OMAN'S PAY ENVELOPE IN WARTIME—WHAT WOMEN WILL WEAR—SOME HEALTH FACT

APITALIZE YOUR STOCK IF YOU WANT MAN-SIZED WAGES

leaning of Drafted Man's Envelope for Woman Who Takes His Place Depends on Herself. Self-Valuation of Vital Importance

WOMAN correspondent has delved under the skin of the "job map" edithat appeared in these columns Seper 7 and asked a very basic ques-

What benefit," she writes, "will the an derive from taking the positions Merly occupied by men who have gone away to war if employers use her sex as On excuse for paying her only a part of Trat the man was paid for the same work?" Then she cites an actual case we an instance of this sort occurred.

To begin with, there have been un btedly many instances where a young man has been allowed to take up work te 'netly assigned to a man for less money than he received for it. Sometimes this Ster very unfair, sometimes it was fair, es scially when the accusation that a

san's mind is eternally half on mar-Til ge and that a woman cannot "stand the sical strain" were applicable to the nged jobholder. o continue with, over all the wrongs

an I the rights ever since woman began struggle for economic existence traditi a hovered-tradition that women were In e for biscuits and adornment, but net for pay envelopes!

THE employer cited by the correspondont probably based his slicing of the envelope on tradition and yesterday. The ye ag woman who accepted the slice probably based her acceptance on tradition and-yesterday, and yesterday, as years the day war was declared!

what the woman is going to do. live up to it?

ie capitalization rests with her. She kr; we her stock, she sells it. If an emphyse is able to talk her out of its marright to suspect he is hiring a poor busi-

ners head. is responsible for the remark that the

the color of the shell of an egg any-

thing to do with the nutritive value of the egg

1. "Protein calories" are the units of nourishing value in food that build muscle. They are found abundantly in meat, milk, eggs, cheese, peas, beans, etc. They are the most important

3. Taleum powder sprinkled in a deck of old

Food Value in Raw Oysters

Editor of Woman's Page:

ing cards will prevent them from sticking.

he Editor of Wondon's Page:

he Madam—in a recent tashe of the EVEXLEMBER you told about the amount of
latiment contained in a plate of roast beef
an oyster stew. Could you please tell me
much nourishment is contained in a plate
aw oysters in relation to the oyster stew.

(Mrs.) K. L.

There are forty-four calories, or units, of

food value in the average portion of raw oysters. You will remember that there were 171 in the average portion of oyster

stew. This makes the stew almost four times as nourishing as the "plate of raws." It is largely due to the milk, of course, that

the food value in the stew is so much the

Crackling Bread

Dear Madam—Have you ever heard of crack-ing bread? It is made, I know, of corn meal, would very much like to have a recipe for it, you know of any.

In his new book, "American Indian Corn,"

Charles Murphy gives a recipe for crackling

Pread. It follows:

Pour enough bolling water over a quart
of yellow cornneal to moisten it, add two
transponfuls of sait and set aside to cool.
Then cool enough to handle mix in a pint
of cracklings (crumbs left over after trying
the lard) and share into obloog cakes.

out leaf lard) and shape into oblong cakes. Bake in lightly buttered pans for twenty-five minutes, this makes a rich breakfast or luncheon cake on a cold day.

Mailing Tube for Ear Phone

To the Editor of Woman's Page:

Dear Madam—Can you tell me where to get
e of those round neateboard tubes such as
are used for mailing purposes? It is said they
are easy to get and of little expense.

I heard they aided the deaf better than an
are phone and hope you know.

AN INQUIRER.

An authority on deafness informs me e e is no reason to suppose that a mailing be would make a better or as satisfac-

tary an ear phone than the ordinary one in use. The object of an ear phone is to concentrate sound so that it will reach the e ir without escaping. If a cardboard tube

ore used it seems there would be plenty c chance for the escape of sound. How-cer, the tube is, as you say, quite inex-

consive—just ten cents—and if you would be to satisfy yourself the loss would not on great if the idea proved a failure, arther particulars about the purchase of the mailing tubes have been sent to you.

To Open Jars of Jam he Editor of Woman's Page:

The Editor of Woman's Page:

Dear Madam—I have some jars of jam that I at up early in the season that I cannot get at up early in the season that I cannot get at up early in the season that I cannot get at up early in the season that I cannot get at up early in the season that I cannot get a up to please tell me what to try?

Pirst try running a thin knife blade under a rubber next to the jar and pressing tinst it very firmly. This usually lets in Jugh air to relieve the pressure on the large try in the stove let come to a boil and keep bring for a faw minutes. The jar ought in to open easily.

