

THE first few weeks spent in a brandew office are invariably trying. Being oken in" is hard, not only on the esblished office force, but the novice as II. Perhaps that accounts for the contant changes some girls make. They pass from one situation to the other, stopping only long enough for a once over, which rarely proves satisfactory. Either they me panicky and make a poor showing which results in dismissal or they agine their surroundings to be unusant, their associates uncongenial and nke the first opportunity to make a change

One can hardly go into a new office and fall in love with perfectly strange work stantly. There are so many things to be learned and unlearned that for weeks ie feels her utter uselessness and is willing to let any one have the job for the asking. But if there is a genuine desire to learn, combined with a sticktoltiveness, this phase is safely passed through, and the new work becomes in time really interesting.

If you are making a change in positions, don't instantly adopt a critical or a despairing attitude, but make reservations. Be prepared for the readjustments which are necessary.

And don't, if the office force is a large not realize the actual pain inflicted on a ie, expect to have a reception commit- sensitive child who is forced to wear tee appointed for your benefit or to be rushed as you were by your fraternity ure. Their only thought is one of selfat college. A business office is not primarily a place for the exchange of social indignant if they knew their gifts were amenities and, although these add to the interest of the work, busy people are often for weeks at a time absorbed in their duties and scarcely aware of the entrance | usually understand and sympathize. She of a new employe.

were not bought for her and were of un-KNOW a woman who prides herself on becoming color and cut. She can remem her charities-the gifts of clothes she ber how her very spirit revolted against makes to the poor. Yet, after having this and the happiness one cheap hair seen samples of them, I could only think ribbon gave her, because it was new and of the poor woman who, on viewing with bought for her, not handed down after dismay the garments which had been having outlived its beauty.

THE WOMAN'S EXCHANGE

Letters and questions aubmitted to this department must be written on one side of

	below ure builted. If is understood that the e	the writer. Special queries like those give ditar does not necessarily todarse the scattars extra net should be addressed as follows: TH adviphia, Pa.
	TODAY'S I	NQUIRIES
CONC.	1. How should rubber for preserve Jars be sterliked?	1. What kind of material will be in favor street dresses for the early fall?
2000	2. Why is a false bottom necessary for a wash boller when canning products by the cold- pack method?	2. What is a good exercise for developing arms?
	3. What kind of bottom can be made for a wash boller to be used in canning?	3. What kind of corset should be warn make the hips look smaller?
	ANSWERS TO SATU	RDAY'S INQUIRIES
2010	1. If a piece of brown nuper is placed in the bread crock it will prevent the bread from molding.	1. Cheese should be served with the so course at dinner.
	2. A little horseradish added to a jar of pickles will keep them erisp.	2. American cream choese is the kind usu served with pie.
6	3. The flavor of peas will be improved if the pody are first boiled and the same water used	3. Chicken a la king is usually served deep plates like small soup plates.
	Salt-Pickeled Green Tomatoes	Gifts for Ship's Crew

placed well toward the top of the list of fall smart fabrics. It is a formidable rival of silk, satin and georgette, for, like those materials, it is going into the fashioning of afternoon costumes. Navy blue men's wear serge has gone into the fashioning of the little afternoon costume presented in today's illustration. The surplice front ends in a loosely tied sash in the back. There is a white organdie tucker, beneath which is a wide band of Chinese emtooidery. The embroidery is used for coff decoration on the black satin sleeves and there is a narrow, round collar of the satin.

Contact and canal, tying just behind the stomach, is an organ which plays an im-portant part in digation, the pancreas it communicates with the intestine by a duct, just a few inches below the stomach.

The pancreatic gland very closely re-sembles the principal salivary glands in structure. It manufactures a fluid known as the pancreatic juice. The pancreatic juice is secreted only during digestion. It is carried to the intestine by a duct which execute that the secret of the sec

is carried to the intestine by a duct which empties just below the stomach. The pancreatic julce performs an impor-tant office in the digestion of nearly all the elements of the food. It digests starch, proteins and fats. The pancreatic julce acts upon the albuminous elements of food best after they have first been acted upon by the gardric julce.

