CALORIES AREN'T AS DIFFICULT AS THEY SOUND-TRY THEM

There Are 100 Calories in a Pound of Canned Tomatoes and 1520 in Same Amount of Dried Beans-Housewife Should Know This

DERHAPS in all the world today there f an't a more despised, more misundertood term than the calorie. Certainly ou couldn't call the calorie a household The average woman runs away hen you begin to talk about it.

And yet we are standing at a bend in the road where it is almost impossible to go any further without talking about food values, and when we talk about food values we come to the calorie.

Not many of us are really concerned with the technical definition of a calorie. Alice Kitchell Kirk, a noted food economilst, gives one that is lots more to the point. If the average woman, she says, annot imagine the calorie as the meaning of a measure of heat, let her get up om her chair, shuffle her feet and sit wn again. With this simple motion, Mrs. Kirk says, we spend a calorie of energy in the body which was put there

THAT'S the sum and substance of it. All we do we owe to the calories. We souldn't get as far as the door without them. And if it's so easy to spend one of these queer little things, think of the hundreds we ought to have on hand for more strenuous activity.

The way we accumulate these calories originally is to "eat" them. When we spend them at our dail; tasks there is no way to get them back but to "eat" se more of them.

-in some foods than there are in others. | to the housewife to play sure.

Vyvettes



going you realize the wasts of investing to great extent in cannel tomatoes. In a pound of dried beans there are 1520 calories. Of course, there is no way for the housewife to know these things unless she becomes interested and begins to study them.

 $I^{
m N}$ A good crisis like ours it is vital that we buy the food that goes the longest THE big important reason why we way in building up our bodies. The day ought to know about calories is that of guesswork has gone. Food is scarce there are more of them—a good deal more I and we can't afford to gamble. It is up

For instance, canned tomatoes, in spite of | Calories aren't half as difficult as they the many times we have served them on sound. The best way to learn them is our tables, contain virtually no nutrition. to send to the United States Department There are less than a hundred calories of Agriculture and ask for the caloric found in a pound of them. When you tables on nutrition, Spend a few minfigure that a laboring man needs 3000 utes with these each day before you go

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 invaled. It is understood that the editor does not necessarily indorse the sentiment upwared. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

2. In turning on the gas for cooking, when greatest heat attained?

lture gained great favor this season?

L. What substitute for sugar can be used in | 1. What book has been published by the British War Office that will mark an eroch the recognition of women by governments?

3. What are the most popular colors and materials for the new vest that is being worn with coat spits?

ANSWERS TO YESTERDAY'S INQUIRIES

2. If scalding water is poured over dishes they dry themselves and do not require the use of a towel. A draining tray should be used in

Preserves and fellies can be put up in small

axed-paper cups and scaled over with parallin by with olive oil will help to make them plump again.

3. Massaging thin and shrunken hands nightly with olive oil will help to make them plump again.

To Remove Candle Grease

"- this process.

To the Editor of Woman's Page:

Dear Madam—Will you please tell me how to a colored wax stains out of a tablecieth. The nk candles dripped on the cloth. (Mrs.) A. These stains are composed of paraffin in hich there is an organic dye, and as traffin does not spread like ordinary case, it is possible to scrape a good bit of rease, it is possible to scrape a good bit of the wax away, which possibly you have done. Now use blotting paper and a warm fron to remove as much of the paraffin as possible. Place the blotting paper over the stain and by means of pressing a warm fron on it draw the grease into it. Next dis-solve the coloring matter by sponging the stain that remains with alcohol. If a slight grease stain still remains, sponge with a little chloroform.

A Little Girl Plays Smarty

To the Editor of Woman's Page: Dear Madam—I have a little girl who is descipling the very bad bablt of showing off. Simower there is any one around she acts amarty." and if I correct her she gets importantly in the little sirl is nine, and we have a rottleed this fault so much before. I have o other children, and perhaps it is because to the sa little spoiled that she acts this way, but a little spoiled that she acts this way, but a little spoiled that she acts this way, but a little spoiled that she acts this way, but a little spoiled that she acts this way, but a little spoiled that she acts this way.

