TRST AID TO THE WIFE IN DIPLOMATIC CRISES—GOOD HEALTH HINTS—PATSY KILDARE

TACT IN HANDLING UNPLEASANT SITUATIONS NEEDED BY WIVES

Always a Psychological Time for the Disagreeable as Well as the More Agreeable **Duties** in Life

THE woman occupied a chair in the Pullman as I entered it. Her wraps ere thrown across another chair, which the was evidently saving for some one the patted her hair, powdered her nose and gave every evidence of expectancy. Then the man boarded the train at the last moment. He was warm and redfaced from hurrying, and after greeting the woman in a way that made one know they had not seen each other for some time, dropped into the empty chair with a satisfied sigh. There followed an animated conversation, questions were asked and answered in rapid succession, and the expression on the faces of both told of their contentment at being together.

SUDDENLY the woman dived down she had evidently forgotten, written on unmistakably feminine stationery. The man frowned, opened it, read it through, still scowling, handed it over to his wife and turned to the window, burying himself in his evening paper. She read it, then also turned and gazed out of the window for the rest of the journey. I couldn't help wondering just what was contained in that missive, which apparently took "all the joy out of life" for these two. A letter from a catty-in-law, probably; certainly nothing more serious, or the woman would not have forgotten it at first.

But whatever the contents, I couldn't help feeling how deplorably lacking in tact the little wife was. A long railway Journey together, and she had "put the kibosh" on it at the start, instead of waiting until a more opportune time to pleasant things of life is one to be cultideliver her message. Of course, it may vated.



What strange combinations of materials we find this year! Above is a hat of straw, foulard and gingham! The milliner going on the theory that to be strictly up to the minute there must be a touch of gingham somewhere-so the crown of the hat, covered, saves the day.

have been something extremely important, but one gathered not from all

An ability to seize the proper time and place for the unpleasant as well as the

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

2. How can fine lingerie be atiffened suffi-

3. How can the particles of dust and lint which accumulate about the works of a sewing

ANSWERS TO YESTERDAY'S INQUIRIES

I. Baked Alaska is ice cream which has been covered with a meringue, then placed on a board and baked in a hot oven for a minute until the meringue is browned. The wood and meringue are nonconductors of heat. 2. To tell boiled eggs from raw eggs when they have been mixed try to soin the eggs sently. The boiled ones will not spin.

moisten the spot at once with peroxide of ogen, place a thin white cloth over it and a with a hot iron.

Wild Fruit Wines

To the Editor of Woman's Page:

Dear Madam—Will you kindly give me
through your columns recipes for wild cherry
wine and elderberry wine?
(Mrs.) JAS. A. (St. Davids). I am giving you two recipes for the wild

cherry wine, one with brandy and one without. Your third query will be answered

Cherry Wine-Stem and wash the cherries, then crush them to a pulp with a wooden mallet. After all the juice has been pressed out add to each quart of it one-half pound of granulated sugar and one cupful of water; stir well, pour into a crock, cover closely with a thickness of cheesecloth and allow to ferment for a month. When fermentation has stopped rack off and bottle.

The second recipe calls for two quarts of ugar to five quarts of cherries turned into crock and allowed to stand for twentyfour hours, at the end of which time five cupfuls of brandy should be stirred into the mixture. Let it stand for six weeks, stirring occasionally, then strain off through a cheesecloth, bottle and seal.

Elderberry Wine-For this the berries should be gathered when quite ripe and on a dry day; pick them off the stems and bruise them with your hands; strain the juice and let it stand in glazed pans for twelve hours to settle thoroughly. To every nt of tuice allow one and one-half pints water, then after mixing add three nds of sugar for every gallon of liquid; lace over the fire and when ready to boil clarify it with the whites of several eggs; let boil for one hour and when nearly cold add yeast to make it work; pour it into a cask, reserving some of the liquor with which to fill up the cask after it sinks with orking. A quantity of ten gallons or so ould be ready to bottle in two months' time after it has been closed down. It should be kept at least a year before using

Recipe for Peach Vinegar To the Editor of Woman's Page:

Dear Madam—I am going to put up a lot of peaches and some people I know use the parings for making peach wine. Can you tell me how (Mrs.) M. K.

