INTS AND FEATURES OF INTEREST TO HOMEMAKERS Cheaper Coal Hardly

MENTAL RUST A SURE PRESAGE OF APPROACHNG OLD AGE

The Acquisition of Knowledge Is the Best Conserver of Youth and Happiness

Vyvettes

A big polka-dotted bow, stiffened

another color and design.

then rust sets in and eats them away

That is why you will meet men and

women old before their time, while others

away up in the seventies and eighties

"Marion Harland," who is now eighty

six years of age, told a recent interviewed

out and make one." And there is little

in this way: "Old age is merely selfish-

2. Are long, pointed nails in good taste?

and changed her name.

To the Edior of Wanton's Page:

hours. The fare is \$1.50 one way. There is

no difference if you purchase a round-trip

Course in Reading

To the Editor of Woman's Page:

Dear Massam—After four years of high school, taking the commercial course I graduated this summer. I should like to continue my education this winter. At the I hoped to take an educational course a Tample University, but work during the day and study at night. I personally do not feel capable of conversing at case with my present store of knowledge.

Could you assist me by publishing a list of looks and articles that I should read? Then I know there are arguments published in reference to woman suffrage and ike subjects of the know where to look for them—that is, by title and author.

Stenographers' Rates

Dear Madam-Referring to my inquiry of about two weeks ago regarding public steno-

Architect's rpecifications per page, single

space, ten to fifteen cents, according to size of paper; per page, double space, fifteen to twenty cents, and for triple space ac-

Legal Queries

following answers to your questions: (1) It appears that B would be liable if anybody

H. S.—The Legal Aid Society gives the

specifications, usually

To the Editor of Woman's Page:

cording to special

twenty-five cents a page.

To the Editor of Woman's Page

(Mesor at one

will be brighter than their own grand-

Of course, there are a myriad facts which at one time or another have been in our possession, and which afterward have slipped apparently away into the unknown; but, as a matter of fact, they are really still there, hidden behind the more lately acquired and more important knowledge like some forgotten triffe fallen behind the larger lumber in a disused garret, and when the occasion arises the chances ove that a very little effort will be required to bring that apparently vanished information into use

ing knowledge; nothing which keeps the mind so alert, so alive. The pleasures of doing are as nothing in comparison, for they are but passing, while the new knowledge is an imperishable possession which we will carry with us be yond the grave. It is true that the habit of study is difficult in the beginning, but it is an appetite that grows in the gratifying, gets strong and stronger by use and it is an unfailing cure for "blues" and

before we have recognized the first symptoms, and unless we have unusual powers | fear she would find any difficulty, for of will it is virtually incurable. Have she has always kept her mind and soul you not known many who seemed in free from rust. She explains her youth capable of receiving a new idea, whose minds appear to be barred and shuttered ness. We have lived our lives we say, chinery are bound with rust and dust, and senses."





GOOD HEALTH QUESTION BOX

Fatigue

CELL through its activity consumes A CELL through its activity consumers itself, just as a battery uses up the elements of which it is composed. The exhausted cell is diminished in size and it has a much smaller number of energy granules than does the rested cell. .

The nerve cell which has used up its

state of partial or complete exhaustion When fatigue is the result of work, rest by the consulted demanded. If one continues to work when tired, a wasteful expenditure of energy cours L. Zuntz, of Berlin, has shown that ben one is fatigued the amount of energy equired for the performance of a given task is greatly increased. For example, if one walking at the rate of three miles an hour expends seventy-five units of energy for each mile when fresh, after walking for some time and becoming weary, the energy 1. Should finger nails be filed before or after the bands are washed? expended per mile will be ninety units or even more. The explanation of this in-3. How can the edges of the nails be smoothed after filing? reased energy expenditure is found in the

1. When introducing a young man or woman to one's mother it is not necessary to mention the parent's name unless she has married again 2. When the skin peels, making it difficult to apply powder, a little cold cream or cocoa butter should be rubbed in before applying powder. double chin can be in a measure prevented if a chin strap or belt is worn at night and the following lotion applied before adjusting it: Thirty grains ledide of rotassium, one list that tract prepared from exhausted frog muscles produced fatigue when introduced into the circulation of fresh muscles. These experiments have led to the conclusion that coisons result from the activities of the Trolley to New York

fatigue poisons are produced in the colon as well as by muscular work. This ex-plains the languor and chronic exhaustion of constinated persons. Start from Camden on the Public Service Trolley line of New Jersey. Trolleys leave

Symptoms of Lead Poisoning every hour. The route passes through Is it curable? What are the symptoms of lead poisoning? The most characteristic symptoms of