The little one, I am afraid, has been polled, otherwise she would not dare to let impertinent even with strangers around. The is like a great many other little girls She is like a great many other little girls in the world, so don't worry too much. When a little girl gets to be nine years old she has a certain amount of womanliness; for instance, she likes to make doll clothes and even to learn to cook. Try to bring out this side of her nature. Reason with her as you would with an older person, and ask her to imagine how silly it would be if one of the larger girls started to flounce her skirts and act like a "smarty" just because others were around. Tell her how much it counts to learn to be a little lady when one is nine years old. If you are on one is nine years old. If you are ving afternoon ten to guests let her help serve. This will please her and make her a little bit above showing off. If she not respond to this treatment promise pumish her if she insists on playing arty." Don't whip her, but deprive her e trip or something of that sort break your word about a punish-Firmness is invaluable with chil-

Cake for Little Bride

Madior of Women's Page;

Madam - Will you print a recipe for a mayor cake, bot more than four come? making boiled telms for cake about I has cream of tariar when heating the of egg of in the boling sugar and water at use is the cream of tariar in the length at use is the cream of tariar in the length.

am taking it for granted you want a foundation layer cake that can be alth any flavoring or icing or filling. In an excellent ong:

at one-third of a cupful of shortening i one cupful of sugar until they are and creamy. Add two eggs well in a half a cupful of milk one and thirds supful of flour, three teaspooned baking powder, a pinch of sait and if a teaspoonful of lemon or vanilla beat thoroughly and pour into the lemon of the control of the control

A high hat of fur, with a red, white and blue cockade in front.

of these heat units a day to keep him marketing. Watch the family improve:

THE WOMAN'S EXCHANGE

3. What rearrangement of the living room

2. What are the duties of the chalrman of the

1. A wire letter busket fastened with wire 1. Mrs. Josiah Evans Cowies is president of the radiator makes an excellent device for the General Federation of Ciubs. 2. If, because of age or shrinkage from pub-

> ceremony. It is quite proper for the bride's brother to give her away in his place.

Wants Mysterious Job

To the Editor of Woman's Page: Dear Madam—It is rumored that a firm it the vicinity of Essington desires men to enter their employ in the nature of special investigation which requires the employe to sign is contract for about a year with the stipulation that he shall not leave the plant or be in communication with the outside.

N. F.

About the middle of July it was rumored that the Westinghouse Electric Company wanted 1000 men who would be willing to enter a new plant to be built for the manufacture of war munitions by a secret process. They were to be guarded from the outside world until the Government saw fit to make the details public. The period of the contract was for ten months. A little to make the details public. The period of the contract was for ten months. A little later this rumor cropped out again, but nothing has been heard since to my knowledge. If you are anxious to serve on this secret mission the only way to get definite information would be to write to the Westinghouse Electric Commany to the Westinghouse Electric Company in Pittsburgh, Pa.

Tie. Gloves, Etc., for Full Dress To the Editor of Waman's Page:

Dear Madam—I am invited to attend a ban-quet. Full dress is to be worn. Will you please tell me through your valued paper Just what style of hat, shoes, tie and gloves are worn in full dress? Thatking you. J. E. D., Jr.

A full dress means dress suit with swallow-tailed coat and white yest. The tie worn with the standing collar and stiff or fine pleated shirt must be a small bow tie of white lawn or fine linen. Pumps or patent leather oxford ties are worn with black silk stockings and white kid gloves are the only kind permissible with full dress. A high silk opera hat is usually worn wift full dress, but as opera hats are decided luxuries, many men do not wear them, and any kind of hat may be worn. It must be a hat however not a can It must be a hat, however, not a cap.

Dying Hair and "Munitions"

To the Editor of Woman's rape:

Dear Madam—Please give the formula for wainut stain for reddish-brown hair, how to apply and where one can get formula filled. Dees it color the hair on one application, and how often must it be used? Also how to get a position in the munition plants and where to apply for the position. Have found many useful recipes in your Woman's Page.

(Mrs.) R. V. M.

Dyeing the hair is such a risky proposi-tion that in some of the hair-dressing establishments one is obliged to sign a card taking full responsibility for such risk. To apply the dye requires skill. Think very carefully before you decide to do it your-self or even have it done at home.

Here is a formula for the stain, which can be filled in any large drug store. I cannot guarantee the exact shade of brown it will produce, the more applications, however, the darker will be your bair. The formula and advice printed below the followed at your own risk: must be followed at your own risk:

Four ounces of walnut skins heaten to rour ounces of wainut skins heaten to a pulp and sixteen cunces of rectified spirit. The hair should be perfectly clean before the dye is applied. It must be applied evenly to all parts of the hair, even to the roots, and yet not stain the scalp. A small brush, such as a haby's hair brush, would be useful in applying it.

be useful in applying it.

