

EARNING'S GOING UP! IS YOUR GIRL PRIMED FOR \$40.11 WORTH?

Women Have Learned to Reverence Weight in Loaf of Bread—Why Not the Ounces of Her Child's Education?

IT COSTS exactly \$40.11 to tack one year's worth of learning under the curls of Mary Jane.

If Mary Jane is contrariwise and shows a tendency to spend two years in the "fourth," it costs \$80.22 to store that same amount of education under her careless ringlets.

IT MAKES you stop and think. It's the proper thing to stop and think nowadays. Never in the history of modern or any other times has there been so much publicity—pitiless, probing publicity—about the cost of things.

When bread went up we read numerous biographies of the cow. When bread went up we learned the life history of wheat. Accordingly we were invaded with an extraordinary respect for the ounce and a fever number of them found their way into the garbage pail.

PARADOXICALLY speaking, if paying out more money for the same amount of a commodity can ever mean good this threatened boost might work for good.

SEND them to bed early! If we must pay high for education, let's do our part to get our money's worth out of the cost. A child fed on movies, on a story book, on an automobile ride or anything under the sun that keeps her out of bed after 8 o'clock at night isn't fit to take in her share of \$40.11 worth of education the following day.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Several queries like those given above are invited and should be addressed to THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. What is the relative nourishment contained in an average portion of oyster stew and the same amount of roast beef?
2. Why is it unwise to cover pantry shelves with white enamel cloth?
3. The term braised beef often appears on menus. What is braising?

ANSWERS TO YESTERDAY'S INQUIRIES
1. A "ragout" of beef is a beef stew.
2. Carrots should be cooked before paring and sliced because, if cooked after, they lose nutritious material. In one experiment it was found that a pound of sugar was dissolved out of a bushel of carrots that had been dried before cooking.
3. Potatoes, lima beans and taplers should never be served at the same meal because each contain a certain amount of acid which, if used at the same time, will unbalance the meal in food values.

Canned Lima Beans and Corn
Dear Madam—Kindly publish a recipe for dried lima beans. I have been looking for the Government formula for the cold-pack method—Provide a wash boiler with a false bottom of wooden lattice-work, or pieces of wood or coarse wire netting to be used for straining. A steam-pressure cooker, which is designed especially for canning, considerably reduces the time. Fill the vessel with water so that when boiling, it will cover the tops of the jars by an inch or more. See that all jars are in good condition and absolutely clean. Scald them thoroughly. Use new rubber rings and seal these just before placing them on the jars. Prepare the lima beans as for cooking. Wash the beans, then place them in a cheesecloth bag and blanch them for five minutes. This is done by placing them in a bag in rapidly boiling water. Remove and plunge into cold water, then out again instantly and drain. Working quickly, pack the beans into the jars as closely as possible without mashing and fill to overflowing with boiling water. Add one teaspoonful of salt to each jar, place rubber rings on and screw down tops until they barely catch. Place into the cooker and from the time boiling begins cook for two hours or one hour in a steam-pressure cooker. After processing, remove the jars, screw down the lids after testing the rubbers to see that they are in good condition and stand upside down in a cool place, being careful that no draft strikes the jars. Watch for leakage. Store in a cool, dry place. If these directions are carefully followed, the jars will be safe.

To Make Grape Wine
Dear Madam—Will you please tell me if it is considered the rubbers to see that they are in good condition and stand upside down in a cool place, being careful that no draft strikes the jars. Watch for leakage. Store in a cool, dry place. If these directions are carefully followed, the jars will be safe.

To Make "Boston Toast"
Dear Madam—Can you please tell me how to make "Boston toast"? I remember that when it was made, it was very much obliged to you for your recipe.
Here is one recipe for "Boston toast." I hope it is the one for which you are looking: Take a one-pound can of kidney beans or equal quantity of home-cooked beans, a one-pound of grated cheese, salt and bread crumbs. Mash the beans and put them through a meat grinder. Add the cheese and bread crumbs. The mixture should be made in a bowl. The even, basing occasionally. Serve with butter.

