ENGLISH WOMEN HAVE STEELED THEMSELVES TO THEATRE GOING WITH ZEPS IN THE AIR A MARRIAGE REPUBLIC, IS MATURE IDEAL AN AIR RAID TEACHES YOU OF W. L. GEORGE, DEFENDING MATRIMONY By JOHN HARVEY KELLOGG, M. D., LL. D. TO STOP IMAGINING THINGS

England Can Dance Through Visits of Zeps Because Big Actualities Make You Hope for Best-Bravery Hidden in All of Us

Now much bigger we are than our naginations! There's the girl who ines the cough belonging to the man in the seat next to her at the movies being "coughed" especially for her. the's afraid that he will-or is she afraid that he won't-follow her home? Any may, she worries about it.

There's the woman who knows for a ertainty she's got a new disease the minute she finishes reading through the ond symptom. She buries herself that night-its victim. Coming a little nearer home, there's a young lady who has been invited to a dance, the kind ithout any programs. She lives through that night of purported gayety a hundred as before it comes. The picture is searly always the same. . One by one the other girls dance away-claimed. She is slone-over by the chairs. Nobody has asked her to dance.

These are the things that never happen.' They seldom get beyond our imag-

WE ARE driving at something-England and air raids. Perhaps there is no country in all the

world so stripped of her imaginations as is England today. If this were not England would be stripped of her

There is nothing more like the sword of Damocles than an air raid. There is such play to imagination. A Zep splits let it sings. There are bombs. Oh, wild cowardice and become something big and horror, there are deaths! The Zep is fine you never thought you'd be. rone! This has happened before-maybe a night ago, maybe a week ago. It will happen again at any moment. And yet feel sort of above worrying about little England has learned to go to the theater, nameless things?



A long and curling feather droops down over milady's shoulder. gracefully

to dance, to play with the baby, all while walting for it to happen again at any moment. This peril, millions of times

more heart tearing than a partnerless dance or a possible disease!

THIS lin't meant to be a.. object lesson. Lit's just a little observation on human nature, a hopeful observation. Human terror in the world that could give just human, and it gives you a thrill to the velvetness of the night. Like a bul- actuality like an air raid you shed your Why, it makes you look at yourself in a new light. And doesn't it make you

very smart handhag with the help of a few gold

beads. The bag is flat and the front ornamented

3. Miss Grace Parker is the national com-

mandant of the National League for Woman's

Sees No Reason Why He Can't Kiss

marry, and deep down in your heart you do not think that nice girls allow such fimiliarities. And, K. G. H., both you and

other young men know very well why you shouldn't, and you also know that most of

Should He Take Girls Home

To the Editor of Woman's Page: Deer Madam—Pieane tell ma whether A or it is right in a question of etiquete? A and B met libree sitis they knew in a movine-picture pieze, and after speaking to them A continues to watch the picture, and when they leave hows. but does not offer to take them home. H is enjoying the picture area. He, however, offers to accommany the girls home. Which is right? The meeting is only by accident and A and B both wanted to stay to see the picture, but differed in this point of politeness. C. D. E. In a way, both are right. That is, there was no necessity for A or B to see up of the set up and

Work for Schoolgirl

Since you can cook and sew well, why

not make cakes and candy and little novel-ties and sell them through the Woman's Ex-change at 114 South Seventsenth street.

To the Editor of Woman's Page:

you don't.

with a huge gold butterfly in beads.

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 like those given below are invited. It is understood that the editor does not necessarily inderse the seminent expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCILANCE. Eventry Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

What excellent home-made device can be 1. Who is presided 1. Who is president of the General Federation 2. Would it be proper for a bride's brother to sive her away, providing her father sitends the ceremony but does not care to take part in it? How can the drying by hand of dishes be

out of the dish-washing process?

. Is it practical to put up preserves and es in small waxed-paper cups? 3. What will make thin and shrunken hands plump again?