Care of Hair

oil of fishberries and

To the Editor of Woman's Page:

5. What is an unbalanced meal?

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 vertier. Special queries like those given one stavited. It is understood that the cultur does not precasurity indores the sentiment, pressed. All communications for this department should be understed as follows: THE MANN'S EXCHANGE. Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

this season



A big double-brimmed hat-brims of white felt, faced with crimson silk, top of crimson and white striped silk.

business history. If women make good they will be paid accordingly!

In TAKING stock one faces facts. It is up to the business girl to face two very important facts-handmaids of tradition. The first is the theory that mar ringe is the goal of every girl's ambias women are concerned, slipped back | tion and that being so, it is the swan song of her career. Some business men are aday is today. And the big point is willing to believe the opposite of this. what the employer is going to do, but not many,

The other fact is the "lack of en tover fifty years' worth of undoing of durance." In experiments since the be tradition, how is the business girl going to ginning of the war it has been found in some cases that it takes three girls to do the work formerly done by two men.

If one day's work sends the business girl to bed at night too tired to sleep ke ble value, that employer has the she'd better begin a scientific search for the reason. Maybe it wasn't just one day's work but a night's play in the bar-The head of a large concern that has gain that kept her tossing. The average recently slid many girls into men's places | woman hasn't the endurance of the average man, and if she's going to do his work sa'n y scale for women today rests on the she'll have to hand herself a flying start goe I brains of women. There is no preced of plenty of sleep, sensible food and a to go by, he said; the period is unique mighty will to sacrifice night to health.

1. When a widow remarries with what mono-gram should she mark her household lineas?

2. Will dark blue in suits be largely in favor

3. How can envelope nighties for a baby be

this fall and winter?

brough the mail.

IN THE MOMENT'S MODES

New Fall Coat of Brown Velour de Laine

Judging by the early fall exhibits in the style shops, we are to have the long, separate coat with us for another season. There is scarcely a woman who will not e grateful for this turn of the fashion wheel, for these long coats are the most practical of all wraps, and with the efforts expended upon their fashioning by the style creators, they are also the most effective. The coat presented in today's picture is

PATSY KILDARE, OUTLAW By JUDD MORTIMER LEWIS

The Fate of the Bull

1. The cape will be the most popular fur piece Cold cream applied each night around the cuticle of the fincer nails will keep them tender and pink looking. the United States Department of Agriculture is now promoting. The bean, mostly eaten in Ania, is three times as rich in muscle-building qualities as rec, wheat or graham flour. It is nometimes called the Togo bean.

3. Talents the biscuits at June's, for they are thin and hard and June's are thick and cottony. After breakfast the young man got up from the table and took a gun, as long as I am. I said. "Are you going hunting?" He said. "No. I am going to kill the buil that killed

Substitute for Gentleman.

To the Editor of the Woman's Page:

Dear Madam—What is the correct thing to may instead of 'gentlemen friends'." I have read in your columns at various times that it is not correct or according to good form.

YOUNG GREA. Substitute for "Gentleman Friend" grampa."
Of course it was right for the bull to be the young man's arm and told him so and begged him not to shoot the bull, but he would not listen. It certainly did seem sflly It is considered had form to use the ex-pression "gentleman friend." Girl friend or many friend are equally provincial. Custom to me when I thought of the fine, big, four-

legged bull and then of the silly, tobacco-chewing old man. If I had a bull like that, with so much fight in him. I would not trade generally rules these matters and it is considered better form to speak of a man as a man, a woman as a woman or a boy or girl as a boy or girl. It is best to say "a man I know" or "a man told me this" if you do not wish to mention the person's him for all the silly old men in the world.

We all went out to the fence with the young man and the bull was away on the other side of the field. The young man said he was going to surprise the bull by going close up to him and then when the bull went for him he would let the bull have it. So he The Mail-Order Business To the Editor of Woman's Page:

Dear Madam-Where can I get information of
the mail-order business?

A READER. went up close to the bull and the bull began to paw the ground and shake his head. Then he started for the young man, who pointed his gun at the bull but did not shoot. In-Your letter was a little bit unclear. If Your letter was a little bit unclear. If you mean information about becoming an agent for a company conducting a mail-order business, the best thing to do would be to write to one of the large mail-order houses and ask it to tell you how it is possible for you to work for the company through the mail. You will find advertisements of these houses in the Sunday papers.

