ENGLISH WOMEN AND THE SUFFRAGE GRANT—HELPFUL SUGGESTIONS FOR THE HOMEMAKER

ENGLISH WOMEN DO NOT WANT SUFFRAGE OUT OF GRATITUDE

Resent Attitude of Those Who Believe They Have Worked for Their Country Looking Toward This End Only—Why the Anonymous Letter?

Vyvettes

The effect of this bow is undoubt-

edly very far-reaching.

of himself without any expectation of

return. This is always perfectly inex-

But whatever the cause it is rather a

than their share of these episties. There

is one correspondent who writes to me

every few weeks. The postmark is always

the same, the handwriting unmistakably

the same, but the signature almost always

signature and is always harping on the

1. What exercises will help to correct rounded

2. How can a graceful carriage be given to

3. What is the rule governing the use of a

1. A fork should be used in eating peas.

3. It is not good form to ent lettuce with

knife; the pieces can be separated or folded with

Friendship Links-Green Socks

generally becoming, and certainly in better

Marriage Laws of New Jersey to the Editor of Woman's Page:
Dear Madam-Will you kindly print the marlags laws of New Jersey? Is there any way
to prevent the license from being published?
J. J.

The license is issued by the cierks of cities and towns and the assessors of townships. The legal age under which parents' consent must be obtained is twenty-one for the male and eighteen for the female. The

the male and eighteen for the female. The written consent affirmed before a Magistrate or other person authorized to administer oaths is necessary in such cases. If the female lives in New Jersey, the license must be obtained before the proper official where she resides; if the male lives in New Jersey and the female does not, the license must be obtained before the proper official where he lives. In either cases it was the content of the lives in the live

where he lives. In either case it may be used anywhere in the State. If both parties are nonresident, the license must be obtained in the city, town or township where the ceremony is to be performed and identi-

fying witnesses must accompany the appli-cants in all cases. The license is good for thirty days and may be renewed. Its cost is \$1 and it must be obtained at least twenty-

four hours in advance of the marriage ceremony. There is no legal way to pre-vent the publishing of licenses.

Youth Is Shy

To the Editor of Woman's Page:

Dear Madam—There's a girl I know whom I really like. One day I got acquainted with her and afterward talked to her often, and soon found out that she liked me also. I would like you to tell me how to let her know that I want to go with her. I would not like to tell her myself, so am asking your advice.

ALBERT P.

ALBERT P.

If you mean by wanting to "go with" the young girl that you want to be engaged to be married to her, the only way I can auggest is to propose to her. But if you merely mean that you want the friendship to develop, this must come with time. Begin by asking the girl if you may call upon her some evening; after that you can suggest taking her out to the theatre or some other affair, and gradually, if your feelings are

affair, and gradually, if your feelings are reciprocated, you will find that you are spending much time together. Try to over-

Advice to Lonely Girl

Advice to Lonely Girl

To the Editor of Womon's Page:

Dear Madam—A little advice to "Lonely Girl."

I must tell you, girlie, you haven't got the right tides. Fut some spirit into yourself, what you need is outdoor secretse. Join a yourself, what you need is outdoor secretse. Join a heart to be found. The boys are all going to a them to be found. The boys are all going to a them to be found. The large of the secretse of the secrets of have a good time and to a work to have a good time and to a work to sell the found. The large of the secrets of girls is hard for you to make triends. Fut a smile on your face. Go around looking as if you have not done anything and the secrets of the secret

Wants to Know Gray Eyes

To the Editor of Womon's Pape:
Dear Madam—Can you please publish in tomorrow night's Evening Labors how I can
obtain the name and address of the girl who
aligned as "Gray Fase" I desire to write to
a nice girl. I, too, am a very lonescine boy.

As I have explained before, I cannot give amen and addresses in this way.

come your extreme shyness.

2. Welsh rabbit should be eaten with

better of it.

plicable to me.

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 indures the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

the head?