Both the fruit parings and the overripe fruit can be used in making what is called peach vinegar. Mash the fruit, cover it water, then to each gallon of liquid add four ounces of sugar and one dessertspoonful of yeast. Place in the sun to ferment, but do not cover closely or the stainer may burst. Strain and bottle

Vegetable Soup the Editor of Woman's Page:

Dear Madam—Will you please print a recipe or vegetable soup without any meat stock if i can be made that way? We have so many lifterent kinds of vegetables to be used up con-R. A.

The following recipe is a very good one: Three quarts water, one quart shredded cabbage, one-half pint minced carrot, one cabbage, one-half pint minced carrot, one pint sliced potato, one-half pint minced turnlp, one-half pint minced onlon, one leek, two tomatoes, two tablespoonfuls minced celery, two tablespoonfuls butter or drippings, two tablespoonfuls green peppers, three teaspoonfuls salt and one-half teaspoonful pepper.

Have the water in the stewpan boiling hard and add all vegetables, with the exception of tomatoes and potatoes. Boil rapidly for ten minutes, then simmer gently for affour; add the remaining ingredients and hell an hour longer. Keep the cover partially off during the cooking.

Serve Before Lunche

Vyvettes



TODAY'S INQUIRIES

1. What are ideal storing conditions for pre-their titles even when no longer under military

2. How should a letter to a representative in

3. What is the proper title for a bishop?

2. Olive oil, easter oil and coal oil are all

3. If the heels of silk stockings are rubbed

American Flags on Stockings

To the Editor of Woman's Page:

Dear Madam—I want to protest against the indiscriminate use of the American flag. The limit of absurdity is reached, it seems to me, when young girls, "chickens," take to wearing the national emblem embroidered on their stockings, put there with the idea of aftracting the eye to the wearer's ankle rather than with any patriotic intention. It has always seemed dreadful to me that the American flag was so little displayed, but that fault has been surpassed during the flag on necktless hatbands, shirts and searchiefs, gloves and now, lastly, stockings. Cannot something be done to stop this desceration?

InDigNANT.

I, personally, and I feel sure many readers of these columns, hold the same views in regard to the absurd uses to which the national emblem has been put, although I am giad to say that quite lately some of these silly fads have been discontinued.

The One-Piece Bathing Suit To the Editor of Woman's Page:

To the Editor of Woman's Page:

Dear Madam—I am a young girl of nineteen and expect to leave this week for a camp in New York. There will be only girls at the camp; do you think I could take only my one-piece bathing suit with me or would it be necessary to buy a slip to wear over IT.

BROWN EYES. If you are certain the camp is so situated

that the landing from which you bathe is isolated you would not need another bathing suit, but I would advise you to take one, for there is always the possibility of being invited to go on swimming parties and ther you would regret not having another suit

Demeanor of Fiance's Parents Dear Madam—Kindly tell me through the exchange what is expected from the mother or parents of a young man who is engaged to a young lady if the mother, who is at the shore, should meet this young lady unexpectedly?

ANXIOUS.

Your question is not quite clear. If you mean that the parents of the young man have not yet met their son's flancee, they should, if staying at the same resort, make it a point to call upon her. If they meet her unexpectedly they should give her a very warm greeting and suggest that they see her before leaving. If they have met her before and only run into her at the shore by chance they may invite her to dine with them or the mother may invite her future daughter-in-law to spend a day with her. If not in a position to do this, the mother could merely greet the young lady very cordially and express her regret over not seeing more of her while there.

Family Embarrasses Callers

To the Editor of Woman's Page: To the Editor of Woman's Page:

Dear Madam—We live in the country and when young men come to call on me they often feel embarrassed at having to sit on the porch with the whole family. My brothers and sisters never realize this and they all come out and join in the conversation. One day last week I suggested to a caller that we take a walk slong the road, and though the family said nothing, a girl I know callelsed me for doing it. Was this improper?

If your parents make no objection to your walking for a little while in the evening with a young man, provided he is not a stranger, there is certainly no impropriety in as doing. Could you not suggest to your family that they need not always join you when you have a caller? You are quite right, it is liable to embarrass a young man, who feels he can talk to better advantage to you or to one or two persons than to a number, and one cannot walk indefinitely.

Liquid Green Soap

Dear Madam—Some time ago you gave advice for getting rid of blackheads by the use of liquid green soap. I have tried to get this, but so far have not been able. Is there any way of making ISABEL.

