ATTACK ON THE HEAD OF THE HOUSE—RAINY DAY STYLES—HOME-MAKING HIN

TO FATHER, WITH LOVE FROM US; A SUGGESTION TO STOP "PILING"

Head of the House is Supreme Food Controller. Up to Him to Stop Urging Second Helpings on Those Who Don't Want Them

SOMEBODY has got to tell father! Last week food savants from all over e country met in Philadelphia to make ans about feeding the world next year. They told about making green bread, they talked about the commission men and even said a word for the pushcart mer-Chants. They dove down into every thing and body that could make or break the anti-food-saving laws. But they didn't

And so here goes. If nobody else will, we will-because it's important,

FATHER, as a food saver you're a failure.

We hate to say this, father, because we know; you went to bed with a backache for six nights running from an ail ment called potato-bug picking; you served on three committees for the study of wheat substitutes and you lectured at the Lyceum Hall one Friday night, your subject being "The Gospel of the Clean

But, father, it isn't your back or your arms or your head we're aiming at. This scolding is for your heart!

You see, father, this clean-plate ser-mon works two ways.

Why sometimes, Head-of-the-House, it nearly kills us to eat all you put on our plate especially when it's a second helping you hand out when the same has been firmly refused for five minutes. And yet because Mr. Hoover says "clean plate" we cat and cat until we think we will have to call for a stretcher in order to make an exit from the dining room, And, father, when we have company we ! have seen the same look of inward agony simply won't do in wartime. when you poise a second tablespoonful of mashed potatoes over a nearly empty

company were concerned, it became a we ask you not to:



faced in American Beauty colored taffets, with white ribbon trimming.

deep-dyed degradation. On such occa sions we can't help but think that it couldn't have been much worse for the second beloing to have made its forbidden way into the garbage pail. Certainly you disqualified it as an entry in the leftover contest.

FATHER, stop reading your paper and look us straight in the eye.

If ounces count, and Mr. Hoover says they do, there's nobody can be a bigger general in the food army than you. Legislatures can legislate, Mother can make a card index of left-over recipes, but all the saying and the planning in the world isn't going to do any good if what they save at one end you're going to spend at the other. The last word in food distribution is up to you.

GOD bless your heart, father, it's as big as a politician's picnic—but it

We'll let you do anything; you can play your pet taking-machine record as often as you please; you can smoke in the One second before the second helping, parlor and feed the dog in the dining father, that clean-plate gospel was a room. But father, for the love of Amerthing of beauty and a war-winner, but lea and your war garden, stop piling up ton minutes later, so far as we and the our plates with perfectly good food when

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

made use of in sewing?

2. What is an easy way for knitters to join banks of wool so that the joining will not show?

ANSWERS TO YESTERDAY'S INQUIRIES

dish such as a sweetbread pattle, etc., served between courses. On hotel menus, however, one often finds a list of dishes which are subtial enough to constitute a meal. In this he term is used to indicate "combination that are, as a rule, ready to serve.

3. A little denatured alcohol applied with a brush will remove tobacco stains from copper and brass ash trays.

Use of Waffle Iron

Dear Madam—Please tell me through you valuable information column what to use grease a waffe iron and how to use it?

DAILY READER.

Heat the waffle iron and grease with lard. The waffle batter is dropped on the iron by the spoonful and allowed to bake on of the stove over a moderately hot fire. There are several types of waffle iron.
One is mounted on a frame. With this you simply turn the iron from one side to the other, opening it from time to time to see that the waffles are thoroughly baked on both sides. Another kind of iron, which is not mounted, is handled like a toaster. Do not hold too close to the blaze great deal of smoke will be caused. the waffles cook first on one side, then on

In case you do not know of a recipe for waffles one is printed below, recommended by Marion Harland:

Two cupfuls of flour sifted twice with same of salt, three eggs, one teaspoonful of butter or other fat, two cupfuls of milk. Beat the yolks of the eggs smooth, add the milk and turn this upon the prepared flour. Whip lightly and quickly for one minute, add the stiffened whites and drop by the spoonful into the heated waffle iron.

To Store Eggs for Winter

Dear Madam—Kindly inform me through the Emission Lessans how to store eggs for the winter. Would also appreciate your stating how I could curl my little daughter's hair without putting it up in rags. She goes to school and I would have to use a simple method.

A READER.

One of the ways for storing eggs recom-mended by the United States Agricultural Experiment Station is to pack them in water glass. This is a chemical solution can be purchassed from any drug A reputable druggist in Philadelphia today quotes the price at thirty-five cents a quart. A solution is made of the water glass and the eggs are placed in it in stone jars.