Weak Eyes

My even are readily influenced by the two attenues of heat and cold, especially frosty seather. I use glasses for reading in the eve-ing. What can I do to attenue then them? JAMES S. D. Bathe the eyes in hot water two or three

times a day; improve the general health in every possible way; consult an oculist.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

The Circus

he wanted to go to Jim's, and he did, and to did I We took the middle of the road. running, and when Jim got back from his milk route he found me singing on the top of his barn.

something." So I guiped down my bread and milk and so did Rowdy, and Jim took If you will go to the reference room of the Philadelphia Library. Thirteenth and Locust streets, any afternoon after 4 o'clock the librarian in charge will be glad to give you a list of books on current events and any other reading you may desire. In the card index at the library you will find grouped under "Woman Suffrage" a number of helpful books on that subject. They are called circuses because the men

When everybody started away from the grounds to parade we piled back into the about two weeks ago regarding public stemo-graphic rates:

First If three letters were written, one con-sisting of about ten words one 250 words and for each?

Second Also, in writing architect's specifica-tions how much should be charged per page writen single, double and triple spaced on letter-size paper (Stall inches) and legal-size paper (Stall inches).

H. H. W. wagon and went to see them. We saw the elephants and the camels and everything. Then Jim bought some sandwiches, which we ate in the wagon, and then we went out to the circus again, and Jim bought some tickets and in we went.

Few stenographers will type a letter of less than a hundred words. The charge for 100 words is five cents; for 250 words seven and a half cents, and for 500 words or a and lemonade, we started to go out, and a crown a crow and lemonade, we started to go out, and there was such a crowd we could not breathe. Jim kept pushing the people back to keep them off of Rowdy and me. A lot of young men came rushing through the crowd in a line, knocking the people seven ways for Sunday. I was right in their way, and so I was going to have Rowdy eat the whole bunch when Jim got between us and pushed them back and told them to behave. The big fellow who was leading them strucks The big fellow who was leading them strucks at Jim's face, only when his fist got there Jim had removed his face. Then Jim landed his fist on the fellow's face and after that Jim had to grab him to keep him from failing. I think if I was not a good little girl I should like to grow up like Jim, to pound somebody's face in.

Jim said, "Is there any other gent who would like to try to step on a little girl?" The crowd yelled and the gang broke up, and the fellow Jim had pasted turned

just humble me. They have decided VIEWS I feel apologetic when My feet won't fit their shoes.

Expected Before Spring

latter cost of production. These mines obviously cannot produce at this price while December. the mass of the coal in the district yields a fair profit. Yet the Government wishes to keep production up.

TWO THEORIES

There are two theories as to how these mines will be kept in the game. One is that they should be taken over by the Government and operated, the Government to stand the loss. The second theory is they should be made exceptions and a price set for them at which they could pay profits. The administrator is con-fronted with the task of keeping them working.

Difficulty number three has to do dealer who has already bought his

coal on contract Virtually every large coal dealer in Phila

delphia long ago contracted for his coal for the coming winter. Many dealers have large quantities of it already in their yards. They have paid something like \$3.85 for the same coal that the Government now says must be sold for \$2. They have got to sell that coal as though they had bought it for \$2 a con. Their next-door neighbor who is not buying on an old contract gets his coal at \$2 a ton and they must meet his competition. The Government will not let them sell coal at a figure that would make a profit on \$3.85. If the law and the regulations are administered in accordance with what appears on the surface every one of these local dealers would lose money on every ton he sells. The coal administrator has got to work out some plan that will not do this dealer an in-

Difficulty number four also has to do with coal contracts that already exist.

The railroads are most favored of all coal consumers. While other buyers were paying \$3 for bituminous coal it was no uncommon thing for a railroad to be purchasing the same fuel from the same mine at \$1.50. It may be true that it costs \$2 a ton to mine this coal and that the mine loses money on it.

WHY RAILROADS ARE FAVORED There are two explanations of this sit ation. One is that a railroad contract attractive because it is large and runs steadily throughout the year. It will give the miner a bulk of production that will make his other business more profitable. The second explanation is that coal mines are dependent on railroads to move their product. The mine that accommodates the railroad is much more likely to get cars
than is the mine which does not. Hence
the favorable contracts to the railroads.
It is argued that if coal mines were It is argued that if coal mines were to abrogate these contracts on which they lose money, they might tend to effect the cuts in prices that are being ferced upon them by the Government. Mr. Garfield will

have a chance to take out this slack in mine Difficulty number five may be said to ave to do with labor. the United States today there are ditions of palsy in other locations and in robably not less than a hundred situations n which the miner and the operator are many cases a blue line along the edge of the