If you want to establish a mail-order stead he dodged the bull and then ran as fast as he could. I could hardly see his legs, they were going so fast, but the bull had

four legs and the young man had only two. They reached the fence about the same time and the young man put his hands on the top of it and started to jump. The bull helped him with his horns and the young

EARLY this morning after I got up at the young man's house I hunted till I found a rock and then I went and sat by the pond.

boping that the snake I saw there one time would come out of its hole and that I could that it wouldn't come out again till spring, but I wanted to smash it just the same. I wonder what makes people hate snakes?

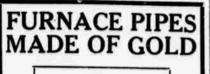
When I saw that the snake wouldn't come out Rowdy and I concluded to chase the bull awhile before breakfast, so we did. The bull made it a lot more fun to chase him by stopping every little while and pawing the ground. He looked so full of fight that I thought his must have some Irish in him and that made me like him all the more, because I am Irish and proud of it. I think if Rowdy had not been there the bull would have treated me the way he treated grampabut he could not stand Rowdy and so he would always start off again when Rowdy began to make it hot for him.

After a while we got tired and went back to the house. On the way we passed the place where they planted grampa and he hadn't even sprouted, as I knew he wouldn't. We had eggs and biscuits and honey for breakfast. The biscuits out there are not like the biscuits at June's, for they are thin and hard and June's are thick and cottony. After

It was late when I got home and there was a houquet in a glass on the table and on my bed there was a box of candy tied with a red ribbon. They made me very happy and I prayed. "Dear mother which art in heaven, I seem to be getting older very fast. I did not think I could learn so many things of course it was right for the bull to be punished, but I had run him around the field and punished him myself. I hung to the young man's arm and told him so and the young man's arm and told him young ma

"The Iron Dogs," the next Patsy Kildare ad-renture, appears in tomorrow's Evening Ledger,

Permission to hold a conference in this city has been denied the People's Council of America for Democracy and Peace, a pacifist organization which tried without success to hold a conference in several cities of the Middle Wesel, by the Depart-ment of Public Safety, Superintendent Rob-





would be no more useless ex-travagance than wasting from 25 to 40 per cent of your coal to heat the long pipes and elbows, with their great cooling surfaces, of the ordinary hot-air fur-

entilation. Write for booklet.

"MA" SUNDAY'S INTIMATE TALKS

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

T HAD suspected for weeks that the gir had been caught in the whirlpool of the sharets and the dance halls. And I knew he was cleverly concealing the fact from er foils. One day I saw my chance her folks. an intimate heart-to-heart talk with her, and I didn't mince my

subreco "You are living in sin," I said, "And you know it." She laughed

recklessly, "Sin?" she sneer-Who says sor I glanced at her cyes, which had lost their innocent book, and the purty leginning to form under them. self by the way you look." I told her. "You

"MA" SUNDAY you are clever, but you are only blind and foolish. And unless you see your real self goon and your danger it is going to be too She tossed her head.
Oh, I guess I am able to take care of

myself." she said confidently.

Today not even her parents know where
that girl is. And they haven't known for two or three years. to seen many girls follow the same They thought it was all gayety and

abdominal bandage—a wet bandage well covered with flamel, so as to produce thorough warming—will often accomplish the result. In addition, observe the following rules: (1) Discard meats. (2) Take only high living-until they found the cost of the high living.
But if a girl keeps from sin because it does not pay, is she safe? The best way

to keep from low ideals is to have high ones. Some one has said an idle brain is the devil's workshop, so I add if you want to best the devil, keep busy for God.
A good many girls are like the man in
the parable when the unclean spirit went out of him and came back again. The unclean spirit found his home swent and garnismed but empty. There was no good spirit living there. It was a nice, reno-

vated apartment, all ready to move in, he went and got seven other spirits w than himself, and the last state of that man was worse than the first, No doubt heaven has many a fallen woman who has slipped once, or even many the different roads of virtue, difficult to them because of the sins of their parents or the temptations of a low en-

vironment. They have reached eternal bliss because, while they slipped, they were try-But heaven has no room for those luxur lous women living on the border line outward respectability, who take a pleasu

in self-indulgence. The keys of Saint Peter have never jangled to let them inside the golden gates! Copyright, 1917, by the Beil Syndicate, Inc.