RATHER a new note is sounded by Mrs. Henry Fawcett, president of the National Union of Women's Suffrage Socities in England, apropos of the overwhelming majority in favor of the suffrage bill in the House of Commons. Mrs. Pawcett emphasizes the fact that it is not the attitude women have taken in the war. She explains the change in the policy of English statesmen by saying: "It is not that women have done good work in industry, because that is not new. But it is because they have shown the capacity to shoulder effectively their share of the national burden during the

"Suffragists rather generally resent the attitude of those who would give the vote out of gratitude for the work women have done during the war. Women have not worked with an idea of getting some thing for themselves, but they have been animated by the sense of love of country and loyal service to country. Women want neither gratitude nor thanks, because they feel that the cause is theirs as much as the men's."

REPRESENTATIVES of the eight leadthis opinion in the splendid message they eant to the President which makes the clamorings of those misguided women who still want an enforced peace sink into obscurity.

In part the message read: "Although we believe that the settlement of international difficulties by a war is fundamentally wrong, we recognize that in a world crisis such as this it may become our highest duty to defend by force the principles upon which Christian civiliza-

tion is founded. 'Any service which we can render, and (so far as we can speak for them) any service which the thousands of trained women we have sent out from our col. different. Another always bears the same leges can render, we hereby place at the disposal of our country."

T IS a peculiar state of mind that knowledge of the person to whom she is causes people to write anonymous addressing herself.

1. How can food be kept cool without ice?

3. What will prevent a freshly baked cake from sticking to a plate?

1. Rousts which must be cooked rapidly, kes and other pastry baked quickly, cannot

be done so satisfactorily in a fireless cooker.

2. White, porcelain lined or agate dishes should be used in preserving fruits. The acids in the fruits will affect trop and tin.

5. Bhubarb, cranberries, gooseberries and mons can be successfully canned by the cold-

Home-Ground Wheat Bread

The United States Department of Agri-culture gives the following racipe for making bread from home-ground wheat: Over a mixture of one tablespoonful sugar and one and a quarter teaspoonfuls salt in a mixing bowl pour one and a quarter cup-fuls of hot water or skim milk. When the louid has become lukewarm add one-half

liquid has become lukewarm add one-half

cake dry yeast or one gill liquid yeast and one and a half cupfuls of homeground wheat flour. Set overnight to rise. In the morning add one and a half cupfuls flour.

beat well, put into greased pan, allow to rise until the bulk is doubled and bake.

Delaware Cherry Vinegar

To the Editor of Woman's Page:
Dear Madam—Will you please publish a recipe
for what is known as Delaware cherry vinegar?
(Mrs.) L. M.

Stone the cherries and cover with vinegar. Let this stand on the cherries over night in a cool place; next day drain off the vinegar

It is cherry "shrub" when sugar is added to it.

Brine for Pickling Meats

o the Editor of Woman's Page: Dear Madam—Flexue tell me how to prepare brine for pickling meats. CONSTANT READER.

One quart sait, one ounce saltpetre, one

half cupful brown sugar, one gallon cold water. Rub a part of the sait into the meat, dissolve the rest of it with the sugar

and saltpetre in the water, put the meat in the liquid, placing a weight above to keep it under the brine.

Shortage of Preserve Jars

To the Editor of Woman's Page:
Dear Madam—Can you tall me how housepeopers can put up so many preserves if glass
fars are going to be so scarce? READER.
You will find that preserves will keep

quite as well in ordinary tumblers, pickle and clive bottles, and even milk bottles, if they are carefully sealed; save every avail-able receptable. The paper canisters can

Prune and Cheese Salad

To the Editor of Woman's Pape:

Dear Madam — Prunes in combination with cheese as a salad does not sound appetizing, does for Bull the really is delicious. Remove the stones from large, firm cooked prunes and fill the cavities with cream cheese! place on crisp lettuce the real serves and serve with mayonnaise dressing into which a little whipped cream should be stirred.

Stains on Russet Leather

To the Editor of Woman's Page:

Dear Madam—Please print in your column how to ramove marks made on russet leather and to restore the color.

If you mean stains, these can usually be removed by rubbing with a cloth on which a little oxalic acid has been poured. To restore color apply saits of lemon on a woolen cloth.

