HE WAR, THE WOMAN AND THE "JOB MAP"—THINGS FOR THE HOUSEWIFE TO KNOW AND DO

CEP YOUR EYES ON SHIFTING BOUNDARIES OF THE "JOB MAP"

ernands of Wartime Have Rescued Dream-Dusty Ambitions of the Stay-Put Girl-Furnished Concrete Opportunity

THERE is one map of which this ir is going to change the lines, it is "job map."

troman who will probably take the fited man's place in business is the who had a "job" before the war be-It is being proved the rule nowhaps this is because those of us who ave gl mpsed the heights are most anxus to scale them.

This dassification does not include the ctacular occupations, such as the liftng of train gates, running elevators and sotortricks, etc. Most of us have had sneaking desire to get at one of these Since conscription passed and time may yet see the housewife holsting the trolley pole instead of the clothes pole.

But in the meantime-

Present ex/gencies are doing something almost unbejievable for the woman who had one foot on the bottom of the ladder -and was keeping it there. They are creating for her or visiting upon her concrete ambition.

A SUCCESSFUL business woman, one whose success beat to the tune of \$18,000 a year, and who revolutionized the financial department of her company, said that all her dealings with some thousand girls employed had led to but one conclusion about the failure of women, as Ber, to rise in the business world.

They lacked concrete ambition. "When a young man enters our emloy," she said, "the very least he is driving at is a seat on the board of directors. When a young woman comes to us-well frankly speaking I have never been able to fathom her lack of driving power."

A PROMINENT business man who Ahired and fired at a rather amusing Inte attempted to solve the problem.

"They think we're running matrimonial parlors," he said, "every salesman that comes in is a possible candidate for the

The prominent business man was un- brother worker?

IN THE MOMENT'S MODES

Fall Coat Suits Are to Be Snugly Belted



A felt hat, scalloped, with a long black velvet bow.

bit true. We are, however, not concerned with the husband hunter. The drafted man need never worry that he will have to step over her dead body to get back his job.

It is the girl who was in carnest, but had accepted man's mandate of "staying put," who is going to change the "job map" and worry the human economist about the readjustment of the labor market after the war is over. The demands of wartime have plucked her dreamdusty ambition from the closet and the heights that were a long way off are a great deal nearer.

A ND the question arises, patriotically and sisterly speaking, what is the position of a young woman in regard to mounting on the wartime absence of her

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of 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 Ledger, Philadelphia, Po.

I. What is a "ragout" of beef?

2. Why should carrots be cooked before paring

3. Why should potatoes, lima beans and spices never secur in the same meal?

, "Shorts," cottonseed meal, cornmeal and sie wheat flour are practical substitutes for ite flour and can be used to make palatable ad. They are easily obtained.

2. When making bread, "shorts" can be sed as a combination with white flour in any reportion up to three-fourths "shorts" and se-fourth white flour.

5. Eggs, nuts, peas, beans, cowpeas, choose, milk and macaroni are foods that can be advisedly substituted for meat.

Delicate Spoon Corn Bread

To the Editor of Woman's Page:

Dear Madam—I learned how to make a very nice sort of cornneal cake from a recipe given in a Government circular. It is called "delicate appont corn bread." I thought possibly some of the readers might like to try it, because every one is advised to use more cornmeal.

To make it, take one fourth of a cup of corn the readers might like to try R, because every
me is advised to use more cornmeal.

To make it, take one-fourth of a cup of cornmeal, one teaspoonful of butter, one tablespoonful of sugar, one teaspoonful of sait, two eggs
and two cupfuls of milk. Fou mix the cornmeal
and the water, bring to a slow boil and cook for
a few minutes. Then you add the butter, sait
and the yolks of the eggs. Tou beat the whites
of the ergs stiff and fold them into the batter.
The cake is baked for thirty minutes. Hoping
others will like it.

A HOUSEWIFE.

The Exchange is thankful to "A Houseiffe" or so sometime.

for so generously passing on a recip which she has had success.

Packing the School Lunch the Editor of Woman's Page:

Dear Madam—My twe little girls, nine and sleven years, start to school next week. Last rear they kept me busy thinking what to pack in their lunch boxes. They live too far to come home at noon. This year I made up my mind 1'd plan ahead and try to order things for our dinner at night that would make sice leftwers to put in the children's lunch boxes the next day. Do you think you could suggest some pice little lunches for them. and I could have an idea of how to plan ahead?