IN THE MOMENT'S MODES

Fall Chapeaux Designed for the Young Girl

There is a certain charming dash to the fall chapeaux for young girls, a certain undefinable quality that suggests their purpose in life, suggests youth. Of course, the style folk will tell you confidentially that many of these models will be worn by matrons, but it is for the young girl that they have been conceived and fashioned. The upper of the two models illustrated has a perkiness that is fascinating. The crown is covered with several layers of white Georgette, with the floral design The brim and band are of black velvet. The lower model has a corded crown of black velvet and the brim is made of alternate "petals" of moire and velvet.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

Prospective Glory

1. The yelks of eggs have a tendency to darken hair if used with great frequency. They will help to remedy in cases of excessive dandruff.

ONLY two more days of school this week and because the river looked cold anyhow. I buttoned up my dress and Rowdy and I were a week years old time certainly does fly.

When I woke this morning it was because Rowdy and I were away.

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When I woke this morning it was because the river looked cold anyhow. I buttoned up my dress and Rowdy and I were away.

When I woke this morning it was because the river looked cold anyhow. I buttoned up my dress and Rowdy and I were away.

When I woke this morning it was because the river looked cold anyhow. I buttoned up my dress and Rowdy and I were away. the bow on the corner. What do you sup-pose that dog was thinking about? Well, he was thinking about the three dollars and the district superintendent. I knew it in a minute, and believe me, I hopped

out without waiting for pancakes or any-thing.

When we got to the place where the my father say that a woman's tongue is crawfish holes are there was the district worse than a man's fist every time.

Superintendent with a piece of board and he was digging in the mud for all he was next full moon would be and she said she

said. "I must have dropped my glasses when we came out here yesterday and I have been digging around and looking for them." I said, "That is too bad, for they have been hanging on your vest all the time." He got red and said, "Why, they have." Then he said, "I think you have lost your three dollars, for I did not see anything of them while I was looking for my glasses." "No." I said, "I knew you wouldn't, for I always put them in another crawfish hole after I tell any one where they are." He looked very cross for a minute and then he laughed and said, "May I have the pleasure of giving you a ride back to town?"

I said, "No, thank you, I am going swim-ming in the river before school." He said, 'Go ahead, but don't be late for school.' So he got into his auto and went one way and Rowdy and I went the other way till we came to the river. There right at my swimming place was an old colored woman smoking a pipe and holding a string in the

I said, "For cat's sake, what do you think you are doing?" She said, "Ah is fishin'." I started to take off my dress so as to wet my bloomers when I went in but she "Whut is yo' aimin' to do, honey?" I said, "Ah is aimin' for to go swimmin'." She did not seem to know that I was copycatskaih all de fish an' den ah kaint kotch no skaih all de fish an' den an kaint koten no mo'." I said, "How many is yo' kotehed?" She said, "Ah ain' kotehed none yit." So ture, appears in tomorrow's Evening Ledger.

owns the baby horse the man was not at home, so we went in and found my bowl and helped ourselves to sour milk and bread, as he had told us to. Then we went to school and Peanuts Feeney made a first at

worth. He did not see us till we were close to him. Then I said "Good morning. He jumped and turned around so sudden that he put one foot into the mud. He said, "Why, good morning. Patsy. What are you doing here?" I said, "Just taking the foot into the mud. He said, "Why, good morning. Patsy. What are you doing here?" I said, "Just taking the foot into a book. Then she said, "The 7th of next month." a walk. What are you doing here?" He is aid, "Thank you," and went out to see said. "I must have dropped my glasses when the other children play.

After school was out Rowdy and I went nd walked through the big hotel just to make the man mad, as it always de make the man mad, as it always does. Then we went to a railroad station and saw two policemen waiting for a train. A man came and they tried to arrest him and he pulled a pistol and tried to shoot one of them, but the other one batted him on the wrist with his club and then he dropped his wind the highest him he made a fight and one relies. wrist with his club and then he dropped his pistol, but he made a fight and one policeman's coat was torn and the other got a bloody nose before they got him into a petroleum wagon. If I was not a little girl I should like to grow up and be a policeman. I did not know they had such good lines.