One application of the dye will darken your hair to a certain degree, but, of course, the result produced depends largely on the original shade of your hair. It one coat of treatment with the dye does not produce the desired effect try another. The number of subsequent times you will have to dye your hair depends on the sort of care you take of it. Frequent wetting, of course, removes the artificial coloring.

Apply to the Co-operative Labor Bureau of the Woman's Committee of the National Incidence of the National Incidence of the National

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

The Messenger

I DO not know how long I had slept with one arm around Rowdy's neck and my face on him for a pillow when I heard Rowdy growling inside of himself. I do not think I would have heard him if my ear had not been against him. I woke up and heard some one moving in the old man's bedroom, and then I heard a voice calling, not very loud, "Patsy! Patsy!" I was awfully glad and so I said, "Here I am! What do you want?" The voice said, "Where?" I said "Right under you. If you

"Where?" I said "Right under you. If you will drop a match through the crack in the floor and put your eye to the crack I will light the match and you can see me."

I know by this time that it was the burstar talking. He dropped a match and I lit it and held it till it burned my finger and went out. He said, "Well, that's a tough place to sleep." I said, "isn't that the truth?" He said, "If you feel that way about it why do you sleep there?" I said, "I crawled under here for something and the man who is a hundred years old shut us in. He says he is going to keep us here till we die."

Just then I heard a funny sound and Rowdy barked and then kept still, and I heard the man who is a hundred years old laughing in his crazy way, and the burgiar did not speak again. Fretty soon something warm dropped on my hand and then there was a noise like something rubbing across the floor and the old man moving along at the same time. Rowdy and I followed it underneath the floor till it went out the front door, and that was as far as we could go. I called to the burglar a lot of times, but he did not answer.

After a long time the board where we came in was taken away so quietly that I

guess I would not have known it but for Rowdy. He made a dash for the hole and I followed him. When I got outside it was much lighter than it had been under the house, and I could see the man who is a hundred years old lying on the ground with Rowdy's feet,on him, and the burglar lying wdy's feet, on him, and the burglar lying se by. I found out afterward that while the burglar was peeking through the crack the old man had sat up in his bed and blammed him with his cane. Then he had dragged the burglar around to the window and would have poked him under the house with Rowdy and me if it had not been for Rowdy. The old man told me so himoff before I would let Rowdy get off him.

When I let the old man go he got up and went into the house, and I got some water and gave Rowdy and me a drink and poured he rest on the burglar's head. Pretty soon the rest on the burglar's head. Pretty soon he sat up and did not know where he was till I told him. He had a lump on the back of his bean as hig as an egg and his hair was full of blood. I did not tell him about the money under the house. He just rubbed the lump on his bean and said. "Wouldn't that get your goat?" I told him it certainly would. Then I went into house and got his crutch and we went to Mr. Rockrudder's, but it took us a long time, because he had to rest so often. We got there in he had to rest so often. We got there in time for breakfast and the burglar did not want me to go to school today, but I told him he was crazy in the bean. He said he had had a bad dream about me last night, and he knew I had never stayed all night at the house of the man who is a hundred years old, except the night when Rowdy chased away the hoboes. So he thought I might be in trouble, and took his crutch

and went to look for me.

When I prayed tonight, I said: "Dear mother, which art in heaven, you can't put it over on me, for I know it was you who it over on me, for I know it was you was sent that dream to the burglar to get him to go and find me. That is the way angels have of getting people to do things for them. But for cat's sake what did you let the burglar get blammed on the bean for when he was doing what you sent him to do? I suppose it was a joke and you didn't know the old man could hit so hard. Thank licity, a father thinks best not to walk uf the aisle with his daughter, but still attemis 'he you and God, anyway. Amen."

"Treasure Trove," the next Patsy Kildare adventure, appears in Thursday's Evening Ledger.

Tomorrow's War Menu

BREAKFAST Outmeat Cinnamon Toast with Honey Coffee

LUNCHEON

Roast Fork Croquettes (leftover) Graham Bread Apple DINNER

Braised Lamb's Liver
Mashed Turnips Browned Potatoes
Endive Salad
Fruit Cup

CINNAMON TOAST Use stale bread that has been cut into medium thin slices. Toast very evenly to a golden brown. Spread with butter and then with honey. Finally sprinkle with cin-namon. This is served hot, as waffles are,

THE CHEERFUL CHERUB

I'd like to stop the nervous clocks That tick the minutes one by one. Somehow they chop the days up so I'd rather tell time by the sun.