near the breaking point. The two face each other with fixed bayonets. Each goes over the top or tunnels under in his at tempts to weaken the position of the other This cut in the selling price of coal will cause the employer to attempt a cut in wages. Certainly he cannot as well afford wages. to pay high wages as when he was making

four times the profit on every ton the miner four times the profit on every ton the miner took out. The miner will answer that the Government based its judgment in fixing the price on the producer's ability to take out the coal with the wages then prevailing. The coal committee of the Council of National Defense has assumed the task of pouring oil on the troubled waters of labor as applied to coal mining. That committee has as its head, for instance, F. S. Peabody, of Chicago, a man who owns a score of mines. Half of his mines, being in the unionized State of Illinois, employ union labor. The other half are in Kentucky where an operator may pick and choose, and Mr. Peabody works nonunion men there to show his broad mindedness. He has got all the money he wants and so works hard for the Government for a dol-

lar a year. HOW PEABODY WORKS

Mr. Peabody is a diplomat and more gental than Bunny himself. He picked He picked two assistants for intimate advice and co-operation in keeping the coal mines of the nation yielding up their dormant horse-Both were young men, aggressive. power. Edward Chase was the representative of one of the biggest coal producers in the nation.

organization which Mr. Chase represented had never employed a union man in all its life. The second selection of Mr. Peabody was William Diamond, enthusiastic representative of the United Mine Workers, who had been fighting nonunionism Kentucky. Here was an open-shop man, a union man and an employer who worked with both. The group has been handling with both. The group has been handling about fifty telegrams a day bearing on labor troubles in the mines and has talked reason and canning the Kalser to all of them and adjusted the difficulties. This organization is at the disposal of the new coal administrator and will help him with

the difficulties of the labor situation.

Of these difficulties two are obviously embarrassing—getting the mines to produce \$2 coal when they have contracts for \$4 coal, and forcing the man who is loaded up on \$4 coal to sell it at \$2.

The mines today mostly have the mass of their product contracted for. Certainly these contracts will be filled before coal is sold at the lower price. Mining men are saying already with somthing of a chuckle,

"There ain't gonna be no core."

The mass of the coal is used in the industries which buy in advance and have already provided for the present year. They will pay contract prices unless something drastic is done about it. If their rivals are able to buy at the new prices they will get a material advantage in production because of the Government action which made possible. There are those who think it will be necessary for the President to ask Congress for the authority to abrogate conand place everybody on an equality with \$2 coal for the present season,

WOULD SOLVE DIFFICULTY

WOULD SOLVE DIFFICULTY
This would solve also the difficulty which
faces that dealer who has contracted for
this winter's coal at old prices and who
will be forced by the Government to sell
as though he had bought for \$2. It would
place the consumer in the position where
he would be able to get the benefit of \$2
coal right away. If bing! the first of September, everybody get his coal for \$2 the tember, everybody got his coal for \$2 the regulation would be real. With the mass of it being handled under contract for the present season, the public may not benefit. Coal contracts expire in April and after that there will be a new deal. Perhaps Mr. Garfield will find a way to give the public those benefits immediately.

The appointement of Harry A. Garfield The appointement of Harry A. Garfield seems to be quite generally approved by those men associated with the Council of National Defense. He has not been connected with the coal business and is unfamiliar with its intricacies. This is considered an advantage. He has an open mind, while the man who has labored long with coal problems might have preconceived with coal problems might have preconceived theories that would interfere with his ef-

It is understood that Mr. Garfield will associate with himself technical represen-tatives of the different branches of the problem such as a coal production expert, problem such as a coal production expert, a labor man, a dealer, a transportation man and so on. The mill will be put in operation this week. The President states in his proclamations that the prices set are but tentative and experimental and leaves the process of programs. way open for necessary changes of program.

Moyers to Have Reunion Association, which is composed of persons hearing the name of Moyer, will be held today in Perkasie Park, Perkasie, Pa. The Moyer Association is one of the largest in the State and numbers in its memberable many Philadelphians.

Italians Drive Enemy From Monte Santo

Continued from Page One occupied before their own offensive last

MONTE SANTO CAPTURED IN CADORNA'S ADVANCE

ROME, Aug. 25 Capture of Monte Santo yesterday by Italian troops and penetration of the Aus-trian lines at several points were an-nounced officially today.

In the various places where the enemy line has been broken the Austrians are being closely pursued. On the Trentino front, especially in the sectors of the Lagarina Valley and Monte

Croce, the Austro-Hungarians are making strong counter-attacks, but these have been broken up by Italian resistance without gaining a foot of ground.

