MERICAN WOMEN MUST PITCH IN AND LEARN WAR COOKERY—TIME FOR BRAINWORK COME

COOKING STYLES HAVE CHANGED JUST LIKE THOSE OF WARFARE

The "Spanish-American" Officer Is Pitching in to Learn the New Fighting Stunts-Housewife Must Brave the Pitfalls of War Bread

OF COURSE everybody knows that the old style of "going to war" is completely out. An officer who was a past ster at making the enemy eat humble during the Spanish-American War ods he doesn't know one, two, three out feeding this little delicacy to the

But the wonderful thing about it is the doesn't complain. He doesn't say, Well, I guess I won't fight. I can't help my country because there's too much to learn."

He doesn't say anything. He PITCHES IN AND LEARNS!

THE old style of looking has gone outnot like long and short skirts come in and go out of style, but because of necesmity-war necessity.

Meat, flour and sugar have been in fashion for a long, long time. It has been second nature for the housewife to send her oldest daughter for two pounds of steak and a pound of salt pork-lean. It has been first nature for her to leave the flour sifter on the mixing board and to use as much flour as she pleased. And now the day of beef and flour and

pock has passed. There is new style in cooking. There are different materials to be worked up Into the main dish of the evening-there are new things to do with them.

DOESN'T come "natural" to know ow to substitute beans and cheese for meat in such a way that the family will believe they're having something just as good as meat. It isn't child's play to make an eatable loaf of war bread.

But this isn't the point. It wasn't the oint with the officer who had to study how to fight in an entirely new way. The big thing is, are we going to PITCH IN AND LEARN?

Vyvettes

A crown all bristled up with long quills.

respect.

And if the housewife does not feel satisfied with all this she can write to the office of home economics, Department of Agriculture, in Washington, or to the State Department of Agriculture for any further enlightenment she may want.

There is no excuse for not co-operating with the Government. This is the time

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

the piece?

TODAY'S INQUIRIES 1. If a single thin slice of bread were saved dally by each person in the United States, how much additional wheat could be shipped to our 2. What new and wantical Christmas sift

ANSWERS TO YESTERDAY'S INQUIRIES

1. It is impossible for our Allies to conserve theat by eating corn bread, because they don't know how to bake earn bread and are not used to eating it. Cornneal spoils, too, when it is abipped overseas, and with the exception of halv the countries have no mills for grinding the whole corn, A'ready our Allies are making other cereals fill 25 per cent of their bread regular means.

2. One medium portion of grapefruit contains about 100 calories or units in food value.

3. A very new flower stand which can bring graceful arch for them to climb on.

Man Suggests Sugar-Saving Plan

Dear Madam—I am sending you berewith a mely swaggerion which if all housekeepers senarurants, etc. when awarening hat and reduced a mely surface will be the free cause of neventing the unnecessary acts of such - which is calculated as thousands of pounds after a daily:

We are indebted to a man reader for this seemingly very practical suggestion. Sugar syrup, it would seem, would eliminate the loss of hundreds of grains that are so frequently spilled on the tablecloth and on the floor. We submit this plan to housewives with the hope that they will write to the Exchange and tell of the advantages of disadvantages after trying it out.

Pictures in Blue and Gold Room

Pictures in Blue and Goiu Room.

To the Editor of Woman's Page:

Dear Madam—My sitting room has a gold base paper five feet high and a blue paper extending to the celling. Between the blue paner and gold base there is a border of bine and gold. Please tell me if I am to hang my please above the border which separates the blue and gold naper or below the barder. Would have portleres harmonize with the parer.

Hang the pictures above the border so that they swing clear of it. Pictures look better with a plain background. This is called a 'no-picture' season, so do not use too many of them. The paper sounds quite ornamental and would look very well with little else on the walls.

Blue portieres would harmonize very well with the paper. A plain dull blue without figures in it would look best.

To Extract Honey From Comb To the Editor of Woman's Page: Dear Madam—Please let me know how hone an be taken from the comb without destroying same. NORTHAMPION.

The usual way of extracting honey from the comb without destroying the comb is to me an extractor, which is a machine made especially for this purpose. It is rather expensive to buy, the cheapest machine, a dealer in honey tells me, coming the combe soon. chine, a dealer in honey tella me, coming at \$16. But the saving in the combs soon makes up for the money put in the extractor. In using this machine one cuts off the top of the comb, places it in the extractor, which, by means of whiring it around and producing a centrifugal force, draws out the honey.

one expert in been says that it would be come expert in occas says that it would be pushis to extract honey from the comb by pushing off the top of the comb and turning it unside down near a hot store. The honey will trickle out in the heat and the war will be able to stand a heat of 120 degrees without melting. In this way the comb would be saved. Of course, this processing the comb would be saved. is a tedious one and one would have to

Old Books for a Lonely One

me-Enuse me for taking up your in a stranger here and were all sight I am so lonesome. Do you the hag nid brokes and magaziness and? I could read, for I love to less Hany one has old snaphophone und the so thankful. (Mrs.) D. S.