Lunch-box bills of fare are very im-portant, and you are a wise mother to begin to think of yours in advance. Pennies stent in the candy store at noon can undo all the good of the nourishment taken under watch-ful eyes in the morning and at night, and a pice lunch is the very best rival of a penny andy store.

Here are some bills of fare that can be

Crisp rolls hollowed out and filled with chopped meat or fish; season with a little salad dressing; a peach and an apple. Cold slices of meat loaf, soda crackers, buttered; stewed fruit put in a little candy far with screw-on top, and a piece of ginger-

Baked-beans sandwiches, orange and a suple of pieces of candy. Hard-boiled eggs, rye bread and fruit. Minced-beef sandwiches, apple sauce (in andy jars) and cake.

Strong-Smelling Vegetables

To the Editor of Woman's Page: he Edilor of there any way to prevent odor of strong-smelling vegetables from the through the house while they are cooking? (Mrs.) J. A. R.

If you wrap a slice of stale bread in a lean cloth and place it is the pot with the setables that are cooking it will prevent be strong odors from permeating the house. It is always well to see that the kitchen our is closed when anything of this sort is cooking.

noving Chewing Gum From Coat

the Editor of Woman's Page:

Dear Madans—I always read your answers in
Expense Laisans and have successfully tried
aty of your recipes. Can you please tell me of
ching that will remove chewing sum from a
n's blue serge coat? Thanking you in ad-

1. What style blouse is highly in favor this fall in the one-piece blue serge dress?

2. What is a simple home-made application for removing summer tan?

3. What shade of evening gown does the red-haired girl show most wisdom in wearing?

ANSWERS TO YESTERDAY'S INQUIRIES

I. When the forehead is very high the hair line sheet the face can be lowered by massaging in raseline with the tipe of the fingers just below the hair line. The application should be made every night.

2. Robbed hair is the most generally satisfactory style of haircut for children. It is most becoming, and frequent cutting of the hair keeps it in healthy condition.

All shades that blend tnto reliew should be avoided by the gray-haired woman. The woman whose eyes are dark is an exception to this rule.

Talking-Machine Records for Sailors

To the Editor of Woman's Page: Dear Madam—Will you please ask in your column if any of your readers have any disc Victrola records they could give away to the

Victrola records they could give away to the sallors on a small war boar? My boy, who is on the boat, told me to ask you. There are fifty of the boys on the bast and each one gave \$2 and they bought a Victrola and a few records. As their pay is small and most of them must send some mone, home, they den't have much to spend for records. If any of your readers have any to give the similar than the man of the boat of re! will sand them the name of the boat of re! will sand them the name for them on their days off.

A MOTHER OF ONE OF THE BOYS.

This little letter meach

This little letter speaks forcefully for itsolf. This mother gives her boy! Who will
peak into their record folios and pick out
some music to cheer him and the other
forty-nine when they are cut on the seas
making America safe for the rest of us?
The best will be none too good for these
bluejackets; but tastes in music differ, and
perhaps some record you seldom play and
care little for will be just the thing to tone
up the spirits of a jackie. The name and up the spirits of a jackie. The name and address of "A Mother of One of the Boys" is held here and will be gladly furnished to hose who may wish to grant her request.

Man's Clothes for Week-End Party

Dear Madam—I have lately come to this city and some persons who know my parents have interested in the coming seek-end. I am, as I say an entire strenger in this part of the country, and would like to know what sort of clothes a young man of twenty are should take to such an affair. DONALD. what sort of clothes a young man of twentydive should take to such an affair. DONALD.

Wear a good-looking dark serge suit or a
pepper-and-sait sack suit to travel in and
take a couple of pairs of white fiannel
trousers to wear with a blue serge or some
other dark sack coat you may happen to
have. Take your tuxedo also, as dinner
coats are worn very often with white
trousers for evening at this time of year.
You will want good-looking negliges shirts
and ties, some stiff collars and some soft
ones for morning. White shoes should be
worn with the white trousers. Your silk
socks may match your cravats if you care
to go into the little extravagance.

Bride's Family Gives Reception To the Editor of Woman's Page:

Dear Madam Will you kindly tell me who gives the wedding reception—the bride or bride stroom's family?

The bride's family is always supposed to give the wedding reception unless there are give the wedging reception unless there are exceptional reasons why they cannot, as, for instance, the bride may be a stranger in the city and her family unable to come on for the wedding. In that case the brideroom's parents may give the reception.

