CONSERVATION-OF-CLOTHES TIME IS HERE; FOOD FACTS FOR THE HOUSEWIFE-WAR MENU

HOOVERIZE YOUR WARDROBE BEFORE YOU START TO BUY IT

"Conservation-of-Clothes" Time Has Come-It Doesn't Mean Not to Buy Any, but to Use Your Pencil; Plan Ahead and Be Decided

How can we Hooverize our winter wardrobe?

Everybody talks a lot about the conservation of food and nobody says very much at all about the conservation of othes. Yet this really is conserving time-for clothes.

When we first heard about food saving some of us had queer visions about food cards and measured rations, and then Mr. Hoover fooled everybody. He seemed to think the biggest kind of a food-saving plan would be one that would get the housewife acquainted with the possibilities of her own icebox, her casserole dish and her preserving kettle.

Briefly, Mr. Hoover asked the American woman to use her mind in her kitchen and to look further ahead than the next

WHEN we talk about conserving clothes, and I think we ought to because we have been left to be our own Hoovers in this case, we needn't single out an old Indian blanket with an eye to Its warm possibilities if the worst comes to the worst. We needn't think we can do without an evening dress this winter, because we can't.

THE best way to conserve clothes is to before you buy them-a week before. down. Make up your mind what you go to the stores and begin your shopping. Stick to your pencil and paper plan. You are more likely to be satisfied with it later on in the season than with any sub-



A fountain-like feather that falls down over the crown, on to the brim and over the edge. Note the fold around the edge of the brim.

in the course of your shopping. This is

set scientific about them like we did ted definitely on the color of either piece if the man can. Who is he? Do I know out our menus. Begin to save them of her wardrobe. Fifteen minutes after him? She said, "No, you do not know him, the is a wood merchant, or he drives a team the interval of the man can. Who is he? Do I know him? She said, "No, you do not know him, the is a wood merchant, or he drives a team about our menus. Begin to save them of her wardrobe. Fifteen minutes after Take a pencil and a piece of paper and sit bought a large turquoise blue velvet hat.

down. Make up your mind what the for a wood merchant, which is much the same " I think it must be so, for she did Later she spent an entire week hunting not ask me what my father said. want and what color you want it to be.
Write it down. Think it over for a few
days. If you still feel the same way then,
so to the stores and begin your shorping. away and bought another suit and another hat.

It is appalling to know how much material and money are wasted by shopping stitute plan suggested by some one else that has not been mapped out.

I. What are the new winter colors?

3. What is an auxiliary nurse?

2. What is a both bug and how is it made?

3. Under ordinary circumstances it is better

family or if the man and siri are particularly good. "sensible" friends.

Value of South American Money

Dear Madam-I am a dally reader of your sound and find it very interesting as well as

The peso in use in Chill, South America,

fluctuations in the foreign exchange money

corresponding to our penny here. Of course,

I am glad the column is of interest to

Moving-Picture Studios

There are no moving-picture studios where pictures are being made in or near Philadelphia. The nearest are those in the neighborhood of New York city.

The Fox Film Company has studies in different parts of the country, but has two very near New York city, one at Fort Lee. N. J. the other at Grantwood. Nearly every big film producer whose name you see on

the screen has a studio in or near Ne York. I am sorry we have not the space to print all the names and addresses here. They could probably be obtained in a cur-

rent number of a New York phone directory.

Use of Correspondence Cards

Correspondence cards may be written on both sides. They should only be used for short, informal notes, which can be written

on both sides of one card. If a note is longer than one card, a sheet of note-paper should be used—never two cards. Cards should not be used for formal occasional occasions.

sions unless they are engraved invitation

Women's Brass Bands

One of the department stores in the city has a woman's braze hand with twenty-five

Marion Harland's recipe for Yorkshire

Yorkshire pudding is served with roast seef. Fifteen minutes before taking up the

reast skim six tableshoonfuls of fat from the gravy, but into a smaller dripping pan or nudding dish and set in the oven. Have

Sift an even teaspoonful of sult and on

ready this batter:

To the Editor of Woman's Page:

Doar Madam Would you kindly tell me i
there are any women's brass bands in Philads
phia and where they are? Will you also giv
ms a recipe for making Yorishire pudding?
E. F.

To the Editor of Woman's Page:

A DAILY READER.

it is considerably less in money value,

To the Editor of Woman's Page:

To the Editor of Woman's Page:

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written in one side of the paper only and signed with the name of the writer. Special queries like these given below are invited. It is understood that his editor does not accessarily indone the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. How can cookles be kept from burning on |

2. What will make thin cream whip easily? 3. Hew can a cock that has slipped down into bottle be removed?

ANSWERS TO YESTERDAY'S INQUIRIES

1. If one were spending a last dime to buy food for a hungry family it would be infinitely better to buy dried beens than lettuce because because weight and yet very warm. this expenditure would give seventy-one times as much food for the same money.