It is first essential that strictly fresh eggs be procured and that everything used be spotlessly clean. Sufficient water-glass solution to store thirty dozen eggs can be made from one and a half quarts of the water glass added to eighteen quarts of soiled water. Stir this until it is thoroughly dissolved. Two eight-gailen jars will be colved. Two eight-gailon jars will be ugh to hold this amount of liquid. Put

dissolved. Two eight-gallon jars will be anough to hold this amount of liquid. Put the eggs in, packing very closely and leaving at least two inches of the solution over the top layer. Cover the jars so that the liquid will not evaporate and keep in a cool place. Do not take the eggs from the liquid until you are ready to use them. Other eggs may be added.

Hare is a way of curling little girls air without putting it up in rags. It does also a little time, however, the night because Brush the hair thoroughly separate and make curls on a wooden curling stick, such as may be bought in any department stors. Wet the hair before you begin and fort the curls up high, so that when the cirk is removed they will be up close to be head. Fasten the curls to the head at top and at the bottom with hairpins, surring the hairpin lengthwise, half of it the curl. The a veil around the date the curls are all made. In the oraling when they are taken down curl again on the stick.

The same some of our readers are all made in the curls are all made. In the oraling when they are taken down curl again on the stick.



Letters and questions submitted to this department noise be written on one side of the paper only and signed with the name of the twiter. Special queries like those gives below are divised. It is understood that the chirar does not necessarily indure the sentiment expressed. All communications for this department should be underessed as follows: THE WOLLD'S EXCHANGE, Evening Ledger, Philadelphia. Pa.

1. How can little clips business men use be 1. Should a woman rise when she is being in ande upe of in sewing?

2. What is "Bolivia cloth"?

3. Is there an official uniform for women who 3. How can hot brown bread be cut into sized the food-saving pledge circulated by arder of Herbert C. Hoover, United States food administrator?

1. The life of a broom will be preserved if it is dipped into a bath of very hot soapsuds once a week. Carpets swept with brooms cared for in this way wear well.

2. In its first meaning an entree is a small dish such as a sweetbread pattle, etc., served between courses. On hotel menus, however, one tor Shaw has spoken in every State in the Union and abroad. She is honorary president of the National Woman's Suffrage Association. She was born in England in 1847.

2. It is proper to remain to supper on a "spur-

To Become a Girl Scout

To the Editor of Woman's Page: Dear Madam—I am a girl of nineteen and would like to become a member of a good and active Girl Scout hand. Would you be kind enough to let me know where a few of them are located and what is required of me to become a member? I thank you for any other information you can give me.

Girl Scout bands have been organized in every part of the city. The headquarters. where you can get very exact information about whom to consult on joining one of these troops, is at 24 South Seventeenth street. Miss Edith Harper, executive secretary, will be very glad to tell you of the different activities of the various troops in the different city districts. I am told there is at least one band of girls about your own age; it would be interesting to join them. In order to be a Cirl Scout nothing in particular is required of you at first except to "promise to honor God and country, to help others and to obey the scout laws." The laws outline a code of honor for the members. The activities of the scouts are numerous. They learn first aid, signaling and many other interesting and useful things. They go camping, and once having passed the "tenderfoot" test may wear the scout uniform of their own among the younger girls.

Girls Should Not Take Cocktails

To the Editor of Woman's Page.

Dear Madam—Is it good form for a young girl to drink cocktails in a restaurant when she is alone with a young man? How old must a girl be before she can feel privileged to go slone with a man to a restaurant or cafe?

MARION.

It is not good form for a young girl to drink cocktails, either in a restaurant or at home. Not that there is any harm in the mere taking of the drink itself, but for the sake of example and of what people say. But even if she should take one at her own home in the presence of her family and with their approval she should be care. and with their approval, she should be care ful not to do so in a restaurant or cafe, especially if she is alone with a young man. Only of late has custom made it possible for a girl of twenty or so to go alone with a man to a restaurant or cafe for uncheon. She should not go alone for dinner or supper unless she is well on the shady side of twenty-five, and only ther when she knows the man very well. O course, in America an engaged girl is al-lowed to go to a cafe or restaurant with her fiance for supper, but if she is very young it is even then considered better to

Ask Her If You May Call First

Ask Her If You May Call First
To the Editor of Woman's Page:

Dear Hadam—I met a young girl in church
recently and would like very much to know her
better. Do you think when I see her next Sunday I might suggest taking her to a movie? I
do not know any one to ask to go with us. Do
you think she would be offended?