Monday-The story of a silver thimble. RED CROSS CANTEENS WELCOMED BY SOLDIERS

Service Maintained by Women for Traveling Troops Is Greatly Appreciated by Them

WASHINGTON, Sept. 14.—Canteen serv-ice of the Red Cross for members of the National Army and National Guard as they travel to the cantonments is being enthu-sizetically welcomed by the troops assembling at mobilization points and at junc-tions and wait-overs. Reports received by Foster Rockwell, director of canteen service, from many chapters which have been serving light refreshments to the detach-ments passing through their towns, show the appreciation and enthusiasm of the

The Red Cross canteen service hopes to keep the Red Cross uniform conspicuous in railroad buffets and restaurants all over the country while the troops are moving Besides supplying refreshments to the soldiers going through, canteen service work ers perform many other little services for their convenience, such as mailing letters or postcards. The interest which the women of the country have thus been able to show directly, through the canteen service, has made a profound impression and has given the soldiers new heart and fresh spirit, be cause they realize that the women of the whole mation are personally sponsors for their comfort and welfare.

Enlist Nurses for British Service Women between the ages of eighteen and thirty-five are being enlisted as nurses for service with the British field hospitals at the British recruiting station in the Hale Building. American as well as British women are being accepted. GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. nasuer to health questions, Doctor Kellogo in this space will daily give adules on present iedicine, but in no case will be take the risk of making diagnoses of or prescribing for all ments requiring surpled treatment or drugs. Health questions will be promptly on svered by personal letters to inquirers who inclose stamped envelopes for rather

Sleeplessness

removed. Insomnia is usually accompanied

by constipation, and is the natural result of

the absorption of poisonous matter from the

ing constipation.

At bedtime take a neutral bath. This

should then slip into a warm bed as quickly as possible.

A warm foot bath taken just before going

a bed will often induce sleep by withdraw-

ing the blood from the head. The moist abdominal bandage—a wet bandage well

a light supper consisting of fruits, with perhaps a glass of buttermilk or a plain

soup of some sort. Avoid bread and butter, cake, pastry and all indigestibles. The less work the stomach has to do during the night

the sounder the sleep will be. (3) Discard tea and coffee, if you are addicted to the use of these poisons. (4) Drink two or three

quarts of water daily. (5) Make the bowels move three or four times a day by the use

of laxative foods, bran, paraffin, oil, etc.

The bowels ought at least to move after every meal. (6) Live out of doors as much

as possible, and sleep in a tent or on a porch, so as to breathe out-of-door air when asleep. (7) Take enough muscular exer-

cise every day to get really tired. (8) Avoid excitement of any sort before going to bed. (9) Avoid feather mattresses and pillows.

and too much bed clothing. The bed covers

Are any of the chemical constituents of the pole lost when the skin is not eaten? M. S. The amount of useful material lost with

apple parings will depend upon the thickness

of the parings. If they are made very thin, indeed, virtually no loss will occur, but if thick, then considerable of the most valu-

Nausea

What is the best means of overcoming nausea aused by nervousness? J. J. C. The sure cure is to get rid of the nervousness. The nervousness will cease when the cause is removed. The cause in most

cases is intestinal toxemia and chronic inactivity of the bowels. Such cases should be thoroughly investigated first, as there

may be some more serious condition than the nervousness.

Burning Sensation

able part of the apple may be lost.

should be light and porous.

SLEEPLESSNESS may be due to too of menthol to the came is obstinate ten grain of menthol to the came.

The cause must be cream: poisons in the blood. The cause must be

Lanolin, two parts.

Horoglycerid, one part.

Cold cream, made of white vaseline, six parts

Cold Feet

The putrefaction of undigested remnants What is the cause of cold, clammy feet, and companied by cramps, after retiring? JAS. D. of food in the colon gives rise to the forma-These conditions are generally due to chronic autointoxication or intestinal toxemia. The immediate cause is a disturbance of the vasomotor system, the natural result of the absorption of toxins from the tion of poisons of various sorts, some of which are capable of exciting the brain and nerves in such a way as to give rise to insomnia. It is generally impossible to cure insomnia without relief of accompany-

Bed Wetting

Please outline a system of diet for a little girl, three years old, who has the hed willing habit.

Mrs. ESTHERS.

