

NEW ERA FOR WOMEN IN MEDICINE—MATTERS OF INTEREST TO HOME-MAKERS—LETTERS

WOMAN'S EXAMPLE IN EUROPE BREAKS DOWN BARRIER HERE

Columbia University Medical School Throws Doors Open to Women Students—Is It a Case of Reward or Recognition?

It's a long way from a munition factory in England to the new fifty-thousand-dollar gift that makes possible the throwing open of the medical school of Columbia University, New York, to women this fall.

In the munition factory delicate little girls, who never did anything more laborious than drink tea and embroider before the war came, have yellowed their faces with dire chemicals in the cause of their country. In the medical school in New York hundreds of women will be equipped to the nth degree in a university at whose doors they have been beating for many years.

There is a great difference in these two occupations, and yet when Dean Samuel A. Lambert, of the medical faculty of Columbia, made the announcement that women could come in after they had been kept out for 106 years he drew them very close together. He drew them so close that one might almost conclude that the woman who studies medicine at Columbia University hereafter will owe this achievement of right to the little girl who is yellowing her face and her hands in the industries of the world.

"This step has been taken," Dean Lambert said, "after a long consideration, and has been hastened by a great change in woman's position in Europe since the outbreak of the great war."

"The widespread and most successful employment of women in trades which previously have been considered as belonging exclusively to men has caused the change in the attitude toward what has previously been considered women's work."

There is no particular moral to this comparison but just one. You will probably remember having written it back in copybook days. It said something about the power of good example.

Perhaps I am wrong, but it seems that during the latter part of the 106 years when woman was not a part of the medical student body of Columbia it wasn't all honest distrust of her ability that prevented her from so being. Perhaps there



A plum-colored velvet hat, with a roll of plum and old-gold-striped silk around the brim and feathers of plum color and dull gold stuck in the crown.

was a little bit of honest wishing that woman would let the world be and not much caring about whether she had or had not possibilities.

Doesn't it seem, after all, that the opening of the college to women comes rather as a reward than as a recognition? The recognition might have come years ago if it were only waiting around for material judgment. There have been hundreds of women doctors—good ones—for many, many years!

Somehow, I can't help but think that the little yellow face in the munition factory is speaking to men all over the world. And, after all, it isn't that the staid features signify far excellence in workmanship that is moving this man-world to recognize women. It is the spirit that will not stop even at a disfigured face. Man cannot hold up their heads and fail to feel it. The funny part is they're just beginning to know that underneath women have always been just like that!

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. Questions of a general nature will be answered, but the editor does not necessarily endorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES
1. What will help greatly to prevent the spread of dandruff?
2. What will prevent the lower crust of a fruit pie from becoming soggy?
3. What home-made labor-saving device attached to a sewing machine will save time and protect fingers?

- ANSWERS TO SATURDAY'S INQUIRIES
1. A bit of vaseline rubbed into patient-leather shoes makes a good "booster" polish and preservative.
2. A child's hair ribbon can be kept in place by first winding a rubber band around the place of hair to be tied and then slipping one end of the hair ribbon crosswise under the elastic before tying it around the hair.
3. Small bits of toilet soap can be made into a delicate liquid soap. Boil them down and scent with your favorite toilet water.

To Store Beets and Cabbages
Dear Madam—Please inform me through your columns how beets and cabbages can best be stored for the winter. E. K.

Preparation of a large packing box with a layer of dirt in a cool part of the cellar. Pull the cabbages up by the roots, place them in the box, covering the roots with the dirt. Store this way the cabbages will keep for two or three months. They require no watering, as the dampness of the cellar helps them retain moisture. If the cabbages have already been separated from their roots, they will keep for a month.

Beef à la Mode
Dear Madam—Will you please print a recipe for beef à la mode? Mrs. A. H. B.

