

BREAD MAKING TO BE TAUGHT FROM DEMONSTRATION TRAIN—SMART FASHION NOTES

LUCKING" THE SCHOOL CLIQUE—HOW TO BE HAPPY IN SPITE OF IT

at a College Girl of Twenty-nine Told a Miss of Sixteen; It Made Her Decide She Was Wasting Precious Tears

Upon a time in September, 1917, young girl sixteen years old decided could not go back to high school, parents probed her for the reason, she gave several, each one as flimsy as the other. Every one was surprised. It stated in the family plans that the should graduate.



Vyvettes

A hat that reminds us of the little song of the "Three Trees"—"One there, and one there, and one there"—and there you have a picture-hat.

the heartbreak in the world was shared into those six words. They thimble, pitiable, because as the Fri sobbed them out between tears that had probably been in her heart for months she was crying the very depths of her soul on most unimportant thing in the world clique that is born in school.

And that's what you have to do, let the clique rest. While there are there'll be cliques. Course, when you argue with a girl when it's hard to be able to convince her that the thing which seems most important in all the world to her is really not important. Goodness-to-excess in studies as a substitute for "in on things" doesn't work.

CAUSE cliques are manifold and sixteen-year-old girls who have to "let them alone" more numerous. It is th while to pass on the cure employed

FOOD CONSERVATION EXHIBIT ON WHEELS

Special Train to Travel Through State Under Direction of Experts

As part of its educational campaign in instructing people in food conservation, the Department of Food Supply of Pennsylvania has equipped a special train of three cars for food conservation demonstrations throughout the State.

Tours to various towns and cities throughout the State will start next week. Visits to Downingtown, West Chester, Columbia, York, Lancaster, Pottsville and Reading have already been arranged.

The train is to be in charge of Colonel Foster, of the State Department of Food Supply, assisted by the Messrs. Pittman and Newcomb, from State College. At every stop made the public will be taught the latest methods of canning, preserving and bread making. The first car contains exhibits of canning and preserving, the second is fitted out as a bakery, in which a new method of making bread from a flour composed of rye, potatoes and wheat will be demonstrated. In the third car pictures and a series of illustrations depicting the need of war-time economy are to be displayed.

UNCLE SAM'S "CONSERVATION SPECIAL" VISITS CITY



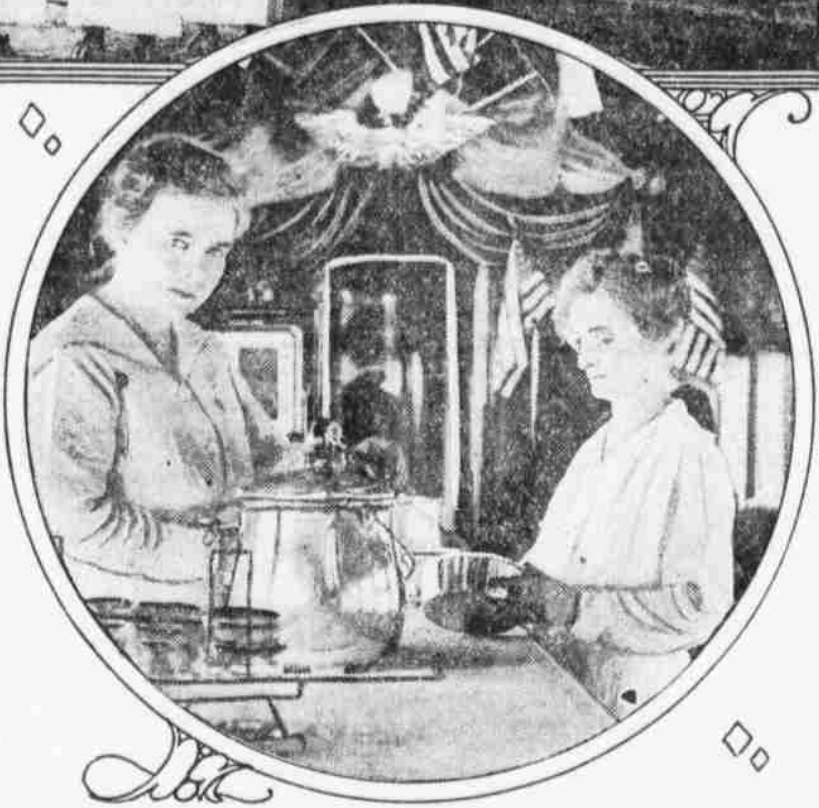
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The special train, by means of which the United States food administration is seeking to educate American housewives throughout the country to economical practices, with the "crew" of demonstrators, is shown above. Two of the latter are illustrating a demonstration in canning. Both photographs were obtained at Thirty-second and Market streets, where the train today remained for several hours before resuming its tour of the State.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

A Narrow Escape

AFTER I woke this morning I did not lie still long enough so you could notice it for it being Saturday Rowdy and I wanted to get on my way. So out I hopped and got the coffee made and the pancakes stirred and the milk in. The milk made me think of Jim, and Jim made me think of Maggie, so that made me think of where to go.