Upward of 21,000 prisoners are now in the hands of the Italians, all having been

captured since the eleventh battle of the Isonzo opened on August 18. The War Office gave the second Italian army the honor of the victory.

News that this force had been "broken

through" at several points was hailed with great rejoicing here. It was against Monte Santo that one of the main drives of the Italian offensive of last April was directed in the assault on the three great promon toriesof Kuk. Vodice and Monte Santo.

Dispatches from the front say the Italians forced crossings of the Isonzo between Tolmino and Plava. The survivors of the Austro-Hungarian garrison at Monte Santo fled eastward, hotly pursued by the Italians. The pursuit continues.

Monte Santo, a peak 2245 feet high in
the Julian Alps, had been strongly fortified

by the Austro-Hungarians and it was only through the efficiency of the Italians' heavy guns and the brilliant gallantry of the in fantry that it was carried by storn

BRITISH GAIN AT LENS AND IN WEST FLANDERS

LONDON, Aug. 25. Canadian troops still advanced against ens today. West and south of the coal city the fighting was one continuous battle of assaults by the Canadians and immediate counter-attacks by the enemy. At several points the German counter-attacks forced some slight recessions, but this was more than counterbalanced by a night victory west of the metropolis.

There Field Marshal Haig today reported 'a successful attack, with slight casualties to us," which "captured a short trench of local importance." "In the Lombaertzyde neighborhood at

night we captured an enemy post, taking a few prisoners and a machine gun," the statement continued. "Around Epchy there was considerable artillerying early this

Germany's counter-attacks, not only around Lens but northward in the Ypres Menin sector, show no signs of weaken-ing. They are made in great concentration of men and of barrage fire. A dispatch from the front says:

"The Canadians continued hammering a Lens today, chipping off bits here and there "During the night they advanced astride the railway in the city and captured a trench a thousand yards from the station itself. It was littered with German dead. Fierce resistance was encountered over every step of this gain. "As a result of cold-blooded sacrifice of

men, headquarters report today showed the enemy had retaken Iverness Copse, forcing back the British extreme right on this bat-

say fighting is developing on the extreme British left front near the junction of the British and French fronts."

FRENCH CAPTURE THREE MORE VERDUN POSITIONS

PARIS, Aug. 25.

More progress was achieved in France's resumed offensive in the Verdun sector north of Hill 304 today, the official statement reported.

ried out raids, taking prisoners. On the ampagne artillery was n both sides.

The French have taken 7600 prisoners, 261 of them German officers, in the Verdun drive. The Sixth German division of reserves, for-merly ranked as one of the strongest enemy units, was literally wiped out. After the first rench assaults the division was reduced to three regiments—approximately 3750 men— and of these the French took 2794 men and

heir unit not captured by the French had

The large number of officers captured by

With a checking up today of prisoners and German casualties it developed that of one German regiment the French captured \$50 soldiers and twenty-eight officers. This

and, from a German soldier imprisoned at Verdun, December 15. It described alleged horrors of the French prison camps and ex-horted the Germans not to surrender. Proof that Germany is deliberately at-tacking field hospitals in aerial raids was obtained today. A German aviator brought down behind the French lines was found to be carrying a photograph of the hospital at Vadelaincourt, which mainly showed the at Vadelaincourt, which plainly showed the

Most of their bombs were incendiary. Near-ly always the aviators swept close to earth and fired machine-gun bullets at fleeing nurses and patients.

The French Government has bestowed the Legion of Honor and the war cross on haif a dozen women nurses for bravery during these attacks.

BY RIGA OFFENSIVE PETROGRAD, Aug. 25.

PETROGRAD. Aug. 25.

The so-called German offensive in the Riga sector is not regarded seriously by military experts. It was pointed out today that the Russian retirement to the coast along the Aa river amounted only to a few versts and, moreover, was purely for strategic reasons. (A verst is sixty-six one-hundredths of an English mile.)

According to Russian military opinion the Russians have fallen back to the positions they held so effectively before assuming the offensive themselves at Christmas. 1916. These positions are between Lake Babit and Schlock. The Russian line bars further advance of the Germans all along the coastal routes to Riga from the west, while south of these roads—the only practicable ones at this season—lie the It is believed that the German pressure

TWO U. S. HEROES DIE AT CRAONNE

James Wilson Gailey, of New Park, Pennsylvania, Victim of Shellburst.

