# MERICAN 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"

OU never can tell when you go into the office and "put over" a very good es of business whether it's you, your if, who did the trick or the very nice substantial breakfast you ate before you started out. The big important things of life are singularly related to the little things that you'd never suspect of count-

THERE is one great big important thing speaking for itself these particular days-imploringly speaking and telling the world it is not one bit bigger than the smallest unit that goes to make it up. It is America talking about the Liberty Loan. The eyes of the world are on America. She is unquestionably the supreme figure in international life today, and yet-she is spending thousands of dollars to tell you and me she is not stronger than the dollar of the smallest citizen when that dollar is refused her.

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. The dollar your country would most like to have can be given her by sacrifice -giving up candy when you'd be bette. off without it and doing without a particular brand of expensive shoes that wouldn't have to be so high if dresses came down to meet them.

owned by a woman? Before you buy it, America!



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. You buy it on the installment plan. Witness the magic. You do save. A Liberty Bond is the best little savings bank ever invented. You can cheat yourself out of putting a weekly dollar in the bank, but AVE you ever thought of the busi- who in the name of all that's patriotic ness side of a Liberty Bond when It is and un-German would be willing to cheat

2. What is a very immediate and very simply

failitied need of the Red Cross Just at this

3. Should very black hair be curied in order

2. Three definite changes in the topcoat for

To Remove Scars

If the wounds are not too deep set, mas-

saging them faithfully with a good massage

cream will do wonders to remove the scars. A good plan to follow would be to go to n reputable masseuse once and see exactly how she gives a massage treatment. Any

good massage cream will do to use. It is ex-

tremely necessary to be patient and faithful

n giving this treatment. You will notice no

results at first probably, but keep it up and

you will be surprised to see how less prom-

There are legitimate skin specialists who are said to be able to remove scars very

successfully. Your family physician would no doubt be able to recommend you to one

of these. A letter has been sent to you with further bearing on this subject.

Taking Boy Fourteen Out of School

To the Editor of Woman's Pape:

Dear Madam—If a boy of fourteen years of age did not pass out of the sixth grade can be be taken from school? Both parents are dend and I have no means of keeping him only what I earn myself, If this can be done to whom shall I make application?

FLORENCE.

The ruling about taking children of four-

Etiquette of Visiting

When Was Liberty Bell Cracked?

When Was Liberty Bell Cracked?

To the Editor of Woman's Page:

Dear Madam—Can you please toll nie when
the Liberty Bell was tracked! Also tell me if
it was taken away from Philadelphia during the
Revolutions by War when the Belliah were near
Philadelphia.

The Liberty Bell was brought to the
United States in 1752, and when it arrived
here it was found to be cracked. It was
recent in Philadelphia in 1752. The bell
treeset in Philadelphia during the

lnent the scars become.

Woman's Liberty Loan Committee.

### THE WOMAN'S EXCHANGE

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

TODAY'S INQUIRIES

time?

1. Which contains more muscle-building prop-1. Is Geraldine Farrar, the grand oper-singer, an American? sirioin steak or chuck ribs?

2. What is fermentation in brine?

2. What vegetables may be satisfactorily fer-

to achieve a distinctive colffure? 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.

2. A beet relish can be made by mising thar-oughly one cupful of chapped cold cooked beets, two tablespoonfuls of lemon juice, two table-spoonfuls of pawdered sugar, three tablespoon-fuls of grated horse-radish and one tablespoon-ful of salt.

sh. It leaves a bluish mark and strenk-

### About War Bread

To the Editor of Woman's Page: 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 sak you to publish a recipe for "warhead." or health hread. I have been making my health bread mivelf and thought perhaps I might improve it through your recipe.

Do you know that it is a very strange thing that one cannot satisfactorily buy wheat bread, and the Government is trying to induce the nation to eat "war bread"? The bakers do not produce it so the populace can get it. It is no very much more expensive than white bread that the poor man cannot buy it. Yet we all know we need whole wheat for our health's sake.

"War bread." in the generally accounted.

