# MILLIONS OF POUNDS OF SUGAR WASTED IN BOTTOMS OF CUPS-OTHER ECONOMY HINTS

#### "STIR YOUR COFFEE AND TEA" OUGHT TO BE NATIONAL SLOGAN

Only One Pound of Sugar in Country for Every Five Needed, and Yet Billions of Grains Are Being Wasted in Bottoms of Cups

Vyvettes

shiny black hat-black patent-

feathers.

you forget, try to remember to look it the bottom of your cup before it goes out

see thers will teach you to remember.

country, but when the cry of food short-

clers at devising ways and means to

corner some of the market in their own

pantries. They send Mary to one gro-

cery store for two pounds, Johnnie to

another store for two more pounds and

then go down town and invest to a little

The majority of us can't seem to get

away from the idea that circumstances

justify hearding in our own particular

household case. It should be borne in

mind that the nation is made up of "par

who heards sugar at a time like this is

2. What American Christmas present would be greatly appreciated by the wounded soldlers in the hospitals in France?

2. The great dressmakers in Paris are show

ing partiality this season to suiting materials of rough texture and weave and of neutral

3. An assembler is a factory worker who puts together the various pieces that so to

make up the finished product being manufac-tured. Many girls are employed in this line of

Data About Old Violin

To the Editor of Woman's Page.

Dear Madam—Would you please give me the address of some one whee knows something of old violins, as I have one which has printed on the inside "Ginsenie Guarnerius, feet Cremens, 1708 J. H. S. If you know of any one please lot me know through the Everyon Larvice.

There are only about half a dozen genu-

ine Guarnerius violins in the world only

two in America-and they have all been

accounted for. The fact that Guarnerius ap-

pears in the violin does not indicate that the violin is very old or of special value Up until a few years ago violinmakers fre-

quently placed the names of Guarnerfur

and Stradivarius on the inside of the instru-

ments they made. In late years a law was

passed compelling them to add the word

"fac simile" to such a signature, indicating

that the violin was only an imitation of a

An expert in violins would be able to tell at a glance, however, the value of your

Care of Lilies and Hyacinths

instrument. Addresses of such experts will

If the lilies, hyacinths and other bulbs

have been planted in the open, cover the planting places with a few inches of litter.

such as well-rotted stable manure, dead

growth. When the spears push up through

the earth they can be given a subdued

light and kept in a somewhat warmer place,

Guarnerius or Stradivarius.

To the Editor of Woman's Page:

be mailed to you.

Piccallif has not any corn in it, but has the green tomatoes. Here is a tested recipe given in "Better Meals for Less Money": The ingredients are three quarts of green tomatoes and three of ripe toes, two red peppers, three onlons, one half cupful of sait, two quarts of vinegar, one court of warr or the research of the control of the

Fut the vegetables through the coarse part of a food chopper or chop them up coarsely by hand. Sprinkle with sait, let stand over night and drain. Add all the ather ingredients and cook for about forty-five minutes. Seal in air-tight jars.

A "shade man" tells me that the best way to clean a white linen shade that is just partly soiled is to rub it with a brand-new white eraser or with a piece of art gum, which can be purchased in any stationer; is renewed daily.

3. Who is Miss Julia Lathrop?

Yo the Editor of Woman's Page;

sugar for safe measure.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES 1. How can a mirror be used to make small i. What makes a bright unusual color com-bination for the high school girl's everyday

ANSWERS TO YESTERDAY'S INQUIRIES

1. The wall table, a dainty, narrow table | 1. A wire that frame makes the best founda-tich is placed along the wall, has made its tion for the angera knitted wool hat.

freck?

Letters and questions andmitted to this department must be written the paper only and signed with the name of the writer. Special overless below are invited. It is understood that the editor does not weekenfly indo represent. All communications for this deportment should be addressed working tenders. Pattadelphia. Pa.

leather

crown and black cock

MR. HOOVER asked us to save wheat beef-and we did; he asked us to save sugar-and we didn't.

And so today, because of this and the fallure of supply and demand to make connections at a critical moment abroad, America is facing her first hour of selfdenial. She has actually gone through a day or two of real food shortage.

