WHY IS AMERICAN CITIZENSHIP DENIED TO WOMAN WHO MARRIES FOREIGNER?—FOOD FACTS

SHOULD AMERICAN WOMAN WEDDED TO ALIEN LOSE HER CITIZENSHIP?

Miss Jeannette Rankin Introduced Bill in Congress Which Says No—Men May Be Americans Abroad; Why Deny Right to Women?

MISS JEANNETTE RANKIN, "the lady from Montana," has introduced into Congress a bill granting to American women married to foreigners the right to retain their citizenship.

This is very interesting, because lots of people don't know that a woman must give up being an American if she heeds the voice of a foreign wooer. Just the same, if the bill becomes a law we will have our one lady Congressman to thank for undoing a tradition so lopsided that it's foolishly funny.

THIS is one of the times when a man who argues that a husband is the profession of a woman will have to eat his own argument. A profession is a profession. Take a dentist and his, for instance. If the dentist succumbs to the lure of pulling out teeth in Paris, away he goes. He can pull out French teeth as long as he likes and no one says he must stop being an American citizen. He may aspire to Japanese bridgework. He may be seized with the urge to try himself out on the inhabitant of Timbuctoo. It's all the same. He may go on being an American until he himself decides to stop.

HUSBANDS are queer professions. Sometimes there's really no way of getting away from them. And somehow, although Love doesn't tell his business to strangers, I am inclined to think Love is not a regarder of the boundary line of nations any more than the profession of dentistry is.

Lots has been said about American women who turned title-hunters and deserved to lose the birthright of Americanism. The history of persons and countries that do not know how to behave themselves has a way of keeping itself in the limelight. Probably for every title-hunter who did manage to find what she was looking for there have been ninety-nine women who married foreigners for the simple but all-powerful reason that they loved them.

Vyvettes

A smart little hat of black velvet, bordered with black fur, and the upward tilt accentuated by goura feathers.

PERHAPS the unkindest cut of all dealt out by the present regulation is that endured by the woman who marries a foreigner in the United States and continues to live here. It is rather a heavy penalty she must bear, that of giving up her American citizenship because the dictates of her heart have denied her an American husband.

It will be interesting to know how a Congress of American men will vote on this "situation."

IN THE MOMENT'S MODES

Pekin Blue Is the Color of This Coat Suit

Suits to the right of us and suits to the left. One hardly knows which one to choose, there are so many different styles and materials. One is duvetyn, one wool velour, another the new cloth called silvertone, and there are many more too numerous to mention. Nearly all are fur trimmed and in every fur imaginable. The accompanying sketch shows a very serviceable and pretty model. The material is Pekin-blue silvertone with Japanese mink trimming. The fur binding on the skirt of the coat extends across the front only. The coat is seven-eighths length in the back and is slightly shorter at the sides.

Hazleton Milk Now Twelve Cents

HAZLETON, Pa., Oct. 3.—The retail price of milk will be raised from ten to twelve cents a quart here Thursday, it was announced. Farmers say they are forced to charge more because of the added cost of feed.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

Training Wilbur

MR. ROCKRUDDER brought Rowdy and me to school this morning in his auto after we had a fine breakfast. I was feeling happy and so was Rowdy. I noticed that Peanuts Feeney's face was the cleanest I had ever seen it. His mother must have had to scrub it clean, getting the ink off it, which did some good anyhow.

At recess the girls were walking about with their arms around one another and there was no one for me to put my arm around except the little foreign girl. I would not do that, for she doesn't get laundried often enough. I would not let any one get fresh with her, but I will not hug her and I do not care who knows it. So Rowdy and I went around to the boys' side of the school, and the boys were playing duck on the rock. I got a duck and played in as if nothing had happened. I knocked the duck off the rock the very first thing, and they could all have run home, but none of them did. Then I grabbed up my duck to run and the stander, who was Pie Face Wilbur, did not even look at me.

I knocked the duck off a good many times, but they were bound not to play with me. At last Pie Face got tired picking up the duck after I had knocked it off, and so he said, "Get out of here, Irish." I said, "Do you mean me?" He said, "Do you think I mean George Washington?" I suppose that is some new boy or one who goes to another school. I said, "No, I thought you meant me, but if you didn't it is all right, for I am not looking for trouble." He said, "I did mean you. Who else could I mean?"

I am Irish and proud of it, but nobody can call me anything and get away with it. So I said, "Did you call me Irish?" He said, "Yes, I did, Irish." And just at that I blammed him. I knew his father, who is now an angel, would not want him to call me names, so I blammed him for his father more than I did for myself. For how would you feel if you were an angel with a lot of other angels around you and you should say to them, "There, that is my little boy down there by Patsy Kildare," and just then, with all the angels looking on, he should call me "Irish"?