"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. A reputable baker tells me that most bakers do not bake whole wheat bread because there is not enough demand for it. For a while housewives will flock to buy it and then the sales fall down so much that the baker can no longer make the bread and sell it at the same price as white bread. Of course, this condition is hard on the house-wife who sincerely wants to make whole wheat bread an article of daily diet for her family. Let's hope that some day a way out will be found.

The Government is trying to induce the nation to cat war bread, or 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 big demand for it. The Government, therefore, works through the people trying to interest them in the making and esting of war bread, in the hope that eventually the demand for it from the housewife will inwar bread, in the hope that eventually the demand for it from the housewife will induce the baker to put such loaves on the

The ruling about taking children of four-ten out of school is that they must have been promoted from the sixth grade into the seventh. However, just at this par-ticular time, when hoys are so much needed on account of inhor shortage, there is an ar-rangement made in some cases whereby a boy can, by going to school earlier in the morning, set virtually a whole discount. 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

a boy can, by going to school earlier in the morning, get virtually a whole day's schooling and employment which averages him quite a fair salary. This arrangement is made particularly for a boy such as the ene you have in charge, when money is really needed.

Make application to Henry J. Gideon, chief of the Bureau of Compulsory Education, 1522 Cherry street, to see if an arrangement like this cannot be made for the boy of whom you speak. 1917 WAR BREAD-One-fourth whole that War BREAD—One-fourth whole wheat flour, one-fourth rye flour, one-fourth whole white flour, one-fourth commeal, a table-spoonful of sait, a yeast cake dissolved in cold water and enough tepid water to make a medium dough, not too soft. Knead thoroughly, let rise until light, put in greased pans three-quarters full, then bake in a sizedy oven from forty minutes to an hour.—Charles Murphy, ours authority.

SIXTH CITY WHOLE WHEAT BREAD—Put one-half point of milk into a large boy of whom you speak. Etiquette of Visiting

To the Editor of Woman's Pener

Dear Madam—A friend of mine is coming to
this city to stay with some persons I have
never visited. Hie has written and asked me
to call to her. What is the situasite of socia
a proceeding?

Al.MA.

Call on your friend by all means, but ask
also for her hostess and send two visiting
cards upstairs by the maid, one for the
hostess and one for your friend. The acquaintance need not be kept up afterward
unless your friend's hostess returns your
call and asks you to call on her again.
This would be the polite thing for her to
do, but would not be considered strictly
necessary.

When West 18.

SIXTH CITY WHOLE WHEAT BREAD
Put one-half point of milk into a large
lising bowl and turn cup of boiling water
or it. Cool to lukewarm. While cooling
anolve a cake of comprassed yeast in onenith cup of juliawarm water, add one
appointed to make a batter. Let this
a while milk and water is cooling,
hear ready add yeast, one tenspoonful of
and enough white flour to milk
if water to make a batter which can
bette. Beat hand and set to rise in a
site place without drafts until full of bubpose hour or more. Now add two tableonfulls of mediance or brown sugar and
as two tenspoonfuls of shortening if demile in four cuptule of whole wheat
two tenspoonfuls of shortening if demile in four cuptule of whole wheat
two tenspoonfuls is at to rise until
acquait could be site bills. Make into two
links in a moderate over forty-five
links in a moderate over forty-five
links and coul provered. Practice only
beauty parted. Whole wheat



Mystery of Sudden Wealth WHEN my father got home this morning from his night watching his pancakes

were all flopped and waiting and he sat down with me on one knee and Rowdy's head on the other, and we both ate off the same plate and had the lovingest 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. Carpen ter 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 he had his life insured in a company where he did not have to be hurt to get the money, all he had to do to get it was to die. Of course, when he got flattened out he died, and Mrs. Carpenter got the money. My father says she has now got more money than she thought was in the world.

My father has insurance, too. If he gets killed on a ratiroad train or a street car I will get \$15,000, but if he only gets comkilled. I only get half as much. don't know what kind of an auto I would get if that was to happen. My father says that if he was not to get killed, but just curied up and died, I would still get 37000. I am giad I am taking number work in school, for it helps me to understand a lot of things.