For an average sized family you will require two pounds of lean beef from the round. Cut this into strips. Line the bottom of a baking dish with thin strips of bacon, add half the beef to this and cover with slices of onions, turnips and carrots. Add the rest of the beef and cover with more thin slices of the vegetables. A couple of bay leaves broken up add to the flavor. Cover the whole with stock and put a "paste" cover on top, pressing it down around the edges so that the steam will not escape. This paste cover is made of flour and water and rolled out like pie crust. Bake the beef in a steady oven for two hours, take off the "paste" cover and serve in the baking dish.

Sweetbreads With Mushrooms
Dear Madam—I am going to have two persons to a little chafin-dish party. Could you advise me what to serve? I want to have sweetbreads with mushrooms. Can you please send a recipe that will serve that number of persons? A HOUSEWIFE.

For that number of persons you will require two pairs of sweetbreads, two tablespoons of butter, one-half can of mushrooms, one tablespoonful of flour, one-half cupful of cream and salt and pepper to taste.

Parboil the sweetbreads remove all the strings and flour and cut each one into two pieces. Melt the butter in the chafin dish, and the sweetbreads fry quickly, turning them over once, sprinkle with salt and pepper and lay on a hot dish. Cut the mushrooms in half. Drop into the pan, add the cream and flour and stir and cook until smooth. Pour around the sweetbreads and serve hot on toast.—Marion Nell's Chafin Dish Recipe.

Mixing Cake With Ice Cream Freezer
Dear Madam—Possibly your readers will be interested in a labor-saving idea we make use of in our kitchen. We use the ice cream freezer with cake making. Here is the way we do it: First, place the butter where it will get a little soft. Put the sugar in the separator part, placing the whites and yolks just as you would for the cream. Be sure that the cups of the freezer are well oiled and in good working order. Then turn the crank for a few minutes. Open the separator, add the melted butter, salt and pepper, vanilla, etc. Fix the crank again until the mixture is smooth. Turn the crank until smooth. Pour the mixture into the pan and bake for half an hour with a moderate oven.

National Flowers
Dear Madam—Can you please tell me the national flower of the following countries: England, Scotland, Italy, Switzerland and Russia? Also tell me what the white daisy, the white rose and the broadsword signify? C. B. W.

The national flower of England is the rose of Scotland, the thistle of Italy, the lily, of Switzerland, the edelweiss, and of Russia, the pomegranate.

The white daisy signifies innocence; the white rose, the work of God; and the broadsword, the work of man.

CUPID AND THE COOK DISCUSSED BY A MASCULINE ECONOMIST



Professor John B. Leeds Treats of Woman as Housewife and Money-maker



Only a Man, Says Critic, Could Link Domestic Concord With the Kitchen

By M'LISS
IF THE cooking is bad but the loving is good, the home may be happy. If love is little but the cooking excellent, the home may be endurable. But if both are lacking, then we have a tragedy.

Only a man could have said it. It is always a man who links the loving-up with the cooking. A woman thinks of stars and roses and poetry and soft music—and the chops burn meanwhile.

Prof. John B. Leeds, erstwhile instructor in economics at the Temple University, but now executive secretary of the Florida Anti-Tuberculosis Association, with headquarters in Jacksonville, has written a concluding little comment on woman's work in the home which he calls "The Household Budget."

"The failure of economic partnership between the husband and the wife," he said.

Jumping at the crux of what he declares is his particular hobby, "is the chief cause of the break-up in families. For if a man is a good wage-earner and his wife a poor housekeeper he has made a bad business bargain, and vice versa."

It is one of Doctor Leeds' theories that the housewife, though her pay envelope may come only in the form of her bed and three meals a day with an occasional kiss or new bonnet thrown in for good measure, is just as much an economic entity as her husband, who brings in the money. But housewife, to be a faithful occupation, should be a highly specialized one, with experts trained to the last detail as its exponents. A high sense of duty and an ancient subservience to tradition may impel you to relinquish a good job in order to ruin some man's digestion, but your thought is wrong. Far more likely is the home to be disrupted by your own cooking than if you "went out to work" and helped contribute toward the wages of a first-class maid.