THERE is no reason for a woman who has ever learned to read to be at a loss how to rebuild her family menu on wartime lines. The women's magazines are devoting pages and pages of space to explaining clearly how to make up for the loss of meat and flour and sugar in preparing meals. Most of the newspapers are doing what they can in this

for brain work and team work!

THE WOMAN'S EXCHANGE

2. What new and practical Christmas gift for the soldier has made its appearance? 2. What can take the place of sugar in the 3. How can a black for "animal" scarf be brought in the season's mode without remodeling baking of cakes?

S. What is ruskin nottery?

ribbon at the ends or attach tiny balls of fur. A chiffon or georgette crepe blouse the same color as the "going away" suit should always be included in the bride's trousseau.

container for ferns and vines and sent to the soldiers and sailors in a trunk-like case that is being sold now at leather stores and musical shops for Jost that purpose.

To Make Face "Indian"

To the Editor of Woman's Page;

LILLIAN. To make your face "Indian" apply brown Indian powder, that can be bought for twenty-five cents at contumera' shops, names of which can be found in the yellow part of the telephone book, listed under "costumers." Use the powder freely, par-ting it in with a flat powder puff. It will stay all evening and can easily be removed with cold cream.

No further painting of your face than this will be necessary.

Offer of Boy's Coat To the Editor of Woman's Page:

Dear Madam—I will be slad to send a boy's cood coat of the size wanted to Mrs. J. H. H. f. f. you will let me have her address. If size has already been supplied, perhaps some other nother can use it.

The little twelve-year-old boy for whom Mrs. I. H. The little twelve-year-old boy for whom Mrs. J. B. B. requested an overcoat was supplied before this kind letter reached the Woman's Exchange. We take advantage of the offer to give the overcoat to some other little twelve-year-old boy who needs one very badly. If found worthy, appeals for the coar will be forwarded to Mrs. J. M. G. P.

No Word From Soldier in France To the Editor of Woman's Page:

Dear Madam—I am a constant reader of the Vexision Length and take great interest in the Comain Fage, on which I have found valuable information, and now I wish to ask for some information, and now I wish to ask for some right of the certain soldier boy, hoping you will be able to belt me.

to bein me.

My question is as follows: Can you publish in your paper any information which would aid me in finding out whether a roung soldier holest Fort Adams. Newport, B. I. some time seemen August 11 and 12 arrived there or not? That is over two months are and we have never heard from him, and he always wrote home regularly. As his mother is worried as to whether he srived safely or whether he is sic. I decided to write to you, thinking probably you could at least tell me whom I might apoly to in order to find out his address. Other bows have left since and have been writing home for some time.

By "there" I take it for granted you mean France. If you know the number of the boy's company and name of his regiment he will get a letter addressed with these he will get a letter addressed with these and the additional address. American Expeditionary Forces in France. No one

peditionary Forces in France. No one is ever given any more definite address than this. The name of a town is never mentioned. Try sending him a letter in this way. I am sure the boy will eventually get it, even if it be delayed on the way, as much of the soldiers' mail is delayed. His mother would be notified if anything had happened to her son, so she need not worry about that. If he were sick or woulded she would probably hear, because the nurses would probably hear, because the nurses write home for the patients.

Maybe the boy has written and the let-ter been among mail that has gone down at sea. I am sure he has not forgotten his

mother, at any rate.

If you do not know the boy's company, etc., write to the Adjutant General at Washetc., write to the Adjutant General at Washington and explain the case to him. Or if
after having written to the boy in France
you still fall to hear from him, write to the
Adjutant General. No other address is
needed. He is the man who can look into
the difficulty and explain it. It is heartbreaking I know, for a mother not to hear
from her boy, but tell her to try to walt
chasviulty, because in this case "no news
is god news" 'It is these brave mustings
who may it and walt who are resi with

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

The Gift

THIS morning I got up as soon as I woke. I hardly ever lie in bed after I wake any more, the way I used to do. When any one has got a burglar and a nurse and a big house and servants to look after there a big house and servants to look after there is not much time to waste. After Rowdy and I took a walk I went up to the burgiar's room till breakfast was ready. He is getting along fine, but he is tired of staying in hed. I told him to think how tired he would be of staying in jail, where he ought to be and where he would be if Rowdy and I had not broken his leg for him. He entired and wald that was 80. him. He grinned and said that was so.

