AN ECONOMICAL WAY TO FEED THE CITY

# ID AFTER-EFFECTS OF THE WAR-WOMEN'S DAILY INTERESTS IN HOME AND SHO

## AR THE GREATEST COMMON DENOMINATOR FOR WOMEN

in Hay Declares War Has Conferred Unspeakable Benefits Upon His Country-Leveling Effect on the Feminine Contingent

### OES war bless?

Captain "Ian Hay" Beith, the solovelist, answered the question for miand in a recent interview.

Terrible as war is," he said, "terrible we all others as this war is, it has ferred unspeakable benefits upon my ntry. It has swept away the folse abled us to distinguish the false from the true. It has taught us that there are things worth dying for as well as worth living for."

If the oneness of a country at war could be arrived at minus the war-count the blessings!

If the big elemental thing that swooped down and dug us out of social apathy. tore away the petty and wrapped America into one great big parcel of self-forgetful striving could be shorn of the heartbreak and come-well, say just as a national tonic, what a medicine, what a life-giving dose the "big thing" would be!

TO BORROW from the arithmetic, war has been "the greatest common denominator"-peculiarly so for women. Go into a Red Cross workroom. Watch the woman who never knew her neighbor. and not because she didn't want to, Watch | to give. the neighbor-the one who had a habit of giving bridges and teas and forgetting the lady next door. The snip-snip of their scissors is conjugal and the cold that ours was a war of beans and carwall of clique is gone. Sewing machines whirr with a blessed hum. Pins fly and bullets, the "littlest" army sprang to the everyday things happen. Sons are discussed-the kind who are off in camp waiting for the word. How separated, gingham and last year's knickers. Thouhow unbinding a thing was mother love, and oh, how connecting it is-now! There is no outward demonstration. More pins fly, they are working on pajaman, and the sea to the Kaiser, who "had written verboten on their seas"! some one wants the scissors.

### 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 adian dues not necessarily induces the sentiment expressed. All communications for this department should be addressed an follower. THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

#### TODAY'S INQUIRIES

1. When an oven is too hot how can its tem-arature be quickly reduced? . How can the proper beat for baking bread gauged before the dough is put in the oven? 2. Is ivory white "easier to wear" than the more fashionable syster white?

3. Can nickel trimmings be satisfactorily eleaned with a home-made paste?

shoes with summer dresses?

#### ANSWERS TO YESTERDAY'S INQUIRIES I. Grapes should not be blanched in the can-

aing pr

2. Cabbare and cauliflower should be allowed to soak from three to six hours in cold sal water before canning. .

3. When paring onions the eyes can be pro-tected with a pair of automobile goggles; plain or amber mes will serve.

#### Sending a "Box" to France

Sending a Box to the somewhere to the Editor of Woman's Page: Dear Madam-I have a brother "somewhere in France" to whom I wish to send a box of prodies. Will you please advise me what to send, how to pack and how to insure his re-ceiving what is sent? I know his refinent and send his letters via Washington, but it seems he has not received any of my letters. S. Littian S.

The brother "somewhere in France" will set his precious goodles safely if you send them in care of the American overseas committee of the Emergency Aid, 1428 Wal-nut street. This committee has been ap-pointed the official agent for taking care of packages to be sent to Pennsylvania soldiers who are in France. It has an American "boxes" are straightway dispatched to the "Sammees." You may either send or bring "Sammees." your package down to the Emergency Aid headquarters. There is no charge pade there for shipping it abroad. Mark the name of your brother's regiment and com-pany plainly. If you send or bring the box to the Emergency Ald it might be well to put an outer wrapper on it with just the address of that committee on it.



ners all curled up.

There's a calm-but over it all there's surge, and it sends a lump to your throat. For the biggest thing in the world is giving, and women have learned

CHILDREN have learned to give. When President Wilson sent forth the word rots and potntoes, as well as one of colors. Out in the sunshine and in the rain the army worked, armored in pink sands upon thousands of dollars' worth of valuable produce was the challenge little-boy-and-giri America flung across

Squashes. Packages combination pot herb. Two heads cabbage. Two cucumbers. Two eggplants. One-half peck tomatoes. Two bunches estragon.

Six green peppers. One-half peck lima beaus shelled.