Wants Sewing at Home

be the Editor of Woman's Page:

Dear Madam—As I am a daily reader of your
per, I would appreciate very much if you could
me where I could obtain a place to take
wing home. I could not go out to work, ac
suld like to do it at home, as for stores, sto.
sank you for the many times I have found
formation in your daily paper. (Mrs.) 5, H.

Camden, N. J.

Why do you not apply to some of the ciothing manufacturers? I believe some of these can give you this work to do. The Echuyikill Arsenal, at Twenty-sixth street and Gray's Farry road, has also been employing women to sew on uniforms and other soldiers' supplies at home. Tou might apply there. Has any reader another togressly, to make?

also be utilised for come

Editor of Women's Page;
Madam—Please let me know of a good for making bread from wheat ground at in a coffee-grinder. (Mrs.) M. P.

ited States Department of Agri-

2. How can nutmegs be tested?

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

HERE is something for people to remember who cannot get away from their work this summer. One of the most beneficial of all exercises, as everybody knows, is climbing hills and mountains.

Now—and here is the point of the story—the best thing about this kind of exercise is that you can take it without a mountain. Even if you live surrounded on all sides by a prairie you can get all the beneficial effects of mountain climbing by calling your back stairway into service.

If you do not suffer from serious disease of the heart or any other difficulty which forbids vigorous exercise, this is a very exellent means of obtaining a large amount of exercise in a short time.

Suppose, for example, the height of your stairway be twelve feet and the run sixteen feet. The labor of going up and down the stairs twenty-six times will be equivalent to walking one mile. The calculation is a

The height of the stairs, twelve feet, is multiplied by thirteen to find the equivalent distance to be traveled on the horizontal, for the energy required to lift the body

vertically is just thirteen times that required to walk on a level.

Thirteen multiplied by twelve is 156 To this is added the run of the stairway; that is, the horizontal distance traveled in ascending the stairs—probably about sixteen feet. To this must be added further the horizontal distance traveled in coming down the stairs, and this must be doubled, making thirty-two feet because of the energy letters. I suppose most of us have felt expended in holding the body back in descending the stairs. The total of the three items is 204 feet—the distance one must walk on the horizontal in order to expend at some time or other that we really would love to write anonymously to some one whom we can't reach in any other the same amount of energy as is required to ascend a stirway twelve feet high. There are 5280 feet in a mile. Dividing by 204 we have twenty-six. That is, to do work way; but most of us, fortunately, think There is the malicious letter writer, the equivalent to walking a mile on a level, such a stairway must be ascended and person who writes long letters of abuse and the perfectly harmless one who gives

Gastric Juice

Of what is gastric juice made? M. J. F. It consists of two things chiefly. There re some other things in it, but the essential and important things are hydrochloric scid cowardly thing to do-and is always uncanny. Newspapers receive rather more

Headache Not Due to Too Much Uric Acid

Is there any temporary relief for headache used by too much uric acid? SUSAN. Yes, apply a hot fomentation and drink a quart of hot water. But it is not urle acid hat makes the headache. It is toxines. 'ric acid is a comparatively innocent thing same subject, giving the letters a decided but when uric acid is present other poison personal note, without any apparent are also almost certain to be present. The are also almost certain to be present. The presence of uric acid is an indicator of the presence of worse poisons. Headache poisons are mostly produced in the colon. Persons who are subject to headache are always constipated and generally have coated tongues and bad breath. The bowels may move daily, but are days in arrears. The bowels should move three times a day. Get the tongue clean and the headache. The bowels should move three times a day.

Get the tongue clean, and the headache will

Get the tongue clean, and the headache will disappear. Take a tablespoonful of cooker bran at every meal.

> Function of the Pancreas What is the function of the pancreas? G. I. D.

The pancreas produces pancreatic juice and a ferment which burns up sugar in the body. When the pancreas becomes dis-eased, the ability to use sugar is lost and diabetes makes its appearance.

