PART WOMEN ARE PLAYING IN RUSSIA'S HISTORY IN THE MAKING; WARTIME RECIPES; MENU

SOUP KETTLE AND WASH BOILER HELPED IN RUSSIAN REVOLUTION

Over These Kitchen Tools Russian Women Spread Doctrine of Country's Emancipation—One Time When Woman's Gossiping Helped

SOMETIMES it seems as though the Russian women who fought in the trenches with water up to their waists and who faced the fire of machine guns must have been superhuman women—different from the rest of us.

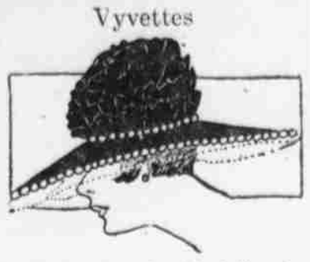
Charles Edward Russell, recently returned from Russia, however, traces in a very interesting way the part Russian womanhood has played in the history of its country. He shows how it was the most natural thing in the world for the "Battalions of Death" to be formed. Mr. Russell was a member of the United States Russian Commission. He writes about Russian women in this month's Good Housekeeping.

"At the news that the Russian 'Battalion of Death,' formed of women soldiers," he writes, "was actually going to the firing line to be killed, the rest of the world seems to have gasped and sat up half astonished. Nobody was astonished in Russia. There to the wise observer it seemed perfectly natural. The Russian woman had no more than found a new field for her capable mind and restless energy. Why be astonished?

"She was but making some more history, which is getting to be her specialty and one of the best things she does. She made a thick and unforgettable volume of it last March 12 to 14, for instance. Then it was she that thrust in the lever, overturned the vast-rooted empire, and shot the once imperial and gracious Majesty from the seat of his fathers. She did it, the woman of Russia. After all the years of revolutionary talk, dreams, hopes and propaganda, hers was the hand."

MR. RUSSELL goes on to ferret out how a woman's weapons were particularly valuable in bringing about Russia's emancipation.

Vyvettes



A crown covered with frills of green grosgrain ribbon and a brim of dark-green velvet. Strings of light-green beads around the crown and brim.

"It is agreed," he writes, "on all sides that the most efficient workers in the furtive carrying of the Russian revolutionary doctrine from one end of this vast country to the other were the women.

"Over the wash tub or the soup kettle I suppose they knew how to convey information to other women in ways the police could not detect, and at night the women that received it whispered it into the ears of their husbands."

SO AFTER all the big mighty thing, accomplishment of which sounds so chaotic and unreal, is traceable to things that perhaps the American woman might have done had pressure and torture been her daily portion.

It is funny, too, to reflect on the fact that the petty vice women are so often censured for played a big part in so world-shaking an event as the Russian revolution. The women spread the news—they gossiped!

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 for those given below are invited. It is understood that the editor does not necessarily indorse the opinions 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 a cigar box be of convenience in the kitchen?

2. How can stove polish stains be removed from material that is not washable?

3. What is grayfish?

1. Is it in good taste to wear colored gloves to the theatre at night when one is going in street costume?

2. What two colors can be admirably combined in a georgette waist that is to be worn with a dark blue suit?

3. What nationality was Jenny Lind, the singer?

ANSWERS TO YESTERDAY'S INQUIRIES

1. It is inadvisable to use a chain contrivance to clean out scrapings from pots and pans because this scratches the metal. A wire brush or a wooden scraper should be used.

2. Hair brushes can be easily cleaned in a basin of lukewarm water that has a tablespoonful of ammonia in it. They must be dipped up and down until they are clean. No soap need be used.

3. "Aspic" is meat jelly.

1. A man must not expect a girl to ask him to call. It places her in the rather embarrassing position of wanting to pass the acquaintanceship.

2. A light georgette crepe dress of this time of the year would be a sensible investment. On account of the war, formal evening dresses will be much less worn than formerly, and there will be many occasions when a light georgette frock will serve admirably.