When I went past Old Maid Tompkins' nouse she hollered and said she had been cooking for me for a week to take me to town and get me some shoes. What do you know about that? Me with shoes on my feet. I told her I'd go tomorrow. That was plenty for one day. So we hurried home and I prayed, "Dear mother which art in heaven. I believe I bear to the shoes of the state of the shoes of and I prayed, "Dear mother which art in heaven, I believe I know why I don't have playmates: it is because I go barefooted. I never thought of that before, but since you have put it into Old Maid Tompkins bean to get me shoes, things will be all right. It was very simple after all. I was very simple after all. shall have to say good night now, for I am a very busy little girl. Amen."

PHILADELPHIAN'S CAPTURED SON SENT TO GERMAN PRISON CAMP

Mrs. Marion Mount, of 1218 Master Street, Receives Letter That Took Six Months to Travel From Germany to This City

Mrs. Marion Mount, of 1218 Master street, has received a letter from her son, Jack, who has been captured by the Germans and placed in the German prison camp, at Clausthal, Hasz, Germany. The letter, which was mailed from the camp, was six months on its journey to Phila delphia, and contained two photographs, showing a group of captured British offi cers, most of whom were in the aviation corps.

Mrs. Mount and her family were born and raised in Ireland, where her husband was a former police sergeant in Relturbet County Cavan. When the war started Jack, who is now twenty-four years old. enlisted in the Seventh Royal Dublin Fusilliers. He had been educated in the Masquio schools of Dublin and had mastered the French and German languages.
This knowledge was of great service to his regiment and Jack was promoted rapidly; he is now a first lieutenant.
Jim Mount, another brother of Jack's,

Jim Mount, another brother of Jack's, tried to enlist a few weeks after the first call for recruits, but he was rejected, owing to heart trouble. Jim could not bear to be the only young fellow in the town not doing something for his country, and he came to Philadelphia. He became iil two years ago and has been confined to his room ever since. When his mother received word of his condition she sailed for Philadelphia at once and on her way over was stopped twice by German boats. While fighting in the Dardanelle campaign Jack was wounded and ment home.

captured by the Germans, who sent him to Osnabouch, but he remained there only a short time, being transferred to his present camp at Clausthal. There are many other British officers at this prison and Jack says that they have no complaint and Jack says that they have no complaint to register about their treatment. The captured officers are allowed to walk around camp on their word of honor not to

TEACHERS' SALARY LAW CAUSES TROUBLE IN STATE

HARRISBURG, Aug. 16.—State educa-tional authorities have been asked by of-ficials and directors of a number of the smaller school districts of the State for suggestions which will relieve their finan-cial condition because of the approval of the law providing for a new minimum sal-ary for teachers.

In some of the cases which have been brought to the attention of the State authorities the districts have not only levied their taxes, but have accumulated so many debts that they cannot borrow any more money because of the legal limit. Under the State law districts must pay the minimum salary fixed by the act of 1917, but will not be reimbursed for their payments during the coming winter until next summer.

mer.

The State authorities have also beer asked to help obtain teachers for a numbe of districts where the boards have not ye been able to secure instructors for the schools which will open next month because of teachers entering industries as other fields where salaries as

MAE MARSH, GOLDWYN, STAR 'CINDERELLA MAN'

Movies in Australia During War. Pathe's Publicity Locates Lost Man

By the Photoplay Editor

Goldwyn has purchased from Oliver Mor-osco and Edward Childs Carpenter, the sucher, the famous all-season New York success, "The Cinderella Man," and with-out any loss of time whatever Miss Marsh began work for the camera in this production this week.

The director of this production is George Loane Tucker, the successful English di-rector, whose recent film productions under his own auspices have attracted widespread attention in the industry. Mr. Tucker's affiliation with the Goldwyn directorial forces has been impending for a long time, and his work with Mae Marsh may be expected to add still further to his reputation. At first both Messrs, Morosco and Carpenter were averse to turning their play over to the screen producers, for as a play it still has tremendous money-earning possibilities in all parts of the country and especially valuable are its rights in dramatic stock. But finally, author and manager yielded and the work of preparing for the filming of "The Cinderella Man" has been under way for weeks.