Relief may come, they say, but in the meantime-for every five pounds of augar needed in this country there is just one! Think what this means! All over America somehow, somewhere men, women and children must scheme and connive to make the fifth pound last. If some one eats more than his or her share some one else is going to go perhaps with no share at all. And if some one wastes the precious grains

WE NEED to eat some sugar every day—sugar restores energy. in the kitchen to be washed. What you

But there's no reason why sugar should be restoring energy to the bottom of a T 18-a queer, but not-to-be-denied fact that seemingly patriofic women are coffee cup!

Did you ever stop to calculate how much, how appallingly much rugar goes to waste each day in bottoms of cups; age comes they become regular finan-There are 100,000,000 persons in the United States. If half of these are hot beverage drinkers, using average portions of aweetening each day, a conservative estimate of their weekly waste is 5,000,000

OUR new national motto should be STIR. Stir your coffee, stir your tea, your hot lemonade and when sum-

mer comes back again stir your iced tea, Stir because it is a proved fact that this simple manipulation of your right arm ticular households"-and that the woman can do the work of an extra lump or traspoonful of sugar. The next time you as mean as the soldier who does his fighttake your coffee try it and see, and it ing behind a tree!

2. What is one of the chief causes of molding

8. In it practical to cover a kitchen table with

appearance in the smartly furnished home.

2. Apples and pears should be packed with tems on, apples in a temperature of about 35

dems on, apples in a temperature of about a degrees and pours in a slightly warmer tem-

3. Different kinds of grain can be ground at some with the aid of a very small, simply perated "mill." which is now being inexpen-

Piccalilli and Canning Plums

to the Editor of Woman's Page:

Dear Madam—Please print in your column a say to can plume in the new way, also how to make plecalill. I think it is called by that hame. It has green tomatoes and corn in it, but I don't know what else zoes in it. Please tell me how to clean a white liner shade. I don't want to wash it, as it len't very dirty.

Con't want to wash it, as it len't very dirty.

This is the cold-pack method of canning, which is what the Government advocates. Flums are, so a rule, canned with their skins on. They should be pricked with a coarse needle, however, to prevent them from bursting in the process. If you wish to remove the skins plunge the fruit in boiling water for a few minutes and slip the skins off. Have ready a syrup made by boiling sugar and water together until the sugar has dissolved. Use three cupfuls of sugar to two cupfuls of water.

Do not cook the plums. Pack them in layers in your preserving lars without

layers in your preserving lars without crowding them. Fill each jar with holling hot syrup and adjust the clamp, the ruber, the cover and the upper clamp, thus almost sealing the jar. The fruit is now ready for what is called its hot-water bath. To prepare this you can use a washloider

To prepare this you can use a washboiler, in the bottom of which has been placed a wooden rack, or false bottom, on which has jars can stand. You can make this rack

yourself by nalling pieces of wood cross-wise to fit the bottom of the boiler and by raising the rack from the bottom by means of little blocks of wood nailed at the

Put the jars on the rack. Enough water should be in the boiler to come at least one inch above the top of the lars. Bring the water to the boiling point and boil pint jars for sixteen minutes and quart lars for

twenty minutes. Remove, seal tightly and invert to cool. The jars should be heated before the fruit is put in them.

one quart of sugar, one teaspoonful of cin-namon, one half teaspoonful of cloves and four tablespoonfuls of white mustard seed.

rely sold for home use.

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

Ghost Story

AFTER I woke this morning I lay still awhile, but as soon as I remembered that I had to do a big day's work cutting whiskers I hopped out of bed. The cook was washing, so Rowdy and I had to poach some eggs for our breakfast, for the cook says she will get meals for nobody on washsays she will get meals for nobody on wash-day. Even the nurse had to get breakfast for herself and my burgiar. After break-fast I went and found Levy and told him to get busy and show me how to use the safety. He showed me how to make lather and how to use the safety on whiskers and then he wiped it dry and put it into the box and gave it to me and some soap and a brush.