When my father had fed his face and I had fed mine and Rowdy had fed his Rowdy and I rambled, I thought I would surprise Maggie, so we went to the bathroom by the river and there was nothing there. The blankets were gone off the bed and a lot of dead leaves had blown in there, so I took a swim and Rowdy stood on the bank wondering what had happened to Miss Grouty. Then we went to Jim's and Jim was not there, but another man was up on a ladder painting Jim's house. I belated, "Come down!" He just laughed and didn't come, so I shook the ladder and it slid at the top. He dropped his paint and caught the eaves to keep from falling, and he held the ladder with his toes. Believe me, it was a job to push the ladder back under him.

When he came down he looked pale and he raised his hand as if he was going to blame me one, but Rowdy growled away down in his neck and stood up stiff-legged. The man said "Why did you do that?" I said, "Why didn't you come down?" Where are Jim and Maggie?" He said, "Jim and Miss Grouty were married yesterday and have gone on a wedding trip. I am running his milk route and painting his house while he is gone." Then he said, "Are you Patsy?" I said, "Yes; what is it to you?" He said, "Jim told me to tell you he would be back next Saturday and his wife said to give you her love."

So then Rowdy and I went away and went to the iron dog man's house and the iron dog man was not there and his sister was just going out riding on a horse and she had on breeches like a man's. She said, "Good morning, Patsy." I said, "Good morning, old maid." Then she laughed and said she would be back in about an hour. I said, "You are not going out on the street, I hope." She said, "I certainly am." I said, "For cat's sake, don't you know some one is going to see you with breeches on if you do?" That made her laugh so hard that her hat fell off and Rowdy and I ran to get it and the horse jumped and kicked so hard that the old maid fell off and the horse's foot went past my ear so close that I felt the wind of it.

Then the horse ran out of the gate and down the street, and the old maid helped me up and asked me if I was hurt, which I wasn't. Rowdy came back from running the horse and we went into the house and the old maid said she was very thankful that I did not get my head kicked off, and I told her that she did not have anything on me. Then she laughed and went to change her clothes. She told me her brother's name is Lunny Smith and her name is Bell Smith. She noticed my hair was wet and I told her I had been swimming. So she went and got a little bundle and got me to show her the place and she went into the bathroom and there was a bathing suit in the bundle and she put it on and we both went swimming. She knows how to swim, but not any better than I do.

This has been a good day and I felt very

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. It is easier 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 diagnosis or prescribing for ailments. Replies are given only to questions which are clearly stated and are answered by personal letters to inquirers who include stamped envelopes for reply.

Chew Your Food

CHEW and chew as long as there is any taste in the food. That's one thing we chew for—to crush and soften the food so that we can detect and enjoy its flavor.

Food hurriedly eaten is only half appreciated. The flavor is carried off before the "taste buds" have felt the tang and the thrill of it. There are no taste buds in the stomach.

The Talmud tells of a man of gluttonous disposition who wished that he had a neck like a crane's neck long, and that he could taste his food all the way down. At the end of the stomach.

One doesn't need a longer throat nor more taste buds. If we chew our food until all the taste is extracted, we've gotten all the satisfaction possible out of it, and it takes only about half as much food to produce the sense of satiety that says "Enough!"

In recent years Horace Fletcher, who pioneered a renaissance of chewing, has proved that a man can live on half as much food if he chews well, and will enjoy his food immensely more than when he gulps it down without half tasting it.

So don't have any fear of a food famine. Just chew, and get everybody else to chew, and there will be surplus food.

But if you sit down to the table and say to yourself, "Well, it's wartime and Mr. Hoover says we must economize," and begin to try to "scrimp," you'll get more hungry every minute and end up by eating twice as much as usual. But if you forget Mr. Hoover and the war and just go in for a good time with your palate by chewing each morsel as long as it has any taste in it, you'll enjoy eating as you never did before and will eat only half as much.

And what is more, you will be better nourished, stronger, more enduring and more efficient.

So our advice is to chew, chew, and eat an epicure of the real sort. And you'll eat all you want to eat and save half you used to eat without tasting or digesting it.

Gum Chewing

Is gum chewing an injurious habit? A. T. M. Yes. The constant activity of the salivary glands excited by gum chewing, especially when the gum is flavored, exhausts the glands so that they lose their power to digest starch, a very important function which is necessary for good digestion. This has been proved by actual experiment. A man was made to chew gum constantly for several hours. At the end of the first hour there was slight decrease in the digestive power of the saliva. At the end of the second hour there was a very marked loss of digestive activity and at the end of four hours the saliva had almost entirely lost its activity. The habit of chewing tobacco or gum exhausts the salivary glands and thus lays the foundation for indigestion. The thorough chewing of the food is essential to good digestion, but gum chewing is a useless and more or less harmful practice.

Tuberculosis and Ozon

Is ozon useful in the treatment of tuberculosis? Ozon is a very active form of oxygen. When inhaled even in very diluted form it is highly irritating. It has many times been tried in the treatment of consumption, but has proved to be entirely useless.

