# EVENING LEDGER-PHILADELPHIA. TUESDAY, JULY 10, 1917

# ENLISTED MAN YEARNS TO HEAR FROM THE STATES-WOMEN'S INTERESTS-HEALTH TALKS

# LONELINESS OF ENLISTED MEN STATIONED IN FARAWAY PORTS

Young Corporal Writes of Conditions in Philippines, Where Letters From the States Mean So Much to the Soldiers

Vyvettes

A summery toque with a wreath of

"Kipling, in his 'Tommy Atkins,' cer-

"For fear this is getting too long for

muraing for a parent to wear a black derby hat

In the summer or is a straw hat permissible?

young man in mourning?

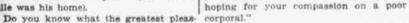
MANY American girls very laudably M adopted "poilus" before our own country entered the conflict, and gave them many happy hours by writing to them. And now they are becoming just as surely interested in the welfare of the young American boy soldier enlisted for the duration of the war.

But has it ever occurred to you, busily tying up comfort kits for these boys, sending them magazines and giving them garden parties, that there are young men in the regular army whose life could be made brighter for a letter now and then? We are too prone to think only of the white-clad officers being feted at every post to which they are sent, forgetting they have many resources denied to the enlisted men.

A young woman in this city who in a quiet way has performed a great many acts of kindness received this letter the other day from a young corporal stationed at Camp Eldredge, in the Philippine Islands, and it so vividly describes conditions that I think it worthy of quoting:

"It would be an act of charity I could never repay just to receive one letter here? The after-a-meal cigarette, pay from the States while I am in the Phil- day, Christmas and Thanksgiving dinippine Islands. Think of it! More than ners and a glorious night of immoderate two years in the Philises and never a drinking (that's rather a smooth way of letter! And still the average civillan saying getting drunk). So is it any thinks about as much of a regular as a bird does of a snake!

"Admitting that the general average is haps the opinion of the people will be a below what it should be, is that any rea- little more considerate. I do not know son why in this God-forsaken bit of what they think about the present condimolten clay called the Orient what few tions there, probably will know by the white persons there are ever should treat time you receive this, but here we are so ue on a par with the natives? How mis- afraid that we won't get to see any actual taken was my conception of the army! service. After serving a few years in Back in the 'sticks,' where I come from | the army in times of peace it surely (Posey County, Ind.) a soldier is rare. makes one want to fight. Where I attended school (Wabash U., Crawfordsville, Ind.) a soldier was a hero tainly did hit the nail. (forgive the comparison) and Lew Wallace was without a peer. (Crawfords- your patience I will begin to taper off ville was his home).



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. Spicial queries like those given below are invited. It is understood that the editor does not accessarily inderse the sentiment currented. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE. Evening Ledger, Philadelphia, Pa.

#### TODAY'S INQUIRIES 1. Is it necessary for a young man who is in

1. Are bran and graham bread the same? - ¥.

9. What is meant by a potroast?

8. What is the difference between frying and

3. How can buttons be put on so they can easily be removed and replaced? ANSWERS TO YESTERDAY'S INQUIRIES.

1. Paraffin that has become unclean through [ 1. An excellent skin lotion can be made from in canning and preserving may be cleaned wused. Don't throw it away because dirt three pluts of strawberries steeped in one quart of white wine vinegar for seven days, then strained. It is said this will whiten the face usage in canning and preserving may be cleaned and reused. Don't throw it away because dri-and trash have become mixed with it. Many times paraffin can be cleaned with a brush in cold water. If this does not remove all the dirt, says a specialist of the United States Deand at the same time impart a pinkish glow. 2. Black tea can be used as a basis for a hair

tonic as follows: Two ounces hay rum, two ounces glycerin, two ounces alcohol, ten ounces of a strong infusion of black tea. Mix and perfume to suit. The tea should steep for twenty minutes, then stand until cool before being mixed with the other ingredients. The tonic should not be applied to bland hair, as it has a tendency to

and strains again. Any paraffin lodging in the strainer may be recovered by heating the cloth and pouring eff the hot liquid to another deable 3. A petticeat made of percale or pique with a double