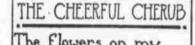
Proper to Take Nap Before Meals Is it proper for one to take a nap just before meals? L. R. Yes; before eating is a good time to sleep, but not immediately after eating.

Exercise for Person Past Middle Life To what extent is exercise valuable for serion past middle life? M. S. M. S. To the Editor of Women's Page:
Dear Madam—Will you kindly tell me whether friendship links are still in the mode? (2) Also, if a green popiln bathing suit is worn shall white stockings or green slik nocks be worn?

C. K. M. than a young person does, but he has not the same capacity or ability for exercise.

He must take much exercise, but not violent exercise. Walking is good. Five to ten miles a day is the right amount for a se-These articles of jewelry are still worn by some young girls. It is considered had form by persons of refinement to wear anything that makes one unusually conspicuous; either white stockings or green socks for bathing will make the wearer conspicuous. If you really want to look well wear black silk stockings; these are more generally becoming and certainly in better dentary person. (Copyright.)

Women in Bloomers Work for Railroad SUNBURY, Pa., July 17.—Wemen wear-ing bloomers have been put to work by the Pennayivania Rajiroad They are em-ployed in the machine and cierical depart-



The flowers on my window sill Are having such a time to grow. They arent very beautifulhey give me outdoor feelings

though

IN THE MOMENT'S MODES

Tailored Suit of Navy Blue Poiret Twill



In a reversal of the usual order of the style calendar the strictly tailored suit is just now topping the list of smart outfits. This type of costume usually appears in early spring, to be supplanted later by the out-and-out summer dress. Of course, the strictly tailored suit is always with us, but it is in spring-time when it blossoms in profusion. This spring it found a rival in the semitailored costume of sports silk and it has had to wait until mid summer for its day of vogue. The tailored suit of today's sketch is of navy Poiret twill. A white satin collar and bone buttons add to its trimness. The button shoes, by the way, are considered quite smart. Some of the fashion folk express the belief that this type of shoe will be the "leader" among fall and winter footweer styles.

Late Leaves

winter footwear styles.

The leaves are falling; so am I; The few late flowers have moisture in th

eye; So have I, too. Scarcely on any bough is heard Joyous, or even unjoyous, bird The whole wood through

His circle (yearly narrowing) to the fire

Where old friends niget. Let him; now heaven is overcast, And spring and summer both are past. And all things sweet -Walter Savage Landor



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SUFFRAGISTS TO PRESS CAMPAIGN OF PICKETING

Ready to "Suffer Extremity of Oppression," Miss Lucy Burns Announces

If courage is needed to win the suffrage If courage is needed to win the suffrage fight, then, according to the women who have tasted jail life for picketing the White House, victory is in sight. They are ready to suffer the "extremity of oppression" if freedom can be gained in no other way than by suffering. American women will not hesitate to give up their lives, as did the women in England, according to Mins Lucy Burns, a member of the executive committee of the National Woman's Party.

Miss Burns has spent three days in jail for her activities in the siege of the White House, and on the eve of the impressive demonstration held in Washington July 14, Bastile Day, she uttered her "defiance of the injustice of the Government—even unto

"Whatever happens." said Miss Burns, "we shall continue our demonstration. Women in England met death in their struggle. We see no reason to fear any fate. We do not like jail, but we are not afraid of it.

"We have no notion of pausing in our claims We shall proceed from day to day and possibly our claims will be more and more felt. The powers in Washington have stooped to illegal methods, while we are keeping strictly within the law. The Judge who sentenced us to jail is himself for suffrage. He himself advised us before our demonstration that if we kept on walk-ing with our banners we would be doing ing with our be nothing illegal. "This Judge hung his head when he pro

nounced sentence. He had pleaded ear-nestly for our promise not to picket any more. We positively felt sorry for him, but the campaign for suffrage can't stop from sympathy for one man. "When we got to jail we found that they had made ready for us even before we were

tried. Some of the prisoners there said. We expected you yesterday. They said thirteen of you were coming and cleaned out the cells. It's true that they had made ready; they had purchased brand-new hed-ding, new clean sheets just from the store. But the authorities decided among themselves that we should go there before we were tried. What do they call it-sometimes-there is a word-railroading? It's not a pretty word."