She would not be offended if she is a
sensible girl, but why not ask her first if
you may call on her, and after several calls
then suggest going to a movie. A wellbred girl is unlikely to be willing to go out
with a young man who has not first visites
at her home and mot her parents.

SOCIETY MATRONS IN KITCHENETTE ATTIRE



Women of America, enlist! Join the Hoover army! Follow the leaders. Above are shown two prominent recruits. Mrs. Ogden Mills Reid, of New York, not only spends a good part of her time daily in her kitchen, but buys virtually all the food for her household. She is shown on cupboard inspection. Mrs. Frank A. Vanderlip, wife of the New York banker, and prominent suffragist, believes even in grinding her own coffee.

She also does kitchen duty at home.

of the boys stopped suddenly, and pointed to a figure sitting on the edge of a big shell-

hole. It was that of a German!
"He seemed most intent upon some piece
of work—and none of us took a shot at him,

"We spoke to him, and at first he refused

We spoke to him, and at first he refused to come with us. He was having too good sport to leave, he said. But at last we per-suaded him, and took him back to our lines. It was obvious what had happened

to him. The roaring terror of our artillery, which had poured over that area for nearly two weeks, had unhinged his mind completely, and there he had sat for a couple of days, oblivious to all around him, and happy enough in his crazy way!

Tomorrow's War Menu

Breakfast

Oatmeal with Milk Toast Coffee

Luncheon

Beef Croquettes (last night's leftovers)
Cornmeal Muffins Hot Tea
Grapes

Dinner

Creamed Oyster Pie Macaroni Grated Cheese Rolls Lettuce Peach Gelatin

Stewed Prunes

The roaring terror of our artillery

uman wreckage.

THE WORLD'S WAR Through Woman's Eyes By ELLEN ADAIR

German Prisoners-Incidents of Their Capture

THOUSANDS of the German prisoners that I would be cruelly put to death!"

Trecently captured by the Allied troops "He rose up, confidence restored, and trotted off with the Tommy, "About an hour afterward I was standare mere boys!

"About an hour afterward I was standing at a certain spot, when down the road swing a big bunch of German prisoners taken on the western front are only sixteen and seventeen years of age."

I myself have

"About an hour afterward I was standing at a certain spot, when down the road swing a big bunch of German prisoners, about 100 of them, all on their way to the Cages. My eye suddenly caught sight of the boy-German. What do you think? He was marching along proudly, like a conqueror, his right hand closely clasped in that of a veteran soldler.

"Nhout an hour afterward I was standing at a certain spot, when down the road swing a big bunch of German prisoners, about 100 of them, all on their way to the cages. My eye suddenly caught sight of the boy-German when a contract the cages. My eye suddenly caught sight of the boy-German when down the road swing a big bunch of German prisoners, and the cages. My eye suddenly caught sight of the boy-German was a subject of them. All on their way to the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages. My eye suddenly caught sight of the boy-German was narely and the cages.

had glimpses of German prisoners who look as though they ought to be learning lessons in school and enjoyschool and chay ing boyish sports and games instead of learning the horrors of war on the bloodiest hattlefield of history:
Although they long for peace these boys are terrified at being taken prisoner.
And why?

French, Russian, Belgian, British, American soldiers all tell me that the cleanest fighters are the Saxons and Bavarians, while the most underland are the Prussian, There is truth in the grim saying. "The only good Prussian is a dead one."

"The Prussian is an evil brute," said an American to me the other day, "Everybody says so, and everybody is right. We don't deny his sturdy fighting qualities, his meed as a soldier—but we cannot forgive him is trickery when he gives in or pretends to give in, his treachery, and his insolence

And why?

Because their officers have told them that, once taken captive by any of the Allies, hey will be put to death!

And why?

Because their give in, his treachery, and his insolence after capture!"

A curious incident of prisoner-taking occurred not very long ago. Part of the ground traversed was just one vast honeycomb of crater holes, mostly filled with mostly water. Balls have feeling for

2. It is proper to remain to supper on a "spurof-the-moment" invitation when one has called
in the afternoon, provided the call was sufficiently early not to appear timed for the
supper hour. Late or prolonged calls are apt to
bring forced invitations.