WAS PRINCETON SENIOR

John G. Rothermel, of Reading, Also in Ambulance Service, Receives Coveted War Cross

PARIS, Aug. 2, by mail to New York, Aug. 25.
The battle of Craonne has claimed two The battle of Chaome has claimed two American victims belonging to the Amer-ican field ambulance service—Raymond Perley Hamilton, of Clinton, Mass., and James Wilson Gailey, of New Park, Pa. Both had seen less than a month's service. It was in the heat of battle, when the Crown Prince's troops were launching desperate counter-attacks in their efforts to

desperate counter-attacks in their efforts to win back the important Chemin-des-Dames, that both Americans lost their lives. Galley, only twenty-one years old and a senior of Princeton University, received glowing mention in army orders. It runs:
"James Wilson Gailey, American sanitary
section No. 66, was evacuating six seriously wounded soldiers during the night, when he was held up in a village owing to the colapse of a house and to shell craters.

"Although the road was swept by shells and gas was swirling around, he ran to a neighboring post and brought back another vehicle into which the wounded were trans-ferred and afterward taken to the rear."

The official description of how Gailey met his death, four days after this exploit, was: "Killed by a shell which fell on his ambulance while it was filled with wounded."
Hamilton was killed in the same neighborhood. He was taking up wounded shortly after dawn at a first-aid station right behind the trenches when a German shell call plumb in the midst of the same. fell plumb in the midst of the group of suf-

fell plumb in the midst of the group of suf-ferers and relief workers. Hamilton was killed on the spot. His citation was: "Raymond Perley Hamilton, driver, American volunteer, American sanitary sec-tion No. 66: A very good driver, devoted and courageous, killed in the accomplish-ment of his duty while collecting wounded at the ambulance poor. at the ambulance post of V., on July 29, 1917, at 5 o'clock in the morning."

The funeral of the two volunteers took

place at the front and was attended with full military honors, General Niessel pinning the war cross on the two coffins before they were lowered to the earth.

The Craonne battle is giving American ambulance boys plenty of opportunities to distinguish themselves which they are not slow to seize. After the funeral ceremony for Gailey and Hamilton, General Niessel conferred the war cross upon the section commander, William Gorham Rise, of Al-bany, N. Y., Harvard University man, and three other members of section 66: Dur-bin W. Rowland, Toledo. O. (Harvard); John S. Woodbridge, Shanghai, China John S. Woodbridge, Shanghai, China (Princeton), and John G. Rothermel, Read-ing, Pa. (Princeton). All four men have been in the thick of fearful fighting. Their automobiles have had to carry the wounded away through shell hurricanes sweeping the lines of communication.

Three other Americans belonging to am bulance section No. 2, who have who have received the war cross lately are John W. Ames, of Cambridge, Mass. (Harvard), son of Prof. John W. Ames, of the Harvard Law School; Raymond Whitney, of Bed-ford, Ind. (Randolph-Macon College), and Edward Diemer, of New York. All these men have also been working in the deadly

NULLA PUO' ARRESTARE L'AVANZATA ITALIANA

Una Vittoria Segue L'Altra Gli Eroici Soldati d'Italia Si Coprono di Gloria

ROMA, 25 Agosto. Un rapporto del Generale Cadorna an nunzia che ieri le nostre truppe hanno sos-

tenuta una splendida azione contro il nemico che tentava di battere le nostre coonne avanzate, e lo debello addirittura Su tutto il fronte dell'Isonzo i nostri hanno conquistato un numero considerevole di prigionieri, ed una grande quantita' di munizioni e materiale da guerra. Il passaggio dell'Isonzo da parte delle nostre truppe e' cosa di cui il nemico non sa darsi pace, giacche' si riteneva impossibile

che le nostre truppe avessero potuto attra-

versare il flume fra Plava e Tolmino. In tanto la battaglia, che va prendendo man mano delle proporzioni gigantesche addirit-tura, continua con il massimo sangue freddo da parte del nostri eroici soldati. In questo combattimento di teri, che rappresenta l'undecimo dell'azione, le nostre truppe hanno fatto prigionieri circa duecento Ufficiali e 7000 uomini di truppe sicche' il unmero totale dei prigionieri ammonta ora 500 Ufficiali e 20,000 uomini, ed hanno preso al nemico 60 cannoni di calibro medio. Gli Austriaci impiegano tutti i loro mi-

entativi vengono sventati in men che si Il Generale Cadorna pubblicava Seguente Bollettino Ufficiale:

gliori mezzi per tentare di metter un argine a questa avanzata che irrompe nelle loro

come un flume in piena, ma i loro

"QUARTIERE GENERALE, 25-Agosto. "La battaglia continua. Noi abbiamo com puistate nuove posizioni, debellato il nemico che cercava di controattaccare, ed abbiamo catturati molti prigionieri e confiscato molto materiale da guerra e munizioni. "Sin'ora abbiamo rimesso dal fronte internandoli, 500 Ufficiali, 20,000 truppa, 60 cannoni, parecchi mortal da