After breakfast Levy took Rowdy and me to school and after school he took us home at once, so I got there early. When I ran up to my room there was a bise velvet box on the bureau, and I opened it, and inside of it was a gold locket on a gold chair. I ran into the bureau; room with inside of it was a gold locket on a gold chain. I ran into the burglar's room with it and he said: "Have you opened it?" I said: "For cat's sake, does it open?" He said: "Yes, I will open it and you will see what's in it." So it did and he did and I did and it is my mother's pitcher in one side and my father's pitcher in the other side. Now I am so happy that my feet do not seem to touch the ground. So I found my father and nearly kissed his head off for it.

Then Rowdy and I went up the road as Then Rowdy and I went up the road as far as we could go to the house of the man who was a hundred years old. He was not on the porch, so we went looking for him, and he was out milking. When we found him he was sitting on a stool by the cow fast asleep with both hands holding the cow's handles and his face leaning against her side. I stood and watched him and he would open his eyes and squirt some milk into the pail and then he would go to and he would open his eyes and squirt some milk into the pail and then he would go to sleep again with his head against the cow. I hollered: "Grampa, look what I got!" I do not know how he came to do it, but I suppose when he pointed his eyes at me he pointed the cow's handles at me, too, and then squeezed them, for I got both squirts right in the face. I certainly did fuss at him, for the Irish in me boiled over. He waited till I stopped and then he said: "I am a hundred wars old!" im a hundred years old

That made me laugh and so I helped him up and gave him his cane and pointed him toward the house. He went hobbling away and I sat on the stool and tried miking. and I sat on the stool and tried milking, which I had always wanted to do. I kept trying till I got a squirt with one hand and then with the other, and then I got on to it. You just squeeze the handle shut at the top and then squeeze the milk out at the bottom and then let her fill up again. It is easy, but you get tired kind of quick. Before I had milked long my hands felt like ciubs. I am going to keep on practicing and when I know how I am going to move the pail under her and milk her empty. Ther I took in the milk I had got and went out on the parch, where the old man was, and I held up the locket and said: "Look what I got!" He said: "I am a hundred years old."

That is all I could get him to say.

That is all I could get him to say. I gave him some crackers and milk and went home. Tonight I prayed: "Dear mother which art in heaven. I want to thank you and flod for putting that locket nto my father's head. I certainly am would and happy with it around my neck-guess the fleas have left me, or else the I guess the fleas have left me, or else the locket has made me so happy I do not notice them. Ask God how about this hundred-year-old man. I think He must have forgotten him or He would not have left him down here all this time. He isn't a bit of good on earth. I suppose Mr. Carpenter is now perfectly at home in heaven and can fly as good as any one. I'll show you some fancy flying when I come. Ask God to bless you and my father and not to put it into the burglar's head to swipe my locket when he gets well. Amen."

"By Special Messenger," the next Patsy Kildere adventure, appears in Weinesday's Evening Ledger.

Colorgrams

chin's-egg-blue taffeta, silver threads, is the beginning and the end of a bewitching evening dress

that comes underneath.

estaly shaded adds unbelievable charm to the sitting room that is done in old blue. French knots of deep blue and tiny cross-

work stitchings in pink dress up the center-piece, the tea set or the guest towel that bangs on the glass rack.

A Cameo

The wise forget, dear heart; They leave the past And play the hero's part, Brave to the last.

They weep not nor regrei. Dear heart, the wise forget-I am not wise! -Jeannette Blies Gillesny

THE CHEERFUL CHERUB The world is full of woes I spose, And wars and misery. But all through troubles deep I'll keep A little song in me

loose. The bodice has the velvet itself coming up over the shoulder and crossed over with a slightly surplice effect into the girdle, and the arms are veiled in wide black

IN THE MOMENT'S MODES

Rhinestones Trim This Black Chiffon Velvet Gown

With all the gorgeous colors there

are in the world, nothing is so stun-

ning as black, and of all black

gowns possible, the most stunning

and the richest and the most be-

coming to every type is black velvet. Granted a dress of black

velvet, the only thing you need is

to keep it plain and in graceful

lines. The accompanying model

has obeyed these injunctions with

such striking effect that it would

stand out in any gathering as a

dress of distinction. It is of chiffon

velvet, without trimming except for

the rhinestones on the wide,

straight girdle. The skirt is

simply draped and rather short,

with a long pointed train falling

silk net draperies.