Family life based on the bond of woman's economic dependence on man is not desirable for many women. This economist believes, however it may please the fancy of the men.

"Women today who wish to be independent may obtain their livelihood in some occupation outside of the home, so those who enter the matrimonial state evidently largely do so because they prefer that life and are not so often forced into it by economic necessity as was formerly the case. But we will suppose that after marriage the woman continues the profession which she had before marriage. Then those women who on account of their economic freedom can refuse to become mothers will remain childless and that type of woman will die out.

"Those who have strong desires for motherhood despite their economic freedom will continue to bear children, and so will reproduce their kind. If by this means the unwelcome children born into the world decrease, will society be the worse off? Evidently while there will be a temporary decrease in the birth rate there will in the end be an increase in the proportion of children who inherit from their mothers strong parental instincts, making them in the future good fathers and mothers."

"Furthermore, there are today thousands of men and women who refuse to marry because they cannot live decently on the \$2 a week which the man is able to earn. If by the woman also has a profession, then both can live upon \$18 (even allowing for the fact that they will have to

Tomorrow's War Menu

- BREAKFAST
French Toast Maple Syrup
LUNCHEON
Celery Grapes
DINNER
Stewed Shin of Beef with Noodles
Stewed Tomatoes Watercress
Bread Pudding

To Clean Playing Cards

Sold playing cards may be cleaned by rubbing them, over with a cloth dipped in camphor spirit. For about thirty to fifty cards scarcely more than a thimbleful of the camphor is needed. Another good cleanser is made by mixing magnesia, benzol and a little of the camphor. This forms a jelly, which should be kept in an airtight box. Rubbing persistently will remove all stains on cards.

Facts About Lemons

Lemons may be kept sweet a long time by placing under an earthenware crock. A few drops of lemon juice put into boiling rice will keep the kernels distinct and make them very white.

The juice of a lemon in a glass of un-sweetened water will ward off a bilious spell.

Wash the hands and finger tips in lemon juice to remove all sorts of stains.

At Twilight
The roses of yesterday
Were all of them white and red;
It fills my heart with silent fear
To find all their beauty dead.

The roses of white are rare,
All faded the roses of red;
And one who loves me is not here
And the one I love is dead.
—Peyton Van Rensselaer.