Just as Rowdy and I were going up to the burglar's room we met the nurse and she said. "I was looking for you." "Well." I said, "you have found me." "Yes," she said. "I wanted to ask you to sit with my patient while I take a walk. It is such a beautiful morning." I said, "I do not know any one who needs a walk more than you do so go morning." I said, "I do not know any one who needs a walk more than you do, so go to it and I will go upstairs. He may be your patient, but he is my burgler." So she went outdoors and I went up to the burglar's room and said. "How do you find yourself this morning." He said, "Not very well." I said, "You should be glad you are living. I am going to shave your whiskers off." "Still you think I should be glad I am living?" he said.

By that time I was busy with the brush and the soap. Making inther is fith, and I lathered him good and plenty till every time he broathed he blew bubbles. Then I started

broathed he blew bubbles. Then I started trying to heard sugar. Women will sit den, but I did not get any whiskers. All I up far into the night working for their got was the lather. After a while my burgiar said. "How are you getting on?" I said.
"Fine, only your whiskers are fastened on too tight. I think I need more lather." He said. "Let me see your razor." After he looked at it be said. "It probably would work better with a blade in it." That was the trouble, for I had not put in a blade. though his whiskers were so tough that they seemed to pull a lot. At last I get him

felt so good that when the nurse came I slid down the banister backward. Stilling would be great fun if it was not for the smap together and my eyes pop out. Just then the foam rang and it was Mr. Rock-rudder. He said, "How are things today and how is your burglar." I said, "Pretty good. How are you and Allee". He said, "Fine. Do they do everything you want?" I said. "If they did not they would not be seen." Be said. "Bottom." The said. "For the control of the said. "Bottom." have got a good banister on the stairs here, but the post at the bottom stops me too sudden and if I cannot do anything about that I will have to stop coming down that way." He said, "Tell Levy to come to the foam and I will give him directions." Levy came and talked to Mr. Rockrudde

and then went to town and came back with they worked on the banister all day and now I can slide down fine as soon as the paint is dry, but not before, for I tried and am all varnish from one end to the other. Rowdy and I went over to the shark where the colored men and women live, who were scared at my slim sally. The man's name is George Washington. They told me that they had seen a ghost, which had chased them away from home, but that it would never come back, for they had seen conjure doctor, who had given them a onjure bag, which they had buried under the doorstep. I said. "For cat's sake, you do not believe in that, do you?" The woman said, "No, indeed, we don't." I said, "Then what do you use the conjure bag for if you do not believe in it?" She said. "Because works whether you believe in it or not." o Rowdy and I sat and talked with them for quite a while. They said the ghost was taller than any house and had flery eyes and arms a mile long and that it flew like bird and chased them about twenty miles "Helping Rowdy," the next Patsy Klidare adventure, appears in Wednesday's Evening Ledger.

Tomorrow's War Menu

BREAKFAST Stewed Pears Oatmeal with Milk Corn Crispets

LUNCHEON
Cottage Cheese and Water Cress Sandwiches (made with Graham Bread)
Boiled Rice with Raisins DINNER

Hamburg Steak Baked Potatoes Crapefruit Creamed Onlens

CORN CRISPETS Pour one cupful of boiling water over seven-eighths of a cupful of cornment, two and a half tablespoonfuls of butter and a half teaspoonful of salt. Mix and spread on a buttered pan an eighth of an inch thick; bake and cut into three-inch squares. Serve -American Indian Corn, 150 Ways at once.—American Indi to Prepare and Cook It.

#### IN THE MOMENT'S MODES

Gold Embroidery Trims This Navy Serge Frock



Make up your mind to tight skirts, for the smart silhouette will not permit much leeway at the hem. You can drape and pleat all you want at the hips but you have to come to time around the ankles, so train your walking accordingly. The invaluable navy serge is here shown in another of its infinite possibilities. The new high collar, the box-plaited tunic, the tight underskirt and the fashionable button trimming are all present, and a dash of color is added by the gold belt, brightly embroidered in wool, which shows under the blouse. The collar can be unbuttoned and worn low when desired. This feature doubles the usefulness of such a dress.

