PAGE OF WOMEN'S INTERESTS—WHAT IS NEW IN DRESS AND RECIPES TO HELP IN WARTIME

WE AREN'T ON PEOPLE'S MINDS HALF AS MUCH AS WE SUPPOSE

Reader Asks Cure for Self-Consciousness-Is Told to Stop Mind-Reading and to Look About for Others' Faults

Vyvettes

Four corners-turned up-they're

much safer that way!

has made for the evening. If he's hungry he's wishing so many people didn't have

to get on and off the car and hold up

speed. If he owns a Liberty Bond he's

counting fifty-two weeks on his fingers

A thousand to one he isn't thinking

THE best way to cure self-consciousness

Is to stop trying to read other persons'

minds. They are positively not thinking

2. What very appropriate trimming is appear-

marks an epoch in the recognition of women by

2. It is the duty of the chalrman of the

ing on the Scotch wool sports scarfs and tams in

get his regular salary again.

about your nose.

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 plum below are invited. It is understood that the editor does not necessarily inderse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE. Evening Ledger. Phillidelphia, Pa.

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

ANSWERS 10 April 1. The British War Office has published a published as substitutes for sugar in making record of women's work in England in a volume entitled "Woman's Work in Wartime." It

WHAT night as the bride and groom ettled back in the chair car and ratched the stars fly by she said: "Dear, think Paul took it quite hard-my rying you, I mean. Coming down the aimle I saw him sitting there in the pew. and I'll never forget his face. Why, it had a look of agopy on it."

On flew the stars. In the meantime Paul, to whom the stars were slated forever more to mean thing, managed to wend his way to the apartment. He even got as far as the rest chair and proceeded to unlace his

"Charlie," he said to the young man who shared the place with him, "if that edding had lasted another minute I'd have had to take off my shoes in the rch. Talk about agony! Great Scott! Charlie, did your feet ever hurt so that-And on went the conversation.

READER asks to be told how to A overcome self-consciousness. In a finsh I always think of this little bride and her grieving past-suitor whose shoes hurt when any one says self-conscious

Why, no one in that story is self-conselous, you will say. No, but a certain young lady took it upon herself to tell that somebody else was thinking of!

If you study self-consciousness very carefully you will find that the people who are victims of it spend most of their time telling themselves what other people are thinking about THEM.

You get on the trolley car, for instance. Your nose is shiny-very shiny, Across the siste is the young man you have met about you half the time you think they only once. You bow your sweetest to are. They have their own shortcomings him and then start to think of your nose. to consider. Just for fun some night at You are conscious of it and you can't a party spend your time looking for perget it off your mind. You've got it on his mind, too! You could tell the different things that man is thinking about what

L. What bread can best be eaten without

that it will last several weeks longer?

What is the comparative nourishment in

s be used as substitutes for sugar in making dr. All of these contain natural sugars and suire only a coating of sweetened chocolate to updete their make-up as sweetmeats.

2. In turning on the gas for cooking, the greatest heat is attained when the little blue flame is reached and there are no yellow tips on the flame. It is a mistake to turn gas up high. It gives no greater heat and injures blacken stead!

2. An arrangement of the living room

To the Editor of Woman's Page:

ch of powdered mace.

has gained great favor is leaving the center of the room bare of the usual table and placing the table near the wall.

Dressing for Fruit Salad

Dear Madam—Will you please print a salad draming that could be used with fruit salads, such as pineapples and other sweet fruits? READER.

Blend the butter and flour in a saucepan

Eggs a la Creole

Little Fox Terrier Offered

or will be forwarded to her.

Pattern for Sweater

Magazines for Our Boys

Well, one hundred to one, if he's tired. once, and maybe it will cure you forever he's wondering how to break the date he of thinking about YOURSELF.

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

SOMETHING has got to be done about my burgiar. Since he found Rowdy and me under the house of the man who is a hundred years old he wants to watch me all the time. He gets mad if I don't take his advice. I will have to get rid of him the first thing he knows. He must not think he is my boss just because Rowdy

Levy took Rowdy and me to school early this morning, and I climbed up in the tree and sang a song all about the man who is a hundred years old and the burglar and the world looked so good that I might have been up there yet-that's a joke-if Imogene had not come along and said something. I climbed down to hear what it was she said and it was nothing much, She had only said to another girl that I was crazy. I was just getting ready to make her say I wasn't crazy and that her whole family was crazy when my teacher came along and asked what was the mater. I told her nothing was the matter, but Imogene said that I had been up in the tree singing and that I must be crazy. The teacher said she wished more of her pupils were crazy the same way, so they would get their lessons better. I said, 'Isn't that the truth?"

