

NEW ENEMY OF HOOVER'S, CORNMEAL MUTINY—PATSY GETS EVEN—WOMEN'S LETTERS

CORNMEAL MUTINY—WHEN IT APPEARS—HOW TO SIDETRACK Appetite, Like Woman's Whim, Can Be Renovated With Trifles—If Your Son Refuses Overdose of Cornmeal, Remodel It

WHEN Uncle Sam pulled up his chair to the great American table after war was declared almost his first advice to the big new dining-room family was this: "Eat cornmeal. We've simply got to eat cornmeal and save the wheat for our Allies. Twenty-five per cent more of our wheat supply than ever went across the ocean before must be shipped to them if we want to win the war!"



Yvvettes A hat all to the fore—and trimmed with a band of knitted wool.

ALL of which places mother in a very peculiar position. Is it possible to please her country and her epicurean family at the same time? It is, frankly speaking, if the caterer to appetites realizes that it is not a question of patriotism that enters into the puzzle as much as it is a matter of unabashedly disguising the cornmeal. A little bit of studying the cook book would sidetrack the mutiny.

HOW many housewives know of more than six ways to make cornmeal "slip down" the family throat? Isn't it mostly a case of collecting the some few family recipes whose appearance on the menu used to be spread over months and crowding them all into one week? The family throat will tell you it is.

Nebraska, who as far back as 1889 was lecturing on American Indian corn before the National Agriculture Society in Paris. Mr. Murphy and his collaborator, Jeanette Young Norton, tell some startling and not well-known facts about corn that make you want to get at it and help the United States use up the immense amount it has the power of growing. Not only are recipes given, but the complete story of the nourishment contained in corn, and what is particularly fascinating, the calories, are clearly enough put to be a help rather than a puzzle.

Putnam, the New York publisher, has just put forth a book called "American Indian Corn; 150 Ways to Prepare and Cook It." In looking over it the thought occurred to me that a manual of this sort would almost surely ward off such remarks as "Mother, let up on the cornmeal." Some books are hazardous things to trust, but this one seems to be particularly authoritative, because it comes from the pen of Charles J. Murphy, of

APPETITES are very funny things. They seem like nothing so much as the queer little quirk in a woman's makeup that gets more delicious thrills from a smart new collar than from a whole new suit. Queer, isn't it, that the introduction of a raisin into a hitherto pale and uninteresting dish will often stimulate and utterly renovate an appetite!

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Editorial changes are made without notice. It is understood that the editor does not necessarily endorse the sentiments expressed. Questions will be promptly answered by personal letters to inquirers who enclose stamped envelopes for reply.

Answers to yesterday's inquiries: 1. Black lace can be cleaned with one teaspoonful of borax in a pint of warm water. Do not dry near the fire. 2. When a cake is slightly burnt on the outside, the burnt part can be removed by gently applying a nutmeg grater. This will prevent the breaking which usually occurs when a knife is used.

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Pickled White Onions To the Editor of Woman's Page: Dear Madam—Kindly publish in your valuable columns how to pickle small white onions in glass jars. Make a strong brine (salt and water mixture) and lay the small white onions in this for four or five days. Then drain and put them in a fresh bath of the brine, boiling hot. Cook them in this for five minutes. Drain and let remain in clear, cold water for a day. Drain again, put the onions in pint jars and pour scalding spiced vinegar over them. The spiced vinegar is made this way: To each quart of plain vinegar add two teaspoonfuls of allspice and two teaspoonfuls of black pepper. The onions will have to become tender in their jars before being used.

Two Letters on Introductions To the Editor of Woman's Page: Dear Madam—Miss C. a girl I met some time ago, came to this city to visit her friend, Miss A. I did not know Miss C. at the time. On reaching the house, Miss L. was found to be the hostess. Miss C. came forward to greet me, and introduced me to Miss A. Miss C. had introduced me to Miss L. and then introduced me to Miss A. Any other procedure would be apt to be stiff.

Recipe for French Toast To the Editor of Woman's Page: Dear Madam—In the war menu that appears in the women's issue I have seen French toast mentioned once or twice. I have never heard of this. Will you please print a recipe? A READER.