How to Can Green Peas and Snap Beans

WASHINGTON, July 17.-Housekeepers an easily can surplus peas and snap beans. which are beginning to appear in home gardens in many sections. The season has been unusually good for peas and home gardeners in many localities are reporting prexpectedly heavy yields. Either of these products readily can be canned with no other home equipment than jars or cans and a washboiler fitted with a false bottom

Here are directions given by the United

Here are directions given by the United States Department of Agriculture to the members of girls' canning clubs in the northern and western States:

Do not try to can peas or beans that have been long off the vines—the fresher the vegetables are the better the product. Shell peas, In case of beans string and cut them as if for cooking.

Put the prepared vegetables in a cheese-cloth bag or colander and blanch in live steam from boiling water for from five to Next dip the blanched product quickly in cold water and remove it almost immedi-

Pack the product immediately into hot,

scalded glass jars or tin cans.
Fill the containers completely with boiling hot water to which has been added one level teaspoonful of sait per quart. Place rubber rings on jars and screw tops almost but not completely, tight. The water in the bolier will not enter these partially closed jars. Seal tin cans completely. Put the jars or cans in boiling water in





MISS LUCY BURNS

After spending three days in jail because of her activities in the picketing of the White House, Miss Burns, who is a member of the executive committee of the National Woman's party, asserts that if courage is all that is needed to cause the passage of the Susan B. Anthony amendment giving votes to women throughout the nation, victory is in sight. She says she has no intention of giving up the fight.

the washboiler so that the tops are partly or wholly covered. Sterilize for 180 minutes in the boiling water, counting from the time the water begins to buil again. If other canning outfits are used sterilize as

Wax and string beans, as well as young, ender peas, may be sterilized in 130 Remove jars from boiler or sterilizer Remove jars from boiler or sterilizer, tighten covers, invert to cool and test the joints for leakage. Examine cans for leaks. Even the slightest leak if not closed completely at once means that the product in all probability will not keep.

Do not place glass jars to cool in a draft which is liable to cause them to crack. Wrap jars in paper to prevent blanching and store in a cool place.

If peas are roughly handled in blanching If peas are roughly handled in blanching or cold dipping, or split or broken peas are not removed before packing the liquid in the jars may have a slightly clouded appearance. If sterlizing has been prop-erly done, cloudiness is no evidence that the product has spoiled.

For further information on canning these and other vegetables or for advice in overcoming difficulties, write to your State Agricultural College, or to the United States Department of Agriculture.

LIVING UP TO BILLY By ELIZABETH COOPER

I got your letter and I know how me feel. If Jim was no good he was your he band and you cared for him, and you were mighty good wife, too. I am sorry if I am things that hurt you about him; but o Kate, I am glad for one thing—that is, 76 begin to see that crookedness don't pap whether it is right or whether it is wrong it just don't pay. Look at Jim and be crowd. He is dead and five of his trees. are in prison, and most of the rest of the are afraid to lift their heads for fear the will see a cop a-watching them I am glad you see it that way now, and I have to hear you say you have had enough prison. You will never see one again. Eas except to admire the architecture from a

You are right about one thing. You can brace up in New York just as well as one side of it. There is no reason in the work why you should leave this little old ber. We will get up in the Bronx somewhere in a little flat like Charlie Hainer's, and you won't never need to see the old crost Something will turn up some way for you to do, and, anyway, I can make enough to keep us three. Why, Kate, I would dawn my legs off to have you and Billy with me and you a-playing the same straight as cheer up, old lady, everything is fine as dandy, and you are going to be the happing woman one of these days in the busing of your family. your family.

(Continued Tomorrow)

Tomorrow's War Menu BREAKFAST Blackberries Butterfish Potato South Coffee LUNCHEON

Minced Beef Sandwiches Lettuce and Sliced Onions Iced Tea DINNER Corned Beef and Cabbage

Rye Bread Jelly Cake Cantaloupe





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