Pie Face hollered when I blammed him, and away he went to tell the teacher. You can't have fun with a boy like that, with no Irish in him. I followed him in, and he went to the principal and told her that I blammed him. She said, "A good many of you have come to me to complain about Patsy, and Patsy has always had good reason for whatever she did. What reason did you have this time, Patsy?" So I told her, and she said not to do it any more, but to run out and play. It was easy for her to tell me to go and play, but I have no one to play with.

After school was out Rowdy and I went to see the man who watches the river. I do not see what he has to watch the river for. Anybody would have a hot time stealing it. He had a fishpole and a worm, and he let me fish in his river, though I did not catch anything, but that was all right, for he said he did not expect that I would. He and I sat there for a very long time with our feet hanging over the river. He told me he had seen a whale one time and he told me how big it was, and it was very interesting, even if it was not so.

After Rowdy and I went home we prayed:

"Dear Mr. Carpenter, who probably art in heaven, I hope you are glad I blammed your little boy, but if you are or if you aren't I did it just the same. You were kind of good to me before you got flattened out, and because of that I am certainly going to do my share in bringing up Wilbur right, even if I have to push his face in twice a day. Amen."

"Mystery of Sudden Wealth," another Patsy Kildare adventure, will appear in tomorrow's Evening Ledger.

A Way to Use Worn-Out Stockings

Don't throw away the silk stockings that wear out so that you cannot possibly put them on again. No matter how many runners and holes they have, you can use them. For a small sum you can buy a large wooden crochet needle. Every housekeeper has old pieces of bright-colored materials stored away to use for a quilt that will never be made, or to sew together to be made into a rug carpet. With these and your old silk stockings you can make a most attractive crocheted rug. Start to cut the stockings on the bias into a strip about three inches wide, or wider if the stocking is thin, and cut all the way to the foot in one piece. Make a center of black silk, then alternating rows of the color and the black until you have used up all the material, or until the rug is a desired size. A very pretty rug is the result as well as the conservation of a good deal of material, and all at very little expense.

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 of 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.

How to Eat Milk

MILK must be eaten, not swallowed as a beverage. It must be chewed.

All foods, indeed, must be masticated. The calf and the nursing infant chew the milk which they draw from the maternal font. The movements of the jaws and the sucking movements executed by an infant in nursing induce an abundant flow of saliva which, mixing with the milk, properly dilutes it, and to a high degree promotes its digestion.

Milk, when swallowed rapidly as a beverage, is likely to form in the stomach large and hard curds that are very slowly digested. Many persons who suffer from taking milk in this way imagine themselves to be unable to take milk and so abandon its use.

Milk should be sipped slowly and with a sucking movement or else taken through a straw so as to secure a liberal admixture of saliva. By this means the formation of hard, indigestible curds in the stomach may be prevented.

Milk must be taken in right quantities and in right combinations. It cannot be denied that milk digests better when taken by itself or in very simple combinations than when mixed with a large variety of other foodstuffs. In some instances, also, a large quantity of milk is more easily digestible than a small quantity.

When the stomach produces a large amount of highly acid gastric juice the curds formed when a small amount of milk is taken will be large and tough, whereas if a larger amount of milk is taken the curds formed will be smaller and softer. Hence, the proper remedy in many cases in which a person complains that he cannot take milk is to take more milk.

When milk is largely used as a nutrient the rest of the diet should consist chiefly of fruits and vegetables. This is because milk contains an excess of lime and is deficient in potash and soda, which are necessary for perfect human nutrition.

The last-named elements are abundant in fruits and vegetables, particularly in the potato, which is also very rich in salts of potash.

A diet consisting exclusively of milk and cereals is less satisfactory. Such a diet often gives rise to scurvy in infants. Cereals are deficient in the alkaline elements that are needed to neutralize the acid products developed in the body.

In the use of milk it is well to remember also that one may easily by this means take an excess of fats. The milk of certain breeds of dairy cattle is exceedingly rich in fats. The use of such milk in some persons, and especially in infants and young children, gives rise to symptoms that are sometimes called "biliousness," but that are not directly connected with the liver at all, being due to putrefactive changes set up in the intestine by the presence of an excess of fat.

Breeders of dairy cattle have attempted to produce strains in milch cows that produce milk containing a large amount of fat because they are more profitable. For table use, however, milk containing a smaller proportion of fat is much to be preferred.

To Cure Colds

What should one do for a cold when first beginning? HERBERT.

Take a hot bath at night; a sweating bath followed by a cold bath. Then go to bed and drink water. Stay in bed and drink water; take no food whatever, but take a glassful of water every half hour and you will rinse the cold out. Keep the room warm, but thoroughly ventilated.