2. A glass stopper that sticks can be re-moved from a bettle by applying glycerine until it is loosened.

3. The bristles of a carpet sweeper can be easily cleaned by going through them with an old coarse comb.

To Make Jelly Roll To the Editor of Woman's Page:

Dear Madam—Can you print a recipe for the like patter that is used to make joily roll suc is is purchased in the bakeries? (Mrs.) M.

Beat two eggs very lightly and add a cup of powdered sugar gradually and cone beating. Add one-third of a cupful of water, one and one-half teaspoonfuls of baking powder and a quarter of a teaspoonful of salt. Spread the batter in a thin layer in a greased paper-lined dripping pan and case for fifteen minutes in a moderate American money. This is the normal value. even. When the cake is baked it should be about a half an inch high. When you take it out of the oven out off the edges. It can now be spread with the jelly and rolled firmly. Wrap in wax paper until ready to

Grape Marmalade To the Editor of Woman's Page:

Dear Madam-Will you please publish the recipe for making grape marmaiade?
(Mrs.) E. R. T.

Take the stems from the grapes. Measure them, allowing for each pint measure of grapes two cupfuls of sugar. Skin the grapes and keep the skins to be used later. Boil the pulp until tender. Then rub it through a fine colander, extracting the seeds. Now put the pulp, the skins and the sugar on the fire in a kettle. Boil until very thick. Seal in lars while lock. very thick. Seal in jars while hot.

To Raise Mushrooms in Cellar To the Editor of Woman's Page:

Lots of persons have successfully raised mushrooms in cellars, and I see no reason, if you want to be very patient and learn all about this, why you couldn't have the winabout this, why you couldn't have the winter war garden you suggest. There is a great deal to be learned, of course, before you take up mushroom cultivation. Space does not permit of printing a clear enough explanation here, so I am sending you a could hook on the subject written by a reputable seedsman. I would suggest that after carefully reading the book you would take a trip to this seedsman and ask him about anything you don't understand.

Mushrooms are selling at seventy-five cents a pound now and a pound contains two and a half dozen good-sized mushrooms. If the business is gone at carefully and in

If the business is gone at carefully and in carnest I should judge it to be profitable. However, I would not invest money in equipping the beds until quite sure of knowing enough about the whole affair. I am glad you like our America.

To Color Lace With Tea

players in it. It is organized among em-ployes of the store. No musical organiza-tions consuited have ever heard of any other that is a permanent fixture in the city. Fre-To the Editor of Woman's Page: quently there are young women players who leave this sity to join brass bands that are out on vaudeville tour. There are woman's orchestras here in which you might be in-

It is true that white lace dipped in tear coffse comes out an ecru shade that one see not suspect of being homemade. The conger the liquid the deeper will be the sing of the lace. When washing fades out a cru a little give the lace another tea or offse bath.

To Fill Hut-Water Bag Correctly

Pill Must have a Page:
Estime of Wester's Page:
Madian. Will you kindly print the dis
for illing a box mater bottle in the right
for illing a box mater bottle in the right
for illing a box mater bottle in the disis filling a hot water bettle in the right (Mrs.) O'M.

the water unit it is nearly boiling buttle a little more than anothird for putting in the stopper lay the and showle the upper part even mit the steam and prevents an it of it. It is steam that makes of the large and understraible for the large and PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

In Society

A FTER I kinsed Rowdy on the nose this morning I asked him how he liked being a school dog and told him neither did I School is a good thing when you haven't any one to play with, because it gives you something to do, but I almost always find something to do even in vacation. I got out of bed smiling at the thought of it and made my father's coffee and stirred his pancakes and brought in the milk and had things ready for him. He came in rubbing his hands and said, "There was a frost last light, Patsy. What do you know about that?" I said, "Not a thing. I was in the house all night, and if anybody did it

He laughed and said, "What is new at chool?" I said, "Almost nothing, only Miss Willie Dangiar, our old maid teacher, said for me to tell you that she said you are a perfectly splendld man and for me to tell her what you said." That made him laugh like everything and then he said, "She has all the symptoms, hasn't she?"