Shoes and Suit for Young mother

Shoes and Suit for Young hiother
To the Editor of Womon's Pages

Dear Madam - Will you kindly print the following for me:

Dear Readers—I am a married woman,
twenty-two years old, and have a little daughter
five years of age. I am badly in need of
clothes? Will some one please help me to set
young shoes, size 35 or 4, and a suit, size 10?
I would appreciate help of any sort.

Thanking you kindly

"L. B., s" address is held here and will be
given to any one who would like to help.
Somewhere in Philadelphia there is probably a pair of shoes, size 3½ or 4, and a
suit, size 18, that could be spared for this
young mother.

Send Present to the Bride Dena Freezent to the Bride
To the Britter of Woman's Page:

Dear Madam—I have been invited to a
wedding and reception of one of my business
associates and fest that I should sould him a
present. What would you suggest? The invitations came from the parents of the bride, and
I do not how my associate's home address.
How shall direct the prason?

A small piece of siver, china or cut glass
would make an appropriate present.



"MA" SUNDAY'S INTIMATE TALKS

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

"Joyriding"

The men who propose such rides are bent upon the worst purpose possible—the ruin of a girl's soul.

(Copyright, 1917, by the Bell Syndicate, Inc.)

C. J. Heppe & Son.

VICTROLA VIII\$40.00 Records, your selection..... 4.00

Pay \$4 down, \$3.50 monthly.

VICTROLA IX\$50.00 Records, your selection..... 5.00

Pay \$5 down, \$4 monthly.



she knew I would not be surprised, and bitterly she grieved because she had not taken the advice I had ing her baby, for that's what she

"MA" SUNDAY of eighteen.
"If I had forbidden Mabel to leave the house without me," she wrote. "If I had spent every moment I could in prayer; if I' had fought against the devil's influences harder, maybe my pretty child would be

alive today!"

No. I was not surprised. I had watched Mabel grow up, and I had observed her mother's idolatry, which prevented her from reproving the child for her carelessness, laziness and love of pleasure. I had watched the girl gradually become pert and forward. I had seen her grow ashamed of her mother's occupation, the very thing which had put bread into her young mouth. And the year before, I had been seriously alarmed when I saw the child talking to the young man who had owned the fatal car alive today !" aintined when I saw the child talking to the young man who had owned the fatal car and a well-to-do broker, both of them of infamous reputations. I had gone straight to her mother, but even she, poor, blind, loving soul, was flattered by the attentions which others were beginning to bestow upon

her daughter.
"But she is so pretty," she cried. "It is no wonder she attracts notice. Perhaps she will make a rich marriage. Lots of poor

giris do!"
"Lots of poor girls sink into sin and death



Teacher This morning, after I made the coffee and stirred the pancakes, I took the sheet off the bed and put it on the table for a tablecloth, the way I saw Jim do. That certainly did make a hit with my father. He held me up tight for a long time after he kissed me. Then he reached into his coat nocket and handed me something, and when I did not know what it was he screwed it to the table and got a handful of pecans out of the bag and it cracked them as easy as pie. People cer-

cracked them as easy as pie. People cer-tainly are good to me. I put on Jim's bathing suit under my clothes and cracked some pecans to carry to school for my dinner and then Rowdy and I started to school. It was just about school school for my dinner and then Rowdy and started to school. It was just about school time. Dutch had called for Pie Face and they came along just behind me and I was just behind the Wellses, Clara, Noreen and Spink, and all of us had somebody to visit with as we went along. Pie Face had Dutch and Dutch had Pie Face, and Clara, Noreen and Spink had each other, and I had Rowdy, and Rowdy had me, I dropped back to where Dutch and Pie Face were, thinking that probably they would like to walk with me and such a nice dog, but when I got back with them they hurried up. So we went ahead and caught up with the Wellses and walked with them, but they did not notice that we were there. So we ran on ahead, for they go too slow for us, anyhow, and overtook Miss Groarty: "For cat's sake, teacher, what is the matter with you? Lest

Patsy Kildare, Outlaw

By JUDD MORTIMER LEWIS

Teacher

I said to Miss Grearly? For cat's sake, teacher, what is the matter with you? Last summer you were like a butter bail and your cheeks were as red as paint, and now look at you." She said: "I don't know, Patsy. I suppose I am not very well lately." I said: "I am not surprised. Those kids the said: "I am not surprised. Those kids the surprised is the said." at our school almost make me sick some times. Maybe you ought to get a dog. I got Rowdy and look how tough I am. She said: "I think it is more outdoors that I need." I said: "Why don't you take it. then? You can have all there is." When we reached school she went in and I went around, getting in the way of the hig boys around, getting in the way of the hig boys and girls, but nobody asked me to play.