3. Since her operation Sarah Bernhardt manages to gracefully play her oldtime favorite pieces by choosing from them only the scenes that can be played without her moving around. For instance, in "Camille" Madame Bernhardt gives only the act where she is shown dying in bed.

Recipe for Pralines

To the Editor of Woman's Page:

Dear Madam—I would like to have a recipe for making pralines, which are a sort of maple candy. ALICE Y.

Melt a tablespoonful of butter in a saucepan, add one cupful of sugar, one-half cupful of maple syrup and one-third of a cupful of cream. Stir until the sugar is dissolved. Bring to the boiling point and boil until the mixture forms a soft ball when a little of it is dropped into a cupful of cold water. Remove the candy from fire and let it stand undisturbed until cool. Add a quarter of a teaspoonful of salt and beat with a wooden spoon until the candy begins to get firm. Now put back in the saucepan, stir until it softens, add a cupful of nuts, preferably pecans, that have been left in large pieces. Drop with a spoon on a tin pan or sheet in rounds about three inches in diameter.—From Alice Brindley's Candy Cook Book.

Ice Cream Baked in Oven

To the Editor of Woman's Page:

Dear Madam—Some time ago while in another city while I was in a hotel a dessert was ordered for me that I have since been trying to remember. It was ice cream that other members of the party said had been baked. It did have a sort of a hot crust on it. I wonder if you or any of our readers can tell me what I mean? FORGETFUL.

I think you have baked Alaska in mind. This is a rather expensive dessert that appears on many hotel menus. A meringue is put on top of the ice cream. This acts as a nonconductor of heat, and the ice cream is actually put in a very quick oven without melting. To make this dessert at home for one quart of ice cream you would use the whites of three eggs and three tablespoonfuls of powdered sugar. Beat this into a thick meringue and cover your ice cream entirely with it. Set the brick of cream upon a board and put in a very quick oven. The meringue will brown into a crust very quickly. Individual baked Alaska dishes may be had by cutting the ice cream and applying the meringue to each piece.

To Keep Silk Handkerchiefs White

To the Editor of Woman's Page:

Dear Madam—Can you please tell me how to prevent white handkerchiefs from turning yellow? (Mrs.) N. C.

Silk handkerchiefs should never be boiled or have soap rubbed on them. To wash them make a lather of soap that has been shredded and lukewarm water. Wash them thoroughly by dipping them up and down and rubbing them gently rather than rubbing hard. Rinse in cold water, being sure to get all the soap out. Get as much water out of them as you can before putting out to dry. Let dry quickly in the sun and iron while still damp.

Mock Turtle Soup

To the Editor of Woman's Page:

Dear Madam—Kindly publish in the columns of the Woman's Exchange a recipe for mock turtle soup. HOUSEKEEPER.

Boil a calf's head until the meat leaves the bones. Leave it in the seasoned stock until the next day, then take it out, scrape off the fat and remove the bones. Put the boiled stock over the fire with the bones, two cars chopped, one grated carrot, one sliced onion, a bunch of soup herbs, a teaspoonful of allspice, a saltspoonful of paprika and salt to taste. Boil for one hour. Take from the fire, strain, thicken with two tablespoonfuls of butter rolled in as much browned flour, add two teaspoonfuls of kitchen bouquet, and when the soup is thickened drop in the tongue and parts of the cheek cut into dice. Add a gill of sherry and the juice of a lemon and pour upon egg forcemeat balls in a hot tureen. Make the forcemeat balls by rubbing the brains to a paste with the yolks of a hard-boiled egg, a little browned flour and the yolk of a raw egg. Roll them in brown flour and fry them quickly in a quick oven, till slightly browned.—Marion Harland.

Drafting Widow's Alien Son

To the Editor of Woman's Page:

Dear Madam—Kindly publish in your column answers to the following questions:

(1) Suppose a man is an alien and a widow's son and has his mother over to his own country, he has to go into the army.

(2) Also, can one write to the President of the United States? If so, how should one address the letter and start it? CITIZENS.