ANSWERS TO YESTERDAY'S INQUIRIES

1. To eliminate wastes in celery stalks, cut mittwise into several pleces that can be tied a bundles as asparagus. They make an ex-ellect leftover cooked and served as asparagus. 2. A piece of old sealskin can be made into a

2. The regulation ration fed to each man in when not traveling is sixty-seven and the ounces. This excludes salt, coffee, ts. etc.

In "doing over" the walls of a Dutch hall. best to use a neutral paper such as light alte gray or cream. This blends well with various shades of rugs and draperies.

Why Did They Eat the Custards? To the Editor of Woman's Page: Dear Madam - This is from the Evening

PUMPKIN CUSTARDS EATEN; PRIZES

Matrimony

Leading Masculine Protagonist of Feminism Champions Holy Bond After Many Attacks

By M'LISS W. L. GEORGE has written "A Defense of Marriage," thus proving that once in a great while the impossible does happen.

The leading masculine protagonist of feminism; the young English champion of the strong-arm, radical sadies; the man nature isn't English or American, it's who has perhaps written more vividly and just human, and it gives you a thrill to more lucidly about the new woman than any other writer-whoke heroines without a single exception that we heroines without been preternaturally fond of the divorce court or the alliance "without benefit of clergy"-appears, incredible though it must seem, as the defender of the institution of matrimony in an article in November's Harper's Monthly.

With all the brilliance that George has used on former occasions to satirize the holy bond, he now turns to its defense and to the defense of the feminists who, he de-clares, have been too quickly accused of wanting to do away with all existing institutions

"As regards marriage," he writes, As regards marriage, he writes, we have been examperated—but we do not want to do away with it, one reason being that we cannot and another that marriage is about the best system that we know of for carrying on the common life. It is true that we want marriage with all the latest improvements, but I believe that the es-mons of the institution will remain until sence of the institution will remain until

human nature ceases to be human."

MORE VIRULENT THAN SHAW In his attacks on the institution of marriage in the past George has been even more virulent than George Bernard Shaw, the virus of whose attacks we always sus-pect to be diluted with an appreciable quantity of frivolity and sheer pose. Moreover, we always have a feeling after the Shaw marriages, even in that topsy-turvy play "Misalliance," that the pairs are going to live, if not happily forever afterward, at least as well as it is possible for two mar-ried persons to live. But with the younger writer it is different; when he marries two persons you just know that trouble has bobbed up on the horizon simultaneous with the slipping on of the wedding ring

You remember "The Stranger's Wedding, the story of the marriage of a young lord with the beautiful daughter of a washer-woman. With an analysis that was merciless the author took you along with them down the sordid, tragic steps that led to their divorce. You remember, too, "The Second Blooming." the heroine of which, a lovely, erotic woman, typifying so many women of the cultured class today, is tied to a shaggy. Newfoundlandish mort of a Admits, Finally, That the System Is About the Best 'We Know Of' for Carrying on Life

Bachelor

for women, with this feminist's assertion

"Still," he adds, "In both cases bachelor and spinster develop analogous symptoms. They tend to grow precise in the ordering of their furniture that the ordering of their furniture, their clothes, their hours and occupations, to resent violently any disarrangement of their lives. A smug sat-isfaction arises, and at that stage the bachelor or spinster is difficult to rescue." THE CHILD MOST IMPORTANT

Without bringing any moral reasons to

pression of true love, an offering to the present, a hostage to the future. Those who marry and want no children have not always married in error, for human types are various and not all of us care for so close a common bond as is the child, but there is something lacking in their desire for unity. They find no need for tangible expression of that unity. And what is tragic is that often in unavowed unions there is a deep but unrealizable desire for the child." But right here George cannot resist a whack at the monotony of marriage, which

he has in the past been so fond of emphasizing "The child thrives best in rather hum-

drum marriages, because It is the most vital fact in a relation not very simulating in itself. It is interesting to watch it grow; it is flattering to find it intelligent, and