3. The most serviceable material for little
girls' top underwear is white cotton crepe. This

German weapon, the cat-o'-nine tails, is
German weapon, the cat-o'-nine tails, is unknown; where food is plentiful and good, and where, if the camp is British, they don't have to work at all, unless they want to:

The French are extraordinarily good to
their German prisoners. The Russians

A soldier told a pathetic incident of the recent Messines fight. "We were roping in the Fritzes over a pretty fair tract of country," said he, "and as they were scattered about in bunches of twos and threes, halfdozens and hundreds, it was a pretty diffi-

"At one spot I came across a solitary Tonmy with one solitary captive—his prize for that day evidently. There was mething in the attitude of the two that struck me as peculiar. The Tommy was driving his little prisoner in front of him, and the little prisoner was dodging about like an obstreperous young plg being driven to a country fair! He would twist and turn and dash off at a sudden tangent, while perspiration dripped off the Tommy's anxious countenance as he chased him,

"The Tommy had his bayonet lowered in a suggestive sort of way, and every now and then he would make a playful prod the German. "The latter was rejuctant to surrender

or rather to do what was required of him after surrender—namely get shepherd-ed to the prisoners' cages in the rear. "I hurried forward to satisfy my curlos-

ity, 'What's up?' I asked the perspiring and exhausted Tommy.
"'Up,' said he with a sort of irritation. 'why, this chap can't speak a word of English and doesn't understand he's to make for the cages! I can't talk his infernal lingo, so I've been giving hints with the hayonet where he's to steer for, but he seems to think I'm driving him to some quiet spot to murder him? He grinned comically. 'God's truth, but I'm fair ex-hausted with the little blighter's antics?' He grinned

"I looked closer at the obstreperous prisoner, and to my amazement saw that he wasn't more than fifteen years of age. But in a terrible plight, poor little devil! Dirty, starved-looking, worn, broken—he suddenly sank in a heap at my feet and began to whimper, just like the kid he was!

"I bent down and tried him with a French phrase. The whimpering stopped and he answered me. 'I thought that strange man wished to kill me,' he said, looking up with

THE CHEERFUL CHERUB Most every tree 15 nice to me And comforts me in all my woes, And seems just like a trusted friend -I hope this tree is one of those.

IN THE MOMENT'S MODES

Goldman Raincoat of Cravenette Finish Tweed



This season's model gives us a short shoulder cape, a belt, generous pockets, high, comfortably fitting collar and a skirt wide enough to accommodate the prevailing skirt width, which means that the lower edge is slightly narrower than it was last season. The very smartest of these garments are fashioned from tweed mixtures -not the conventional tan-color raincoat fabric, but from tweed that is cravenetted. Some idea of the result may be gained from the accompanying illustration.

Pumps and Spats For Early Fall

Stylish for the street with spats; and indoors, worn without spats, changes into a smart home pump.



CLAFLIN, 1107 Chestnut

GOOD HEALTH QUESTION BOX

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

In answer to health questions, Doctor Kellops in this space will daily give advice on preparations, but in no case will be take the risk of making diagnoses of or prescribing for an entire requiring surfical treatment or drugs. Health questions will be promptly accorded by present letter to inquirers who inclose stamped envelopes for reply.

· Food the Natural Laxative

FOOD is the natural laxative, and the and irritate and ultimately render prema taking of food is communicated to the entire intestinal tract.

The result is that the intestinal activity set up by the taking of food into the stomach not only serves to pass digesting food out of the atomach into the intestine, but at the same time serves to move forward collections of food or food residues at various points in the alimentary canal. When, for example, dinner is taken,

intestine. The effect of peristaltic activity set up by the taking of the dinner is to cause the small intestine to empty itself into During the activate excited by the dinner

the residues of the breakfast, which have reached the colon, are gradually pushed farther along until at the end of eight or ten hours they reach the lower part of the

vigorous peristaltic waves is set in motion These push the unusable remnants of the dinner forward into the colon. In other words, the peristaltic wave set up by each meal should cause the advancement of the preceding meal from the small intestine into the colon.

This is the normal intestinal rhythm, and

the nearer it can be approximated in actual the hearer it can be approximated in actual experience the better.

The writer is convinced that the highest degree of health, comfort, efficiency and longevity can only be obtained by maintaining such a degree of intestinal activity as will prevent the accumulation in the colon of nutrafying materials.

For these putrefying materials contaminate the blood, and by unnecessary and excessive work wear out the liver kidneys and other poison-destroying organs; damage the blood vessels by constant contract with a poison-laden blood current and intoxicate

Hair Tonic

Will crude petroleum stimulate the growth of the hair and stop lis failing. John E. Petroleum products are credited with having a stimulating effect upon the growth of hair. (Copyright)

Sluggish Bowels

I have used acdium phosphate every here ing for five year. What can I do to sake normal howel movements?

Stop the use of all laxative and catharia medicines. Adopt a fruit and velvable diet and use two or three teaspooning of bran at each meal. Use such exercises a will strengthen the abdominal muscles as stimulate bowel activity. Drink an abundance of water between meals in the early morning and at night.