#### Tomorrow's War Menu BREAKFAST

Sliced Peaches Shirred Eggs Tomat LUNCHEON Creamed Ham Sliced Tomatoes Hot Corn Bread with Syrup. Tex

DINNER Cream of Corn Soup Breaded Veal Cutlet Mashed Potatoes string Beans Cornstarch Pudding

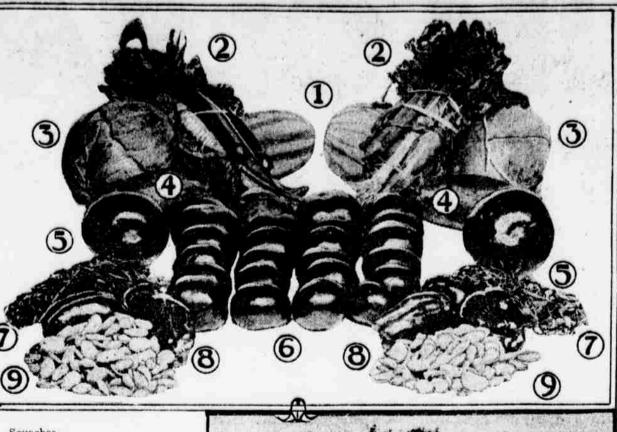
### HOOVER FAMILY REUNION

Food Director May Join Relatives in

### Penllyn September 8

DOTLESTOWN, Pa., Sent 5. - The Hoover family relation at Penliyn Septem-ber 8 may have present its distinguished relative. Herbert Hoover, savior of the Bel-glams and food distator for Uncle Sam. 3. Is it in good taste to wear high suede top He recently wrote to Maurice J. Hoever "Let me know nearer to the date of re-union. Fil be better able to decide. I would be glad to come. It sounds good."

	CADATS INQUIRIES	would be glad to come. It sounds good."
	1. Soldiers' leather puttees can be darkened by applying this polish: Two concess of yellow war, two concess of raw fish oil, fifteen concess solution of furneeding one ward there of	THE CHEERFUL CHERUB
<b>-</b>	the wax in all and turbentine and gradually stir in the scap solution.	I feel so sorry for
	2. Basting stitches will not show as veivet if sewing slik is used instead of cotton. When they are removed there will be an traces,	the weeds That ruthlessly Im
ind all and all and a	3. To cure a boil take inkewarm linseed ell and pour on a piece of clean linen, folded in four thicknesses. Lay it on the boil, renewing overy morning and night. Keep on with this treatment until the boil breaks, then mix any good yellow laundry soap with an equal part of brown paper, working the two in the palm of the hand until a salve is formed. Sprad on a piece of linen to fit the boil and renew every time if gets too wet. Keep breaking on the salve until the boil is quite healed. If the salve simarts, he sure that your soap is of pure quality.	mowing. It seems a shame they've come to this- They spent such efforts growing.
n	Games for Young People	ES VIAE



Coffee

The pictures above show a suggested plan of delivery "direct from farm to city consumer." which would make more money for the farmer and save money for the people of the city. The Government has estimated that for every five-eighths bushel basket of vegetables and produce taken the year round the farmer receives about thirty-five cents. If the farmer packed a combination basket each week for each customer on a certain route, or more often if demanded, he could deliver it, it is estimated, at a good profit for about \$1. The basket shown above is filled with the vegetables numbered above it. At prevailing market prices it would cost about \$1.85 to buy it in the markets of the city. The advantage of the variety need not be pointed out to the housewife. The vegetables could be varied throughout the year according to the crops. The economy of this plan would depend upon the manner in which the farmer grew his

### material and took care of his customers.

#### Rowdy to the Rescue

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

THE minute I woke this morning I knew, house get dirty, but it is a lot more frouble. After that Rowdy and I went up to ut to Mr. Rockrudder's, on the right-hand side of the river going up, to see it God side of the river going up, to see it tool had operated on the crazy dougness, as it had asked in my propers. So I hay only a little while looking at the sun rising up over the Greens' barn. It seems funny that the sun always rises in the same place. When my father came home tirad out from his night watching I had his pan-cakes and coffee all ready. Then i washed the dishes after he wont to bed, which is better than letting all the dishes in the

### GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

as nor in health questions, Doctor Keilogy in this space will daily give advice on present edicine, but in an case will be take the risk of making diagnoses of or presenting for ad-ments requiring surgical treatment or drings. Health questions will be promptly du-swered by personal letters to inquirers who incluse stamped envelopes for repy.