(1) If a foreigner has never taken our citizenship papers in the United States and is therefore the subject of another country, he is not obliged to fight for America. But he must be able to prove that he was born on the other side. In order to do this he goes to the consul who represents his country in this city and obtains papers from him to this effect. In a case of this sort it would not matter whether or not a man had a dependent.

However, no men in America whose wives or mothers were absolutely dependent upon them for support were obliged to go into the army. A foreigner who has become a citizen of the United States would, of course, come within this class. The man would have to be able to prove to the Government that he really did have a mother on the other side depending solely on his support.

(2) It is permissible for a man to write to the President, but the President has so many cares that the letter would possibly not be read by him and most certainly not answered by him, but by his secretary. There are many departments in the Government. It is always better to write to the special department that has to do with the question you would like to ask. You would address the President's letter simply to Washington and begin the letter this way: "Hon. Woodrow Wilson, President of the United States, Washington, D. C. My Dear Mr. President."

Costumes

To the Editor of Woman's Page:

Dear Madam—Do you know of any masquerade costume that could be called "The Devil's Daughter"? Are there any other odd costumes that I could wear? The color should be mainly red. Will you please tell me what color would become a brunette whose skin is medium light and contains much color, whose hair is a dark brown and whose eyes are gray-blue? Will you please tell me the most economical color for a brunette whose hair is a dark brown, complexion is rather dark and has large yellowish gray eyes? A BRUNETTE.

There is no costume that could be called "The Devil's Daughter." It is simply called "The Devil" by costumers, but it comes in a girl's costume. It is red and built on princess lines, has wings and a headdress with horns on it. A Turkish harem costume is very pretty in red; so, of course, is the ever-popular Spanish costume. At this particular time a "Scotch kiltie," who dresses like a Scotch soldier with a kilted skirt, would be very appropriate. It comes in reds. Balloon girls, skating girls and the old-fashioned girl with her knitting would be fitting. The balloon girl wears quite a short skirt and has balloons attached to her dress and carries a bunch of balloons. The old-fashioned girl, of course, would not be very pretty in red, but would look dainty in pink.

Pink, green, red and all shades of blue would be very becoming to the first style of brunette you describe. If the second brunette has color, yellow would look well on her. Brown would be becoming and turquoise blue. Pink would probably become her, too.

Truffles and Scones

To the Editor of Woman's Page:

Dear Madam—Will you please tell me what truffles are and also what are scones? INTERESTED.

Truffles are a species of fungi growing in clusters some inches below the surface of the soil. They are used to garnish dishes and as a seasoning. Scones are Scotch cakes made of flour and meal.

PATSY KILDARE THE OUTLAW

By JUDD MORTIMER LEWIS

Amusing the Baby

YESTERDAY was Sunday and so Rowdy and I decided to go out and see the place where the people buried old grampa, who thought he was going to be planted. So we did, and when we came to the pond the snake that lives there was nowhere around. Then we went to the place by the fence where the bull flung the young man over when he went to shoot it. We climbed the fence and went to the house. The young man was away and nobody was there but the grandma and the young woman. Rowdy chased their dog under the house and we stayed for dinner. They said they had something good like they always do have for Sunday, and they said it was corned beef and cabbage. After dinner we sat by their fireplace and the women told ghost stories and believed them, and that made Rowdy and me tired, so we rambled.

After we hit the road we met a man in a wagon and he hollered to us so we stopped running. He said: "What is chasing you?" I said: "Nothing is chasing us. What's the matter with you?" He said: "If nothing is chasing you, why are you running?" I said: "For cat's sake, we always run. If you are going somewhere you want to go it is to go. What is the use of drag-ging along as if you were on your way to be hung?" He said: "I believe you have run away from somewhere." I said: "What is it to you?" He said: "I am going to take you into the wagon and take you back till you tell me where you come from." I said: "Excuse me for laughing, but you are funny."

