

AMERICAN WOMEN CAN GO "OVER THE TOP" WITH LIBERTY BONDS—SMART FASHION NOTES

PETTICOATS MAY EXEMPT WOMEN FROM BULLETS; NOT FROM DOLLARS

American Women Can Help to Win War by Putting Earnings in Liberty Bonds—This Is Chance to "Go Over the Top"

YOU never can tell when you go into the office... "put over" a very good piece of business whether it's you, yourself, who did the trick or the very nice substantial breakfast you ate before you started out.

THERE is one great big important thing speaking for itself these particular days—impromptu speaking and telling the world it is not one bit bigger than the smallest unit that goes to make it up.

DOES it thrill you to know that you can play a part in this mighty, mighty thing America has set out to do? It's true, you know that this is our big way to go over the top.

We can't take a trench with shrapnel, we can't drop bombs from an airship, we can't fight our own battles with bullets, but petticoats don't exempt us from fighting with dollars!

THE particular kind of a dollar that America needs most, the one that is to be multiplied by fifty in order to buy a Liberty Bond, is the dollar that comes out of the weekly envelope, not the one that is extracted from the savings bank.

HAVE you ever thought of the business side of a Liberty Bond when it is owned by a woman? Before you buy it,



There's not much trimming on this hat, only a bow—so the milliner thought it ought to be made as important as possible. So she made it very long and put it where it couldn't fail to be noticed immediately.

if you are one of the world's workers you are living, say, on \$15 a week. This counts room, board, laundry, clothes, carfare and extras. You have never been able to save. Then you listen to the voice of America and buy a bond.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and stamped with the name of the writer. Editorial queries for these pages are answered. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- 1. Which contains more muscle-building properties, sirloin steak or chuck ribs?
2. What is fermentation in bread?
3. What vegetables may be satisfactorily fermented in bread?

- 1. Is Geraldine Farrar, the grand opera singer, an American?
2. What is a very immediate and very simple fulfilled need of the Red Cross just at this time?
3. Should very black hair be curled in order to achieve a distinctive coiffure?

ANSWERS TO YESTERDAY'S INQUIRIES
1. The Department of Agriculture declares the terms whole wheat flour and Graham flour to be synonymous. This, of course, means when Graham flour is properly made.

1. Mrs. William Gibbs McAdoo, youngest daughter of President Wilson and wife of the Secretary of the Treasury, is chairman of the Women's Liberty Loan Committee.

2. A beet relish can be made by mixing thoroughly one cupful of chopped cold cooked beets, two tablespoons of lemon juice, two tablespoons of powdered sugar, three tablespoons of sweetened raisins and one tablespoonful of salt.

2. Three definite changes in the treatment for this winter are a more defined waist line, a tighter sleeve and a longer skirt.

About War Bread
Dear Madam—I have received so much benefit from your section of the Woman's Page and now I want to take advantage of this opportunity and ask you to publish a recipe for "war bread," or health bread, which will make my health bread sweet and thought perhaps I might improve it through your recipe.

To Remove Scars
Dear Madam—Will you be so kind as to inform me about your valuable column if there is any way of getting rid of the scars which are the result of previous blackheads and pimples on the face?

"War bread," in the generally accepted meaning of the word, doesn't exactly mean whole wheat bread. It rather means a bread produced by combining various whole wheat substitutes all in one loaf of bread.

If the wounds are not too deep set, massaging them faithfully with a good massage cream will do wonders to remove the scars. A good plan to follow would be to go to a reputable masseuse once and see exactly how she gives a massage treatment.

THE Government is trying to induce the nation to eat whole wheat bread made up from white flour substitutes, in order to conserve the wheat. Before bakers will begin to make war bread there must be a demand for it.

Taking Boy Fourteen Out of School
Dear Madam—If a boy of fourteen years of age did not come out of school in the morning, taken from school, both parents are dead and I can't recall if this can be done in Philadelphia.

HERE are two recipes, one for war bread and one for whole wheat bread. I know you will be able to tell by reading them through whether or not they are better than yours. I am glad we have been of service to you and hope these formulas will help you.

Etiquette of Visiting
Dear Madam—A friend of mine is coming to this city to stay with some persons. I have never called on her. What is the etiquette of such a visit?

SIXTH CITY WHOLE WHEAT BREAD
Put one-half pint of milk into a large mixing bowl and turn cup of boiling water over it. Cool to lukewarm. While cooling dissolve a cake of compressed yeast in one-fourth cup of lukewarm water, add one teaspoonful of sugar and a little white wheat flour to make a batter. Let this rest while milk and water is cooling.