IN THE MOMENT'S MODES

Separate Blouse of Tan and Blue Taffeta



The separate blouse of figured, striped and plaid silk bids fair to continue in popularity throughout the fall and winter seasons. This garment, appearing first as a novelty early last summer, then gradually gaining a vogue among well-dressed women, has now become an indispensable adjunct of the wardrobe.

GOOD HEALTH QUESTION BOX

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

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he undertake the treatment of any disease. Health questions will be promptly answered by personal letters to subscribers who enclose stamped envelopes for reply.

Nature's Voice
INSTINCT is the voice of nature. It calls us to live in the open. Instead, we imprison ourselves in offices, factories and night-time bedrooms. The result is the great white plague—tuberculosis.
Instinct calls for water to cool and cleanse the vital machinery. Instead we guzzle beer, wine, whiskey, tea, coffee and other intoxicants and suffer countless miseries in consequence.
Instinct teaches us to select a bill of fare identical with that of our cousins, the anthropoids, the chimpanzees, the orangs and the gorilla. Instead of contenting ourselves with the natural products of the earth—fruits, nuts, soft grains and tender shoots—we have unlawfully invaded the food stores of nearly every other species of animal.

Tomatoes
Is the tomato a wholesome food? P. G.
The tomato has long been recognized as an excellent article of food. It is properly known as a vegetable fruit. The tomato is valuable, not only because of the whole vegetable acids which it contains, of which the chief is citric acid, but also on account of the vitamins, of which it furnishes a rich supply, and especially its iron content. The value of the tomato as a source of organic iron has not been fully appreciated until recently. The solids of the tomato contain .325 per cent of iron. One pound of tomato contains enough iron to supply the body needs for one day. It is evident then that the tomato is an excellent food for persons suffering from a deficiency of blood or blood coloring matter.

Change of Garments
How often should garments next the skin be changed? J. B.
It is an excellent plan to change every day, alternating with two suits for a week. By this means the exposure of the garments to the air purifies them. While the skin accumulates effete matter from the garment, it loses its value as a nonconducting material.

Tomorrow's War Menu
BREAKFAST
Cantaloupes
Roman Meal with Cream
Stewed Kidney
DINNER
Cream of Beet Soup
Braised Tongue
Mashed Potatoes
String Beans
COLE SLAW
Watermelon
SUPPER
Club Sandwiches
Peach Pudding
Tea

THE CHEERFUL CHERUB
Mosquitoes buzz outside my screen; They want to get to me I know. The poor things may be starving too—It seems a shame to tease them so.

HARK, CHILDREN! SCHOOL BELL RINGS MONDAY

Janitors, Teachers, Board of Education Are Busy Getting Things Ready for You

NOW FOR "STUDY TIME"

Playtime and Vacation Joys Are Past for You Till Your Christmas

School teachers, janitors, clerks, officials of the Board of Education, and in fact every one connected with the public school system of Philadelphia, are hard at work today preparing for the opening of the schools on Monday. Looking at the picture from the reverse side, the pupils are equally busy—many making the most of the short time of freedom still remaining.

EXPECT RECORD ENROLLMENT
Indications of the work already done on the school census pointed to a record enrollment this year. The average yearly increase in the number of pupils for the last six years is 1.7 per cent. Last year there was an increase of 2.8 per cent, despite the fact that a decrease was expected. This was the largest enrollment in the history of Philadelphia.

SCHOOLS IN GOOD SHAPE
A medical inspection of the city schools conducted recently by Director Wilmer Krusen showed a most satisfactory condition. There are only ten schools requiring repairs to better the sanitary conditions as against fourteen last year. All of the buildings now being erected are fireproof and contain all of the most modern sanitary arrangements and equipment.