The pancreas also produces a subtle sub-tance called its internal secretion, which Men's wear serge has been Is necessary to enable the tissues to make use of sugar (dextrose), which is the prin-ciple tuel of the boxy. When the paucreas becomes crippled by disease, it cannot make this substance in proper amount, and as a result the sugar is not burned, but is carried off through the lidneys, and the per-son then has diabetes. Excessive meat eating and constipation are doubtless the in causes of this condition

Difference in Functional and Organic Diseases

What is the difference between functional and game? NEWARK. A functional disease is one in which the ction of an organ is disturbed while its structure remains uninjured; for instance, vomiting is a functional disorder. Organic discase involves changes in the structure of an organ, as seen in hardening of the liver or the destruction of lung tissue by tuber-

such as sterilized butter, cream and vege-table fats, should be freely used. One or two tablespoonfuls of clive oil should be taken at each meal. The howels should be made to act three or four times a day, but laxatives must be avoided, as these irritate the stomach and the small intestine. The bowels must be made to move by the free use of sterilized bran and mineral oil.

Correct Weight

According to the standard tables, a wom-an 55 inches in height should weigh 132 pounds.

womanhood, and, consequently, none

in themselves. These same women, if one of them were the them we're tu daughter of a Duke or an Earl, would be so set up about it that she wouldn't otice anybody. But, though she is a daughter of God. I setdom hear her boasting about it. The world's ideas about women are rapidiy. hanging

old question The used to be: 'MA' SUNDAY What does the man want the woman to The present question seems to be

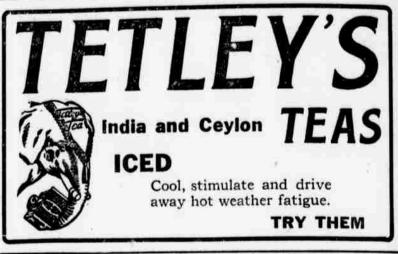
worded "What does a woman want herself to be?" But, in the future, we shall come to asking

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God does not want a bisloyal woman. If she cannot have and hold faith in her sisters, how can she be intrusted with he right question: "What does God want a woman to be?" letting her light shine so that people may see her good works. A "catty" woman can-not be a standard-hearer. The first question was easily answered.

The first question was casily answered. If a woman was a pretty toy, a play-thing, who would come to kiss and he kissed whenever she was told, if she could bear a man children and run his house, he was quite satisfied. He married in order to get the work of a mother, a nurse, a cook and a companion out of one woman, and he was peecish when he failed to obtain all four. shtain all four.

The question of today is only half answered as yet. Women do not know



Why pay more? Our stores are open for the full purpose of selling every man,

woman or child, no matter

you free, indeed." For the question of the future, which is also the question of the present and the past—What does God want a woman to

past—What does God want a woman to be?—the answers are quite easy. God does not want women to be old maids. The were sent to be wives and mothers. To refuse to marry a good man is flinging God's gifts in his face. To re-

fuse to bear children is similar against the Holy Ghest and dishonoring creation.

God does not want a woman to resemble a man or try to imitate one. If He wanted her to be a man. He would have made her

God does not want a lazy woman.

she will not work, neither shall she cat, and,

if she will not work for the bread of life, she should not cat of that, either.

God does not want a disloyal woman.

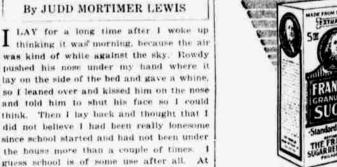
Gol does not want any kind of woman except the woman who rejoices in this world and rejoices in the hope of the life

world and rejoices in the nope of the life to come. Joy is one of the fruits of the Hely Ghost, and a woman who has faith in womankind is the bearer of perfect joy. (Copyright, 1917, by the Bell Syndicate, Inc.)

Wednesday - Do They Trust You

their station in life, who wants to get the very biggest dollar's worth for every hundred pennies of price; and careful people. far and near, find profit in our co-operation. It's all distinctly worth while.

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living rose

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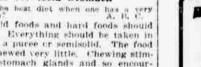
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THE

What is the correct weight for a woman wh s 5 feet 5 inches tail? Miss EMMA C

Diet for Acid Stomach What is the heat diet when one has a very id stomach? Both liquid foods and hard foods should be avoided. Everything should be taken in the form of a purce or semisolid. The food should be chewed very little. Chewing stim-ulates the stomach glands and so encour-ages the formation of acid. Wholesome fats,



of the cold pack canning recipes with success. (Mrs.) WM. B.