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 ples. We were very crowded, and I said, "Two ham sandwiches," and gave her two nickels, one sandwiches," and gave her two nickels, one for me and one for Rowdy. She held out two sandwiches, which I thought were mine, but some one reached under my arm and took them. Then the lady who sold the things waited on the kid behind me and I said, "Where do I come in?" She said, "What is the matter?" I said, "I paid you for two sandwiches. When do I got them:" She said, "You got them." I said, "Nothing like it. Come reross, You don't put anything over on me 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

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 hit me I stood up to her and Rowdy skinned his teeth and she called to Intogene. "Run and get the principal."

Of course Imagene galloped to do it. When the united as a standard and the called the principal. the principal came the lady said I stole two sandwiches. Then I told all about it, and the owned up that I had paid for two. The ohe 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 swiped 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 more nickels, "this is for her two." The principle said, "No, I will pay that myself, Patsy, and Mrs. Jones will beg your pardon for accusing you falsely," and she 1. Mrs. William Gibbs McAdoo, youngest daughter of President Wilson and wife of the Secretary of the Treasury, is chalcman of the pardon for accusing you falsely," and she

I went home to go to bed early and make T. Three definite changes in the topcoat for this winter are a more defined waist line, a tighter sleeve and a longer skirt.

3. It is not good taste to wear a velour sports hat with an afternoon frock if it is at all dressy.

Don't forget tomorrow night. That is when hat with an afternoon frock if it is at all dressy. the big doings are to be pulled off at the To Remove Scars

To the Editor of Woman's Page:

Dear Medam—Will you be so kind as to inform me through your valuable column if there is any way of getting rid, of the ugly wounds that were caused by previous blackheads and pimples on the face?

If you know of any reputable physician or an institution that voide help me in this case will you kindly send me the address? For this purpose I am inclosing here my self-addressed envelope.

"On the Stage," another Patsa Kildure 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. The sleeves, too, deserve praise. They have a row of silver buttons put on very close together.

### His Recantation

Love, I recant, And pardon crave That lately I offended. But 'twas, Alan

To make a brave. But no disdaine intended, No more He vaunt, Thou onely hast To find, And blind

And slave it in an houre.

# Robert Herrick.

## **WOMAN WORKERS** FOR STRICKEN FRANCE

Five Will Finish This Week



On the advisory committee are the Rev. Charles S. Macfarland, of the Federal Council of Churches; the Rev. William I. Haven, of the American Bible Society; the Rev. Albert G. Lawson and Edmond E. Robert. Application blanks for volunteers and information regarding the service may be ob tained by writing to the headquarters of the Committee for the Care of French Mothers and Children, 289 Fourth avenue. New York This committee is co-operating in America with the French Protestant organizations in their reconstruction and civilian relief. The work of the American com-mittee 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 \$5 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 ex-penses 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.

austors to health questions. Ductor Kellogg in this space will daily give advice on present medicine, but in no case will be take the risk of making diagnoses of or prescribing for austical requiring surgical frectiment or drups. If ealth questions will be promptly the swered by personal letters to inquirers who inclose stamped envelopes for replications.

#### Remedy for Sleeplessness

A warm foot bath taken just before going

to bed will often induce sleep by withdraw-ing the blood from the head. The moist ab-dominal bandage—a wet bandage well cov-

ered with flannel so as to produce thorough

warming—will often accomplish the same result. In addition, observe the following rules: First — Discard meats. Second — Take only a light supper, consisting of fruits, with perhaps a glass of buttermilk or plain soup of some sort. Avoid bread and butter calls against and all indiges.

and butter, cake, pastry and all indiges-tibles. The less work the stomach has to do during the night the sounder the sleep

will be Third—Discard tea and coffee if you are addicted to the use of these poisons. Fourth—Drink two or three quarts of water daily. Fifth—Make the bowels move three to four times a day by the use of laxative foods. The bowels ought at least to move after each meal. Sixth—Live out of doors

as much as possible, and sleep in a tent or on a porch so as to breathe out-of-door air all the time. Seventh—Take enough muscular exercise every day to get really

tired. Eighth—Avoid excitement of any sort before going to bed. Ninth—Avoid feather mattresses and pillows and too much bed covering. The bed covers should be light and porous. The writer has sometimes, when under great strain, found it

times, when under great strain, found it advantageous to spend the greater part of the night in the neutral bath. Care should be taken to encourage the drowsy feeling which the bath induces and to get into bed and get to sleep without in any way exciting

Blue Lips

What causes blueness of the lips in hear seaso? SMITH.