THE CHEERFUL CHERUB I'm off to find a desert island now, Until I find it I shall not return -A place where those who study violin Will have to go and stay until they learn.

## GOOD HEALTH QUESTION BOX

ever to health questions. Doctor Kellings in this spines will daily give advice on pre-licine, but in no case will be take the risk of making diagnoses of or prescribing for costs requiring surgical treatment or dense. Health questions will be promptly a supered by personal letters to inquirers who suclose stamped cavelages for reply-

Adapted to certain grave conditions of

disease is little appreciated. As a food in fever cases, nothing could be more perfectly suited to requirements of the patient's condition. The fever patient needs water to carry off poisons which are burning him up and against which his

are burning him up and against which has cells and organs are struggling. Four to six quarts of water are needed daily to quench the fever's fires and aid the climination through the skin and kidneys.

Orange juice supplies the finest sort of pure, distilled water, absolutely free from germs or foreign matters of any sort. The grateful acids furnish aid in satisfying thirst, and the agreeable flavor makes it possible for the patient to swallow the

possible for the patient to swallow the amount needed. The intense toxemia from which the fever patient suffers coats his tongue and often destroys his thirst for water as well as the conditions are due to the alkaloid in text called their.

(Copyright.) overcoming this obstacle

Another special and valuable property of orange juice is the small amount of protein or albuminous matter which it contains. tein or albuminous matter which it contains. Fever patients have little gastric julce and very small digestive power, and so need to take food which is ready for absorption and immediate use. Foods poor in albumen are also needful in fevers, because they do not leave residues to undergo putrefaction in the colon as do meit, eggs and numerous other foods.

Orange fuice contains less than I per cent

numerous other foods.

Orange juice contains less than I per cent of protein or albumen, so that a patient may take three or four quarts of the juice without getting an excess of material which may easily become a source of great in-

Two quarts of orange juice combined with an equal amount of barley, oatmeal or corn gruel makes an ideal food for a patient battling with typhoid fever.

Acid of the Tomato Is Wholesome

Is the acid of the tomato injurious? Does it contain exalic acid? G. C. Y. Tomatoes contain less than one-two-hundredths of 1 per cent of exalic acid. The

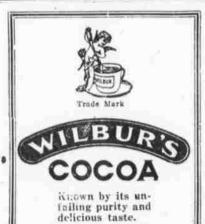
By JOHN HARVEY KELLOGG, M. D., LL. D.

Oranges in Fever Cases

THE great value of the orange as a food , acid of tomatoes is citric acid and is wholesome. Tomatoes may be used freely. They combine well with other foods.

Poisoning From Tea Drinking What are some of the symptoms of poisoning from tea drinking? MARK S.

To a greater or less degree tea drinkers are subject to headache, noises in the ear, black spots before the eyes and vertigo; also sleeplessness and dreams. Dyspepsia is always present in old cases, with gas beiching, sour taste, numbness or prickling of various parts and twitching of the muscles of the face and cyclids. Chronic tea drinkers are always very nervous, irritable



H. O. WILBUR & SONS, Inc.

### TWO YOUNG WOMEN ENLISTED IN PLACE OF BROKER GONE TO WAR

Real Estate Insurance Man Doing His Bit at Watervliet Arsenal-His Sister and a Girl Friend Take Up His Business

ON ONE day Albert F. Brown, real estate | and insurance broker. 310 Lincoln Building, went to Watervilet, N. Y., to do his bit in Uncle Sam's ordnance service.

The next day the key was inserted in the office door by a trim girl, blue-serged and determined. The books were taken down by fingers none the less competent because of the rosy polish of the nails. Miss Anna M. Brown, sister of the erstwhile monitor of the office, was ready for business. At an adjoining deak, also trim, blue-serged and determined, sat Miss Helen Wilson, friend and partner.

There you have the woman story of the

Russian Amazons fare forth to battle, Russian Amazons fare forth to battle, their shaved heads more picaresque than picturesque their exploits blazoned to all the world as the quintessence of feminine courage and initiative, but to my way of thinking the girl who's left behind, the one who jumps into the unfamiliar trenches of the business battle front and fills the breach left by some man fighter, is the girl who does the bigger part.