Then Roady and I went to school, but we went to see Beil first and we all went swimming. I told her about the three dollars I have in the crawfish hole and showed them to her. She said I was certainly an original child. At school I saw that my teacher had on a different dress and shoes In the course of your shopping. This is the way to save money for yourself and material for your Uncle Sam:

I KNEW a woman once who went out to buy a hat to be worn with a suit she intended to purchase a week later. In her mind at the time she hadn't settled definitely on the color of either piece. It is made and who is her local said. I said, "I must you and me. I shouldn't wonder if I got nearried and you jost your dear teacher." I said, "I guess I can stand it to buy a hat to be worn with a suit she intended to purchase a week later, In her mind at the time she hadn't settled definitely on the color of either piece.

went up in a balloon one time and came down in our yard and broke his leg and went to the hospital and went home when he was able to travel and said he would send for the balloon, but he died and didn't." I said, "A man who is dead would be foolish to send for a balloon because he has wings and they are better. I will go out and take a look at it." She said. "Go ahead and I will come when I finish this

I found the door to the balloon, where the man probably went in and Rowdy and I went in and played around in there in the dark till Bell came. We had a good time, too. When Bell came we came out, and she certainly did scream. She took us into the house and showed us a looking-glass and I was as black as coat. She filled a bath with warm water and put on old clothes and took mine off and put me in the tub, and what she did to me was aplenty. Then she said, "Where is your father? I want to foam to him and ask him to let you stay all night, for I have got to have your clother warhed." I said, "For cat's sake, what has my father got to do with it? I can stay if you want me to." She did, so I did. I washed Rowdy, too, which he did not like, but he had no business going into the balloon if he did not want to get washed. Some day when Bell is feeling good I am going to ask her for the balloon. I have got a scheme.

2. The lemon bath, said to be excellent for whitening the skin, is prepared as follows: Soak five lemons cut in silces in a basin of water for half an hour. Draw moderately hot water for the bath. Strain the lemon water and add slowly to the bath, stirring vigorously. Bell dressed me up in some of her clothes, and she is not so much bigger than 1 am, de a girl not to ask a man for a photograph unless she be engaged to him. However, there are exceptions to this rule; for instance, if the man is a loog-standing friend of the girl's only her dresses are longer. Lunny was very glad I was staying all night, for he said so, and we had a supper which I shall remember for a long time. A lot of com-pany came in autos after it got late and they were all very polite to me. A lady sang, and she sang kind of good, too. Lunny asked me if I could do anything, so I went into the middle of the parlor and walked on my hands. The women screamed and the men laughed and Lunny turned me over and said. "Ladies should always keep their feet on the floor. Is there anything else'you can do and do it right end up?" I said. "I can dance." So a lady played the plano and I danced and they all clapped their hands. A lady said I was a perfect little savage and a man said, "She'd kill them dead with that dance in vaudeville." Lunny patted me on the back and Rowdy wagged and I was very proud and happy, I prayed when I went to bed, "Dear mother, s worth thirty-six and a half cents in Sometimes it changes a little through market. In Chilian money a peso equals which are in heaven, this has been a very good day. I showed the bunch here something about dancing. I hope Mr. Carpenter can fly pretty well by this time. I want to ask you and God to keep your eyes open, for I have got a scheme and if it works you 100 centavos, which is the coin in use there will be much surprised. Amen.'

"The Great Scheme," another Patsy Kildare adventure, appears in tomorrow's Evening Ledger.

IN THE MOMENT'S MODES



A sufficient number of the fashion folk have sworn allegiance to the skirt with distended side drapery to insure the continuation of this mode throughout the fall season. One very smart example of the possibilities of this style is that presented in the accompanying illustration. The material of this little afternoon frock is navy-blue satin with beige georgette embroidered in navy braid and old-fashioned floss. The arrangement of the cuffs, the tunic skirt and the length and placement of the skirt panel are features that will appeal to the woman who seeks a design that is novel without being outre.

THE CHEERFUL CHERUB

A pine's my favorite kind of tree It tells its secrets all to me. And though in storms it sways and bends It sings a song of that never ends.

To Make Celery Decorate

the Table Take one large stalk of celery or several small ones. Cut off the roots and save for salad. Cut the stalks lengthwise into equal-sized branches and wash them well in cold water, then cut each one into pieces about the length of one's finger. With the aid of a small sharp knife make five or six slits in each piece starting from the top downwards leaving half to three quarters of an inch uncut. Place the pieces in cold water with plenty of ice, leaving them in for two hours. Lift from the ice-water and arrange on a round glass dish so that the "frilled" edges of celery will form a flower-like border. Celery served this way makes an artistic dist Of course it requires a little time and patience in preparation.

Tomorrow's War Menu

BREAKFAST Apple Sauce Rice With Sugar and Top of Milk Crumb Muffins Coffee

Tomato Soup

Mothers are the queerest things !

She just talked and seemed to be

But when John came back again On a furlough safe and sound With a medal for his deeds

LUNCHEON Macaroni and Oysters (leftovers)

Grapes

DINNER Broiled Flank Steak
Stuffed Baked Potatoes Lima Beans
Lettuce and Mayonnaise
Fruit Cup

Mothers

I remember when John went away All but mother cried and cried When they said good-by that day

Was the only one who smiled! Other's eyes were streaming wet.