W. Tod Martin, vice president of the Fraser Film Release Company, Ltd., of Australia, arrived from his own country, by way of London, this week, for the purpose of booking pictures for Australia and New Zenland. He closed a deal with the Universal Film Manufacturing Company to beardless? handle all pictures, including Bluebirds, Butterflies and Universal Pictures. "I left home to investigate the film field."

said Mr. Martin, "and to find the best proposition for Australasia. Our picture prob-lem, since the war, which has called almost all the young men of our country to service with the colors, has altered very much from peace times. Before the war, our public was largely composed of young men who took the girls to the picture theatres. They are all gone, and as there is no war work for women in Australasia, the girls are flui-ing themselves too pinched in pocket money to treat themselves. When they do go to a film theatre, they want society drama, comedy-drama, child stories and themes as far removed as possible from all thought of conflict. The product of Universal is so varied that I feel confident of finding just what our public wants, and I am delighted with the outcome of my trip.

P. A. Parsons, publicity director for Pathe, claims the following as genuine, but ye editor thinks it a clear advertising stunt. How say you?

stunt. How say you?

Jack Donnelley, a young New Yorker, has occasion to thank the Hearst-Pathe News for the knowledge of his own identity. Through it he has been restored to family and friends.

Mr. Donnelley was picked up in Montclair. N. J., last July 9, suffering from aphasia. Taken to the Mountainside Hospital of that suburban community, treatment failed to restore his memory and no

ment failed to restore his memory and no papers were found on him which would cast any light upon his past. With little prospect of being able to get the informaprospect of being age to get the informa-tion they wished through ordinary means the city authorities requested the Hearst-Pathe News to take motion pictures of the patient and publish them in a regular issue with a title asking if any one could identify him and if so to communicate with the hospital.

On August 4 pictures of Mr. Donnelley were incorporated in the News of that date. Four days later the editors received a letter from a member of the firm of Moore & Fisher, of New York city, saying Moore & Fisher, of New York city, saying that the writer had seen the pictures and had recognized the subject as an employe of their concern who had mysteriously disappeared. The name and home address of the young man were given and within a few hours he was restored to his family.

GENERAL SIBERT WELL

First Official Inspection of American Troops Abroad Showed Great Progress

AMERICAN TRAINING CAMP IN FRANCE, Aug. 15 (Delayed). The flower of the American army was oday reviewed by General Sibert, the secnd in command.

Amid waving flags and to the tune of blaring bands the Americans swung by the reviewing stand. It was the first time that the entire strength of the expeditionary force had been assembled.

"I am proud to be the commander of such a splendid body of men." said General Sibert when the review was over. "This was no review before cheering crowds, but plain army maneuvers. Yet the soldiers handled themselves like veterans. I was particularly pleased with the efficiency and field marching of the troops. They have had little training for this feature of the work as their time has been devoted almost entirely to learning the technical side of modern warfare. They certainly did bravely."

Accompanying General Sibert were his staff and some French officers. All were enthusiastic over the splendid showing made by the Americans.

The review showed that the military ap-pearance of the men has improved greatly since they landed on French soil. Their

since they landed on French soil. Their bearing spoke volumes for the intensive training they have undergone since arriving here. They marched like the finished product instead of raw material.

Part of the line of march led through villages, and the French swarmed to the streets, cheering the Americans and offering them cooling drinks of wine and water. Some ran alongside of the soldiers, proud and happy to be in their company, while others offered the Sammees cakes and candy.

Tomorrow's War Menu BREAKFAST Sliced Peaches Creamed Codfish on Toast

LUNCHEON Rice and Cheese Croquettes Stewed Tomatoes

Sponge Cake

DINNER Fruit Cocktail
Breaded Scallops, Sauce Tartare
Riced Potatoes
Buttered Beets
Peach Pie Demi Tasse

THE CHEERFUL CHERUB They say the evolution's helped By all this war and shooting. Well, if it needs a war, all right We must keep evoluting. evoluting.

GOOD HEALTH QUESTION BOX

nasteer to health questions. Doctor Kellogy in this space will daily give advice on preventive tedicine, but in no case will be take the risk of making diagnoses of or prescribing for all-ments requiring surgical treatment or drups. Health questions will be promptly an exercise by personal letters to inquirers who inclose stamped envelopes for reply.

Scalp Treatment

THOSE who have not yet suffered the removed in making fine flour. It contains much cellulose and is rich in vitamines, by loss of hair, will do well to follow these by loss of hair, will do well to follow these lime, iron and phosphates, and besides contains some starch. Cellulose is not digestirules; while those who are partially bald may do much to stop the progress of the scalp disease which is depriving them of

their hair.