### **How Laughing Aids Digestion**

GENTLE exercise is beneficial to digest of two parts: First, the mechanical action upon the food, and, second, the chemical action. The hand puts the food into the mouth, then the teeth chew it, and then it is swallowed. The saliva continues to act of two parts: First, the mechanical action upon the food, and, second, the chemical action. The hand puts the food into the mouth, then the teeth chew it, and then it is swallowed. The saliva continues to act upon the food in the stomach. Then the atomach must manipulate it, mix it, move it on, and dole it out, a teaspoonful at a time, as it is prepared for the work of the mouth distance. Next is in moved along

small intestine. Next it is moved along the small intestine, and at the end of eight or nine hours it comes down to the colon, and when it gets there it has lost its nutri-tive properties. Virtually all the useful elements have been absorbed and the bulk has been reduced. The small intestine ab-sorbs, during the course of the day. five or its marks of build whereas only should six quarts of liquid, whereas only about seven or eight ounces of material enter the colon, and of this only about ha f is ab-sorbed. The colon absorbs about ten ounces, whereas the small intestine absorbs

we or six quarts. When food is being acted upon it must

When food is being acted upon it must be moved along. This moving of the food from place to place along the alimentary canal is done chiefly by the intestine, but the diaphragm helps. The stomach lies just underneath the diaphragm, which is a thin muscular partition, with the heart and lungs on one side and the stomach and liver on the other. The diaphragm moves up and down. As we draw in a breath, the diaphragm is pressed down upon the stomdiaphragm is pressed down upon the stomach, so that its contents are churned or shaken. If one breathes vigorously, this

shaken. If one breathes vigorously, this churning movement is quite vigorous, If one breathes very slowly and superficially, then the action of the diaphragm upon the stomach will be very slight. If one sleeps, the food remains a long time in the stom-ach. The breathing is repressed to such a degree when we are asleep that the food remains in the stomach nearly twice as long as when we are awake. The effect of laughing is to increase the action of

iong as when we are awake. The effect of laughing is to increase the action of the diaphragm. That perhaps is the reason why we have the old adage. "Laugh and grow fat." Cachingation is a good remedy for indication of the state of the stat why we have the old adage, "Laugh and grow fat." Cachimation is a guod remede a brait be made a braithful drink? E.A.S. for indigestion. At every ejaculation in laughing—every time one says the syllable "ha." for example, there is a vigorous stomach which shakes up its contents. A

Ice Cream ta los cream a laxative diet? Is los cream a lassifie diet? J. L. No. Ice cream is rather an objectionable article of food. There is no very seriou objection to ice cream if it is properh eaten, but it must be caten, very slowly, a as to be warmed before it reaches th stomach. Ice cream sodas are unwhole some. Ice cream is food and should be taken only at meal time if at all. Prati-ices are better.

Hard Water and Blood Pressure Should people with high blood pressure druk hard water" A. B. C. Hard water does not affect blood

pressure

Vaccination of Baby

Do you believe in vaccinating a haby slave months old? MRS. T. U. a. I would rather keep the baby away hes smallpox or any other disease than to race hate it, but if likely to be exposed it should be vaccinated.

#### Rheumatism

What is the cause and cure of the unation's How many kinds are there? No  $\mathcal{O}$ There are many forms of joint disam popularly known as the unatism. Accu-the unatism is usually due to infection the nource of which may be to infection the source of which may be the teeth, a tone the urinary tract, or the source may to unknown. Chronic rheumatism is probable also due to germs or germ poiseons, a ver common source of which is the colon.

Cocoa

# "MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

### **Patriots and Patriots**

and

HEARD a remark the other day which has made me do some serious thinking nd which has made me more and more in-ignant. Two young business men were talking about the war. Neither had do-pendent relatives, both were well and which has made me more and more indignant.

within the age for conscription. both had made small fortunes in the last two years because of the unusual war condi-tions-one through an investment in munitions and the other through a contract for sup-plying condensed milk to the Allies. The latter said : "Of course, 1'm

despicable and the most cowardly — whe stays at home to make a profit through this war for humanity and democracy! not going to enlist. Why should I? I doing more country

"MA" SUNDAY for this and the Allies by staying at home."



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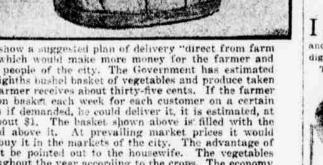
506 Arch St.

Walting and watching for their return. If those women can register a pole protest against these other men, who could go but won't, they will help to establish arcfai standard of scorn that the shirts will find hard to face. There is nothing man hesitates to face more than the dis-stant of a woman. The women of the country can do more to aid recruiting the sli of the Government appeals that can be torued. And there is a promising an induction of the country field for their efforts just now a exposing and ostracising the commercia stacker, who is advancing an alias to cover

stacker, who is advancing an alias to com his lack of manhood and patriotism. Of all types of slackers he is the mes

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Friday-Joy riding.