After school I went out to Jim's and the very first thing he said was: "Why do you never bring Miss Groarty out any more?" I said: "For cat's sake, she knows the way, doesn't she? Why doesn't she bring herself out?" Jim said: "Will you bring her out tomorrow?" I said: "Yes, if she will come." I had intended to go and see June tomorrow, but if he wants me to be kind to Miss Groarty I shall have to be. You just can't help doing what Jim wants You just can't help doing what Jim wants you to do.

Jim took me to a new place on the river, Jim took me to a new place on the river, which is on his land, and there is a little shack there which he said I could use to change my clothes in when I went swimming. It has a door that opens right on the river and it certainly is fine. There is a lock on the door, so I can leave my bathing suit there. Rowdy and Jim and I walked back to Jim's house and Jim said: What do you suppose is the matter with Miss Groarty?" I said: "She has such a mean bunch of kids that her job is enough

to make any one sick."

Rowdy and I ate supper with Jim. and all
he could talk about was Mies Groarty. Of course she is nice, but he might have for-

course she is nice, but he might have forgotten her for a minute or two. I wanted to ask him what makes things fall down instead of up, but I could not butt in long enough to get him to listen.

When Rowdy and I got home we cracked pecans and then I went up and lit a lamp and looked at the pistol a long time. It was kind of hard getting upstairs, for the pistol points right at the stairs now. Then I prayed: "Dear mother which art in heaven, ask God to bless you and my father and get Him to give Miss Groarty the once and get Him to give Miss Groarty the and get rim to give anna droarty the once ever, for she is getting skinny and pale. You and God don't need her in heaven half as much as Jim and I need her here. Amen.

"Helping Miss Grearty," the next Patsy Kil-dare adventure, appears in tomorrow's Evening Ledger.

Tomorrow's War Menu BREAKFAST Baked Apples

French Toast Coffee LUNCHEON

Oyster Stew Peanut Butter Sandwiches Hot Tes Sliced Peaches DINNER

Broiled Haddock with Egg Sauce Creamed Squash Baked Potetoes

The House that Heppe built

FOUNDED IN 1865-ADOPTED ONE-PRICE SYSTEM IN 1881

2 Stores } 1117-1119 Chestnut St.

GOOD HEALTH QUESTION BOX In answer to health questions, Doctor Kellous in this space will daily give advice on preventing medicine, but in no case will he take the risk of making diagnoses of or prescribing for medicine, but in no case will be the remained or drugs. Health questions will be promptly unsered by personal letters to inquirers who inclose stamped envelopes for reply.

To Prevent Excessive Sweating

day.

Mest is decidedly injurious in these cases because it adds to the poisons already acce.

mulating in the system.

Car Sickness

Before taking a trip upon the cars is careful to have the bowels thoroughly evacuated. Make the diet consist of cereals and fruits, avoiding much fats and wholly discarding meats. While riding on the care keep the body in a horizontal position. Do not attempt to read. Do not look out of the car windows. If possible, lie down with a cold towel on the head and keep the eyes closed.

State Farmers to Plant More Wheat

State Farmers to Plant More Wheat HARRISBURG, Sept. 7.—Fixing a price for wheat for next year has already had the effect of causing farmers to plan increased wheat acreage, according to reports which are coming to the State capital. In several of the southern countles farmers will plow fields for wheat to greater extent than ever and there is brisk fertilizing work under way already.

National

Prosperity

Depends

Rational

Economy~

SAVE

On

Kindly outline an effective remedy for as

PERSONS who sweat excessively usually avoided. A competent physician should be consulted. It is well also to cut out ment and get the bowels to move three times a day. most often affected, sometimes to such an extent as to give to both the hands and feet a parboiled appearance. Persons troubled with excessive sweating of the feet generally carry with them a disagreeable odor, due to the perspiration with which the stockings and even boots or shoes become saturated.

urated.