The hair and scalp should be thoroughly washed at least once every week. Use clean, soft, hot water (not boiling) and pure castile soap. Rinse with warm water, gradually changing to cold. Be careful to rinse all the soap out of the hair. Dry with a soft towel. Expose the hair and scalp to the sun's rays daily, or as often as possible. their hair. Avoid "hair tonics" and advertised remeas possible.

dies for baldness. The hair needs nothing more for its preservation than the agencies provided by nature.

provided by nature.

Avoid head coverings as much as possible. It is a good plan to sit out of doors in the sun or at a window through which the sun shines when reading or resting during the day. Water, air and sun are nature's greatest tonics.

Massage the scalp vigorously with the finger-tips for five minutes every night before retiring. The scalp should not be "hidebound." Work the scalp well with the fingers in order to loosen it where it clings tightly to the head.

Starchy Food and Sour Food

May sour fruit and starchy foods he cater t the same meal? INQUIRER. Yes, if one takes pains to chew thoroughly. The saliva will neutralize the acids of fruits to a sufficient degree so they will not do any harm.

You frequently advise bran. Just what part of the grain is bran? T. C. M. Bran is the outer husk or coat of the

Is it safe to take tablets to develop the bust? R. R. Certaintly not. Such quack preparations are either worthless or injurious.

LESSONS FOR THE SOLDIERS

Instructions Issued by the War Department to Men Selected for Service in National Army

Your real training for your duties as a by all means take advantage of every opsoldier will begin after you and your portunity. Climbing, jumping, gymnastic exercises, all kinds of competitive games. comrades are assembled at the training camps. However, there are a few simple things you can do during the next few weeks which will be of decided value in getting you started along the right lines.

The simplest thing, and perhaps the most useful of all, is to begin at once to practice correct habits of smallers and walking

correct habits of standing and walking. Even in civilian life a man's reputation in his community-yes, and for that matter his own self-respect is determined to a surpris-ing extent by his bearing. The man who slouches feel like a slouch. The man who

slouches feel like a slouch. The man who holds his head up faces the world with confidence and courage.

If this is true in civilian life it is ten times truer in military life. For a soldier must always be strongly marked by his snap, his precision and his vigor. He can not have these traits unless he carries himelf like a soldier.

THE BEARING OF A SOLDIER Few people without military training have correct idea of what is meant by the position and the bearing of a soldier. They are apt to imagine that it means a strut or an extremely strained attitude. Or. appeared. The name and home address of the young man were given and within a few hours he was restored to his family.

GENERAL SIBERT WELL

PLEASED WITH REVIEW

or an extremely strained attitude. Or, more frequently, they think that the term can properly be applied to any erect position. The truth of the case, however, is that there is a definite procedure to follow in order to place yourself in what is known in the army as "the position of a soldier." It is the position which the dismounted soldier always assumes at the command "Attention," except as it may be stightly modified to enable him to carry

properly any arms he may have in his It will be well for you to memorize paragraph 51 of the Infantry Drill Regulations, which gives the complete and accurate description of the position of the soldier. This paragraph is slightly paraphrased and simplified in the description following: Keep in mind that there are ten elements which must be properly adjusted to each other and check yourself up to see that each one of them is properly placed. First Heels—on the same line and as

near each other as possible; most men should be able to stand with heels touching each other. Second. Feet-turned out equally and forming an angle of about forty-five de-

Third. Knees-straight without stiffness. Fourth, Hips—level and drawn back slightly; body erect and resting equally on Fifth. Chest-lifted and arched.

Sixth. Shoulders - square and falling

Seventh. Arms-hanging naturally. Eighth. Hands — hanging naturally, thumb along the seam of the trousers.

Ninth. Head—erect and squarely to the front; chin drawn in so that axis of head and neck is vertical (means that a straight

neck should be vertical); eyes straight to the front.
Tenth. Entire body—weight of body resting equally upon the heels and balls of the feet.

line drawn through the center of head and

Note especially that you are not required to stand in a strained attitude. You are One of the very best things you can do today is to spend fifteen minutes practicing this position, getting it right. Keep this up every day until you report at camp. In the army, as in every-day life, first impressions are important. The first impression you make on your officers and fellows will depend, more than you probably realize, on the manner in which you stand and

MAKING YOURSELF FIT If you can devote part of your time be-tween now and the opening of camp to phy-sical exercise you are fortunate and should

ble and so encourages bowel movements

Constipation and Colitis

My daughter has chronic constination, and the doctor says she has colitis. What is colitis?