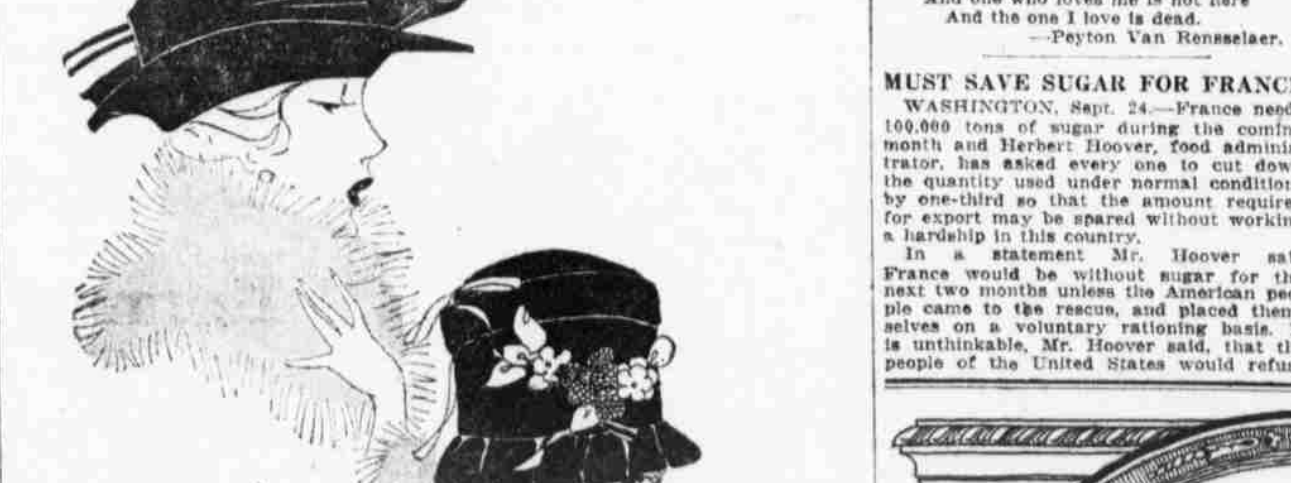
MUST SAVE SUGAR FOR FRANCE

WASHINGTON, Sept. 24.—France needs 100,000 tons of sugar during the coming month and Herbert Hoover, food administrator, has asked every one to cut down the quantity used under normal conditions by one-third so that the amount required for export may be spared without working a hardship in this country.

In a statement Mr. Hoover said, France would be without sugar for the next two months unless the American people came to the rescue, and placed themselves on a voluntary rationing basis. It is unthinkable, Mr. Hoover said, that the people of the United States would refuse

IN THE MOMENT'S MODES

Black Chapeaux Have Not Lost Their Popularity



Headgear this season boasts of all sorts of trimming, variety in profusion and enough basic fabrics to turn out all the foundation shapes that women may want. The upper model presents a charming little tailored chapeau of black satin antique simply trimmed with two gelatine quills. The lower model is of black velvet with a floral trimming made of beaded leaves, felt flowers and knots of very narrow ribbon.

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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 general medicine, but in no case will he take the risk of advising dispensers of pills or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who enclose stamped envelopes for reply.

Economy and Health
A MAN who has reached forty years of age and has not acquired a competency—that is, has not laid up an amount sufficient to protect himself and family with the necessities and comforts of life, with a balance in store for vicissitudes and illness, has either been a victim of serious and unusual misfortunes or he has been a spendthrift of time, money and health.

The amount which a healthy man is able to accumulate each year is sufficient to pay for a comfortable home, besides covering the expenses of living, even though the individual is able to earn only the wages of a laborer. In a vast number of instances poverty is the result, not of misfortune, but of unthriftiness. We frequently see men who are industrious in their habits and who command good wages, yet are spendthrifts of time, money and health.

It is our duty to spend our time in such a way as will enable us to accomplish the most for ourselves and for others. The waste of time is one of the most common of all squanderings. So often we hear an individual say: "My time is my own; I can do what I please with it." But we are responsible for our time. Each moment should be profitably employed, not necessarily always, but in such a manner that it will in some way result in value to ourselves or to the world.

Money is often wasted in the purchase of things which we do not require. Probably three-fourths of all our expenditures are not absolute necessities for either health or comfort. We spend most of our money for luxuries which do us harm rather than good, and thus occasion a double waste.

The waste of health is a far more serious matter than the simple waste of money. Money squandered may, by painstaking effort, be regained. Health squandered can, in many cases, never be fully restored. The waste of health is one of the most inexcusable of all wastes. For a few moments' pleasure in the harmful indulgence of appetites, of passions, we receive in exchange hours, days, months, years, a lifetime of misery and suffering. Health is one of the choicest of our possessions, and one of the most essential to the enjoyment of all our other faculties and blessings.

Acid Fruits for Rheumatism
Should one who has arthritis or rheumatism eat acid fruits? SUFFICIENTLY. Certainly. Acid fruits make the blood alkaline. The acids of fruits are combined with alkalies which remain in the body after the acids have been burned.

A Fruit Meal
In making a fruit meal, would you prefer one kind of fruit to a variety of fruits at the same meal? EDNA Y.
One can take as many different kinds of fruit as he wants. Fruits are all friendly. They agree together. It is better to take a variety, though one can make a meal of one kind of fruit alone if he wishes to.

Poor Circulation
What would you recommend for poor circulation? Even in moderately cool weather my fingers become numb and are almost impossible to keep the blood circulating. H. M. J.
The difficulty is probably due to a vasomotor spasm of the vessels in the extremities. The most common cause of this is toxins absorbed from the intestine. The bowels should be made to move three or four times a day by regulation of the

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