He climbed down from his wagon and I saw he meant it so I said: "Don't you dare touch me." Then I spoke to Rowdy, and Rowdy looked up into his face and showed his teeth and the man stepped back and said: "Will he bite?" I said: "What do you think he has got those teeth for?" Then I said: "Watch him, Rowdy." And Rowdy did. So I rambled, and when I got a long way from the man I hollered and Rowdy came. If I could run like Rowdy can when he is catching me I could certainly go a long way when I ramble.

This morning we got to school just in time and the teacher said: "It is so nice to see all my beloved children, for I do love every one of you." That cerified her with me. For any man who loves Peanuts Feeney has got a crush in her heart.

After school was out Rowdy and I hanged we would go and take a look at the other side of the city, so we did. There we saw a lady in a carriage all by itself in front of a house and it was tied to and was hollering its head off because it had dropped its doll and busted its face. I told the baby to shut up, but it would not. I said: "For cat's sake close your face and I will take you home with me and give you a better doll than that one."

She stopped crying so I thought she wanted to go with me. I tethered her around and wheeled her home, and when I brought my dolls out to let her have whichever one she wanted she hollered for both and would not let me take them back. So I gave them to her. On the bridge I met a policeman, and he said: "Whose baby is that, little girl?" I said: "What's it to you?" He said: "Whose is it?" I said: "How should I know?" Then he asked me where I got it and I told him all about it. He looked at my dolls and whistled and then he went with me, and when we got to the house in front of which I found the baby we went in. There was a woman in there hollering and crying and when she saw the baby she nearly ate it up and she hammered a little girl on the head for not watching it.

"New Possibilities," the next Patsy Kildare adventure, will appear in tomorrow's Evening Ledger.

IN THE MOMENT'S MODES

One of the Season's New Fur Sets

It would be a bold soul indeed who would dare to emphatically declare that the small muff is to be the fur novelty of the season, and yet one finds so many of these muffs in the furriers' shops that one cannot help but feel that they will be among the style pace-setters of fall and winter. Some of these muffs are so small that one wonders just what measure of warmth and comfort they will give to their possessors. But they are smart, and that is sufficient answer to any conjecture. The fascinating fur set presented in today's drawing shows a combination of moleskin and taupe fox. An interesting feature of the small muff is its narrow cufflike finish of mole.

Braised Chicken

Clean the gizzard of your rooster with a basket of vegetables, a carrot, a small young turnip, an onion and a stalk of celery and two tablespoonfuls of finely minced salt pork. Have the chicken ready, cleaned, but not stuffed. Lay breast upward on the vegetables and pork. Pour a little boiling water over the chicken and set covered in the oven. Cover closely and cook at least twenty minutes to the pound if the chicken is young. If old, cook longer. At the end of an hour lift the cover and baste with butter, then with water from the pan and cover for an hour longer. Uncover then, rub with butter, sprinkle with flour and brown. Drain the gravy with the vegetables from the pan, rub through a colander into a saucepan, thicken with browned flour, boil up and serve in gravy boat.—Marion Harland.

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

Two Kinds of Patriots

SOCIALLY Sallie Fenton was one of the leading girls of her community.

She was always just a little bit ahead of anyone else in the newest styles, and invariably the girls in her set waited for her to set the lead, and to do and wear things so much out of the ordinary that at times they were even startling.

"MA" SUNDAY

At the outbreak of war, she at once adopted a pronounced military costume, and plunged with the fervor of the latest "fad" into the task of inspiring recruiting.

Clothed in the most daringly manlish costume she could wear in public without criticism, she became the most talked-about girl in town, and apparently seemed to revel in the comment she was creating.

There were those who said she did it only for effect—that if the sudden war situation had not afforded her an opportunity for new and daring costumes and "stunts," it would have held no interest for her.

But outwardly and publicly Sallie professed to be on fire with patriotic fervor, and anxious only to establish a record in the number of men she could persuade to enlist, although there were many unkind enough to say that, if she had been restricted to ordinary, conventional garb, instead of being allowed to wear a uniform that was practically the same as a man's, she would soon have lost her zest.