Colitis?

Colitis is an infection of the colon. Various kinds of germs get into the colon and become attached to its walls and produce a condition similar to the catarrhal condition of the nose. Colitis is usually located in the lower part of the colon, but it may extend to the entire colon. It is a very common disease. Combe considers it infectious. Persons who suffer from chronic constipation are very likely to have colitis.

Lettuce Contains Iron

Why is lettuce considered so wholesome?
Mrs. E. E. C.

Because it is rich in iron. It is a blood-Because it is fron in iron. It is a blood-making food. There is twice as much fron in a pound of lettuce as in a pound of beefsteak and the iron of the lettuce is all available for use, whereas the iron of the beefsteak, according to Sherman, is very such less so. Besides lettuce contains beefsteak, according to Sherman, is very much less so. Besides, lettuce contains lime, which is lacking in beefsteak and is needed to aid in the assimilation of iron. Lettuce, like other green vegetables, is rich in vitamines, a highly essential food ele-tucky. Lettuce or some other green stars ment. Lettuce or some other green stuff should be eaten daily and at every meal

Tablets for Developing the Bust

exercises, all kinds of competitive games, swimming, rowing, boxing, wrestling and running are all recommended as excellent methods of developing the skill, strength endurance, grace, courage and self-reliance that every soldier needs.

There are some simple rules of eating and living which all of us should follow regularly. They will be especially helpful to you if you put them into practice in preparing for camp life. Perhaps the most important of these rules is to use no alcohol of any kind. If you have been in the habit of smoke

ing immoderately, cut down; get your wind your nerves and your digestion into the best possible condition. Eat and drink moderately. Chew your food well. It is advisable, however, to drink a great deal of cool (not cold) water between meals. Don't eat between meals.

Keep away from soda fountains and son

drink stands. Learn to enjoy simple, nour Accustom yourself to regular hours for

sleeping, eating and the morning func-Don't "take a last fling." It may land you in the hospital. At the best, it will probably bring you into camp in an unfit condition to take up your new duties with profit and enjoyment. There are strenuous days ahead of you, and it will be good sense on your part to make reasonable preparation for them.

You will find nothing required of you in the army that is beyond the powers of the every-day American. You will see clearly ahead of you, after you have read this course, the path which you are to follow. Look forward with confidence. Enter the service with the firm determination of Look forward with confidence. doing your best at all times, of playing square with your superiors, your associates and yourself, and of taking care al-

ways of your assigned duties whatever may happen.

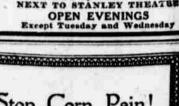
You will find that every one else will treat you with courtesy and fairness—for that is the inflexible rule of the army. Out of that rule grows the comradeship and the attractiveness, even in the face of all dangers and hardships, that are character-

stic of American army life.

WILL WATCH PUBLIC MENUS WASHINGTON, Aug. 16. — Hotel, cafe and dining-car menus will have 600,000 pairs of eyes on them, seeing that the fur-nishers of food to the traveling public stick close by the suggestions for economy made by the food administration.

Traveling men of all sorts, through their organizations, today rounded out the scheme in conference with members of the food administration. They will "do their bit" through suggestion and constant re-





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McPHILOMY'S, 1624 Market St.



Women! Stop Corn Pain! Few Drops and Corns Lift Out

Don't hurt a bit! Cincinnati man discovers drug that works miracles-No humbug!

Your high heels have put corns on your toes and calluses on your feet, but why care now? This tiny bottle holds an almost magic fluid. A genius in Cincinnati discovered this ether compound and named it freezone. Small bottles of freezone like here shown can be had at any drug store for a few cents. Don't limp or twist your face, but get a bottle of freezone and apply a few drops on your tender, aching corn or calius. Instantly the soreness disappears and shortly you will find the corn or callus so shriveled and loose that you can lift it off with the fingers.

Just think! You get rid of a hard corn, soft corn or a corn between the toes, as well as hardened calluses, without suffering one particle. Freezone is magic!