WHEN attacks of vertigo occur only or W casionally, they are very likely due to indigestion; it must be remembered, how-ever, that in certain mild forms of epilepay the patient suffers from attacks which are often described as vertigo, the so-called petit mail. When the vertigo is very fre-quent, some profound disturbance of the bodily functions almost certainly exists. There may be hardening of the arteries, de-generation of the heart or kidneys or some other grave condition. Occasionally the giddiness may be the result of the use of drugs, especially of headache powders and siege-preducing drugs. Bromide of potash causes very severe vertigo when freely used. In every case of vertigo the cause must casionally, they are very likely due to

causes very severe vertigo when freely used. In every case of vertigo the cause must be diligently sought for and removed. When the attack is accompanied by pailor the patient should lie down, or if this is in-convenient, he may simply hend the body forward so as to hold the head as low down as possible. If the face is flushed, the patient should lie down with the head well propped up and cold cloths should be ap-piled to the neck and head. Not inferemently the gause of giddiness is

Not infrequently the cause of giddiness is simply constitution. Poincons absorbed from the colon affect the brain as do certain drugs. An enema may be given for tempoin training the bowels to move well three or four times a day.

Certain persons suffer from vertigo after taking an enema. The cause may be the drawing of too much blood to the abdominal flowers around it and loops and loops of pink ribbon at the back. drawing of too much block to the averages. Using water at 80 degrees Fahren-heit or less will usually prevent the vertigo. Vertigo is likely to follow a very long hot bath because of the weakening effect of the bath upon the heart and the great dila-tation of the surface vessels. A dash of cold mater will cause the symptoms to dilure we of the regular army have over

old water will cause the symptoms to dis

Vertigo with pallor may usually be re-Vertigo with pallor may usually be re-lieved by a dash of cold water upon the face and chest or by applying hot cloths to the head. wonder that so many go wrong? But Neurasthenics often suffer much from now that there is trouble brewing per-

vertigo. In such cases the vertigo is usually accompanied by a feeling of con-striction or a "band" sensation in the head with a sensation of pressure at the back of the head. There are also "numbress" and other disturbances in various parts of the body. In these cases, hot applications to the top and back of the head affend relief Bathing the face with hot water is also beneficial.

## Pyorrhea and Loosened Teeth

is there a cure for pyorrhea and loss seth? I should like a home prescription. ALICE

ALICE. Pyorrhea is an obstinate disease, but often it may be cured. You will need treat-ment from a skillful dentist for some time, and the dentist will give you such prescrip-tion for home use as he thinks suited to your case. Every case of pyorrhea needs prompt attention. Rheumatism, eye dis-ease and various other serieus maladies originate in mouth infections. It is most important to train the boweis to move three times a day and to so regulate the diet as to keep the tongue clean and the breath

## Treatment for Swollen Thyroid Gland What is the effective treatment for a slighth wollen thyroid gland? Miss J. M. P. It is impossible to prescribe for such a

case without a thorough examination of the patient. Consult a physician. 2. What kind of glaves should be worn by a

Nasal Obstruction and Cold in the Head Will the obstruction of the nasal passages that extend to the throat cause a continual cold in the head? DOROTHY H. What seems to be a cold in the head is

probably an inflamed condition prosably an inflamed condition of the nuccus membrane of the nose and throat caused by obstruction. It may be some growth in the nose, a deflected septum, adenoids or enlarged tonsils. You should consult an experienced nose and throat spe-cialist and follow his advice.