Y. M. C. A. WORKERS SAIL
Twenty-eight Secretaries and Three Women Leave for War Zone
NEW YORK, Sept. 8.—Announcement has been made by the National War Council of the Young Men's Christian Association that a party of twenty-eight secretaries and three women canteen workers sailed recently for France to work among the United States troops abroad.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

Helping Miss Groarty

AFTER I woke up this morning I lay a long time, thinking. All of a sudden I thought of what Jim said about my father's going to get married again as soon as my mother's pitcher began to gather dust. You bet I hopped out of bed quick then and took a look at the pitcher. There was not a bit of dust on it, which was certainly strange, as there is dust on everything else.

When school began this morning there was another surprise. There was a woman at the teacher's desk and I heard Peanut Freedy whisper that Miss Groarty had been fired. I said "Fired nothing?" right out loud. Then the teacher said: "This little girl who speaks about will please come forward." So Rowdy and I did. She said: "Why did you speak without permission?" I told her what Peanut said and then she said: "Miss Groarty has been dismissed on account of her health, which is feared would endanger the health of the pupils."

SHIP LABOR IS NEEDED IN DELAWARE YARDS

Hundreds of Carpenters and Mechanics Can Be Used in Federal Building Program

Hundreds of ship carpenters, calkers and other shipbuilding mechanics are wanted for the big yards on the Delaware that have undertaken to assist the Federal Shipping Board in its intensified building program. Immigration Commissioner Greenblatt, assisting the United States Employment Service, is seeking the most. More than 700 carpenters have been enrolled and about 150 machinists and other mechanics. All shipbuilding companies with Government contracts are urged to make their needs of men known to the commissioner. Men skilled in shipbuilding trades who want work should apply to the Government office, at 122 South Third street.

HAMMONTON, N. J., Sept. 8

Indications point to a warm contest here this year for the Republican nomination for Mayor and for the office of Chosen Freeholder at the general elections. At the primary the name of the majority will be found in the names of Charles Cunningham, now Coroner, and Michael K. Boyer, a former member of Council, who served for twenty-two years as a member of the Atlantic County Board of Freeholders, will be opposed by William C. Swain, who served four years as a member of Council.

AMBLER TRUST CO. RECEPTION TODAY

Thousands of persons will attend Public Function and Hear Bankers' Addresses

AMBLER, Pa., Sept. 8.—Thousands of persons will be guests of the new Ambler Trust Company today. An all-day reception to the public is under way and will continue until 9 o'clock this morning. The reception is from 9 o'clock this morning until 9 o'clock this afternoon. An orchestra is furnishing music and refreshments will be served at the afternoon. Prominent banking officials of State and county will make brief addresses this afternoon.

The officers and directors of the company are: William C. Brister, president; L. Duncanson, first vice president; John L. Posey, second vice president; William E. Leedom, secretary and treasurer; E. K. Hammond, assistant secretary and treasurer; directors, F. Clifford Bernhard, trust officer; directors, F. Clifford Bernhard, trust officer; directors, F. Clifford Bernhard, trust officer; directors, F. Clifford Bernhard, trust officer.

EVENING LEDGER PHOTOPLAY CALENDAR

Table with columns for days of the week (WEEK OF SEPT. 10 TO SEPT. 15) and rows for various theaters (ALHAMBRA, APOLLO, ARCADIA, AUDITORIUM, BROADWAY, BELMONT, BALTIMORE, BLUEBIRD, CEDAR, COLISEUM, COLONIAL, EUREKA, EMPRESS, FAIRMOUNT, FAMILY, FRANKFORD, 56TH STREET, GREAT NORTH, IMPERIAL, JEFFERSON, JUMBO, LIBERTY, LOCUST, MARKET ST., NIXON, OVERBROOK, PALACE, PARK, PRINCESS, REGENT, RIALTO, RIDGE AVE., RUBY, SAVOY, STRAND, STANLEY, SHERWOOD, TIoga, VICTORIA). Each cell contains the names of the plays and the actors.