And without a single wound,

Laughed and joked and danced about. Mother kissed him, then she cried— Cried and cried like all git out! -EDWIN L. SABIN.



very largely composed of protein Protein

may be compared to the metal used in the

building of a locomotive. The growing

body thus calls especially for protein more

Proteins are also needed for repairing

the body, masmuch as in the daily activi-

ties of life human tissue is broken down

and must be replaced, but only a small

amount is meded for this purpose, not

more than one-twentieth or one-tenth of

the total food intake. All the protein

required for a day's ration for an adult

man is found in a loaf of bread (one

pound) and a quart of milk. Of course

other elements, fats and carbohydrates

(sugar and starch) are needed in larger

proportion. Proteins in excess of the

actual needs of the body undergo putre-faction with extreme readiness, the putre-

faction with extreme readments, the pure-factive processes giving rise to virulent toxins that are carried to every part of the body, where they poison and paralyze nerve and muscle tissue. The foods in which the proteins predominate are lean meat, beaus, peas, eggs and milk. Foods rich in protein are also spoken of as "nitrogenous foods."

Raw Whites of Eggs Not Digestible

Are raw whites of eggs indigentible? MRS. H. Yes; contrary to common opinion, they are among the most indigestible of all

foods. White of egg is not only itself indigestible, but it interferes with the di-gestion of other foods. Cooked egg white is

easily digested, but less wholesome than egg yolk. Eggs are not the best food.

X-Ray for Goiter Does X-ray for golder destroy the thyroid T. C. Q.

When properly applied, it destroys the abnormal growth of the gland, but the normal part of the gland is not injured

unless the application is repeated too

Coughing and Expectoration What is the cause of coughing and expectors on?

A bronchial catarrh means, usually,

stagnant colon. The body is overwhelmed with poisons and its gesistance is thus damaged and weakened.

Blood Pressure

How can I reduce my blood pressure" TEACHER.

most common cause is intestinal toxemia and poisons absorbed from the colon. A

pressure-lowering diet is essential; that is, a diet which contains very little protein. A low-protein diet excludes meats of all

sorts. A diet which will secure three or four bowel movements a day is necessary

Nose-Bleed

My daughter suffers much from nose-bleed, How can it be relieved? C. Y. W.

Probably she has nasal catarrh and there

Mrs. M. A. WILSON'S

School of Cooking

6333 Race St., Phila.

Telephone. Belmont 4847

Classes in war cookery—housekeeping and professional courses. Classes start Oct. Scd. Dieteter and stewards classes.

Practical up-to-the-minute methods. Food values; balancing menus. Marketing. Learn how Uncle Sam eliminates waste from his vast litchens and feeds men on 45c per day. Classes in army and navy ratioms, food compounds and coumissary duties.

mases in army and navy rations, food ounds and commissary duties. Call or write for further information.

The ORIGINAL

Malted Milk

Horlick's

A Nutritious Diet for All Ages.

Keep Horlick's Always on Hand

Quick Lunch; Home or Office.

Milk

For Infants

& Invalids

Substitutes

Cost YOU

to keep the blood free from poisons.

You must get rid of the cause.

nany times or applied with too great in-

Milk is much more wholesome

than at any other time in life.

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health questions, Doctor Kellogy in this space will daily give advice on prevents, medicine, but in no case will be take the risk of making diagnoses of or prescribing for all ments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

GOOD HEALTH QUESTION BOX

THE proteins form one of three large have been abrasions formed in the field A nose specialist should be consulted roups of food principles (the other (Copyright) two are "fats" and "carbohydrates"). The living structures of the human body are



Waste of Fruit a National Crime -

SAVE THE FRUIT

"A Franklin Sugar for every use Granulated, Dainty Lumps,

Powdered. Confectioners, Brown



Sold in 1, 2 and 5 lb, cartons and in 2. 5, 10, 25 and 50 lb. cotton bags-

■ DALSIMER STANDARD SHOES ■ A Very Low Price on 300 Pairs Fashionable Two-Tone Boots



The shoe styles you will find at Dalsimer's are always authentic. Having, as we do, our fingers on the Shoe Marts of fashion, we are enabled to offer you the very latest models as soon as they appear, and at low prices.

'Tis a Feat to Fit Feet

1204-06-08 uner Market St.

THE BIG SHOE STORE

Today and Tomorrow

Special Includes Some of Our New Fall \$10 and \$12 Models of

Semi-Dress Hats

This reduction the first of our week-end specials of the present

ultra-modish models of velvet and hatter's

Mawson & DeMany 1115 Chestnut Street

(Opposite Keith's Theatre)

Control of the Control