General rules for introduction dictate that a man be always presented to a woman and a younger girl to an older woman. Or, if a man be a person of eminence, a woman may be presented to him, as, for instance, a clergyman or the Governor of the State or some such personage.

Testing a Cake To the Editor of Woman's Page: Dear Madam—What cleaner way than using a broom stick to see whether a cake is done or not can you suggest? HYGIENE.

When two men and two women enter a theatre the man who has the tickets usually goes first and presents them to the usher, who leads the way to the seats, followed by the two women, who are in turn followed by the men.

IN THE MOMENT'S MODES Dark-Green Serge Frock Trimmed With White



One of the surprises of the current fashion season is the continuation of the popularity of green. After a summer in which apple green, lime green, emerald and lemon green were predominant, it seemed natural that this color, in any shade, would suffer a diminution of vogue. Such, however, is far from being the case. The illogical and unexpected result of the situation is found in the appearance of green on the fall color card. Some of the smartest of the new fall suits are fashioned from hunte, sage green, and there are many other variations of the shade to be found in the style shops.

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

Getting Even MY FATHER said it seemed good to have me here this morning getting his breakfast again. I am a very hard little girl to get along without after people get to know me. When Towdy and I started to school I had a big bag of cracked pecans in my hand and we hurried as if we were going to a fire. So we got there first and we sat eating nuts and wondering if my mother and God were on the job. They were all right for here came Imogene and two of the other big girls who were in with her on the hoop trick. They saw me eating pecans and came up and looked at me and I did not say anything but just gave each of them a pecan to get them interested. When she had eaten here Imogene said, "Give us some more, kid." I said, "I have had all I want. You stay where you are and I will go upstairs and drop the bag out of the window and the one who catches it can have it. So they said, "All right." Rowdy and I ran up stairs and I dumped the pecans on the floor in the corner of the hall and ran to the water faucet and filled the bag with water and then ran through our room and just as I was passing the teacher's desk I saw a bottle of ink. I dumped the ink into the bag and then I ran to the window to get there before the bag got soaked.

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 take the risk of making diagnoses or of prescribing any treatment. Health questions will promptly be answered by personal letters to inquirers who enclose stamped envelopes for reply.

Strengthening the Heart IMMEDIATE steps must be taken, when heart weakness is found to exist, to start corrective treatments. Disease of the heart cannot be cured, but much can be done to enable one to tolerate the disease, so that serious symptoms may be postponed many years. First of all, the heart must be strengthened. One aid is the cold compress over the heart; even an ice bag will serve the purpose. If an ice bag is used it should be protected with one thickness of flannel to avoid excessive chilling of the skin. The cold application should be removed at least once in twenty minutes. It may be reapplied after an interval of five minutes. The purpose is to give the skin a chance to react. Reaction may be encouraged by rubbing the skin with the hand so as to restore warmth. By this means the nerves are kept active and so the reflex effect through which the good result is produced may be maintained for an indefinite time. Short cold rubbing baths, deep breathing and massage are other means of aiding the weakened heart and combating heart failure. Then, too, we must correct the diet to conform with the laws of nature. We must discard tea and coffee and alcoholic liquors of all kinds. We must discard condiments and sauces—substances that irritate the body tissues, such as pepper, horseradish, mustard, etc. But even more important than what we shall not eat is the question of what we shall eat. We must build our diet only of natural foods. By these we mean those foods which are included under the heads of fruits, nuts, grains, legumes and vegetables. The nutrient qualities of the fresh fruits are ready for assimilation by the body; that is, no long digestive process in the stomach is necessary, and as a result they begin entering the circulation as soon as they reach the stomach, with the result that there is no opportunity for fermentation in the intestines or the production of irritant poisons. Unless there are digestive difficulties in addition to the heart trouble, any of the foods in the above groups can be used with safety. Constipation must be fought constantly. For this purpose use the green vegetables freely—spinach, turnips, celery, lettuce, etc. Mineral oil and agar-agar also may be used to advantage.