About what to send-Here are some things to choose from: Jars of cheese, crack-ers, potted chicken, hain or tongue, peanut butter, ripe olives (in a can), figs. dates, sardines and, most important of all, plenty of cakes of chocolate and cigarettes. Any of these delicacies will be appreciated by a normal boy. Tuck in some magazines.

If I were you I would have the things packed in the store in which they are pur-chased. If you shop in any of the large stores I am sure the package will be packed securely and safely for its long journey. If you really wish to do your own packing use a small wooden box and plenty of wads of folded newspapers to keep the things absolutely tight. Use waxed paper for the figs and dates.

The cigarettes should be sent in a separate package from the food, the Emergency Ald advises.

On account of the danger on the seas there is no way to have an absolute guar-antee that boxes sent abroad will reach there. The best assurance that the box arrived will be a letter from your brother telling you about it. At the same time that you send the box write to him advising him to be on the lookout for its arrival. Ad for as on the force with the name of his com-pany and regiment, in care of the American Expeditionary Forces in France. Perhaps the letters sent via, Washington have been delayed. Letters sent directly to France have been received and answered.

### Elderberry Wine and Jelly

To the Editor of Woman's Page: Dear Madam-Will you kindly give recipes for making elderberry wine and elderberry jelly? (Mire, 1 MART T.

(Mrs.) MART T. Elderberry wine—Add three quarts of water to one gallon of the elderberries. Bruise in a tub and let stand for three days. To every quart of the liquid allow one pound of moist sugar, one cunce of singer and one cunce of cloves, both rushed the spice should be put in musils happ). Put all together into a perfectly clean viewel and boil for one hour, then bar into an eartherware pan. into an earthenware pan.

When cool enough to dip in the finger put a tablespoonful of brewer's yeast. Let it ork three days, then skim and put in a mail cash just large enough to hold the mount. Keep out the air for three weeks, a de not close down tight until that period denoted. The in two mouths to test if: bottle off.

a bottle sift meany felty-Wash the aiderberrick and very showly. When the fruit is a broken remove it from the firs and through a jelly bag. Measure the and allow a pound of sugar to each the liquid. Teturn the pice to the dist it bolt twenty minutes. In the mean at the sugar in the oven in shal-mean and stir until it has dis-Bring to a boiling point and take a first The rule of the jelly will improve the flavor. Fill the jelly while they shand in a page of bot

To the Editor of Woman's Page: Dear Madam-Will you ithully publish a few mames to be played by boys and girls ranging in area from sixteen to nineteen at a box and sodial party? No klosing games, but real liver games full of anuwement. FRANCIS S.

Hands and feet guessing-To play this game divide the party into two bands. One is sent out of the room, the other stays in it. Place a screen (one of the folding kind) in front of an open door. The members of the band that has been sent out of the room then walk past the open door behind the screen holding up one of their hands as they pass. The members of the hand has they pass. The members of the band left in the room must then guess whose hand it is. For every hand guessed correctly a point is scored for the band. After all of one side has shown a hand it is the turn of the other side to go out and do the same. The side scoring the most points in the end wins.

If the feet are to be guessed instead of the ands, the screen should be raised a foot or so from the floor so that the shoes may seen underneath and the rest of the body

Obstacle race-There is plenty of laughter in this game. Those who do not inten-ter in this game. Those who do not intow it are sent out of the room and let in one by one. The boy or girl who is called in is shown two or three small objects, such as a footstool, a wase, milk bottle, etc., that have here placed in which bottle, etc., that a rootstool, a vase, milk bottle, etc., that have been placed in a line on a floor. The order is, "walk blindfolded past these ob-jects without touching them." The player is accordingly blindfolded, but before the

hazardous trip is begun all the obstacles are removed. The boy or girl will pick steps very carefully, trying to sidestep what is really not there at all. At the end of the game, when all the players who have been tricked except the last one whose turn it then is are present, there is a very great deal of merriment.

Word game-Choose sides and appoint a scorer and a timekeeper. A player from A's party is sent out of the room while B's party picks out a letter. The A player is then called in and the timekeeper says "Go." The letter is told and then he must say as fast as he can as many words be-ginning with that letter as he can think of on the spur of the moment. At the end of a minute the timekeeper store him and he minute the timelteeper stops him and his score is counted. One of B's side then goes out and does the same thing. So on the game-goes until all players alternately have had a turn. The scores of each side are then counted, the one with the greatest number of words winning. Z and X may not be chosen.

