

3. Here are eight ways to waste food; To poil in cooking, to poorly prepare, to cook more than can be consumed, to purchase more than

What Shall She Do? To the Aditar of Woman's Page.

In CERTAIN conditions, cane sugar acts aimost as a veritable poison. In the fol-lowing cases cane sugar must either be wholly discarded or used only in very minute

can be stored, to select with poor indement, earelessly trim or peel, to let the menu lack balance in nutrition and to serve too much.

"Taffy" Apples

To the Editor of Woman's Page: Dear Madam-Would you kindly cublish a recipe for atleky apples or candied apples? C. E. C.

Sticky apples or taffy apples are very easy to prepare. Take good red apples, two cupfuls of brown sugar to one cupful of cold water and wooden meat skewers.

Cook the water and the brown sugar until brittle when dropped into a cupful of cold water. Put a skewer in each apple, dip in the sprup. When entirely covered set to cool cool

Apple Fritters

To the Editor of Woman's Page.

Dear Madam-Can you obliga me us printing a recipe for apple fritters such us can be served with sausage. Mr. A.

with sausage? M. A. Mix and sift a tablespoonful of sugar, one-quarter of a teaspoonful of suit and one cupful of flour. Beat up an egg and with a half cupful of cold water add to the flour and sugar, etc. Beat this batter well, Peel and core three apples and cut them into silves about half an inch thick. Dip each silce in the batter until well coated. Fry in deep hot fat. Drain on soft paper and dust with powdered angar. --From Mary Green's "Better Meals for Leas Money."

Another One on Father .

To the Editor of Woman's Paper-To the fidther of Woman's Page: Dear Madam—Not so long ago there was an article on this mage about failness putting too much food on plates. I agree with you that it is just as her and works to eart more than you really should that it is to throw away food in the garbage car. Because in this way we hart our built as well as letting the food on where it is not needed. I think any one with serves ought to put just as much food on each plate as he blinks the person can eat at this time, it heny want more they can come back for a second helping. A HOUSENEEPER.

These are very wise words. Friend House-Resper. To me it seems worse to impair your health by cating too much than to let the food be wasted. The big thing is to study the appetite of each member of the bousehold, and, as you say, put no more on one's plate than can be consumed.

An Easy Way to Pick Fruit

To me Editor of Woman's Page: Dear Madam-Here is a suggestion that may here some of your esturban readers who are for-iants enough to have year trees in their yards, it is so help in picting the pears, expectally when one wants just a few choice ones to serve at a meal.

Take a cluther pole and attach a tin can to the top of H by driving a ual tarch a tin can to the top of H by driving a ual tarcough the sole at the can near the top and through the pole fend the point of the nall over to heap the ran main is directly below the pless of the fruit with make to ples. Touch the stens of the fruit with make the directly below the pless of the fruit with make the directly below the pless of the fruit with make the directly below the stens of the fruit with make the directly below the stens of the fruit with make the pless. Touch the stens of the fruit down in the directly below the sole of the fruit down when persons just drive a long ual part way in the stens convenient to make of a plane

un the fruit tree in order to bring down the choicest pieces. Thank you for the sug-

How Many Eggs Equal Quart of Milk

To the Baltar of Women's Page: thus Theine-Can you please tell me about neurishing-of Res to give the same neurishing-of Bat a quart of mills gives 1 mean the particulation that goes to make manch. WAMPE TO LEARN.

quantities:

Dear Marians I and a girl reventeen, scale of age, considered good-leeking by persons of both sexes. I nest a man one year my sentor while attending a party and he escurred nie home and ever since has called on me and taken the to many places of antisement. He has also proposed to me but still I de nes have him, but request him a great usel. I don't suppose I could say ses yet. Would you thinks at the ne through your column what to do? HRUNNETTE.

As you are only seventeen and eighteen it would be far better to be good friends and leave love out of the question for the prenent.