Snuff

What are the effects of taking snuff? S. K. The systematic effects of snuff taking are the same as those of tobacco taken in any other form. Also the sense of smell is destroyed through the chronic catarrh induced, the sense of taste is impaired and the sight may be seriously affected. This deadly habit certainly is much less common than in former times and, on the whole, it is less injurious to the general public than either tobacco chewing or smoking, as the effects are virtually confined to the user.

Tomatoes

Is the tomato a wholesome food? A. M. The tomato is an excellent article of food. It is properly a vegetable fruit. The tomato is valuable because of the citric acid which it contains, and also on account

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will be written on one side of the paper and placed in a box at the office. Special queries like those given above are invited. It is understood that the editor does not necessarily endorse the sentiment expressed in the correspondence. Desires should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. What is "period furniture"?
2. Is it proper for a man to remain seated when a woman enters the room or rises to leave it?
3. What will prevent the disarrangement of "caking" of powder on the nose?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. When the light is near the needle of a sewing machine can be easily threaded by using the needle to thread position and pierce a small square of white paper directly over it.
2. A "fruit shower" is similar to the bride's shower. In place of pieces of fruit, the guests bring glasses of jelly and jam, etc., giving the bride "a good start" in her nuptial delicacies.
3. Cleaned tea and coffee strainers can be fully cleaned by rubbing with lumps of coarse salt.

Pattern for Crocheted Sweater

Dear Madam—Will you please print directions how to make a crocheted sweater, also how to open down the front? I want to use a bone with a hook, and if not that stitch just a plain one. I would like to see the pattern. A. B. S. D. D. R.

The pattern for a sweater in the plain stitch is nowhere to be found. As there are several fancy stitches for the making of slippers I picked out the simplest of these. The stitch used in this pattern is called half-double crochet (wrap, insert hook in the wrap, pull yarn through; wrap and pull off three loops).

Use of Silver at Formal Dinner

Dear Madam—I attended a formal dinner recently, and as I had not been going out for several years found I was very much puzzled about the use of silver and knives on either side of my plate. How is one to know which to use first? It is customary to use the silver for the different courses starting from the outside of the row in toward the plate. For instance, if your first course is an hors d'oeuvre, you will find a small fork on the extreme end of the silver placed at the left side of the plate, whereas if oysters or clams constitute the first course you will see a long-handled, three-pronged fork at the extreme end of the silver on the right-hand side of the plate. Next to the oyster fork toward your plate is placed the soup, or bouillon, spoon, then the dinner knife and the silver knife for the cheese at the salad course. If there is an entree that will require a knife it is placed between the dinner and cheese knife.

IN THE MOMENT'S MODES

Hercules Braid Is a Favored Trimming for Fall



Clothes for "War Poor"

Dear Madam—Will you kindly tell me if there is any place in your city where they collect clothes for the war poor? I would like to have the address if you please. CLARENCE.

By "war poor" I take it for granted you mean the families of men who have gone to war. In Philadelphia the civilian relief committee of the Red Cross collects and gives out clothing to members of soldiers' and sailors' families in cases where they really need them. The address is 1607 Walnut street. I am told there, however, that only the families of Pennsylvania men can be cared for by a Pennsylvania branch of the Red Cross.

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Braid is one of the smartest of fall trimmings for one-piece frocks, two-piece coat suits and the new one-piece coat dress. Not the narrow souchette, but wide braid—the braid we have long known as "hercules"—wide, flat and accommodatingly pliable. This trimming is peculiarly fitted for combination with navy-blue serge, and with the employment of this combination the style creators are evolving some very effective little frocks. Navy-blue serge has gone into the fashioning of the one-piece street costume pictured today. Collar, cuffs and vest are of heavy, oyster-white silk. Black hercules braid trims the skirt and supplies the buckled girdle.

DALSIMER STANDARD SHOES. The Greatest Style Value Offered Today. We want you to come in and see these two new models, which we consider being equal in quality and style to footwear shown elsewhere at higher prices. New Military heel model. Dull calf vamp with silver grey fabric top. Dark tan calf vamp with fabric top of harmonizing shade. High heel model of dull calf, with a fine fabric top in ivory or silver grey shades. Same model in button of patent colt. Our corps of competent salespeople are ever ready to assist you in your selection, and will fit you correctly. 'TIS A FEAT TO FIT FEET. Dalsimer Shoes and Hosiery. 1204-06-08 Market Street. On display in our De Lyte Dept.—Third Floor. THE BIG SHOE STORE.

Do not waste fruit in Summer and pay dearly for it in Winter. SAVE THE FRUIT CROP. Store up an extra supply of preserves jams jellies. "A Franklin Sugar for every use".

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Granulated, Dainty Lumps, Powdered, Confectioners, Brown. Sold in 1, 2 and 5 lb. tins and 10 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 Ledger Central. Here, without fuss or bother, you may obtain complete and reliable information of any boarding school for boys, 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 wise choice. This service is free and available to every one—everywhere.

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