

ENLISTED MAN YEARN 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

MANY American girls very laudably adopted "pollux" before our own country entered the conflict...



Vyvettes A summery toque with a wreath of flowers around it and loops and loops of pink ribbon at the back.

But has it ever occurred to you, busily tying up comfort kits for these boys, sending them magazines and giving them garden parties...

ure we of the regular army have over here? The after-meal cigarette, pay day, Christmas and Thanksgiving dinners...

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...

TODAY'S INQUIRIES

- 1. Are bran and Graham bread the same? 2. What is meant by a potroast? 3. What is the difference between frize and maulin?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Paraffin that has become unclean through usage in canning and preserving may be cleaned and reused. 2. Black tea can be used as a basis for a hair tonic...

Letters in Answer to Lonesome Boy

To the Editor of Woman's Page: Dear Madam—"Lonesome Boy" is quite an odd name for a young man...

Recipe for Blueberry Jelly

To the Editor of Woman's Page: Dear Madam—Will you kindly print a recipe for blueberry jelly?

Green Currant Pie

To the Editor of Woman's Page: Dear Madam—Many housewives do not know that green currant pie is really richer than that made from ripe currants...

Caramel Iceing

To the Editor of Woman's Page: Dear Madam—Please print an easy recipe for caramel iceing.

Creole Banana Fritters

To the Editor of Woman's Page: Dear Madam—Kindly print a recipe in your column how to make banana fritters...

To Clean Silver Toilet Set

To the Editor of Woman's Page: Dear Madam—The young man I am engaged to gave me a beautiful toilet set...

Care of Patent-Leather Shoes

To the Editor of Woman's Page: Dear Madam—Is there anything I can do to keep patent leather shoes from cracking?

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

WHEN attacks of vertigo occur only occasionally, they are very likely due to indigestion; it must be remembered, however, that in certain mild forms of epilepsy the patient suffers from attacks which are often described as vertigo...

In every case of vertigo the cause must be diligently sought for and removed. When the attack is accompanied by pallor the patient should lie down, or if this is inconvenient, he may simply bend the body forward so as to hold the head as low down as possible...

Not infrequently the cause of giddiness is simply constipation. Poisons absorbed from the colon affect the brain as do certain drugs. An enema may be given for temporary relief, but the real remedy will be found in 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 vessels. Using water at 80 degrees Fahrenheit 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 dilatation of the surface vessels.

Vertigo with pain may usually be relieved by a dash of cold water upon the face and chest or by applying hot cloths to the head.

Neurasthenics often suffer much from vertigo. In such cases the vertigo is usually accompanied by a feeling of constriction or "band" sensation in the head, with a sensation of pressure at the back of the head. There are also "numbness" and other disturbances in various parts of the body.

Pyorrhea and Loosened Teeth Is there a cure for pyorrhea and loosened teeth? I should like a home prescription. ALICE.

Pyorrhea is an obstinate disease, but often it may be cured. You will need treatment from a skillful dentist for some time, and the dentist will give you such prescription for home use as he thinks suited to your case.

Treatment for Swollen Thyroid Gland What is the effective treatment for a slightly swollen thyroid gland? M. J. P.

It is impossible to prescribe for such a case without a thorough examination of the patient. Consult a physician.

Nasal Obstruction and Cold in the Head Will the obstruction of the nasal passages that extend to the throat cause a cold in the head?

What seems to be a cold in the head is probably an inflamed condition of the mucous membrane of the nose and throat swollen after the cold. Exercise in the open air and walk as nearly five miles a day as you can.

Physical Imperfections I am a young man in good health except for a case of slight and annoying imperfections? H. S.

It depends entirely upon the nature and location of the imperfections.

Pimples on the Face What causes little pimples to come on the face? They do not come to a head, but they waste matter in them. BETHLEHEM.

You are probably eating the wrong kind of food and you probably have a contracted condition of your bowels which cause this eruption.

Highland Mary Ye banks and braes and streams around The castle of Montgomerie...

Where Summer first unfurled her robes And there the latest larkery...

How sweetly bloomed the gay green birch, How rich the hawthorn's blossom...

I clasped her to my bosom, That not my flower saw early...

But, O! fell death's untimely frost, That nipt my flower so early...

That wraps my Highland Mary, O pale, pale now, those rosy lips...

I left the kissed one fondly; And closed for aye the sparkling glance...