Miss Brown and Miss Wilson are such girls.

But we are not wholly untrained for this contingency," the fermer said, acting as spokesman. "We knew many months ago that my brother would enlist. We saw this coming and we prepared. I've been studying under my brother here for many months, and I am going to do my best to run the place here in a manner satisfactory

run the place here in a manner satisfactory to him.

"Bridge parties and teas, of course, will have to be given up"—this with a fixity of expression which indicated the sacrifice—"that is, of course, those afterneon affairs that we have been accustomed to going to. "From 3 to 5 will be our regular hours, with an hour each for lunch," she continued. "When Miss Wilson is not here I shall be. "Yesterday my brother went away. Today we assume our duties. We think we're going to make a success of the undertaking, but we're not behaving uppish about it. Two of my brother's business friends are going to give us advice in the matters of real estate whenever we need it, and believe me we shall take it, for we don't think we know it all by a long, long way." Her hands played familiarly with a mortage ledger that dealt with the intricacles of firsts and seconds at 5 and 6 per cent, or something like that. Her eyes shone earnestly, and while she spoke the brownhaired, carefully colified head of the young halred, carefully coiffed head of the young woman friend and partner bent low over a similar ledger. When I entered the office there was an

when I effected the collect there was an air of quietude over it that we are accustomed to associate, or were accustomed to associate before this war, with those places of business with a masculine per-



By M'LISS

No siry gossip of what "he said" last night greeted my ears; no telephone cal-chattling was in progress. Each at he separate desk the girls worked—doing their

"No, we're ript college girls," Miss Brown told me, "just good plain Philadelphia pub-lic school educations, but we expect to see there just the same."

The brother is a graduate of the University of Ponosylvania and in addition to his real entate and brokerage business he is the sect lary of several building and loan associations. This work will also be done by the young women who have succeeded him.

A Diamond

Look how it sparkles, see it greet With laughing light the ambient air; One little drop of sunshine sweet Held in eternal bondage thera.



## Luxurious Hair Mattresses and Box Springs

Luxuriousness in bedding is a mark of proper regard for your body. It assures refreshing rest, promises sound slumber "that knits up the ravelled sleeve of care." "Faultless" Bedding is the most luxurious of all, and we are its

Dougherty's Faultless Bedding

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# store. A damp cloth wrung out in thin this songsude and ammonia and rubbed in time to be answered in Monday's Evg. American Chop Suey To the Editor of Woman's Page:

at Madam—I have heard there is a dish American chop sucy that can be made at If you know of a recipe for the will you print it? Here is one recipe for American chop sucy

pose one thery chopped onton and three-reses of a pound of flanked beef finely peed in fat until brown. Then add one ful of cooked spaghettl, one can of littled tomato soup, one-half teaspoon-of salt and one-eighth of a teaspoonful sepper. Let the whole simmer for ten

Iwo Little Dogs to Give Away

Table Decoration for Golden Wedding To the Editor of Woman's Page:

Dear Madam—Would you be so kind as to suggest a simple table decoration for a golden wedding which will be celebrated in about a fortnight's time?

(Mrs.) G. F. S.

Nothing could be prettler than the golden dahlias which are in season now. However, in a fortnight's time they may not be so plentiful. Should this be the case, golden yellow chrysanthemums may be used for decorations.

Place a glass or pottery bowl in the center of the table and fill it artistically

center of the table and fill it artistically with a few golden dahilas or chrysanthemums. At the four corners of the table place vases of glass or pottery, whichever you use for your centerpiece, and fill them with ferns and smaller dahilas or chrysanthemums. If you have any gold-trimmed amall glass diehes arrange these on the table, filled with saited nuts and yellow candles. You can buy cream mints and various bendeus in yellow and gold lace papers. Or if you trefer not to have a flower companies, lave the four waves at the four targets and place a cake in the enter table. But and which and takens a flower companies.

Dark Brown Russia The one-and-half inch