# **Physical Imperfections**

I am a young man in good health eacert for a couple of slight and account imperfections. Can anything be done to correct physical im-perfections? H S. ALL women interested in bringing about a reduction in food prices It depends entirely upon the nature and location of the imperfections. and in general conservation of supplies are urged to attend a meet-

## IN THE MOMENT'S MODES Bathing Costume Done in Purple

READERS by sending this coupon and two-cent stamp for postage to the National Emergency Food Garden Commission, 210 Maryland Building, Washington, D. C., will re-ceive FREE OF ANY CHARGE a and Black

primer on canning and drying vege-tables and fruits. Indicate which is desired. Send two two-cent is desired. Send two two-cent stamps if both are desired. Fill out the space below and mail, as this is a part of the personal service this paper aims to give its readers.

Free Primers for Housewives

on Canning and Drying Food

Name ..... Street ..... City..... State..... E. L. Canning ..... Drying .....

## LIVING UP TO BILLY By ELIZABETH COOPER

Oh, Kate, can't you get word to Jim some vay and call him off? He is just bleeding ne to death, and every time I turn round there is some one with a note from him asking for money. I have drawn most all I have in the bank, and will soon he flat broke if this keeps up. I want to help him all I can, but it just kills me to see all the money that I have saved so careful and gone without things so as to have some for you when you come out so as you could rest a while and see what you wanted to do, go to that cheap crook and his friends. I suppose he is a paying them dear to hide him, cause they are a rotten lot and won't do nothing without pay. It scares me cold every time see a man with a note in his hand, because the police are bound to get on to it sooner or later, and they will follow the fellow and I have given him enough to get to Aus

"As for us in England today, we are no longer in a 'nice little, tight little, safe little island'—as the old song says. Even tralia, way don't he go? Oh, I don't want them to get him of course, but I wish in broad daylight, when the summer sun beams cheerfully down upon us, the enemy seroplanes come hovering over our heads, comething would happen that would call NAN.

## XXXIX

I am worried near sick, and I can't sleep nor eat nor nothing. I refused to send Jim any more money and the other night a man Night raids are bad enough-but someh one feels 'rafer' during the night. But to be caught in the full light of day-to be walked along the street with me and said "Jim wants you to send him fifty." I said, "I haven't got it to send, I am busted." He bent his head toward me and said, "Jim said to tell you that if you didn't send the forced to witness the most horrible scenes of carnage and of death right in on midst-words can't express the feeling. In the heart of London, for instance, I witnessed the removal of some of the vic-tims of a daylight raid. They were about a dozen young girls and children. The pave-ment literally ran with blood. A handsome doingh, he would take the kid." I just near went cold at that, and the man saw it scared me white. I had my week's pay in my hag and like a fool I gave him twenty. my and and the a root I give him thendy, which tipped my hand off to them, showing I was scared for the kid. I went home and I ain't let Billy out of my sight since, ex-cept when I am working, and then I take him up to Myrtle's, and toil her to keep the door locked, and not to answer it for wheth motorcar hurrled up and the chauffeur and the owner helped to lift three of the girls into the car. The delicate gray leather cushions and fittings of the car turned into cushions and fittings of the car turned into crimson, and apparently two of the girls were dying. A third was conscious—her arm had been completely severed and the chauffeur tied his leather belt round what shody.

will peach on him as sure as I am a living sinner. I am dead sore. He has got all my money, and I am in all wrong with the was left of it very tightly, so that the poor child might not bleed to death before they got her to the hospital. It's the casjest thing in the world to police, but I will help him anyway I can, so long as he keeps his hands off Billy. Now, if you or your friends have got any read about such things. It's the most heart-rending thing in the world to watch them actually happen. I was walking in \_\_\_\_\_ street (the way of getting word with him, you just let him know it NAN

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## THE WORLD'S WAR Through Woman's Eyes By ELLEN ADAIR

## The Peril From the Air

LONDON, June 36. | ring aeroplanes were British and stopped is the street to admire their graceful flight. TO BE bombed in broad daylight by hos-L tite aircraft!

pretty and

In London we are growing accustomed to that highly unpleasant sensation. The Germans are determined that "fright

the street to admire their graceful flight. Bang! Bang! Bang! The detonations were terrific. Children screamed with fright as the bombs fell. The crowds had no time to get to cover. And the enemy alterna hung over our heads, dealing death out with a terrible hand. Scenes of slaughte followed which I would willingly forget-t Locald. fulness" shall hold sway over the Lonif I could. don streets.