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you come in and look. Please don't feel that it is necessary to purchase. 12th St. Below Chestnut St.

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IN THE MOMENT'S MODES



The vogue of the short fur coat grows and grows and has attractive expression in the accompanying model of Hudson seal. It is made in a raglan cut, fastening with one button and very much cutaway. The seams from the shoulders are used to provide deep and unusually placed pockets on either side. The very loose sleeves, almost bell-shaped, introduce a new note in fur and are banded with blended musk-rat. A big collar of the same fur and a band of it introduced round what might be the waistline of the coat, if it had one, complete a very dressy, striking and comfortable little jacket.

"MA" SUNDAY'S INTIMATE TALKS

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

The Girl Who Played Kissing Games

CLET'S play postoffice!" The suggestion when a strange young man came to town to play the new pipe organ, just installed in her church, she took to seeing him late at It was at a children's party some years

ago, and I was one of the mothers invited to have tea, while the children gorged themselves on the strawberries and ice cream so dear to their hearts. There were little guests present of Now, "postoffice," as you will remem-

ber, is one of the so-called "kissing games," which, like "pillow and keys," "clap in and clap out," and others of same style were so popular at some years ago.

"MA" SUNDAY With Laurie's nother about letting her daughter indulge

"Really, you carry your notions of primness to excess!" she retorted impatiently. "I think it is quite ridiculous to see anything wrong in mere child's play. The youngsters like these games, and there is no harm in them that I can see."

Time went on and when Laurie was about fourteen her mother died and she went to fourteen her mother died and she went to-live with a maiden aunt, who was as un-compromising in her severe code as her sister had been lenlent. Laurie was taken out of an atmosphere of loving indulgence and transplanted into a cold storage ware-house at the most critical time of a young girl's life, when the bud of womanhood was

ning within her. "All men are evil and not to be trusted," er aunt told her, and forbade the boys her

She began to meet boys by stealth, stealing out of the house by the back door after her aunt had gone to bed and filtring with various youths in the garden. This practice soon became village gossip, for the boys were not above boasting. But it did not reach her aunt's ears. Thinking that I ought to talk to the girl

ympathetically and kindly I called her aside one day.
"Now, Laurie." I began, "I want you first of all to understand that I was your mother's friend long before you were born, and your happiness and good name are very

dear to me.' I then went on to tell her what I hard heard about her.
"I don't know what you mean," she answered. "Mother never objected to me let-

ting boys kiss me in the games we played as children, and I thought it was just the So Laurie's aunt, while telling her that men were not to be trusted, had never told her the reason why a girl should not permit them liberties. And any instinctive reti-cence the girl might have felt had had its edge worn from it by the kissing games of

er earlier days, But habit was too strong with her, and



night in the garden as she had the others, who had gone their various ways. How-ever, Laurie believed what he said and fell truly in love with him. She came to me and told me, with shy,

glad eyes, that Harvey wanted to marry her, and would I break the news to her aunt, which I did. She immediately sent for him. "I understand that you want to marry my niece?" said Aunt Augusta. The young man looked both embarrassed and resent-

ful. "Where did you ever hear that?" he asked, curtly. "Miss Laurie is pretty and has been very nice to me, but I never considered her seriously. I never even spoke to her of marriage in my life. I don't know what it's all about, but I have not injured the girl just because Ishave kissed her. Why, every fellow in the village has done that!

"You can't pretend to me," he went on, "You can't pretend to me," he went on, "you haven't known your niece has stolen out, night after-night, into the garden to firt with the boys. Why, all the village knows it. And then you try to hold me up and say you understand I want to marry her! Marry HER—a girl who has been caressed by every boy in town! I may make love to a girl like that, but I don't marry her!"

The next I heard of Laurie was that she had left town with a married man, a

traveling salesman Friday-"Where Is God on Weekdays?"

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GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. r to health questions. Dector Kelloop in this space will daily pive advice on preventies, but in no case will he take the risk of making diagnoses of or prescribing for all a requiring surgical treatment or drugs. Health questions will be promptly ancred by personal letters to inquirers who inclose stamped envelopes for reals.