THE CHEERFUL CHERUB

When I'm out riding with my friends (Oh, very, very rich they are) I always try to act real bored And look as if I owned the car. BY TOMMY

\$8000 LOSS IN BARN FIRE

FARMER NEAR POTTSTOWN, Barefooted, Saves Forty Cows and Horses POTTSTOWN, Pa., Sept. 20.—The large barn of former County Treasurer William H. Young, on his 200-acre farm in New Hanover township, was burned early yesterday with all the contents, owned by Warren Freed, the tenant. The loss is \$8000. The Pottstown fire company with its auto apparatus made a four-mile run to the scene, but could do nothing, because there was no water. Barefooted, Freed and his wife took thirty-two cows and eight horses out of the burning barn. The threshing of the grain was finished only twelve hours before the fire started. Freed's feet were badly burned.

Tomorrow's War Menu BREAKFAST Oranges Cornmeal Griddle Cakes Jelly Luncheon Cheese Souffle Celery Graham Bread Grapes DINNER Panned Oysters Spinach Combination Salad Cup Custard

5000 AT COUNTY FAIR Exhibits at Gloucester Show Include Tomato Plant Resembling Tree PITMAN, N. J., Sept. 20.—Fine weather brought out 5000 at the second day of the Gloucester County Fair at Alcyon Park. The midway was thronged and during the afternoon the horse races drew crowds. The P. R. Y. M. C. A. band, or Camden, gave concerts, and last night a big entertainment was held at the park casino.

Elmman's Importers of Millinery NEW HATS We will display Friday Morning 100 New Models You are cordially invited to inspect same 1421 WALNUT STREET



When the Baby Can't Sleep

It's in the long, peaceful hours of sleep that your baby grows. When he can't sleep something is wrong. Probably his food is wrong. Perhaps his little system is desperately struggling with the heavy curd of raw cows' milk, meant for the four big stomachs of a calf—not for the one tiny stomach of your baby. Your baby will sleep as he should and grow as he should if you give him the food he needs. Nurse him if you can. If you can't, give him the nearest thing in the world to mother's milk—

Nestle's Food (A complete milk food—not a milk-modifier) Because it has fresh cows' milk as a basis, it contains all the good that cows' milk contains. Because all the dangers are removed, the tough curd modified and other baby needs added, it is just what your baby requires to build a healthy body. Because it is purified and carefully watched in process—and reduced to a powder—and it comes to you in an air-tight can—it is as free from germs as mother's milk itself. It is a complete food for your baby—you add only water and boil. Remember, it is raw cows' milk that so often brings germs of diphtheria, scarlet fever and summer complaint to your baby. Keep those deadly germs away from him. Keep him safe on NESTLE'S FOOD. Send the coupon for a FREE Trial package of 12 feedings and a book about babies by specialists. NESTLE'S FOOD COMPANY, 281 Woodworth Building, New York. Please send the FREE your book and trial package. Name Address

Lift Corns Out With Fingers Don't Hurt a Bit—It's Magic Few drops stop soreness, then the corn or callus shrivels and lifts off. Try it and see! No humbug! This tiny bottle holds the wonder of wonders. It contains an almost magical drug called freezeone. It is a compound made from ether. Apply a few drops of this freezeone upon a tender, aching corn or a hardened callus. Instantly the soreness disappears and shortly you will find the corn or callus so shriveled and loose that you just lift it off with the fingers. It doesn't hurt one particle. You feel no pain or soreness when applying freezeone or afterwards. It doesn't even irritate the skin. Just ask in any drug store for a small bottle of freezeone. This will cost but a few cents, but will positively rid your poor, suffering feet of every hard corn, soft corn, or corn between the toes, or the tough calluses on bottom of feet. Genuine freezeone bears the name of Edward Wesley Co., Cincinnati, O.

The Communication Army A bird's-eye view of the country today would show a panorama of military and industrial activities. Radiating from the National Capitol and from the army and navy centers throughout the land would appear the thousands of telephone lines by which all these vast enterprises are directed and co-ordinated—a veritable maze of wires linking together the camps, yards, fortifications, plants and offices, and swarming with linemen, cablemen and installers, busy with Uncle Sam's existing and ever-increasing demands for telephone service. All this is but a part of the vast work which the Bell System is doing. The conservation of every resource will be required to keep pace with the constantly increasing demands for service, from both Government and private sources. Join us in this patriotic service, by remembering that the more careful you are to make only telephone calls that are necessary and to confine your talks as much as possible, to the less busy hours of the day, the better we can meet the needs of the Nation. The Bell Telephone Co. of Penna.