URGES REPRISALS

Last year Londoners o could "Whatever course is taken," said the Lord Mayer of London in a recent speed, "we must stop this brutal and wholesas murder of women and children. I don't can look up on fine days into a sky of limitless blue. We could dream very what measures are adopted so long as then quit outrages are stopped. But we must have justice for our women and children." harmless dreams of freedom matching that infinite space.

If only the German people knew; if only It only the German people knew; if say the British people carried into the German domestic hearth the true bruitality and horror of high explosives, of bombs dropped on children who were flung about its bloody rars, then surely the enormity of the crimes committed by Germany would make her pause in her terrible course of relabilityness. The town might b frightfulness.

Several of my own personal friends have suffered greatly in these recent air rais A woman friend of mine lost her husbard and two sons, and yesterday her your daughter, a beautiful girl of eighteen, did in hospital from after effects. The woman herself was rather badly wounded, but is making headway toward recovery now, Ba has not the least desire to live.

THE TRAIL OF MURDER

In the poorest quarter of London there was a veritable trail of murder. I thisk the crowning infamy was the killing and alming of many little children in an infants' school.

In the roof of the school there is In the roof of the school there is a hole about two feet across, as clean as though made with a knife. The bend dropped from the German airplane went through two floors, killing and woundar several children on each floor, but it was on the ground floor that it exploded and worked its most terrible havoc. About forty little tots between the ages of five and seven were at work here, and vis tually none escaped.

All that was left of the classroom was a mass of blood-spattered debris-dutis reduced to matchwood, with here a best and there a slate showing.

In the front part of the room, where the bomb exploded, was a hole three fet deep. Everything was smashed to atom. Most of the little children were terriby mutilated. The teacher a young woman —escaped with some slight injuries, and at once gathered together the few who could walk, and marched them out of the room over the debris of smashed furnitur

fellows. The body of a pretty little fair-haired girl was found on the first floor beside a

plano. The overturned plano stool was be-side her. She had been having a music lesson and was killed instantaneously. In the hand of another little seven-year-

old was found an exercise book, in which she had done her last sum. It was a simple little thing in addition and had been mark-ed "Correct." The anguish of her mother as she held the child in her arms, still grasping her exercise book, was dreadful to witness.

Bombs fell close beside another school. "I never saw such a sight," said an Au-tralian soldier home from the front, we had gone to the school to bring home thus nieces. "There were the teachers cool standing in from of their classes, while de youngsters said lustily. One bomb is with a deafening crush close by, and has were signs of papic among the smaller di-subtra of papic among the smaller diwere signs of panic among the smaller d dren, when the headmaster, pushing meint the classroom, said: "We're all right, chil I was walking in \_\_\_\_\_\_street (the centeor will not let me mention names) in the heart of London, when a daylight raid occurred. At first we thought that the whir-ing 'No!'

fashioning, along comes a model that proves the inexhaustible possibilities of this wardrobe necessity. The newcomer has bloomers that reach below the knees. They do not gather into rubber bands, but end themselves in flat, slightly circular frills that completely conceal the kneecap. And they have proved as becoming as they are new. Today's sketch shows just what thesenew bloomers look like. The costume is developed from black satin with purple supplying the pointed tabs on the shoulders and bloomer ends and used in the piping and buttonhole bindings. The buttons are purple, too.

tumes. Just when every conceiv-

able change has been rung in their

Food, Attend This Meeting

g to be held in the New Century

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Sectioningen

XXXVIII Dear Kale:

find Jim.