one generally does; it is amusing to plan its future, even though one knows that it will probably plan itself. All that means marriage, because marriage is the child's atmosphere, its mental protector. To feed the body of a child is not enough. It needs another food, made up of the love and interest of two persons who by its means have intertwined their lives." But in the conclusion, if nowhere else

pointment grows slowly, because one always hopes that the next occupation will be a pleasure, whereas it is only a pastime; thus one swiftly arrives at the view that time "All this does not mean," he fairly flaunts it, "that modern marriage does not need to be made more easy. Leaving out the care of the child, marriage must grow more possible of conclusion and dissolu-tion; it must see to it that 'I' and 'You'

are not entirely merged in 'We'; it must acquire a more republican tendency. Mar-riage will have to allow a greater freedom, because denial of freedom breeds passion for rebellion. "'In every home a marriage republic,'"

he concludes, "is a preity good motto for coming times."

GOOD HEALTH QUESTION BOX

mesoer to health questions, Doctor Kellogy in this space will daily size advice on preventing advices, but in no case will be take the risk of making diagnoses of or prescribing for all ments requiring surplical treatment or drugs. Health questions will be promptly as swered by personal letters to inquirers who incluse stamped envelopes for right.

Rest (Conclutera) If EXERCISES are taken at bedtime, they should end with a few exercises that will promote relaxation of all the muscles and an equal blood supply through-out the body. The exercises should be of the same nature as the following, and should be done lightly, with as little exer-tion as possible:

tion as possible: (a) Stand easily erect, chest well raised and abdomen drawn in and raise the arms above the head. Then let them fall gently --first the fipgers, then the wrists, then the (b) Stand erect, as before, and let the

head fall gently forward, then the arms and the trunk above the waist. The breath should be expelled at the same time. After

nould be expelled at the same time. After a little pause, raise the body slowly, breath-ing in slowly at the same time. (c) Let the arms hang at the sides, then slowly and gently swing them from side to side, gradually letting the head and then the trunk swing with them.

Deep breathing is one of the best of ex-ercises for promoting sleep, but it should be taken near an open window, if not en-tirely in the open air. Insomnia is gener-ally cured effectively by avoiding late suppers and taking a prolonged bath at a tem-perature of 92 degrees to 95 degrees F. Just before retiring. Since sleep is such an essentially vital function, it is important to maintain those conditions which will be most conducive to it. One's daily babits of carting everylar.

reasons already stated. Besides, they are too soft and yielding, thus inducing too much heat about the head. A pillow shaud be firm and not large, just high enough to bring the head on a level with the body: never high enough to elevate the shoulders. The real use of a pillow, if indeed there be a use for one, which is a somewhat mooted question, is to support the head. it. One's daily habits of eating, exercise, work and thought have largely to do with one's ability to secure good sleep; so like-Pellagra is not due to the eating of A. B. M. Moldy corn, nor is it any form of infection. A defective dietary, one that is deficient in vitamines, is the cause of pellagra. Eggs. milk, peas and beans, and an abundance of fresh vegetables and fruits form a diet that will prevent pellagra and are also suitable for one who has this disease. wise has one's environment during the pe-

vide has one s environment during the pe-riod of aleep. Every eleeping room should be large and well ventilated. Fifteen feet square is not too large a space to afford an adequate supply of air to maintain a healthful structphere during the hours of sleep if, as in customary, two persons occupy the room Seldom, however, are such commodious quarters set apart for sleeping rooms. The

living rooms are chosen with a care for comfort and health, but the smallest and most inconvenient rooms on the shady side of the house are considered quite "good enough to sleep in." apparently on the as-sumption that because during the time spent In sleep one is oblivious to the things around him, it matters little what these surroundings be. Few people but would object to spending one-third of their lives amid unwholesome surroundings during the daytime, and why should any one be will-ing to spend thus the same proportion of

time while asleep? The ideal sleeping room should have windows upon both sides, one facing the east, that the morning sun with its dis-infecting rays may freely enter to dry and purify the bedding as it is spread open for its daily airing and to search out and dis-