Another way to cure a cold is to take no bath at all, drink plenty of water, go out of doors and stay there until the cold is cured. If one lives out of doors entirely he will get rid of the cold in the cold air, because the breathing of fresh, cold air increases the body resistance. It goes without saying that the patient must keep warm during the outdoor treatment either by vigorously exercising or by being properly protected with wraps and blankets.

Peristalsis

What is peristalsis? INQUIRER.

By peristalsis is meant the wave-like movement of the intestines by which food is moved along and reduced and wastes discharged from the body.

Sugar in the Blood

Is sugar found in normal blood? BERTHA T.

The normal blood contains about one part of sugar in one thousand. When the amount of sugar is greater than this it appears in the urine. In cases of diabetes the amount of sugar in the blood may become three or four times that of normal. In diabetes the sugar of the urine may be made to disappear while an excess of sugar in the blood still remains.

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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. Special queries like those given below are invited. It is understood that the editor does not necessarily indorse 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. What is the difference between whole wheat and graham flour?
2. How can a relish be made from beets?
3. Can kerosene be used as a furniture polish?

1. Who is chairman of the woman's Liberty Loan committee?
2. What are the three definite changes in the style of the top coat for this winter?
3. Is it good taste to wear a velour sports hat with an "afternoon" dress?

ANSWERS TO YESTERDAY'S INQUIRIES

1. A banana is fully ripe and easily digested when the clear yellow peeling has changed to brown or black. In spite of this, fruit with lemon color peeling is more expensive to buy.
2. Under normal conditions a banana eaten with milk is very nutritious and easy to digest.
3. If a fireless cooker is large enough it can be satisfactorily used for canning. The cold-pack method of putting the fruits and vegetables in the jars and of pouring the boiling syrup over them is used. The cooking container is filled up with water as far as the necks of the jars.

1. The almost forgotten train on the evening gown is returning into favor. It is hung from the shoulders and attached there to the dress.
2. Making the back hair in a round puff spread out crosswise at the top of the head will add to one's height. With this style of hair dressing, which is very much in vogue, the front hair is drawn back into a small soft pompadour.
3. Madame Botchkareva is the commandant of the first Russian women's "Battalion of Death" to go to the front. She has received the highest decorations conferred in the Russian army for her bravery under fire. Her husband was killed while fighting and through a sense of duty she took his place in the ranks.

To Dye Rug at Home

To the Editor of Woman's Page:

Dear Madam—Will you kindly let me know if there is a way of dyeing a light body-brussels rug a dark shade at home? I know there are professional dyers who do this, but I did not want to go to that expense. M. S.

A body-brussels rug is made of worsted, with a back of cotton and jute. I am informed by a rug manufacturer that a small rug of this sort will take the regular commercial wool dye that is sold in drug stores. The great difficulty, of course, in dyeing even a small rug at home would be the difficulty of handling it. Perhaps you would be able to manage it if you used a couple of washboilers in place of the kettles that are used for home dyeing. If the rug is small and you feel that the risk that an inexperienced dyer always takes is worth running, just follow the directions that come with a package of wool dyes.

I have heard of persons who have dyed a large brussels rug on the floor by means of packing folds and folds of newspapers under it and scrubbing the hot dye in with a scrubbing brush. This is very difficult to do. Great care must be taken to scrub the dye in evenly, never allowing the brush to drip on the rug, or it will be streaked. In rare cases this process has been successful, but in many it has been a failure. If the rug is large and at all worth while the expense of sending it to a professional dyer I would do so. The rug is apt to mildew while it is dying on the floor when dyed at home.

An Answer to Mrs. L. B.

To the Editor of Woman's Page:

Dear Madam—I would gladly give Mrs. L. B. four books of music, ranging from volume 1 to 4, from the Wanamaker Institute. They are in good condition and very easy to learn from. Let me know how she can get them. I read your column every night and find it not only interesting, but instructive. (Mrs.) S. L.

I am sure Mrs. L. B. will be delighted to have the music books for her little boy. Her address has been forwarded to you and yours to her. Possibly her little boy can call for the books.

To Make Salad of Pears

To the Editor of Woman's Page:

Dear Madam—Will you please tell me a good way to serve pears in a salad? (Mrs.) D. R.

Peel long, firm pears and cut in half. Scoop out the seeds and take out enough of the center of the fruit to make a hollow. Dice the fruit you have scooped out into tiny little pieces. Make a paste of cream cheese and the little diced pieces. Fill the hollow in the centers of the pears with this. Serve on lettuce leaves with a French dressing made of vinegar, oil, salt, pepper and highly seasoned with paprika.

Scarf for Soldier

To the Editor of Woman's Page:

Dear Madam—Will you kindly give me some advice on the following matter? I intend to knit a scarf for a soldier, a friend now in camp.