As for saying yes when you do not love him you would be making a very grave mis-take. There are too many hard places to cross together in matrimony to risk entering into that state unless there is a background of a strong love and a spirit of give and take

In marriage both much he willing to give in in small things where principle is not involved if the life together is to be a happy

A girl of seventeen is too young to know er own mind in these matters, and to ac-ept a man's love without a like feeling would be decidedly wrong. You can both afford to wait and may both meet some one else better suited to each

Office of Bridegroom

To the Editor of Woman's Page: Dear Madam--Will you kindly tell the what the office of the best man is at a welding) is there any expense entailed? If dreas clothes must be hired, who pays for them, the bride-groom for both best man and himself, or is the best man responsible for his own? VISITOR.

The best man acts as the friend and assistant to the bridegroom. He carries the ring and produces it when it is needed in the ceremony and he enters the church the ceremony and he enters the church together with the bridegroom and clergyman by the chuncel door. After the erromony he either walks down the aisle with the maid of honor, if the bride and bridegroom so desire, or he leaves the church by the upper door and reaches the house before the bride back and is freen to greet them. the bridal pair and is there to greet them and help them take their places for the reception

He also attends the bridegroom when he a dressing to leave on his wedding trip and carries the bags to the motor or carriage, and is supposed as far as possible to defend the newly wedded pair from rice and old shoes, etc.

He is responsible for his own clothes unless the bridegroom insists on providing them, but that would be a matter entirely between the two men. There are no ex-penses attached to the office other than the usual expense of giving a wedding present to an intimate friend.

Making a Cost

To the Liditor of Woman's Pape.

Dear Madara-Will you please tell me whether it is better to make a lining for a coat sepa-rately? Also, tell me what kind of malerial it would be bent to use to make an interlining in the coat as that the wait part of it will warm? HOME DILESSMAKER

Make the lining for the cost separately it is very convenient to know of a plant that saves small son from risking his limbs large nor too small. Outing flannel is a very good material for interlining. It is warm and not expensive.

Uniform for Red Cross Workers

To the Editor of Woman's Page: Dear Madam - Will you please tell me if it is necessary to wan' a uniform when making buildages, etc., in a Red Creas room, and if so what Cie uniform it is that must be wern? ALICE M. Every one who works in a Red Cross

WANTE TO LEARN. The service of a protein of Agri-the service amounts of agri-the service amounts of agri-the service amounts of a gri-the service and diri that accumulate on endinary must clothing. The uniform committee of a lange

Hyperacidity, hyperpepsia (or hyperhydrochioria), in which an excess of acid is formed by the stomach. Cane sugar greatly aggravates this condition, usually

greatly aggravates this condition, shadily producing pain, distress, heartburn, sore-ness in the mouth and sometimes an attack of gastritis often accompanied by vosit-ing and severe beadache. Catarrh of the stomach, or chronic gas-tritis, is present in a large proportion of the cases of chronic gastric dhease. Many of the cases result from the free use of once many and honos the streamented by cane sugar, and hence are aggravated by its use and cannot be cured without dis-carding this article from the bill of fare.

Intestinal catarrh is usually simply the extension of catarrh of the stomach, and is always aggravated by the use of cane sugar and other irritants. Chronic diarrhea is often the result of the

free use of confectionery and sugar in its various formin and cannot be cured utiless this irritating food substance is discarded. In cases of dilatation of the stomach care sugar gives rise to irritating products and often develops enormous quantilies of gas, whereby the dilated stomach is still further distended.

In diabetes the pitient has lost his power to exidize or burn up sugar, hence must

Gout, chronic rheumatism, rervous head-ache, many forms of neurasthenia, ecsema, and other forms of skin disease, apoplexy and other chronic diseases require entire abstinence from the use of cane sugar or its restriction to the very smallest amount. In gastric ulcer cane sugar gives severe pain at once and greatly aggravates the patient's sufferings. Its use must be wholly discarded. In the case of infants and children, there

can be no doubt that cane sugar is a common cause of serious disease. Their digestive organs are naturally more sensi-tive to injury than those of adults. The American people as a nation eat far too much sugar than is healthful.