infect any nook or corner where dust and germs may have found lodgment. Bedsteads of iron or brass are considered the most sanitary. They are less cumber-some than wooden ones, less liable to har-bor vermin, more easily kept free from dust, and, in case of infectious diseases, more easily disinfected. Feathers, while

tubercular diseases, even in the absence of cough, emaciation, night sweats and other prominent symptoms which characterize the more advanced stages of this disease. Microscopical examination of the sputum and X-ray examination is necessary. You should consult a specialist at once. Albumin in the Urine What is the significance of albumin in the The temporary appearance of album the urine indicates congestion of the kid-neys, a very common result of constipation. When albumin is constantly present in con-

the feather best resting place. A well-filled mattress of hair or elastic feit, or of fine excelsior, moss or straw, these being the materials least absorbest of water and of organic matter, resting upon of water and of organic considered the most

of water and of organic matter, resting upon woven-wire springs, is considered the most wholesome. The mattress should be aired daily, frequently turned, and once each week, or at least once in two weeks, taken out of doors to be sunned and well beaten.

out of doors to be sufficed and well beaten. Pillows, if used, may be made of hair, moss or cotton. If they can be afforded, air pillows and mattresses are excellent. Feather down pillows are objectionable for reasons already stated. Besides, they are too soft and yielding, thus inducing the

Diet in Pellagra

What sort of diet is necessary in pellagray

Tuberculosis How may tuberculosis be early known? ANXIOUS.

ANXIOUS. Physical diagnosis has been so far per-fected that it is possible for well-trained ex-perts to discover the very beginnings of tubercular diseases, even in the absence of

siderable amounts, it indicates chronic de-generation of the kidneys, due to a large amounts of acids in the tissues. The concentration of these acids in the kidneys re-sults in the dissolving of the cement sub-stance which holds together the cells of the

kidney. This cement substance appears i the urine as albumin (Copyright.)





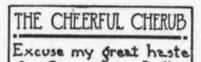
and catalogued. Desiccated, selfish, ego-tistic, it is an unhappy portrait gallery he asks you to witness, but when you begin comparing those cases with men and women in real life of whom they actually remind you, admiration for George's perspicacity shoots high.

Marriage, George declares, is the only insurance company that issues policies against loneliness,

"The fight against ioneliness," he writes, "in which millions are engaged, is perhaps as cruel as ioneliness itself. In youth the natural cure is sensation, the occupation' called amusement, which consists in looking on at the pleasures of other people who have found companionship, in being a spectator in theatres and at sport grounds, in making brief and disappointing experiments in what one thinks to be love. The disap-

is an enemy which must be killed and not a winged fairy fit to carry a man through all the kingdoms of the world."

Many women, doubtless, will take issue, in this day of more than equal opportunity



for from danger I flee

dogs no protector

for me-

He's an unconscientious

e.J-"

objector, you y

B.T'CANN

see.

And in danger this

that "all the world is open to man, while woman has only love. If women have not that, they seldom have anything at all.

GIVEN DOVIESTOWN. PR., Oct. 27. - A pumpkin-sustard contest conducted by Richland Grames. It Richlandfown was a decided suncess, ludg-ins from the fact that the entire exhibit of two custards, baked in upper Bucks County style, was eaten after the Judges had per-formed their duties. The first prize was awarded to Mrs. Jacob Landla snd the second to Mrs. I. H. Baum. The best part of the contest was the proof of the pudding. How to make? Buggest asking the ladies mentioned for their dops."

We suspect a mere man of having made this suggestion. Maybe his mouth watered when he read about the Bucks County atard. Ours did when our eye rehearsed story. The suggestion is so good that are acting on it and hope to be able orly to explain with a few recipes why the contact of anymeared after the conten custards disappeared after the con-

Indian Meal Doughnuts

Indian Menai Soughi To the Editor of Woman's Page: Dear Madam-Can you print a recipe for making doughnuts out of comment? I know if will probably be necessary to use some four. (Mrs.) A. M. R.