Dear Madam-Please sta

(Mrs.) WM. 8. 1 am glad you have found the informa-tion on this page of use. The following recipe, as well as others which have ap-peared in these columns, is submitted by Government experts: Salt-pickled green tomation. Water that

Salt-pickled green tomatoes- Water-tight kegs or crocks may be used. Wash thor-nughly and steam the kegs or crocks. Wash the tomatoes. On the bottom of the container place a layer of dill and a hand-ful of mixed spice, pack the container full of tomatoes, add a top layer of dill and spice, pour over all enough weak brine to cover the tomatoes and cover with a cheese-cloth and a clean board cover. Place upon the board cover a clean store weight some the board cover a clean stone weight suffi-ciently heavy to hold the tomatoes beneath the surface of the brine, leave in a warm room until fermentation is completed and no bubbles rise to the surface when the receptacle is tapped gently, then skim off any scum formed during fermentation. Store in a cool place. Cover the top of the brine with hot parafin to form an airtight surface. If the paraffin becomes broken re-

move, remelt and replace. To make a weak brine use one-half pint of vinegar, three-quarters cupful sait, gallon water and stir until sait is entirely dissolved.

To Prepare Dressed Beef To the Kaltor of Woman's Page: Dear Madam—Will you give directions in your mutano for pressed beef, and tell me also how pressed beef—Wash a piece of beef flank or any other of the cheaper cuts tabout four pounds, cover with boiling water, bring to the boiling point and skim. Slice and add two carrots, two onions and one bring to the boiling point and skim. Slice and add two carrots, two onions and one while furnip, cook slowly for four hours, or until the meat is tender, and when half cooked add two teaspoonfuls salt. Pack the mest solidly into a deep bread pan, with the grain of the meat lengthwise, place the pan in another shallow pan to catch, the overflow, put an empty bread pan on top of the meat and press with two heavy flat-froms. Let stand in a cool place overnight and in the morning strain the stock, which can be used for soups or sauces. Corned beef-Select a four-pound piece

of snoulder or the lean end of brisket. lightly corned, wash well, cover with boll-ing water and cook slowly for four hours, in pack and press as above. The hea-build be kept at the simmering point; i the water boils hard the meat will be tough.

Peach Cobber Recipe To the Editor of Woman's Page. The Madam Please print directions for acting prach cobber. Fill a deep earthen baking dish with ripe baches which have been skinned and alved, leaving a few stones in for flavor-ng. Add one-half cupful ice water and one alt done-half cupful ice water and on-alt cupful sugar for each six peaches, and aver with a fine pastry crust, bake and aver hot or cold, with cream.

Recipe for Cheese Straws

Billior of Woman's Page: Madam—Several days ago one of your mentioned chesses straws. Will you tell These are made? READER. Is straws—One-half cupful dour, one conful shortening, one-quarter cupful cheese, one-sighth tenspoonful rait, hth tenspoonful mustard, one-quar-ispoonful paprika, one-quarter tea-al baking powder, sufficient ics water to a stiff dough. Rub the flour and ling together with the flour and ling together with the flour and ling together with the flour, fold is the stiff out again and fold as the flour again and fold as

Tomatoes logs: me directions for have tried several se with surcess. IMPE 1 WM, B. To the Editor of Wonder's Page: Dear Madam - My brother is a satior and 1 would like to make something that will not take too much time for his whole trew 1 can be with surcess. IMPE 1 WM, B.

Vvvettes

Frocks with frills are dainty for the summer-and taffeta scarfs with frills are, too. Frock and

scarf to be capped by a chic black hat, with a big cocade in front.

brought to her for her children, said she

Women who have never known what it

was to be obliged to wear an atrocity can-

clothes which make him a grotesque fig-

complacency, and they would be highly

The woman who as a little girl fell

heir to her older sister's dresses can

knows what it was to wear clothes that

might be poor, but "praise be, her young

uns weren't deformed."

not going to be utilized.

The through the Woman's Exchange? EDTTHE. You are indertaking a rather large con-tract to supply the whole ship's crew with gifts you have made yourself. The simplest thing you could knit would be wristlets. These are made of gray knitting yarn as follows: Cast on fifty stitches, knit two, purl two for twelve inches; sew up, leaving two-inch space for thumb four inches from top. Use No. 3 hone needles. Of course, there are many little gifts to be bought, such as aluminum drinking cups, pocket-knives, small mirrors, combs, writing out-fits, cigarettes, tobarso and chewing gun.

Farewell to Sammee

To the Editor of Woman's Page:

To the Editor of Woman's Page: Dear Madam-1 am a reader of your column, which I find educational and interesting. At present I am in doubt as to what to solv when bidding farewell to a friend who is leaving for the front. I realize this is a queer request, but would like to know if simply wishing him good lick and a sets return would be sufficient. Of course, I feel proud to be a friend of one willing to fight for Uncle Sam and I know he realizes it. ANXIOUS.

ANXIOU'S. You have the right idea. If the young man is a friend and nothing more, simply wish him good luck and a safe return; you might also venture to tell him that you feel The things you say will be said with such sincerity that you cannot help but make him realize it.