In health the amount of carbon dioxide

developed in the body is greatly decreased by exercise, whereas in the case of a per-

on suffering from disease of the heart the

amount of carbon dioxide may be increase to nearly 50 per cent above the normal.

Correct Weight

is this accumulation of carbon dioxide the blood which produces the shortness of breath and the blueness of the lips which

are characteristic of this condition

the nervous system.

Third-Discard tea and coffee if

will be.

AT bedtime take a neutral bath. This eighteen square feet and he will require consists of a full bath at a temperature from the standard life insurance tables of 92 to 96 Fahrenheit. A bath of this temperature has wonderful calmative and sopo-Round Shoulders rific effects. The duration of the bath may rific effects. The duration of the bath may be as long as necessary to produce the desired effect. Several hours in the bath may be required. Sooner or later the disposition to sleep will come, and then 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 warr bed as quietly as possible.

What is the best way to cure a case of present aboulders in a young woman over twenty.

A correct position in sitting and exercise for developing the arm and shoulder mechanisms are necessary. In sitting, standing as walking the chest should be held high, to a standing and the chest should be held high, to a standing and the chest should be held high, to a standing and the chest should be held high, to a standing the chest should be held high, to a standing the chest should be held high, to a standing the chest should be held high. walking the chest should be neld high, to abdominal muscles being well draws he the hips held back while the chest is her forward. Swimming is perhaps the best forward. Swimming is perhaps the best of all exercises for the correction of rome shoulders. Lying upon the back and rais-ing the head is also a good exercise. Soot exercises as lying upon the face and raising the head backward and the bending forward the head backward and the bending forward exercises and rowing are useful.

#### Urobilin

What is probilin? Crobilin is produced by decomposipigment-that is, the coloring mater the bile. It is not found at all in urine. It is only when the amount of unof that it is absorbed into the blood as appears in the urine. If an analysis of rue urine has showed urobilin, you had better consult a physician and follow a careful diet.

#### Treatment for Gall Stones

What is the best treatment for sail stones and shat causes them?

The only method of removing sail stones by means of surgery. A radical operation may be performed with little risk. Gall stones are due to infection and are prof one of the many consequences of chrom-constipation. Women suffer more from ca-stipation than men do, and they are mos-likely to have gall stones. For temporary relief a hot bath and formentations over the region of the gall bladder, and a large mt enema, if necessary, are helpful measures. (Copyright.)





# How much should a young man weigh who is we feet eight inches tall? HARRY. He should weigh 157 pounds. 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

No humbug! Any corn, whether hard, soft or between the toes, will loosen right up and lift out, without any pain.

This drug is called freezone and is a compound of ether discovered by a Cincinnati chemist.

Ask at any drug store for a small bottle of freezone, which will cost but a trifle, but is sufficient to rid one's feet of every corn or callus.

Put a few drops directly upon any tender, aching corn or callus. Instantly the soreness disappears and shortly the corn or callus will loosen and can be lifted off with the fingers.

Freezone doesn't eat out the corns or calluses, but shrivels them without any irritation.

Just think! No pain at all; no soreness or smarting when applying it or afterwards.

Women! Keep freezone on your dresser and apply a few drops whenever a corn begins aching. Pain stops, corn goes!

Gennins "Freezone" bears the name, Edward Wesley

Genuine "Freezone" bears the name, Edward Wesley Co., Cincinnati, G.



The lines of the new six-cylinder National are not ordinary lines. The performance of the new sixcylinder 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,

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