Doughnuts can be made out of corn-

meal, but, as you say, some proportion of white flour is used. The ingredients are: Three-fourths of a supful of milk, one and one-haif cupfuls of ins white cornmeal, one and one-fourth cupfuls of wheat flour, one-fourth cupful of butter, three-fourths of a cupful of sugar.

of butter, three-fourths of a cupful of sugar, two eggs well beaten, one teaspoonful of etnnamon, two teaspoonfuls of baking pow-der, one level teaspoonful of sait. Put milk and meal into a double boller and heat together for about ten minutes. Add the butter and sugar to the meal. Sift together the wheat flour, baking powder, pinnamon and sait. Add these and the ergs to the meal. Roll out on a well-floured board, cut into the desired shapes, fry in deep fat, drain and roll in powdered sugar.

Gifts for a Little Girl of Eleven the Editor of Woman's Page:

Dear Kadam-Will yes please print in your bases how to clean imitation ermites fur-wells your let me know a series outpot on a for a child of ten years? Books twith for the laking in them. While instruction years by alos to mice a gold select year years hirthay is in November. V. M. T.

In a way, both are right. That is, there was no necessity for A or B to get up and leave the pictures and take the girls home, since they did not bring them nor plan to meet them there. At the same time it was extremely courteous for B to take them home. And since B did it, it would have been better for A to go with him, as his not going made him appear a little remiss. Neither one was called upon to do so, however, so it all comes down to a matter of personal feeling whether A and B wanted to offer or whether they did not. There was no obligation about it. Clean the fur with hot cornmeal. Rub To the Rditor of Woman's Page: Dear Madam-I am a young girl, seventeen, and in my senior year at bigh school. I would like to do some work and earn money. Work at home would be preferable, but would do out-side work if no other is obtainable. I am quite mood at figures and like baking, cooking and sewing. E.G.

Clean the fur with hot cornmeal. Rub in well into the place and then put away a several days. Take out, brush thoroughly at hang in the air. Why not give the little girl of eleven a it of knitting needles and enough of yarn get her started at some little place of ora? They have regular free knitting same in the air needlework departments the big stores, and she could learn at and these, provided you buy the yarn

lidren always love books. Hair rib-mr pocketbooks, too, are appreciated, might start giving her a set of ivory for her hureau. Give her-the file on withday and have it marked with her in blue enames and then give her an-piece of the set at Christmas, and

as of books have been mailed to you.

Cornmeal and Rice Waffles

Comment and Rice Walles rates of Wassen's Paper Machan-Will you binase print a resipe ontumn for command and rise motionst areas if on different merus that are bin to the newspapers Oirs.) N.R. Cretical States Department of Agri-tempedicits are one-half conful of a concent conful four, one copful o says, well basim one tablespoon institute, ane-half tempoonful a the hearpoonful mett, one copful a statempoonful mett, one copful a

thes and sell them through the Woman's Ex-things at 114 South Seventsenth street. This organization diaphays your souds in its abop. For the privilege of this service is a year is charged and 15 per cent of the proceeds of the sale. If you know how to only the sale of your talent for "figures" is would probably be mecessary for you to would probably be mecessary for you to the you their yars and make it up for the would probably be mecessary for you to one of your know I have heard of small storekeepers employing girls to keep their books after school hours. If you not think it would be difficult for you to find such a position, is how is so marre now. This possible that you might get some works to do through one of the war-relief agencies. There is no most filling stre, to be down now. If you write a nota to Henry originates, its Wildener Building, and en-mine also Warsard to blue, sentance be write a show the means of the war-relief agencies. There is no most filling, and en-mine also the same filling.