But still within my bosom's core Shall live my Highland Mary. —Robert Burns.

GRAPE BAGS should be attached now. They save grapes from insect sting and rot.

They last a whole season 2-lb. size, 100, 50c; \$4.00 per 1000 3-lb. " " 55c; \$4.50 " " 4-lb. " " 60c; \$5.25 " "

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IN THE MOMENT'S MODES

Bathing Costume Done in Purple and Black



There's a new idea in bathing costumes. Just when every conceivable change has been rung in their 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 these new 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.

Women Who Want Cheaper Food, Attend This Meeting

ALL women interested in bringing about a reduction in food prices and in general conservation of supplies are urged to attend a meeting to be held in the New Century Club, 124 South Twelfth street...

Tomorrow's War Menu

- BREAKFAST Berries, Cheese-Omelet, Coffee, Corn Muffins. LUNCHEON Creamed Potatoes, Bread and Butter, Tea, Dinner Cream of Pea Soup, Broiled Ham with Brown Sugar, Spinach, Tapoca, Pudding, Coffee.

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Free Primers for Housewives on Canning and Drying Food

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 receive FREE OF ANY CHARGE a primer on canning and drying vegetables and fruits.

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

LIVING UP TO BILLY

By ELIZABETH COOPER

XXXVIII

Dear Kate: Oh, Kate, can't you get word to Jim some way and call him off? He is just bleeding me to death, and every time I turn round there is some one with a note from him asking for money...

I have given him enough to get to Australia, why don't he go? Oh, I don't want them to get him of course, but I wish something would happen that would call him off of me.

NAN.

XXXIX

Dear Kate: 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 walked along the street with me and said, "Jim wants you to send him fifty."

"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 dough, 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 bag and like a fool I gave him twenty which tipped my hand off to them, showing I ain't let Billy out of my sight since, except when I am working, and then I take him up to Myrtle's, and tell her to keep the door locked, and not to answer it for nobody.

I tell you, Kate, if he touches Billy, I will reach on him as sure as I am a living sinner. I am dead sure. He has got all my money, and I am in all wrong with the 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 way of getting word with him, you just let him know.

NAN.

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(CONTINUED TOMORROW)

THE CHEERFUL CHERUB I live up lots of flights of stairs And so I take it very ill Some days to hear the postman's ring And travel down and get a bill.

HEMSTITCHING Done While You Wait PINKING BUTTONS COVERED Best Work Only Parisian Plaiting & Novelty Co. 108 S. 13th St.

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THE WORLD'S WAR Through Woman's Eyes

By ELLEN ADAIR

The Peril From the Air LONDON, June 30. TO BE bombed in broad daylight by hostile aircraft!

In London we are growing accustomed to that highly unpleasant sensation. The Germans are determined that "frightfulness" shall hold sway over the London streets.

Last year we Londoners could look up on fine days into a sky of limitless blue. We could dream very prettily and quite harmless dreams of freedom matching that infinite space.

Now, however, we live in times of progress. As we look up into the sky, and see a white woolly cloud drifting idly across it, we remark: "I wonder if that's a Hun aeroplane."

There's a horrid little shiver back of our question, too. 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 lusty aeroplane.

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

How pretty and innocent they look! But—is that a star? "I say, you people there, is that a star, or a Zepp?" The question comes a little nervously.

"Bang! Bang! Bang! It's a Zeppelin, after all!" Progress? What next? More progress, I suppose. And that means still less sleep.

"As for us in England today, we are no longer in a 'nice little, tight little, neat little island'—as the old song says. Even in broad daylight, when the summer sun beams cheerfully down upon us, the enemy aeroplanes come hovering over our heads, and work their havoc in our midst.

WHAT A DAY ATTACK IS "The people of America cannot comprehend the awfulness of a daylight air attack. Night raids are bad enough—but someone one feels 'safer' during the night. But to be caught in the full light of day—to be forced to witness the most horrible scenes of carnage and of death right in one's midst—words can't express the feeling.

In the heart of London, for instance, I witnessed the removal of some of the victims of a daylight raid. They were about a dozen young girls and children. The pavement literally ran with blood. A handsome motorcar hurried to the scene, 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 crimson, and apparently two of the girls were dying. A third was unconscious—her arm had been completely severed and the chauffeur tied his leather belt round what 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 easiest thing in the world to 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 name will not let me mention names) in the heart of London, when a daylight raid occurred. At first we thought that the whir-

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