Buttermilk Is Wholesome,

May one take huttermik with oatmed he stead of awest milk for breakfast? I like it but do not know whether I should take it way.

There is no reason why you should not take buttermilk instead of sweet milk if you

Warts

What is the easiest way to remove small warts? Put on a little acetic acid every nine with the tip of a wooden toothpick and a few days the wart will soften and rub of

Blackberry Seeds

Are blackberry seeds injurious? MRS. W. a. Blackberry seeds are simply wood and are not in any way nutritious. Neither are they dangerous. When there is ulcration or an inflamed condition of the stomach blackberry seeds may have an irritating effect, but generally speaking they are

Hair Tonic

We were all so happy that Rowdy caught it and ran around the house three times just as hard as he could run.

I have the same room tonight with the

PATSY KILDARE, OUTLAW

THIS morning I had made the coffee and stirred and flooped the pancakes before my father came from his night watching. When he saw my black eyes and I told him how I got them he was awful mad. He told me to tell Imogene that the next time she did anything to me he would not time she did anything to me he would not time she hut he would go around to her how here but he would go around to her how had been but he would anything to me he would not have been she had anything and so did I. We were all so happy that Rowdy caust When he saw my black eyes and I told him how I got them he was awful mad. He told me to tell Imogene that the next time she did anything to me he would not hurt her, but he would go around to her house and make her father eat dirt. Then I laughed at him and I think I must have looked funny, for pretty soon he laughed, too, and said. "I am glad my little girl is such a good little sport." What were two black eyes after that?

I have the same room tonight with the music machine in it, and maybe I will play it ail night again. You never can tell. We kneeled by the river and I told Rowdy why rivers flow down instead of up and he was very much interested. Then I prayed, "Dear mother which art in heaven, I for got to ask the names of the iron dog people again. Ain't that the Ifmit! I bet if you weren't watching me you are surprised to hear from me here, but I am here, all right. I love Alice, for she's the sweetest thing since she got sense, and the old maid is all right, too. Has Mr. Carpenter got there yet? You know, he left here yesterday, but I don't suppose he is a very good flyer. Ask God to bless you and my father and all these people and to make me a good girl and not to expect any fancy flying from Mr. Carpenter for a while. Amen." Then my father told me all about Mr Carpenter's getting flattened out. He said Mr. Carpenter died before he knew what It must have been a great surthey were going to have the funeral today There was crape on the door when I went past, but I did not see anybody and so I went along and climbed a high tree in the iron dog man's yard and sang all I knew about being a good sport, and what a good dog Rowdy is, and about my having a mother in heaven and being Irish and overything else that I was proud of.

Then a window blind flew open right across from me, and there was the old mald sister, and she was laughing, and she certainly did look sweet. She said, "What are you, a mocking bird? You sing like are you, a mocking bird? You sing like one." I said, "I am only Patsy." Then she dressed and came out with a bat and she pitched me a ball and I hit it sometimes, and after a while I said, "I have known lots of old maids, but you have got them all skinned." She said, "Who told you I was an old maid." I told her that her brother did, and just then be came. her brother did, and just then he came out. She said to him, "Did you tell Patsy that I am an old maid?" He said, "Yes. for I knew she would find it out, anyway."
That must have been a joke, for they both laughed, but it got past me, though very Then I went to school and I did not see Imagene till recess and she looked kind

see Imogene till recess and she looked kind of scared, but I have not yet thought what I am going to hand her, so I said nothing. After school I went home and Mr. Carpenter had been buried and Pie Face Wilbur was playing out in front of his house and he had on a new suit. I did not stop to speak to him, for I saw some one in our front yard and I had to run. It was the nurse who thinks she is trained and she took me to the hospital. They were going to take Alice home and were waiting for me! Wouldn't that freeze you? They let Rowdy and me ride in the ambulance with her, and when she

home she sat up on their big porch in a



A New Walnut Street Fashion Shop



Tuesday we present for your approval and merited patronage our new store at Thirteen-two Walnut.

We have awaiting your discerning approval a collection of Women's Apparel that can only be pictured and described in the superlative degree.

No sweeter, more charming, more individual styles could be designed than the numerous adorable ready-to-wear gowns that Mr. Schmalzbach has assembled—all reasonably priced.

Coats Suits Gowns Frocks Blouses A most cordial welcome is extended.



Wednesday .. Thursday September Nineteenth, Twentieth

Gowns Displayed on Living Models. 10.00 to 12.00 A. M. 2.00 to 4.00 P. M.