incea, molte mitragliatrici e un limitate di vettovaglio "I nostri aviatori che non stancano mai di volare, tormentano il nemico non lascian-dogli pace, e lanciando lo spavento e la morte per ogni dove. Ieri i nostri aviatori hanno bombardato delle grandi masse di truppe nemiche, facendo cadere parecchie

tonnellate di dinamite.
"Sul fronte di Tolmino, dove il nemico tenta accanitamente di divergere la sua azione colla speranza di riconquistare il terreno perduto, il combattimento fu addirit-

tura una strage ed il nemico fu completa-mente annientato, a Guiddariz, nella Valle Lagarina ed a Monte Croce.

"Notizie dall'Albania recano che cola' in

un incontro tra un reparto di truppe nostre con uno di truppa nemica, sulla sponda destra della Vojusa, i nostri soldati con-trinsero il nemico alla fuga, imprimendogli molle nerdita."

nolte perdite." Gives \$2000 to Charities

Gives \$2000 to Charities

Charitable bequests in the will of Margaretta S. Knapp, 1630 West Columbia avenue, give \$1000 each to the Grace Methodist Episcopal Church, Broad and Master streets, and the Methodist Episcopal Home for the Aged. One-third of the estate, which is valued at \$3000, is bequeathed to relatives. Another will probated today was that of James F. Valentine, Swarthmore. It disposed, in private bequests, of property worth \$4800.

TOO LATE FOR CLASSIFICATION

DEATHS GALLAGHER—Aug. 28, after a short illness at Ocean City, DANIEL GALLAGHER, aged 78. Relatives and friends, members of all societies of which he was a member, invited to funeral. 1514 N. 18th at... Tues. Requiem mass Churen of the Gesu, 10 a.m. Int. Holy Cross Cem. 80HN.—Aug. 24. RAYMUND r. son of Lensand late william Bohn, aged 20. Relatives and friends, also Guard Technical School. 1918 Class. Invited to funeral. Tues. 8.70 a.m., mother existence, 1831 E. Harold st. High mass at

IN ONE of Juliana Horatia Ewing's delightful stories a little girl exclaims exultantly, "Then I shall know and I cant unknow," a truth both tragic and slorious, for often there come things into our lives which we would give all the world to unknow, and others which make life seem for the first time really worth while. But, be it for good or ill, one thing a sure-what we know we can never

THERE is no joy like the joy of acquir- to use.

MENTAL rust is one of the most in-sidious of diseases. It steals on us and "out of a job" she would "go right."

against any glimmer of today's sun? The and we shut our minds to the interests locks and hinges of their mental door are of those around us. So the lethargy of rusted, the wheels of their spiritual ma- the lotus eater enwraps spirit and

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

children

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 garries like those given believe are invited. It is understood that the editor does not necessarily indoes the scattment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

1. How can chiffon be cleaned? 2. How can ribbons and silk be freshened?

8. What is the best way to clean heavy ANSWERS TO YESTERDAY'S INQUIRIES

3. French fried potatoes should be cooked

2. Eighteen minutes per pound should be al-

ep fat, from six to eight minutes Explanation of Cold Pack Method

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

Dear Madam—I am a constant reader of your department and find many valuable helps therein, and am writing to ask if you can help me, too. I would like to know the details of the so-called "cold-pack" method of canning lima heans. Are they put into the lars raw, covered with cold water, then cooked for some time, or do they have to be cooked at all first? If you tell me they are to be "blanched" may I ask just what blanching means? Also is any preservative necessary? (Mrs.) M. C. W. Dear Madam Kindly inform an express trolley service between

Cold-pack canning simply means packing the product uncooked and cooking it in the

To prepare lima beans for the jars wash them carefully, then place them in a fine wire holder or cheesecloth hag to square of cheesecloth with the four corners tied together will answer) and blanch them by dip- Trenton and Newark. The trip takes five ping in rapidly boiling water for five min-utes. At the end of this time remove, and, working as quickly as possible, pack the beans in glass jars which have been thoroughly cleansed, add one teaspoonful of salt to each quart jar and fill to overflowing with boiling water. Have your rubbers sterilized, adjust them, serew down the lid ntil it just catches, place in the cooker and let cook from 90 to 120 minutes in a homemade hot-water bath outfit, or one hour in steam-pressure cooker (five pounds). Count from the time the water begins boiling again after the jars have been placed in it. Remove, tighten the lids of the jars and atand them upside down to cool. In this way any leaks can be discovered. Be careful that the lars are not should be careful that the lars. ful that the jars are not placed in a draught. A pail or a wash boiler can be used for the home-made cooker if a false bottom of cross-pieces of lathing or a wire basket is made in order to slightly raise the jars and allow the free circulation of air around them. The water should cover the jars