At this time Sallie was engaged to a promising young man of the city, with whom she was really very much in love. His name was Bob Owens. One evening Bob appeared at her home with his face shining with a great enthusiasm.

"I have a wonderful piece of news for you, darling," he whispered to Sallie as he led her out into the shadows of the moonlit veranda. "I have enlisted!"

Sallie shrank back from him with a little, terrified gasp.

"Why, we were to have been married in June!" she cried. "What on earth do you mean?"

Bob stared at her with astonishment.

"I thought you would be proud of the fact that I could subordinate even my love to the call of my country," he told her. "I was sure you would be the first to see and appreciate my sacrifice and to bid me God-speed."

In answer, Sallie flung herself into the house in a storm of hysterical tears, protesting that he had been basely deceiving her—that he loved the old army more than he did the girl who was to be his bride.

They managed to quiet her at last and Bob took his departure, a saddened and a wiser man.

It was true, then, Sallie's display of patriotism was only another of her fads, adopted because of the opportunity it gave her to do and wear things out of the conventional. When the real meaning of patriotism struck home she was not ready to respond.

It was all well enough when it was just on the surface—when the other girl had to make the real sacrifice, and she could have the glory without the heartaches, but now that she herself was forced to submit to the same sacrifices to which she had been urging her friends and acquaintances patriotism was quite a different matter.

I have in mind another girl of quite a different type and from quite a different station in society. She was working for $10 a week as a stenographer, and, for nearly a year, had been engaged to be married to a young man earning $25 a week as private secretary. She was of a quiet, unobtrusive type, a little brown wren of a girl, who always effaced herself in the presence of those more aggressive and "pushing." She had never had a word to say about the high ideals of patriotism, and those who knew her thought she never gave the matter a second thought.

But when Frank, the young man to whom she expected to be married, came to her one evening and asked her advice as to whether or not he should enlist, there was no hesitation on her part. She drew him to her in a swift, passionate embrace, softly patted him on the head, as only a woman can do, and told him that she would always be waiting and praying for him.

There was no fad, no pretense about her patriotism.

It was the real thing.

Patriotism always shows its real qualities under fire—never before.

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Friday—The greater love.

GOOD HEALTH QUESTION BOX

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

In answer to health questions, Doctor Kellogg in this space will 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.

Dingy Complexion

NO ONE admires brown circles around the eyes and brown patches on the hands and a leather-colored skin. What these things mean is that behind the leather-colored skin is a bad breath. Behind the bad breath is impure blood—blood charged with these same offensive aromas that are coming out in the breath, for that is where these offensive odors come from—the blood picks them up in the colon and other parts of the body and carries them to the lungs, where they are poured into the breath. The breath is bad because the whole body is bad. It is not simply the breath that smells bad, the whole body is tainted. Even the perspiration is offensive, because some of the poisons that do not escape by the breath escape by way of the skin—foul, putrescent materials that ought to be carried out through the bowels, but that are obliged to escape through the lungs, kidneys and the skin.

A dingy skin cannot be cleared by rubbing on cosmetics or lotions of any sort. The cleansing process must be thoroughgoing. First of all the diet must be changed. Stop eating meats and rich foods. They rot in the colon and produce the poisonous brown pigment which tinges the skin, called brenzcatechin. Make the bowels move three times a day. Drink three quarts of water daily. Sleep in the open air on a porch, or at least with open windows at all seasons. Take a sweating bath twice a week and a cold-air bath or cold towel rub every morning. Live simply, biologically, scientifically.

A brown skin means that the possessor is growing old too fast. It is necessary to cultivate youth by obeying the laws of health and keeping the body clear of poisons.

Distilled Water

In what lessons is it best to use distilled water? NURSE.

Distilled water is not really necessary for any disease. Water which is only slightly hard is entirely wholesome so long as it is pure.

Caffein Poison

Some say coffee is bad because it contains caffein. What is caffein? INQUIRER.