him off of me. There's a new idea in bathing cos-

Dear Kate:

I tell you, Kate, if he touches Billy, I

Women Who Want Cheaper

THE CHEERFUL CHERUB I live up lots of

stuffy. The streets might be dusty. The noise of traffic London might be nerve-racking. But there was the sky. Now, however, we live in times of progress. As we look up into the progress. SELLEN ADAIR sky, and mee a white woolly cloud drifting idly across it, we remark: "I woner if that's a Hun aeroplane?' There's a horrid little shiver back of For the peril from the air is very real and very potent these days. We watch the little harmless-looking cloud for a few minutes. Then-bang' bang' bang! Yes, sure enough, it holds a

question,

settle aeroplane.

out, one by one.

But-is that a star?

Programs? What next?

Perhaps, when evening comes, we feel a little safer. We gaze up at the deep blue sky and watch the little stars come

How pretty and innocent they look

"I say, you people there, is that a star, r a Zepp?" The question comes a little

Bang ! Bang ! Bang ! It's a Zeppelin, after

More progress, I suppose. And that eans still less peace.

and work their havoc in our midst.

WHAT A DAY ATTACK IS

"The people of America cannot comprehe

awfulness of a daylight air attack.

one's

The question comes a little

2. The easiest war to clean the bottoms of pans and kettles is to rub them over with sandpaper.

iment of Agriculture, heat the paraffin to ling and strain it through two or three knesses of cheesesioth placed over a funnel.

a thin layer of absorbent cotton over one

theknoss of cheesecleth may be used as a strainer. One straining should be sufficient or-duarily, but if the paraffin still is unclean heat

5. A broom will last longer if it is hung up instead of being allowed to stand.

#### **Recipe for Blueberry Jelly**

To the Editor of Women's the property of the Editor of Women's the property for the property of the property o

#### Green Currant Pie

The the Editor of Woman's Pape: Deer Madam—Many housekeepers do not know that green currant ple is really nicer than that made from ripe currants. Line a deep ple plate with a rich crust, sprinkle two tablespoonfuls four over it. fill with the green currants, add towar to taste and anothird cupful of water. Put the upper crust on and bake in a slow oven for one-halt hour or more. Many thanks, Mrs. Reader, for the recipe.

## **Caramel** Icing

To the Editor of Woman's Page: Dear Madam-Please print an easy recips for earsmel icing. (Mrs.) W. **This recipe is simple:** One and a quarter **cupfuls** brown sugar, one and a quarter **cupfuls** white sugar, one-third cupful water; cook together until it spins a thread. Beat the whites of two eggs until stiff, then pour in the syrup very slowly, beating all the time until it begins to stiffen.

#### **Creole Banana Fritters**

To the Editor of Woman's Page: Deer Madam-Will you kindly print in your column hew to make business fritters, and whither they should be served during a dinner or as a densert? ANGOUS. One cupful flour, one and a half teampoon-

fuls baking powder, one-quarter teasponful sait, one tablespoonful powdered sugar, one egg, one-quarter cupful cold water, two bananas. Mix and sift the dry ingredients, add the well-beaten egg and water and beat well; press the bananas through a sieve, add to batter and drop a tablespoonful at time into deep fat; drain on paper, dust with powdered sugar and serve with either currant jelly or lemon sauce. They can be served either as an entree or a densert.