To the Editor of Woman's Page: Dear Madam-I read your answer to the stri who said another siri had told her she ought to have let a young man kiss her she ought Of course I was not surprised to read what you said, for that's the written rule. But I think, and as a young man feel safe in saying ment young men think. It's quite right to do it. We do not like to admire women as cold and We do not like to admire women as cold and forbidding statuse, we like to express our feel-ings, and see no harm in it if it is done in a mannerity way. I wish you would answer me wby we should not and yet most of us do. I think if the rule was always followed there'd be many girls without fellows. K. G. H. man His every word and act become maddeningly irksome to her, despite the bond of children. She gropes for happiness in an "affair."

inime if the rule was always followed there'd be many airis without fellows, K. G. H. I cannot agree with you that girls would be without admirers if they did not allow them to kiss them, or that many girls allow these liberties. In fact, Mr. K. G. H., you would be one of the first to think a girl easy who allows you to kiss her whenever you cail. Perhaps there would not be any harm in one kiss good night, but would these attentions stop there? Would there not be many kisses during the next call? And if a girl had not promised to marry you, but allowed you such privileges, would she not greatly cheapen herself in your eyes and in those of any other man to whom she gave her kisses so easily? You are not in earnest, of course, for every man who thinks at all knows he would not want the girl who freely kisses him, and The same George who with a pitilessly analytical pen wrote those books and many other treatises of a similar trend now takes up the case of marriage, with a pen no less pitilessly analytical because it is defensive. Earl Barnes, the Philadelphia lecturer and feminist, once said to me that he con-sidered all "middle-aged unmarried men and women so much biological waste." CELIBACY SHRIVELING

Bic.

George goes further. Vividly in his mag-azine article he paints the shriveling effect on body and soul that loneliness and cellbacy and unions outside the pale have on men and women. With his characteristic thoroughness he gives you cases of hachelors and spinsters whom he has observed want the girl who freely kisses him, and others, too, for a wife. You will, of course, kiss a girl any time you think she will let you, but she is not the one you want to



Free marriage, it would seem then, rather than free love, is this interesting feminist's more mature and wiser summing up of the ideal human relationship between a man and woman.

Two Paths

A path across a meadow fair and sweet, Where clover-blooms the lithesome grasses

greet. A path worn smooth by his impetuous feet. A straight swift path—and at its end a star Gleaming behind the lilac's fragrant bar, And her soft eyes, more luminous by far!

A path across the meadow fair and sweet, Still sweet and fair where blooms and grasses meet-

A path worn smooth by his reluctant feet. A long straight path-and, at its end, a gate Behind whose bars she doth in silence wait To keep the tryst if he come soon or late ! --Julia Caroline Ripley Dorr.

Living on High The maiden, she who used to be so patient and so meek, who waited calmly for the growth of roses on her cheek, now greets their slow arrival with a righteous young

complaint and scouts her little brother forth to buy a box of paint; and when her ears are anxious for the story sweet and old, she gives her cool admirer hints ter-rifically bold .-- Cincinnati Commercial Tri-

Special

Values

This Week

ın

Suits

Coats

Dresses

Blouses

Official

Outfitter to Motor

Messenyer Service

Scald one quart of cornineal with one quart of boiled milk, let stand until luke-warm. Stir in a tablespoonful each of lard and butter, two tablespoonfuls of sugar, a seltopoonful of sals and a yeast cake dis-solved in cold water. Best smooth, pour lit buttered multim rings on buttered pan and bake fitteen minutes.—American Indian Crim 180 Ways to Trapars and Cook 32

Ultra Dress AVUUUUUU Boot \$14 As light weight and dainty as a street shoe can possibly be. Patent leather vamps with natural shade buckskin top. CLAFLIN, 1107 Chestnut MANN & DILKS **1102 CHESTNUT STREET** Ladies' and Misses Plain Tailored Suits. 23.75 24.75 26.75 31.75 Our Tyrol wool suits in new styles and colorings have a style of their own and are not on sale elsewhere. Tyrol wool has endless wear. Will not wrinkle or muss. Needs no pressing. Top, Street and Motor Coats 24.75 27.75 32.75 37.75 Stetson Velour Hats MANN & DILKS