To get relief from this condition take each night and morning an alternate hot and cold foot bath. This is taken by dipping the feet first into hot and then into cold the feet first into hot and then into cold water every half minute for fifteen minutes. Wips the feet dry and apply a strong decoction of white oak bark or a solution of tannin in water, two drams to the cunce; or, better still, is a solution of tannin and glycerin in the same proportion. The old boots or shees saturated with perspiration benefits of the strong and a received and a read a re boots or shoes saturated with perspiration should be disused and a new pair purchased. The stockings should be changed every day. Rubbers and other impervious foot cover-ings should not be worn or should be kept ings should not be worn or should be kept on as short a time as possible. X-ray treatments, given by a competent specialist, also effect speedy cures of this disease. Cases of this kind are sometimes aggra-

cases of this kind are sometimes exact by the offensiveness of the perspira-tion. The armpits are the portions of the body most frequently affected. The offen-sive odor arising from the feet is due to decomposition of the sweat and not to the abnormal character of the secretion. This ondition is sometimes very difficult to over-

the best remedy is thorough cleaning of the parts, at least twice a day, with seap and water or a disinfectant letion, such as permanganate of petash, a solution of chlorinated soda or with a 2 per cent solution of carbolic acid. Washing the affected parts with a solution of chloral, a dram to the ounce, is a recently recommended remedy.

Flatulency-Cold Knees at Night

Flatulency—Cold Knees at Night
What is the cause of flatulency? What produces coldness of the Pnees at night? P. H.
Flatulency is the result of too long retertion of the food substances in the intestines
with the production of fermentation. The
difficulty can be usually overcome by increasing the number of bowel movements to
two or three daily. This can be accomplished by careful regulation of diet to include sufficient bulk. This may be secured
by the free use of fruits, vegetables, especially the coarse ones, cereals and in some
cases by using bran in quantities of a large cases by using bran in quantities of a large tablespoonful at each meal. The coldness of the knees probably comes

from an unbalanced circulation, and this in turn is one of the manifestations of autoin-toxication. With the improvement of the in-testinal conditions the circulation will be

Smoking Affects the Nerves

Does amoking affect the nerves? How many ours should a nervous person sleep? L. C. All modern investigation is proving more and more conclusively that tobacco affects the nerves very decidedly. In recent experiments it has been found that the power of nervous control is diminished from 15 to 20 per cent after smoking one cigar and more than twice this after smoking two or more elgars.

A nervous person should sleep at least eight hours in the fresh air. Nine or ten hours' sleep is none too much.

Sugar in the Urine

a small amount of sugar in the urine a sign of diabetes? B. R. P. Even a small amount of sugar in the urine, if persistent, is a symptom of dia-betes. Its occasional appearance, however betes. Its occasional appearance, however, might mean nothing immediately serious, but the probability of the development of diabetes later.

When a large amount of sugar is eaten (half a pound or more) it is likely to appear in the urine temporarily. This condition requires only care to avoid an excess of sugar; but if the sugar appears when no sugar has been eaten, the case is much more serious, generally indicating the pres-ence of diabetes.

Life insurance examinations have shown that persons who show traces of sugar in

the urine, as a rule sooner or later develop Such persons should reduce the amount

Phones | Bell-Filbert 2520

Victrolas

for Dancing

At Heppe's you can buy any style Victrola and secure

a quantity of records—all as an "outfit." You can have any "outfit" sent to your home and pay for it either in

cash, or charge account, or by the Heppe Rental-Payment

HEPPE VICTOR SERVICE

you are unable to come in, Heppe Victor Service will mail

records to you. Telephone or write us. All Heppe

records are sent in "break-proof" packages.

Pay \$5 down, \$5 monthly.

Pay \$8 down, \$6 monthly.

VICTROLA XIV\$180.00 Records, your selection.... 10.00

Pay \$10 down, \$8 monthly.

VICTROLA XVI\$200.00

Records, your selection 10.00

Pay \$10 down, \$10 monthly.

HEPPE OUTFITS

Call, phone or write for illustrated catalogues and full parties

Come in and hear the newest and best in music, or if

FRUIT CROP Preserved fruits

are not only delicious but nourishing and economical

A Franklin Sugar for every use Granulated, Dainty Lumps,

Powdered; Confectioners, Brown



Sold in 1, 2 and 5 lb, cartons and in 2, 5, 10, 25 and 50 lb. cotton bags-

Where Shall I Send My Child to School?

That question can be answered quickly and satisfactorily by consulting the Educational Bureau at Educational Bureau at Ledger Central. Here, without fuss or bother, you may obtain complete and reliable information of any boarding school for boys or girls, military academy, business college, conservatory of music, college or university. Our intimate knowledge of the advantages of the various institutions will enable you to make a wiss choice.

This service is free and available to every oneeverywhere.

Ledger Central