When Was Liberty Bell Cracked?
Dear Madam—Can you please tell me when the Liberty Bell was cracked? I know it was taken away from Philadelphia during the Revolutionary War when the British were near Philadelphia.

PATSY KILDARE THE OUTLAW

By JUDD MORTIMER LEWIS

Mystery of Sudden Wealth

WHEN my father got home this morning from his night watching his pantries were all fopped and waiting and he sat down with me on one knee and Rowdy's head on the other, and we both ate of the same plate and had the loveliest time I ever heard of. Rowdy nearly wagged his tail off. I asked my father if he had seen Mrs. Carpenter's new auto, and he said, "Yes, she bought that with the money she got for Mr. Carpenter's death." I said, "What do you mean?" He said, "Mr. Carpenter had accident insurance and straight life insurance, and she got damages from the company."

I didn't understand what those things were, so he explained that a man pays money every year to some people, and if he doesn't get killed in an accident he doesn't get anything, but if he does get killed he gets the money. So Mrs. Carpenter got her husband's insurance and besides that the judge gave her a lot of thousands of dollars from the company he worked for.

Then Rowdy and I went swimming and got to school in time. At recess when we went downstairs to buy our lunches we stood in line and some bought soup and some bought ice cream and some bought sandwiches and some bought pies. We were very crowded, and I said, "Two lambs and two sandwiches. When do I get them?" He said, "Come over here." I said, "Nothing like it. You're wrong. You don't put anything over here like that." Then she put her hand against my shoulder and pushed me out of line.

I went under the table and Rowdy and I took two sandwiches off the pile, and when the lady went to buy I stood up to her and Rowdy skinned his teeth and she called to Inokrene, "Run and get the principal." Of course Inokrene galloped to do it. When the principal came the lady said "I got two sandwiches. Then I told all about it, and she owned up that I had paid for two. The principal said, 'I have always found Patsy truthful, and if she paid you for them and did not have them when you looked at her, where had they gone?' The lady said, 'Search me. I know I gave them to her.' Then a boy said, 'Carmen swapped them when she was not looking.' A big boy brought Carmen and she was crying and I said, 'For cat's sake why did you not say you were hungry and didn't have any money?' 'Here,' I said, pulling out two nice nickels, 'this is for her two.' The principal said, 'No, I will pay that myself. Patsy and Mrs. Jones will beg your pardon for accusing you falsely,' and she did.

I went home to go to bed early and make the next night, when I go out, come early. I prayed, 'Dear mother, which art in heaven, I hope you and God don't mind my praying to Mr. Carpenter last night. I did it to tell him why I wanted 'W.' if I don't forget tomorrow night. That is when the big things are to be pulled off at the theatre. Amen.'

"On the Stage," another Patsy Kildare adventure, will appear in tomorrow's Evening Ledger.

IN THE MOMENT'S MODES

Silver Buttons Trim This Navy Serge Frock



There have been few combinations that have proved as popular as black satin and blue serge. No doubt it is because both stand a great deal of wear and tear. The sketch shows a most charming afternoon frock. The upper section is black satin and the lower blue serge. There is the daintiest sort of chemise of fine tucks of organdie. The edge of the collar and the top of the tiny pockets are dark-red satin stitched with silver.

His Recantation
Love, I recant, And pardon crave, That lately I offended, But 'twas, Alas, To make a brave, But no disdain intended, No more he vaunt, For now I see, Thou'st only lost the power, To find And blind A heart that's free, And slave it in an hour. Robert Herrick.

WOMAN WORKERS FOR STRICKEN FRANCE

FOR STRICKEN FRANCE

Five Will Finish This Week Their First Month of Training for Social Service

Five women, selected from more than 100 applicants, will finish this week their first month of training for social service work in France under the direction of the French Evangelical churches. The women were chosen by the committee for the care of French mothers and children, which is an American auxiliary of the French Evangelical Society, with headquarters in Paris.

Additional volunteers are urgently needed for this service. They must be women of strong Christian qualities, fitted to cope with the social and moral problems as well as with the physical needs. They must be able to endure hardships and privations, and to meet difficulties with courage, resourcefulness and optimism. Previous study of French is essential, and an easy speaking ability must be gained before going abroad.

Qualified women able to pay their own expenses are especially desired. A few very capable women who have not the means to advance their own expenses can be assisted in the procuring of the necessary funds. Women of means who are unable to serve personally are invited to send a contribution to the headquarters of the committee.

This committee is co-operating in America with the French Protestant organizations in their reconstruction and civilian relief. The work of the American committee consists chiefly in the selection and preparation of women volunteers to serve in France, especially for social service work for the physical and moral aid of mothers and children in the devastated regions. The work in France is under the direction of the French committees. The American committee will also receive and forward funds and approved supplies for the relief work of the French committees.