So I didn't do a thing to Imogene and she went in, and then the boy whose green snake I lost came running and he ran around the schoolhouse till the bell rang. When we were going in I asked him what he was running his legs off for and he said he was in training. At recess he ran some more, and after school was out he started running again. Rowdy and I ran and tept up with him, and I asked him again and wondering what month he'll begin to what he was running for. He said, "I am in training to lick the big boy who punched me in the nose the other day." I said, "For cat's sake, are you going to run away from him?" He said, "No; why?" I said, "You are giving your legs a lot of training for any one who is going to stand and fight." He stood a minute and said, "That's so." Then he walked away, looking very thoughtful.

udder's I saw a lard bucket in the kitcher which was not working, and so I took it and went away without my burgiar seeing sons who are shyer than you, for persons ne. I do not mind being watched by God and my mother, but it is certainly none of the burgiar's business to watch me. I who have larger hands than yours, more turned-up noses and less powers of convent to the house of the man who is versation. It won't hurt to do this just hundred years old. When he saw me he did not open his face at first. Finally he said, "I am a hundred years old." I said, "It is lucky for you that you are, for it keeps you from being in trouble right now." Then I told Rowdy to watch him and I went under the house to get the money.

The lard bucket was nearly full when I had got it all picked up. I dug a hole for the fresh money to fall into when he dropped it and then I crawled out and put the bucket in among the vines until I had milked the cow and given the old man all the milk he wanted. After that I took the bucket and went to Mr. Rockrudder's and put the bucket under my bed. Then I went over to see George Washington and Mrs. Washington be old colored very and Mrs. Washington, the old colored peo ple, who were scared at my Slim Sally. I asked them if they had seen any ghosts lately. George said they hadn't, for there was a conjure bag under the step and he had a rabbit's foot and no ghost could come near them.

Just to show them, I went back and nade a slim sally and got the burglar's lectric light and went to call on them. I sneaked in through the kitchen, and when they saw me, before I could tell them it was a joke, they went right over the front fence and down the road, and that is some jump for a fat woman. So I went home and tonight I prayed, "Dear mother which literary department of a club to summon her committee to decide on subjects for study. The choice, the subjects then assigned to the club for choice, the subjects then assigned to the club you would make me think of it, for I have removed and the club you would make me think of it, for I have thing that is good for burglars to do who are not going to burgle any more, I wish you would make me think of it, for I have got a burglar on my hands. Ask God to bless you and my father and the burglar and Rowdy and me. Amen."

- 6

Wants to Write to Soldier

The favorite materials are Jersey cloth, duvety

The ingredients are two tablespoonfuls of sutter, two of flour, one and three-fourths supfuls of cream, one-fourth of a cupful of sman juice, one-fourth of a cupful of sugar, the yolks of two eggs, a pinch of salt and a To the Editor of Woman's Page: Dear Madam—I have often seen a certain young man and wanted very much to meet him, but somehow or other I never had the pleasure. Now I have beard that he has gone to Campbleade, and I thought it would be a good idea to write to him. I would be thankful to you if you would write a letter for me in your column which would be proper for the occasion.

A FREQUENT READER.

ever the fire. Add the cream and cook and stir for eight minutes. Add the lemon juice and just before taking it off the fire stir in Has the young man you speak of no one to write to him? You see, my dear Frethe egg yolks and sugar, mace and Chill before serving.—M. H. Neil's quent Reader, it really is not a very good plan for a woman to seek to open correspondence with men in the camps, or anyilar mayonnaise is delicious on pinewhere else for that matter, unless she is and on fruit salads, such as apple, very much older than he is. I could not advise you to follow out the course you sug-To the Editor of Woman's Page:

Dear Madam—Kindly publish the recipe for Creole eggs to serve five or siz persons.

(Mrs.) L. R. gest unless you have very great reason Creole eggs to serve five or six persons the ingredients are two tablespoonfuls of butter, two
of chopped onlons and two of chopped green
perpera, two cupfuls of tomatoes, two teasupporfuls of sait, two teaspoonfuls of meat
flavoring sauce, two tablespoonfuls of cheese
and six eggs.

Let the onlon and pepper cook with the
butter for five minutes. Then add the
seasonings and the tumato. When these
sre well heated add the eggs without beatling them. Keep "picking up" with a fork
until the eggs are almost cooked. Then
the grated cheese and let cook for a moment longer. The eggs can be served with
border of rice.