Why You Are Asked

to Save These Foods

THERE are only a few foods the Government is asking you to con-

serve to help win the war. They are

WHEAT MEAT FATS and SUGAR

You are asked to save these things

The world supply of them is

short and our European Allies must have them from us or go

hungry at home and at the front

and lose heart in the fight against

foods are

Therefore we can ship more of them in our limited supply of

ships than we could do of any-

They possess high nutritive

THIS IS FOOD CONSERVATION

WEEK. Get behind the Govern-

Tomorrow's War Menu

(Wheatless Day)

BREAKFAST

Baked Apples

Coffee

LUNCHEON

Chicken Hash deftover)

Сгарев

DINNER

Baked Cod Steak with Tomato Sauce Bolled Potatoes Creamed Spinach Lemon Meringue Pie

QUICK CORN GRIDDLE CAKES

Scald one pint of cornmeal with one pint of water; let stand and when cool add three beaten eggs, a saltspoonful of sugar and five table-spoonfuls of cold milk. Cook on hot greased griddle.—American Indian Corn, 159 Ways to Prepare and Cook It,

Maple Syrup

Butter

Quick Corn Griddle Cakes

Hominy Muffins

value; much more than other foods. You are asked to save these foods to help the Allies win the

Kaiserism.

thing else.

ment!

MAIN LINE WOMEN PLAN FOOD PLEDGE CAMPAIGN

Drive for Registrants Will Employ All the Approved Methods of Political Parties

Adopting the methods utilized by politiclans in registering the fullest strength of their constituents, the women of the Main Line towns in Montgomery County will be enrolled for war work this Thursday and Friday as that district's part of a Statewide drive of two days to line the women of Pennsylvania solidly behind the men in the trenches.

With receive registration places ! with twelve registration places being selected, women registrars being appointed and a working machine for "bringing out the voters," which might be said to be copied from the methods of "the gang," Mrs. Grenville D. Montgomery, of Wynnewood, director of the movement, will not be contented until the 6000 women in the five towns-Wynnewood, Ardmore, Haverford, Bryn Mawr and Rosemont-are listed for

"Get them all," Mrs. Montgomery is instructing her registrars and those who will assist in the "drive." "We want every woman in the five towns, no matter what her station in life. All may be useful to Purple angora wool, when crocheted into the top of a fluffy "knill" hat, makes a charming foil for the demure gray facing the Main Line campaign one that will go the Main Line campaign one that will go down into history as complete. Overlook no one. Bring them all out. The women are willing if they understand. Make them understand. It is a duty to our country and no woman will refuse that."

The activity of a live political campaign will be carried on during the two days.
Women in the trolley and railread stations
will apprise every member of the sex who
aughts from trolley and train that she
frould register, and will tell her where. A impeter with a female escort of six women on horseback will patrol the main thorough-fares and the side streets, sounding forth the call. Automobiles at each registration place will be available to bring out the tardy registrants, and placards, signs and small hand cards will be distributed in home, store and shop.

A Dress for Little Sister

The little miss of ten or twelve loves pretty things, but the rule is to choose them pretty things, but the rule is to choose them for serviceability, at least during the school year. Here is a school freek that combines smartness with simplicity and durability, a linen blouze of king's blue linen, quite plainty tailored, with just a big Peter Pan collar edged off in tiny rose Prench knots; a sergé skirt of navy blue, a black patent leather belt. What could be simpler?





Important Dress Sale

Liberal Selection of Women's and Misses' Afternoon and Street

Dresses

From Our Regular Stock Serge, Satin, Georgette, also combination of Georgette and Serge

Regular Values Heretofore \$35.00

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health guestions, Dortor Kelloop in this space will daily give navice an preventing medicing, but is no case will be take the risk of making diagnoses of or prescribing for all ments requiring surpleal treatment or drugs. Health guestions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

Indigestibility of Raw Egg White

WHITE of egg has long been regarded as among the most easily digestible of all food substances. This idea was chiefly based upon the observations by Beaumont, n his experiment upon Alexis St. Martin. Beaumont noted that raw egg white left the stomach very quickly, in less time, in fact, than any other foodstuff which he investigated. More recent investigations,

investigated. More recent investigations, however, by Pawlow and others, have shown that this interpretation of Beaumont's observation is incorrect.