Diet for Nursing Mother

What is the proper dist for a nursing mother: Nursing mothers should make free use Nursing mothers should make free use of fruits and vegetables, avoiding strongly favored vegetables such as onlons and garlie. Teas coffee, heer condiments, pickles, rich gravies, fish, etc., should be altogether avoided by the mother. It is best also to avoid fisch meat. All kinds of meat food are contaminated with hacteria and promote intestinal autointoxication from which the infant as well as the mother may be poleoned.

may be polsoned. The diet should be bulky-that is, is should contain a large amount of digestible

THE CHEERFUL CHERUB I take a funny view of life; I might be thought Fanatical. I simply love my tragedies -They make me feel dramatical. 2

carroty, beets, greens, spinach, huckleber

carrors, beets, greens, spinaen, nucleaser-ries, raspberries, promes, figs, apples, gra-ham bread, shredded wheat biacuit and other coreal flakes, rye bread, ripe offices, Grapes, oranges and fruit juices of all kinds are very helpful because of the fruit sugar and natural acids which they contain.

Certain foods tend to increase the flow of mille. This is particularly true of the whole grain cereals, maited mills and free water drinking. Not less than three or four plats of water should be taken daily in addition to the liquids taken with the meals.

Sore Throat

What is a good remedy for sure threat? PAUL.

There are many remedies both hurmless and worthless as well as others that are quite injurious. The best remedy is almost the easiest to obtain and that is hot water. It should be applied outside and inside: outside, by means of fomentations for fif-teen minutes or half an hour twice a day : inside, by a gargie of hot water, as hot as can be used, from fifteen minutes to half an hour until relieved. Drisk plenty of hot water, in order to induce profuse perspira-

If there is fever cool the skin with sponge baths. Keep the feet warm, if the symptoms are severe apply ice in a bag to the outside of the nack and give the Affair Both second Love to the outside of the nack and give the patient little pieces of ice to swallow. A few hours of this treatment will effect a cure in simple cases. The inhaling of steam is a most efficient means of relieving pain and inflammation. The application of oils and grease of all kinds to the throat are useless notwithstanding the popular

The "Bismuth Meal"

What is the "idential meal" that is some-times given to matients, and what information is obtained by 117 CURIOUS.

Is obtained by HT CURIOUS. The "bismuth meal" consists of a small quantity of food to which bismuth or some similar substance has been added. After the food has been swallowed, observations are made with the N-ray and the time in noted that the atomach is emptied and also when the "bismuth meal" appears at dif-ferent points along the directive canal. By a careful study of meaning appears

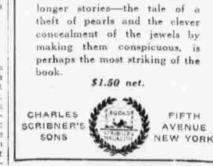
By a careful study of normal persons the time required for the movement of the food matters from one part of the canal to another has been definitely determined; also the length of time that it is normally re-tained in the storach, the cecum and other works of the intertine. parts of the intestine.

In certain forms of disease the movement of the food along the canal is hastened, but more often it is delayed in some parts, especially in the stomach and colon. By means of N-ray examinations of the stomach it is now possible to determine the exact shape, size and location of this organ and to actually follow its activities with the eye, thus making clear many conditions which were formerly only guesses. It is also possible to determine the location of ulcers, cancers or other growths, kinks adhesions and various malformations. (Copyright.)

Tomorrow's War Menu BILEAKFAST Bated Apples Country Sausage Buckwheat Caken Coffee

DINNER Cream of Celery Soup Braised Chicken Manhed Potatoes Sp Fruit Co-

SUPPER



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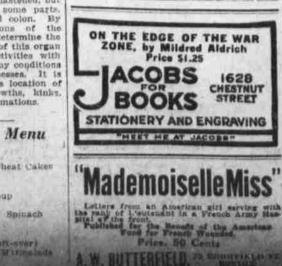
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