when this method is used. Cherry Wine and Jelly

No preservative is necessary

To the Editor of Woman's Page: Dear Madam-Will you kindly publish in your columns a good racipe for making jelly and wine from wild cherries? K. L. J. make the wine take twenty-four pounds of cherries and two pounds of sugar to every gallon of liquor. Bruise the cherleave the stones whole. Stir well and let the mixture stand twenty-four hours. Then strain through a sieve, add the sugar, mix again and stand another twenty four hours. Pour off the clear liquor into seal it carefully. Do not bottle before six months' time. This will keep from twelve to

make cherry jam take ripe cherries and an equal quantity of preserving sugar. To each pound of fruit allow one-quarter of a pint of red currant juice or water, or the two mixed in any convenient proportion. Re-move the stones and preserve the kernels. Put the red currant juice or water into a pan with the sugar and boil to a syrup Add the cherries and kernels and simmer gently the cherries are tender, but not broken. the cherries are tender, but not b and the juice jellies almost immediately when a little of it is poured on a cold plate. Pour into jars, cover with paper plate. Pour into jars, cover with paper dipped in brandy and stretch over the top tissue paper brushed over with white of agg. Store in a cool, dry place. The whole process takes about an hour.

Tomato Catsup

To she Editor of Woman's Page:

Dear Madam—Please print a recipe for tomato lisup.

Scald half a bushel of ripe tomatoes and semove the skins. Add one-half cupful of lalt, one pound of sugar, one tablespoonful a cayenns pepper, three teaspoonfuls each of ground mace and celery seed, two tablespoonfuls of ground mace and celery seed, two tablespoonfuls of ground cinnamon and two suits a local attorney in regard to the matter, giving him all of the information. (2) It appears that B would be lable; for any body would. We have not enough facts given in the case to show whether there may be the relation of principal and agent between A and B, in which case there would be a possibility that A also might be liable. This does not, however, afpear in the question as given. We would suggest that you consult a local attorney in regard to the matter, giving him all of the information. (2) It appears that the person who took the care out would be liable; certainly not A, unless A has countenanced the taking out. (3) Opinions differ, but it would seem that accidents, fire and burgiar insurances would in the case to show whether there may be the relation of principal and agent between A and B, in which case there would be a possibility that A also might be liable. This does not, however, afpear in the question as given. We would suggest that you consult a local attorney in regard to the matter, giving him all of the information. (2) It appears that the person who took the care out would be liable; certainly not A, unless A has countenanced the taking out. (3) Opinions differ, but it would seem that accidents, fire and burgiar insurances would be the matter of the person who took the care out would be liable; the case to show whether there may be the relation of principal and agent between A and B, in which case there would be a possibility that A also might be liable. This

The Newest Thing Is the Aviation Chapeau

into all branches of Uncle Sam's service, the girls want to show them how much they think of their efforts by rushing around and getting very busy in their many ways of helping out in the big cause. .Of course, the girls must not forget to look pretty, no matter how busy they may be, and what could be more becoming when they are "flying" from one place to another than to don such an aviation cap. The little so they become too old and cumbersome hat may be worn in two distinct Such people often start out with a ways, and many good equipment of intelligence and edua miss will give cation, but wits are like knives; if they it an extra twist are not kept in constant use, sharpened and fold here and and ground, they first become dull and



By JOHN HARVEY KELLOGG, M. D., LL. D.

swer to health questions. Doctor Kellagg in this space will daily give advice an preventive drone, but in no case will be take the risk of making diagnoses of or prescribing for all-neuts requiring surgical treatment or drong. Health questions will be promptly an succeed by personal letters to inquirers who inclose atumped envelopes for reply.

chronic poisoning with lead are anemia,

store of energy so that its output is very small, or has ceased altogether, is in a

fact that when one becomes tired he uses a larger number of muscles for performing the same work than when fresh. Laboratory experiments have demon-strated that an exhausted muscle may be ompletely rested by simply washing it, showing that the exhausted muscle con-tains some element, the removal of which estores the ability of the muscle to work It has been noted, also, that if the muscles of the legs are worked to the extent of exhaustion, the arms also become tired, even though they have taken no part in the work. Professor Ranke found that an ex-

These fatigue poisons lessen the cell's working power. r Lee, of Columbia University, by laboratory experiments that

Free Flow of Bile What is the cause of a free flew of bile with testinal disturbance? L. M. G.

soon disappears.

digestive disturbances, wrist drop or con-

gum. If continued for a long time it

leads to arteriosclerosis and more serious

symptoms. The condition is usually curable

if the cause is removed. A competent

Catarrh

Is there more than one form of catarrh? Can chronic case be cured or will the disease horten life? A CONSTANT READER.