Caffein is a poison. This is shown not only by the ordinary effects produced by it, but by the fact that a slight overdose may produce fatal effects. Caffein is eliminated by the kidneys and can be found in the urine from ten to fifteen days after discontinuing its use. Under its influence one apparently is able to get through more work with less fatigue. These effects, however, are merely apparent; all the caffein has done is to cover up the effect of the poisons which accompany fatigue, for when one works to the point of fatigue poisons are produced in the body. The effect of caffein on the nerves is especially serious, causing wakefulness, nervousness, excitability and unsteady and twitching muscles. The digestive tract is also disturbed and flatulence, stomach distress and constipation are caused by this poison. The average cup of coffee contains fully two grains of this poison caffein. Strong coffee contains four grains.

Poultry and Red Meat

Who can one eat poultry when red meat is forbidden? MRS. W.

It was formerly thought that the flesh of fowls, particularly the white meat, contained less uric acid than beef and mutton and on this account was preferable. However, Taylor and other physiologists have found that the flesh of fowls contains more uric acid than beef or mutton. The same is true of veal. One should avoid both meat and poultry unless he wishes to eat uric acid.

White Patches in Mouth

What is the cause and remedy of small white sores on the inside of the mouth? L. A. S.

The condition described is probably aphthae. In children, the mouth should always be washed out with a clean white cloth immediately after feeding, for food remnants left in the mouth make the best possible soil for the production of the white patches. An acid state of the stomach and a feeble condition of the system also favor this condition. Occasionally, in adults, the use of sour fruits and raw tomatoes is an exciting factor. Rinse the mouth often with boracic acid solution or peroxide of hydrogen in water.

Pulmotor

What is the pulmotor? G. W.

The pulmotor is an apparatus by means of which oxygen is forced into the lungs, making the chest act as in ordinary respiration. The pulmotor has been successful in reviving persons who have apparently been dead for some minutes. It should always be used in cases of suspended respiration from whatever cause. In choking, strangling, electrical shock, inhalation of gas, chloroform or drowning the pulmotor should always be used.

(Copyright.)

How to Dry Carrots

Avoid varieties having a large, woody core.

Clean, scrape, or pare, and slice into one-eighth-inch slices.

Place in cheesecloth square or wire basket and plunge for six minutes into boiling water.

Dip for a moment in cold water.

Remove surface moisture by placing between towels or by exposing to the sun and air for a short time.

Spread thinly on trays or earthenware plates.

Dry in sun, oven, over kitchen stove or before the electric fan until brittle.

Stir from time to time.

DON'T MISS ANY STEP

Cut this out NOW and save it

How to Dry Tomatoes

Wash or slice into pieces one-quarter or three-eighth inch thick.

Place on trays in one layer.

Dry in sun, in oven, over kitchen stove, or before electric fan until leathery.

DON'T MISS ANY STEP

Cut this out NOW and save it.

Tomorrow's War Menu

BREAKFAST

Sliced Bananas and Dry Cereal
Cinnamon Toast Coffee

LUNCHEON

Lamb Hash on Toast (left over)
Celery Cocoa
Dutch Apple Cake

DINNER

Baked Ham
Cabbage Boiled Potatoes
Grape Sherbet

DUTCH APPLE CAKE

Sift two cupfuls of flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt, four tablespoonfuls of shortening and three-fourths of a cupful of milk. Line a shallow pan with this batter. Pare and cut four apples in fourths or eighths and place in pan. Sprinkle over them two tablespoonfuls of sugar. Bake until the apples are soft.

The Telephone Directory

What is there seeming duller than this book,
This solid volume of prosaic print?
And yet it is a glass through which we look
On wonderland and marvels without stint.
It is a key which will unlock the gate
Of distance and of time and circumstance,
A wand that makes the wires articulate
With hum of trade and whisper of romance!

—Berton Braley.

The Ghost

Oh, love that lives its life with laughter,
Or love that lives its life with tears,
Can die—but love that is never spoken
Goes like a ghost through the winding years.

—From "The Ghost," by Sara Teasdale, in Harper's.

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Sweeter than you can
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