Party Calls

To the Editor of Woman's Page

To the Editor of Womon's Pape: Dear Madam - Will you be so kind as to tell me how soon should the party call be made after attending an informal dinner and dance? Also, should the call be made on any per-ticular evening of the week? Should Weinseday nights be left for a girl's steady company to call? It is customary to pay a party call within

two weeks after the party is held. There is no special evening in the week to choose. The old saying that Wednesday

is "beau night" is simply a joke and should e looked upon as one. and stood near the river.

The keeping of "steady company," as it is called, is always a mistake and should never be encouraged. No girl should give her time exclusively to one man unless she is engaged to him, and even then it is wise to receive other friends if they care to call.

Acceptance or Regret for Reception

to the Editor of Woman's Page: To the Editor of Woman's Page: Dear Madam-1 had a recent argument with a friend as to whether it is proper to answer a wedding invitation or not if you must refuse it. I may you should and she says you should not. Which of us is right? Which of us is right? A. H. C. If the wedding invitation is only for the church and not for the reception it should not be answered either to accept or regret; but if the invitation is for the reception, it must be accepted or regretted, as the case

may be.

Cold Cream for Throat To the Editor of Woman's Page: Dear Madam Can you tell me how to make a graam to use in massaging the neck to keep it BEATRICE K. This formula is an excellent one for the purpose: One-eighth pound white wax, one-half ounce oil of sweet almonds, one-half ounce spermacell, one-tenth dram oil of bit-ter almonds, one-sighth dram oil of gera-nium, ten drops tincture of benzoin. Melt together and beat well until cold.

Cocktail Sauce

To the Editor of Woman's Page: Dear Madam-Can the same sauce which is used for orster cacktails be put on clams? With you tell me how it is made? (Mrs.) P. J. The cocktail sauce given can be served with either systers or clause or with lob-ster or thrimps if one prefers. One-quar-

Then my father came home from night watching and we had our pancakes. When my father went to bed tired out Rowdy, and I tippytoed outdoors and rambled. When we got to the bridge over the river and the railroad tracks I climbed up and sat on the railing and was going to see what it would do if I dropped a stone into the smoke hole of an engine. But when we had waited a long time and none had come I climbed down after three men going to work had told me that I'd better. *

We went down to the railroad tracks and between the cars and after a long time we came out on a road. Finally we were almost out in the country. We met a mean

Patsy Kildare, Outlaw

least it would be if it wasn't for the kids

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who go to H

looking man and he said, "Hello, little girl." I said, "Hello, dirty man." That made him mad and he followed us and I climbed a fence and went through some woods to the river. Before I knew it the man grabbed me by the shoulder and tried to put his other hand over my mouth. I thought for a minute that it was up to

my mother to come for me. But then Rowdy had him by the wrist and the man was believing for help. I said, "Eat him up, Rowdy!" But the man was dragging Rowdy into the river. I caught Rowdy's hind legs, and we all went in together The man held Rowdy's head in the river and Rowdy had to let go. Rowdy and I climbed out, and I threw stones at the man all the way across the river till he went up the other side with his hand dan-

gling. I bet he'll never want to fight little girl and her dog again. We went back and climbed the fence inte the road, bith of us happy, and Rowdy laughing with his tail. Then away we loped into the country to make up for los time. At noon I asked for a drink of water at a house, and they gave me some bread

and meat, as I hoped they would. When it was dark we came to a big white house that had big white porch posts I asked Rowdy if he did not think that

that house was too big and fine for us and he did, so we climbed into a harn where there was an auto and we curled up in the back seat of that. I prayed. "Dear God, which art in heaven, hollored be Thy name. Please take care of my father while his little girl is not there to look after him. I am glad you sent that uply man after us for that is

sent that ugly man after us, for that the only thing that happened to us all day. Wake us up early. Amen." I went to seep before I knew it. Then

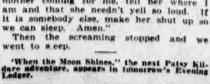
I went to seep before I knew it. Then all of a sudden Rowdy was growling and I was shivering, and somebody was scream-ing. I went to the door and peeked out and the white house stood shiring in the moonlight and somebody kept on scream-ing. Rowdy stood on the seat across me when I got back, skinning his teeth and growling deep down in his pack.

when I got back, skinning his teeth and growling deep down in his neck. I prayed again, "Dear God, which art in heaven, hollered be Thy name. For cat's sake, what is the hollering about? If that is my mother coming for me, tell her where I am and that she needn't yell so loud. If it is somebody else, make her shut up so



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