#### To Clean Silver Toilet Set

To Clean Silver Toilet Set Ten the Selfer of Women's Page Ten the Selfer of Women's Page Ten to the selfer of the selfer of the selfer to ave the selfer of the selfer of the selfer of the selfer to ave the selfer of the selfer of the selfer of the selfer of the selfer to ave the selfer of the sel

## Care of Patent-Leather Shoes

Care of Patent-Leather Shoes In the Editor of Woman's Pape: Despatest feather shoes from oracking, also from scutture: The patent feather shoes from oracking, also from scutture: The patent feather shoes from oracking, also from scutture: The patent feather shoes from oracking also from heat or cold there is less danger, of their cracking. Never polleb them with and any these pollsh; the oil is sufficient to keep them bright and soft. Nothing can be done for the scutture, but when the tiny places of shut are cracked up. Instead of four scutture of heat and soft.

ransparent when worn with thin skirts

Fransparent when worn with thin skirts.
Letters in Answer to Lonesome Boy
To the Editor of Woman's Page:
Provide the end of the en

To a Editor of Woman's Page: Thir Mathem-I would like it you would send mo the address of the ionesome young man. A ionesome lass from over the sea would like to exchange letters with him. I also am an orphan without friends, so you will see how I feel to-ward any one with a like myself. I have no means of getting acquainted, as I work at house-work.

nears of gering statistics much, and especially acts. I chick your paper very much, and especially since you have the Woman's Exchange and the useful cooking recipes. CATHERINE W.

To the Editor of Woman's Page: Dear Medam-I would be very glad to corre-mond with "Lonesome Hoy," whose letter I saw in the Woman's Exchange of your paper this evening. (Miss) MAY 8. To the Editor of Woman's Page:

To the Editor of Woman's Page: Dear Madam-Read "Lonesome Boy's" letter and think it very goods I am also in the nurs-ing profession. Find if very confining, nut noble work, Would love to hear from "Lonesome Boy." LONESOME GIRL. Names and addresses cannot be given in this way.

#### Weight for Young Girl To the Editor of Woman's Page:

Dear Madam-Kindly tell me what a girl lys fret five inches should weigh. I am also seventeen recars of age. What should I set to make me stouler? URNEST M. F.

to make me stouler? URNEEST M. F. You should weigh about 125 pounds, ac-cording to schedule, although many per-fectly healthy young girls of your age do not weigh so much. You will find that if you drink a pint of milk between breakfast and luncheon and another pint in the after-noon you will soon gain weight. Also eat plenty of starchy foods, potatoes, macaroni, etc., fatty meats, cream and butter and take very few acida

#### Pride Causes Anxiety

To the Editor of Woman's Page;

Pine Grove, Pa. My dear little anxious girl, don't you think you are worrying yourself needlessly? In the first place, the young man will not, if he is worth anything at all, let the fact that you are a working girl change his opinion at all; in fact, if is rather to your advantage. Many worth-while girls are doing some kind of work these days. If oc-casion arises when writing to him, just let him know quits naturally that your family is poor. It is better for you to tell him than for others to do so. But don't give the young man the impression that your consider yourself beneath him.

Proper Position for Flag erer-Read Friday's Evanue Labors

#### Pimples on the Face

Club,

(Copyright.)

## Highland Mary

Ye banks and brass and streams around Ye banks and braes and streams around The castle o' Montgomery. Green be your woods, and fair your flowers, You waters never drumile; Where Simmer first unfaulds her robes And there the langest tarry; For there I took the last farewell O'my sweet Highland Mary. How sweetly bloomed the gay green birk. How rich the hawthorne's blossom, As underneath her fragrant shade I clasped her to my bosom: The golden hours on angel wings Flew o'er me and my dearle, For dear to me as light and life Was my sweet Highland Mary. Wi' mony a vow and locked embrace, Our parting was fu' tender; And piedging aft to meet again, We tore oursels asunder; But, O' fell death's untimely frost, That nipt my flower sae early ! Now green's the sod, and cauld's the clay, That wraps my Highland Mary. O pale, pale now, those rosy lips, I aft the kissed sas fondly: And closed for aye the sparkling glance That dweit on me sas kindly; And moldering now in slient dust That heart that loved me dearly; But still within my bosom's core Shall live my Highland Mary. -Robert Burns.



Coffee Creamed Polatoes Tea Taploca Pudding