There are countless of the old-time that have never been surpassed, as far as pure fun is concerned. Try pinning the pure fun is concerned. Try pinning the donkey's tail on the donkey, "Going to Jerusalen" and making the boys thread needles to see who can thread the most in a given time

### **Redeeming Canadian Dimes**

To the Addime of Wennan's Page: Deer Madam. Will jour please tell me through the Wennan's Calumn of your paper where I can have Canadian shorty redeemed! I have three Unadian ten-cent places. ANNA 2.

153

Gretchen

Canadian tencent places. ANNA 2. Any bank that has a foreign exchange department will redeem Canadian money just at present you will be able to get nine cents apiece for your dimes; sometimes only eight cents is paid. The smount paid for the dimes depends on dictation from Canada. It is only in the States bordering on Canada that Canadian money is ac-cepted at full value. Soms of the banks in Philadelphis that have a foreign exchange department are the Pranklin National, 1416 Chestuut street; the Philadelphia Trust, 415 Chestnut street, and the Philadelphia

IN THE MOMENT'S MODES

**One-Piece Costume Fashioned From Tan Gabardine** 

ing doing. It can't be done with only two

When we got to Mr. Rockrudder's the When we got to Mr. Rockrudder's the auto was gone and the boat was gone and everybody but the cook was in the woods booking for the crazy daughter, who' had got out of the house while the nurse was asleep and had gone, nobody knew where. The cook and I talked it over, and then after she had given me a biscuit with but-ter and sugar on it. I waiked down to the boathouse while Rowdy watched the house cat which he had chased up a tree. I went into the boathouse and the door The skirt question continues as the chief source of speculation as to which way

tion as to which way the fall and winter fush-ion winds are going to blow. Just now the winds are variable, and mark for the source of the so models enjoy-ing a shade the best of river and came in at the open side.

the best of the situation. But when have we had a season when two types of skirts were popular, when f a voritism w as divided on the ques-tion of xidth? The When the crazy daughter heard him bark

tion of water, but Rowdy and I got her out. Then the door was broken open and there there is ab-word. Before n a n y fort-nights have shall find the shift piaces, and I was taken upstairs to a big room and the could sing and make music f you wound her up and put round things like black pancakes on it. Some of the tunes made Rowdy stick his none up in the air and howl, but I did not think they was so very bad. Still, I did not play that kind any more, for Rowdy is my friend, and I am always going to stand by him. Which is to

"Jim's tift," the next Patys Kildare adsurvive we do not venture

say, but Director Krusen to Make Address after several Dr. Wilmer Krusen, Director of the De-partment of Health and Chariles, will de-liver an address on the "Activities of the Municipal Health Department" Friday eveseasons of wide skirts it would seem that the nar-row models ning before the Self-Culture Literary Club, 423 Christian street. stand the



and bone butself ions in COLOF.

Of course, he wouldn't enlist unless he was drafted! But instead of telling the truth about it he was trying to take a false and petty shelter under the cloak of pa-triotism. I suppose every war brings com-mercial patriots to the front, men who are doing their best to capitalize the bloodshed

TLECK doing their best to capitalize the bloodshed issues of others for their own profit. A man like that is deliberately betraying his ountry for his pocketbook. The public indignation against men of this stamp ought to be aroused to a point that would tear the mask of their so-called allases away and expose them to their fellow citizens for what they really are.

I have a man in mind who offers a re-freshing and inspiring contrast to this slacker. Among the latest to report at the great military training camp at Plattsburg for preparation for active duty is one of the greatest cartoonists in the public eye. a man whose income is probably equal to that of the President of the United States. He is surrendering a large portion of his income and running the risk of losing it all because of his belief that it is the duty of every able-bodied American citizen who can do so to take the field in this great crisis. He is putting his flag before dollars. The other man was putting self before service. The women of this country, it seems to be do a great deal to administering me, can do a great deal in administering the proper rebuke to those commercialized patriots who are hiding behind the screen And of their own greed and selfishness.

they can do as much in showing their com-mendation and admiration for those other men who are rising above all thought of private gain in this dark hour of need. In the last analysis it is the women who determine the moral and inspirational status of society. It is the women who shape men's ambitions, who give them their ideals And it is the women in this great war more

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Today's sketch presents a charming little costume fashioned gabardine,

Randal and the Waxe