(1) Is gray wool the best to use?
(2) How many stitches should be put on the needle or how wide should the scarf be?
(3) How long should it be?
(4) As a personal gift should the scarf have fringe?
(5) If so, how should the fringe be made?
(6) Are wristlets still made for the soldiers? F. A. G.

(1) Dark khaki or olive drab-colored wool has been the official shade for knitted gifts for men in the army, but on account of a shortage of this particular shade at the present time the Government has authorized the use of dark gray for both the army and navy. There is lots of light-colored khaki being sold in the shops, but it is far from as nice a dark gray than this. By patiently searching all the shops you might be able to get the dark khaki or olive drab.

(2) The official army scarf is cast on fifty stitches. This makes the width eleven inches.

(3) The length is sixty-eight inches. Knit plain.

(4) The scarf should never be made with fringe.

(5) Wristlets are very much in demand. They are made in the same colors as the scarf.

Games for Halloween

To the Editor of Woman's Page:

Dear Madam—Will you kindly publish in your column a few games to play while at a Halloween party? Please do not tell me any where you have to use pen or pencil, but just some real good ones because I guess you know yourself how it is to have a party without any good games. I have read so many games you have published in your column and I played them, and we had a good time with them. Now please do not fail me and help me out, because we want our party to be a great success, and I think you can help us wonderfully. The boys and girls are from seventeen to twenty-three years of age. EVENING LEDGER READER.

Of course it is no fun to have a party without any good games! I am glad we have helped you in the past and hope the games printed below will help to make your party the success you want it to be.

When you say "no pens or pencils," I take it for granted you mean during the party. Some of the Halloween games printed below require preparation with writing before the time of the party.

Fortunes in the Cellar—Before the party assembles prepare walnuts by taking the kernels from them, substituting a little piece of paper and then gluing the shells together. The writing on each is the same. It should read somewhat after this fashion: "On the stroke of twelve steal silently to the farthest end of the cellar and dig. Keep this strictly secret. Do not let any one see you go down cellar. To tell any one will break the spell."

The walnuts are hidden around the room where the party is to be held. They may be searched for at a given warning from the hostess.

On the stroke of twelve, or any other hour you have mentioned in the slip hidden in the walnuts, all the players will, after trying to sneak away from each other to get down cellar, find themselves in the cellar, which must be dimly lighted. Digging with tin spoons at the farthest end will reveal little envelopes with fortunes, which have been prepared before the party. These fortunes can be made very funny. A day or so before the party let a couple of the young people who are giving it get together and make up queer prophecies about those who are coming. All members of the party must sit down right then and there in the cellar and read their fortunes aloud.

Seeing Your Future on the Stairs—Before the party secure a hand mirror without any glass in it. Some one will be sure to have a broken one. Then try to get photographs of all of those who will be at the party. Tell the boys as well as the girls that they must walk down the cellar steps blindfolded with a mirror in order to see a picture of their future mates in the mirror. One is blindfolded at a time and is led down the dark cellar stairs with an electric flashlight and with the mirror in his hand. In the mirror has been placed a picture of the girl about whom it is most fun to tease the boy who is on the stairs. Remove the bandage from his eyes suddenly. He must look over his left shoulder in the mirror the moment it is removed. Of course the result is funny. As the trick is played on each one in turn those who have seen their fate may follow the blindfolded one down the stairs, thus increasing the fun.

There are many other games that every one knows about that never fail to make a go of a Halloween party. Bobbing for apples, pinning a little broom on the witch, whose picture has been drawn with shoe blacking on a big sheet, are always fun. For the latter a prize can be given to the one who comes nearest to the witch's hand. Of course, it is fun for every one to come in costume. An advertisement costume party is fun. Let each one come dressed up like some character seen frequently in ads. The one who guesses what most of the ads are gets a prize.

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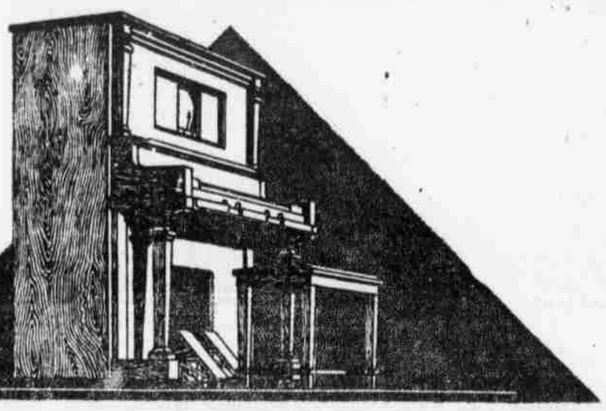

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