Nasal catarrh is virtually always cur-

able if treatment by a good specialist can

be secured. The disease is usually perpetu-

ated by infections of the cavities contiguous

to the nasal cavity and communicating

with it, or by obtructions from various causes. When these conditions are cor-rected, and with improvement of the gen-

eral health, and especially the establish-ment of active bowel habits, the disease

A CONSTANT READER.

A free flow of bile could not in any pos-sible way be injurious, as it indicates that the liver is acting normally. Excessive Watering of the Mouth Kindly indicate the treatment for exceedive

Bathe the mouth with very hot water, Gargle the throat, moving the liquid about in the mouth, two or three times a day.

ROWDY and I bit the street at the same | done that isn't right?" I said, "You haven' done snything, you big silly, but my father

He said, "Hurry up. I want you to see I certainly shell appreciate any assistance you can give me.

A READER.

who put up the tents cuss so much.

around and went away. When we had seen the side show we drove away, and I said to Jim, "Gee! I'd like to see my father not after you." Jim said, "For the loss of Miles, what have I

done that isn't right?" I said, "You haven't done anything, you big silly, but my father is Irish, and you are a scrapper, believe me. If you aid my father were to get together it would be a fight worth seeing." Jim threw back his head and hollered, and then he said, "You certainly are a funny girl," and I guess I am. I say something funny every day or two, just as easy as that

We went home with Jim and Rowdy and We went home with Jim and Rowdy and I stuck around till Jim got the milk cans washed and we sort of hoped he would ask us to go to the show in the evening, but I suppose he did not think of it or he would, for there is for there is nothing the matter with Jim except what he did with the baby cow when he sold it to the butcher.

I wonder whether a little girl could grow up to be a circus clown. It comes natural for me to be funny. Rowdy and I did not get home till long after dark. There was a tramp on after dark. There was a tramp on our porch, and i said. "What do you want?" He said. "I wanted to see if you would give me a bite." I said. "I don't bite." I said, "I don't bite, but Rowdy does." Then Rowdy growled deep down in his neck and the man said. "Excuse me." and went out of the yard and kept going.

"Dear God, which art in heaven, hollered be Thy name. I haven't a thing to kick about tonight. I'm here to tell you that it was a fine circus and I'm ever so much obliged to you for sending it. Amen. fare adventure, appears in Monday's Evening

We kneeled by the bed and I prayed Dear God, which art in heaven, bollered

THE CHEERFUL CHERUB The shoe store men

le ground a short distance. "As this is cabled reports at headquarters

north of Hill 304 today, the official state-ment reported.

"We carried three German works," the War Office declared. "Yesterday 450 un-wounded prisoners were taken,"

Of the fighting elsewhere the statement said: "In Belgium around Bixschoote ar-tillery fire was violent. At St. Quentin and Pantheon the French successfully car-ried out raids, taking prisoners. On the

sixty-nine officers prisoners. Even the regimental band was taken. Even the regimental band was taken. The musicians had been forced into the front trenches for fighting. Prisoners from this sixth division declared today those of

been killed. the targe number of officers captured by the French is striking proof of a decreasing German morale. In the French assault on Verdun December 15, only 208 officers were taken out of a total of 11,000 prisoners.

850 soldiers and twenty-eight officers. This was the 168th German Infantry.
Prisoners declared today that while waiting for the French attack German officers distributed to them copies of a letter purported to have been received via Switzer, and from a German soldier imprisoned at

Red Cross insignia on the roof. Red Cross Insignia on the roof.

To date the Germans have bombarded four hospitals in the Verdun region—at Dugny, Mont Hairon, Belrupt and Vadelaincourt. They have killed forty-three nurses and patients and wounded fifty-five. Most of their hombs were incendiary. News.

RUSSIANS UNALARMED

Tirul marshes.

It is believed that the German pressure on this front has for its purpose the diversion of attention from the German operation south of Riga, although this, too, has as yet indicated no serious general purpose.

It was pointed out also that the Austro-German offensive in Rumania has accom-plished no real end. The energy of the Russo-Rumanian defense continues to maintain the situation in stable fashion between the Trotus valley and the Sereth