over the remainder of the dressing.