To Improve the Circulation When One Has a Weak Heart

PERSONS with weak hearts must avoid violent exercise. They should put themselves under careful training, beginning with general exercises and gradually increasing the vigor of the muscular work from day to day. Care should be taken to avoid getting out of breath or exciting the heart to such a degree as to produce a very rapid outse. If some abortness of breath is inpulse. If some shortness of breath is in-duced by the exercise, it should subside after resting for four or five minutes, and meanwhile inhaling and exhaling slowly and deeply. The pulse also should return within a few minutes to its normal rate. Walking and, especially, mountain climb-

ing are more excellent means of strengthen-

ing the heart if not excessively weak. If, however, the heart is so weak as to cause swelling of the ankles, mountain climbing is too severe a form of exercise. Still more gentle exercise must be employed, but in such cases the individual should place himself under the case of a physician. When the extremities-hand and feetwhen the extremities—hand and rect-are cold there is deficient circulation of the blood through the parts and the result is liable to be an excessive accumulation of blood in the vital centers—brain, lungs and abdominal organs. Coldness of the hands and feet may often be due not simply to deficient circulation in these parts, but to digestive troubles. The best cure in such cases is attention to proper eating, thorough mastication of food and keeping the bowels regularly active. In any case of deficient circulation the feet should be kept warm

and dry by proper footgear. Keeping the feet over a register is in-jurious, since it lessens the power of the tissues to maintain an active blood circu-lation. The best way to restore the full circulation in cold hands and feet is by aking recourse to such simple exercises as

the following:
For cold hands:
First "The milkman's slap." Raise the arms horizontally at the sides, level with the shoulders, with palms facing front. Fling the arms energetically across the chest, so that the arms cross each other and the hands strike opposite shoulders. This exercise may be varied by having the right arm cross above the left, then the left abo the right in alternation.

Second. Strike the palms together sharp-

ly in front, on a level with the shoulders; then behind the back, low down; then over-head, as high as possible; then once more behind the back. Repeat this exercise number of times, with chest high and head

erect.

Third. Holding the fingers relaxed, give the hands a thorough, energetic shaking. To imagine that something disagreeable is attached to the fingers and you wish to shake it off aids in performing the exercise correctly.

Fourth Clench the hands very tightly and then force the fingers open while strong-ly resisting. Try this with each hand singly and then both together.

For cold feet:

For cold feet:

First. Contract the toes with as much energy as you can bring into play. Hold them contracted for a few seconds, then relax the muscles. Exercise the feet alternately, and then together.

Second. Raise the foot slightly from the foot and extend it in front. Straighten the floor and extend it in front. Straighten the foot forcibly, then extend it till all the muscles in the forward part of the foot are at full stretch. This may be done either in the standing or the sitting position.

Third. Rise quickly on the balls of the feet, breathing in deeply at the same time. Hold the position for a moment, then gradually let the heels come down as the breath is exhaled.

is exhaled.

Energetic and forcible imitation of various sorts of labor, such as sawing, pulling on a rope, etc., and other exercises, such as will accomplish the running in place, will accomplish the same end. Concentrating the mind upon the hands and feet will help to send the blood to the extremities.

Muscular Co-ordination

What is meant by muscular co-ordination JAMES Y. Co-ordination is an association of various Co-ordination is an association of various muscles in performing work, particularly such complicated acts as writing, walking or piano playing. The different groups of muscles work together in such a way that the desired act is accomplished. One could not walk, write or talk if the different sets of muscles were working in different directions, that is, if they did not co-ordinate, and work in an orderly, systematic way.

Yawning

A young woman who works at a deak neg to me yawns frequently. When I notice this yawn also. What causes this yawn large MABEL S.

Physiologists tell us that in the middle Physiologists tell us that in the middle of the upper portion of the spinal continuers in a small nerve center which has charge of the group of movements which we call yawning. Just what brings this nerve center into action, nobedy knows, but it is probably caused by överaccumulation of carbon dioxide in the blood. Yawning generally occurs when a person is weary or drowsy. Many persons are inclined to yawn after eating. It is a curious fact that the disposition to yawn seems to be to a certain extent infectious. If one of a group of persons yawns another If one of a group of persons yawns, another member of the group is almost certain to yawn a few minutes later. Bathing the face with cold water, drinking a glass of hot or cold water or some refreshing beverage will generally cause the disposition to yawn to disappear.





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