Pawlow, for example, showed that the raw white of egg does not stimulate the flow of gastric juice. In this respect white of egg differs from all other proteins the effect of which in the stomach is to cause the stomach to pour out an abundant supply of a highly acid gastric secretion. The effect of white of egg in the stomach, as observed by Pawlow, was the hame as s observed by Pawlow, was the same as that of water. Abderhalden discovered another peculiar

ity of raw white of egg. He found that this form of albumin is not readily acted on by pepsin. Okada showed that the intestinal fluids,

both the bile and the pancreatic juice, are indifferent to white of egg. That is, very little bile enters the intestine when the white of egg is introduced, and pepsin, the digestive principle of the pancreatic juice, which acts vigorously upon other pro-teins, has no effect whatever upon raw egg Other investigators have confirmed this observation.

A still further very remarkable observa

tion made by Vernon Hetin and numerous other investigators shows that the raw white of egg not only is not acted upon by the digestive fluids, but hinders the digestion of other food substances. It appears, then, that instead of being easily digested the raw egg white passes through the stomach like a neutral substance similar to water. It appears to be not recognized by the stomich or intestine as a proper food sub-stance. It is not digested and hinders the

digestion of other foodstuff.

Cooked white of egg. however, is free from any of the objections. It is acted upon by the digestive fluids and undergoes ready digestion. Raw eggs, instead of being easily digestible, prove by exact lab-oratory investigations to be highly indiges-

tible and a hindrance to digestion.

Egg yolk, on the other hand, is found to be very easily digestible when eaten either raw or cooked. Careful experiments have shown that raw egg white his no food value when introduced into the colon, and hence should not be used in rectal feeding.

Juice of Dried Fruits

How can the juice of prunes and apricots or ther dried fruits be obtained, so that they may e used as a beverage? ALICE. By soaking the raw fruit in just sufficient water to cover it so that all will be ab-sorbed. After soaking for twenty-four jours, squeeze out the juice in the usual way. Juice thus prepared is more whole-some than the juice of cooked fruits, but not so good as the juice of fresh fruits, freshly extracted.

Sauerkraut

Do you approve of sauerkraut? C. H. R. Sauerkraut is cabbage which has undergone lactic acid fermentation. It furnishes but a very small amount of nutriment, but it is a fresh, uncooked vegetable and, as such, is of great value to the peasantry of Europe during the long winter season. In

the absence of fruit and fresh vegetables is the absence of fruit and fresh vegetables, it constitutes almost the only source of vitamines, which are found in raw foods. The use of sauerkraut could be scarcely recommended when lettuce, cucumbers, colery and other superior fresh vegetables are obtainable. Sauerkraut was introduced into the lettuce of the lettuce of

Acid Stomach and String Beans Actu Stolland and Stolland, but why do string and burt me when other coarse vegetables do Michigan.

this country with the coming of the immi-grants from Russia and other parts of

northern Europe.

It is probably due to the considerable It is probably due to the considerable amount of chewing required. Chewing increases the formation of gastric acid. Persons with pronounced hyperacidity should take everything in the form of purees until the acid condition is relieved. The distress may also be due to the fact that you are sensitized to beans.

Removing Scurf From Scalp Pisane give treatment for removing a tark, driy-appearing scurf on the scalp.

JAMES D. S.

Shampoo the scalp theroughly with castile scap twice a week and afterward apply a lotion consisting of the following: Alcohol, one-half ounce; water, one-half ounce; resorcin, ten grains; castor oil, one drog. Any druggist will make this up for you.

The Soy Bean

How are soy beans different from ordinary Japan. It differs from the ordinary bean in that it contains one-half as much starch and more than ten times as much fat. It also contains 50 per cent more protein. The soy bean contains nearly double the amount of protein found in flesh meats. For those who are contains meat from the district who are omitting meat from the diet, the soy bean prepared in different ways is an agreeable substitute. The protein of the soy bean is of different quality from that of other beans, resembling that of nuts. The soy bean is a very superior food. (Copyright,)



Either hot or cold is truly delicious.

H. O. WILBUR & SONS, Inc.



Dressy Tan Street Boot

The snug-fitting cloth top, with Tan Russia Foxing, gives a pleasing combination.

Chestnut

To Our Customers

Do not get excited over the sugar situation, use less than usual—in a word, co-operate with Mr. Hoover all you possibly can in an effort to conserve the supply.

We are making special efforts to have enough in all our stores to give each of our customers a reasonable supply. We appeal to you to help us in this matter by limiting your purchases of sugar to actual requirements, so that we may have enough for each of our customers.

Remember, in view of the situation that confronts us, to say the least, this is a PATRIOTIC DUTY.

Won't you, then, help the Government, help your neighbor, and help us, by buying in limited quantities, so that none of our customers will be obliged to do without?

THANK YOU.

American Stores Company

EVERYWHERE IN PHILADELPHIA

AND THROUGHOUT PENNSYLVANIA, NEW JERSEY, DELAWARE, MARYLAND