Meats of all kinds should be avoided, also condiments. Nothing should be taken within two or three hours before going to bed. Cereals should be eaten rather sparingly. Potatoes and other vegetables should be used instead. Diet alone is not always sufficient. A competent physician should be consulted. At bedtime take a figural bath. Into consists of a full bath at a temperature of 2 to 95 degrees Fahrenheit. A bath of this temperature has wonderful calmative and soporific effects. The duration of the bath may be as lower and properly to the bath may be as lower as the consistency. and soporine elects. It is a long as necessary to produce the desired effects. Several hours in the bath may be required. Sooner or later the disposition to sleep will come, and then the patient may leave the bath and retire.

the patient may leave the bath and rectis-lin getting out of the bath the greatest care must be taken to avoid chilling, even in the slightest degree. The patient should not be cooled off in the manner usual after warm baths, but should be wrapped in a Turkish sheet and gently dried (not rubbed), and (Copyright) Tomorrow's War Menu

BREAKFAST Sliced Peaches with Dry Cereal

LUNCHEON Cheese Souffle Brown Bread Diced Apple Gelatin DINNER

Pot Roast with Potatoes Lettuce Orange Sherbert Rolls

THE CHEERFUL CHERUB Sweet corn is very

nice to eat . I like the rows of kernels neat. I always take my bites the same And make my dinner like a game.



'Preserved

For years I have been troubled with a burning or itching sensation in my lower limbs. Can this be relieved by diet? If not, what methods should be employed?

J. L. B. Bathe the affected parts with very hot water, applied with large towels or dashed upon the parts with a dipper. The tempera-ture of the water should be as hot as can possibly be borne, at least 110 or 112 de-grees Fahrenheit. Afterward apply lanolin

Infants-Mothers

Thousands testify

Horlick's Malted Milk

Upbuilds and sustains the body No Cooking or Milk required Used for 1/3 of a Century Substitutes Cost YOU Same Price. Fruits, Jams and Jellies, added to other foods make a delicious meal and cut the cost of living

NOW is the time for preserving

SAVE THE FRUIT CROP

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its adaptability, its simplicity, its

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high. Double spring motor, and handsome polished cowhide leather lined case. The Sonora Portable is

a first class phono-graph of exceptionally high quality and con-Price \$60

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Sonora Phonograph Sales Company, Inc.

George E. Brighton, President 1311 Walnut Street, Philadelphia Sonora is licensed and operates under BASIC PATENTS of the phonograph industry

If you want to establish a mail-order ousiness of your own and do not know how to go about it, the most practical plan to follow would be to ask the advice of some one who has already marketed an article The Postoffice tells me that so far as The Postoffice tells me that so far as postal rules are concerned, an article sent as part of a mail-order business are subject to no special regulation, provided they live up to the description in the advertisement of them. So far as I can learn the mail-order business seems simply to be the putting of marketable wares on the market through newspaper or catalogue advertisement and the sending of these articles by mail. \$15.98 Special Introductory Offer All-Wool Poplin Suits

Six of the newest approved

models, strictly all-wool pop-lin and fine French Serges. Navy Blue, Green and Taupe. All sizes. Your choice at

\$15.98

THE

Two Inquiries on "Stamp Language" To the Editor of Woman's Page:

Dear Madam—Kindly publish in your Woman's Exchange columns the meaning of the different positions of stamus placed on envelopes sent through the mail. To the Editor of Woman's Page: Dear Madam. Will you kindly publish a table of the 'stamp language' in your exchange? A. B. \$15.98 Note the clever style of the model pictured.

The stamp language, as outlined by some love experts in the dim past, is as follows:

love experts in the dim past, is as follows:

Stamps placed in upper right-hand corner in these positions mean.

Loright—Business, or I wish your friendship. I bested down—Write no more.

Crosswise—I send a kiss.

Horizontal—Do you love me?

Upper left-hand corner:

Upright—Good by, sweetheart.

Upside down—I love you.

Crosswise—My heart is another's.

Horizontal—I hate you.

Lower left-hand corner:

Upright—I seek your acquaintance.

Upside down—I wish you joy.

Horizontal—Will you meet me?

Lower right-hand corner:

Upright—Tou are very cool.

Upside down—Can you trust me?

Horizontal—Sou are changed.

Upside down—I am engaged.

Horizontal—I long to see you.

Middle, at right side:

Uprigh—Write soon,

Upside down—I am serry.

Horizontal—I am married.

Middle, at top:

Uprigh—Write soon,

Upside down—I am married.

Middle, at top:

Uprigh—Yes.

practical because it is of such muterial and modeling that it is suitable for both afternoon and evening. It is of brown velour de la ine, the high, soft collar of beaver. The belt is very smart and distinguishes the style of the coat from the modeling of the average model. The facing is of ecru-color satin meteor.

Pacifists Can't Meet Here uson refused to issue a permit.



nace.
The Fleck Modern Way
Pipeless Furnace is the most
economical heating system
yet devised. It heats the
entire house from one regis-

FLECK BROS. Co.