The expenses of the course are about \$20 a week during the period of training. To this, however, must be added \$3 for physical examination, a physician's fee for vaccination and typhoid inoculation, note and text books from \$15 to \$20. After the period of training is complete the expenses then will be passage to France, from \$74 to \$100, and living expenses in France, which will amount to about \$60 a month.

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

Remedy for Sleeplessness
At bedtime take a neutral bath. This consists of a full bath at a temperature of 92 to 96 Fahrenheit. A bath of this temperature has wonderful calmative and soporific effects. The duration of the bath may be as long as necessary for the desired effect. Several hours in the bath may be required. Sooner or later the disposition to sleep will come and the patient may leave the bath and retire. In getting out of the bath the greatest care must be taken to avoid chilling, even in the slightest degree. The patient should not be cooled off in the manner usual after warm baths, but should be wrapped in a Turkish sheet and gently dried (not rubbed), and should then slip into a warm bed as quietly as possible.

Round Shoulders
What is the best way to cure a case of round shoulders in a young woman over twenty? A correct position in sitting and standing for developing the arm and shoulder muscles are necessary. In sitting, standing and walking the chest should be held high, the abdominal muscles being well drawn up, the hips held back while the chest is held forward. Swimming is perhaps the best of all exercises for the correction of round shoulders. Lying upon the back and raising the head backward for the correction of round shoulders. Lying also a good exercise. An exercise as lying upon the face and raising the head backward for the correction of round shoulders and rowing are useful.

Urobilin
What is urobilin? Urobilin is produced by decomposition of the pigment—that is, the coloring matter of the bile. It is not found at all in normal urine. It is only when the amount of urobilin is greater than the liver can dispose of that it is absorbed into the blood and appears in the urine. If an analysis of your urine has shown urobilin, you had better consult a physician and follow a careful diet.

Treatment for Gall Stones
What is the best treatment for gall stones and what causes them? The only method of removing gall stones is by means of surgery. A radical operation may be performed with little risk. Gall stones are due to infection and are probably one of the many consequences of chronic constipation. Women suffer more from gall stones than men do, and they are more likely to have gall stones. For temporary relief a hot bath and fomentations over the region of the gall bladder, and a large enema, if necessary, are helpful measures.

Blue Lips
What causes blueness of the lips in heart disease? In health the amount of carbon dioxide developed in the body is greatly decreased by exercise, whereas in the case of a person suffering from disease of the heart the amount of carbon dioxide may be increased to nearly 50 per cent above the normal. It is this accumulation of carbon dioxide in the blood which produces the shortness of breath and the blueness of the lips which are characteristic of this condition.

Correct Weight
How much should a young man weigh who is five feet eight inches tall? He should weigh 157 pounds. The surface of his body will amount to about 17.5 square meters.

HEMSTITCHING Done While You Wait Skirt Pleating in 15 Minutes Buttons covered in all styles. Parisian Plaiting & Novelty Co. 108 So. 13th Street.

IRIDINE NOW is the time to get your water meter fixed. METER CO. 942 Real Estate Building, 17th and Locust Sts. Philadelphia, Pa.

Stone 1222 Walnut Street Unusual Values in Serge Dresses \$25 to \$59.50

Few Drops When Corns Hurt, Pain Stops! Corns Lift Out Don't let any corns ache twice! Lift any corn or callus off with fingers—Here's Magic

"Why I Buy Bond Bread" Delicious Taste and Appetizing Appearance Letter from Mrs. Mary E. Lewis, 6632 Leeds street, Philadelphia: "My reason for buying Bond Bread is because of its delicious taste, its appetizing appearance. I could not produce a loaf of home-made bread to equal it for the same price. It is closest resemblance to a perfect loaf of home-made bread. Hence home baking is unnecessary labor."

National Advanced Type "Sixes" The lines of the new six-cylinder National are not ordinary lines. The performance of the new six-cylinder National is not ordinary performance. The satisfaction delivered by the new six-cylinder National is not ordinary satisfaction. Users invariably speak of it as an uncommonly good car. Complete Range of Body Styles in Both Six & Twelve Cylinder Models 7-Passenger Touring Car, 4-Passenger Sport Phaeton, 4-Passenger Roadster, Convertible Sedan The Six Sedan \$2820, The Twelve Sedan \$3430 Open Car Prices—The Six \$1995, The Twelve \$2392 NATIONAL MOTOR CAR & VEHICLE CORP., INDIANAPOLIS