Books for a Chi
Banks for Chi
Company the same has no relatives of
friends with whom he can correspond and
that he is lonely and wants some one to
write to him. You evidently have mutual
friends. Why not manage to meet him
when he has a furlough or if you visit the
camp at any time? After you have met him
I would be very glad to word a letter for
you, but it seems to me it would be a decided mistake to write to a perfectly strange
man, whether he is in camp or not. You
know, we have to think ahead a little, and
after the war is over the girls who have
done a lot of work for the soldlers, but have
kept their names in the background instead
of hunting possible romance, will be very
glad, I think.

Banks for the care of the company of the company of the properation of the company of the company of the properation of the company of the properation of the company of to know that this man has no relatives or

Books for a Girl of Eighteen

To the Editor of Woman's Page:

Dear Madam—Would you be so kind as to suggest a few names of interesting story books that would interest a girl of sighteen years and also help to speak better English?

I thank you in advance and hope to have your answer by Friday. November 8, as I expect to leave town for a while and would like to get the books before I leave. VIRGINIA B. Madam—I called upon Mrs. K. P. F. in see to my little dog (fox terrier), but she is had procured one, so I again appeal to for a very seed home for her should thee fany. But it must be a home similar to abe has been accustomed, as we make of our dogs, being house dogs. Thanking heals for thy kindness in the matter, (Mrs.) H. N.

the books before I leave. VIRGINIA B.

Any of the following books would be interesting for a girl of eighteen and the English of them is good: "Under a Country Sky" and the "Red Pepper Burns" books, by Grace Richmonds; "Saturday's Child," by Kathleen Norris; "Dianthe" and "Pleasures and Palaces," by Juliet Wilbur Tompkins, and "The Student in Arms," a war book by Donald Hankey, "The Tale of Two Cities" and "David Copperfield," by Dickens, are interesting, and if carefully read might help to improve one's English. There is a book published called "Helpful Hints in English," by J. C. Fernald, that might also be helpful. Here is an opportunity for some of our sovers to get a little pet fox terrier. It mot usually the case that a little pet like sun be easily procured, but for very of reasons Mrs. H. N. is obliged to part mor of Wessen's Page: tadam - Will you kindly and me di-for making a silpect weater with a water line, size 587 inclosed find and afaircased cavelage. Supersed pattern has been mailed

Meaning of Colors

Red and green would be a good combination in color symbols. Red means love and courage; greens hope, youth and joy. Instead of the green, gold might be used with the red. Gold means glory and power. Green and gold might be combined, too. Dark blue, one of whose meanings is sincerity, could be used with any of these colors and carry cut a worth-while meaning. In different outsities colors symbolise different virtues, of a The meanings



Treasure Trove

and I busted his leg-nothing like it.

ooking very thoughtful,
When Levy took me back to Mr. Rock

1. What inventory of the supplies on hand in thousands of homes is the United States De-partment of Agriculture making? 3. How can a number of women pass a novel and instructive afternoon while knitting?

members and the program recorded in the year

 The most popular colors used in the new vest that is being wern with the coatsuit are all shades of tan and pearl and smoke gray. "A Job for the Burglar." the next Patsy Kildare adventure, appears in tomorrow's Evening Ledger.

When Buying Meat

Beef and pork, of course, belong largely to the soldiers, but if we are good for a few days in the week about saving them we may by easy conscience approach them at odd intervals. Now that meat has become odd intervals. Now that meat has become precious it is extremely vital to "get it good" when we do invest. Here are some worthwhile facts about

neat as it should be bought:

Beef.—Characteristics of prime beef—Fat is light colored, the flesh firm, bright red when freshly cut, doesn't soil the hands much and the lean is mottled with fat. Pork.—The best pork is fine grained, firm to the touch; the lean is of a pinkish color and fat is liberally distributed throughout the lean. The well-fattened hog gives the best flavored pork. Fat is a valuable food, supplying heat and energy.

THE CHEERFUL CHERUB

I won't annoy the weary world By harping on its wrongs . I'll find out small unnoticed joys And make them into BT'CAHT



IN THE MOMENT'S MODES

Evening Wrap of Velvet and Brocade



GOOD HEALTH QUESTION BOX

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

How Much Food Do We Need?

A amount of food. The amount of energy

required by the body varies with the season,

with the weather and with the amount and

kind of work done, and with the size of the

individual. Hard physical work and ex-

posure to low temperature demand the

largest food supply. The observations made

upon this subject by Doctor Maurel indi-

cate that a person engaged in hard mus-

cular labor requires from 25 to 30 per cent

more food than one who is idle, or whose

occupation is chiefly mental. Exposure to

the cold of winter requires an equal in-crease in the amount of foodstuffs.

It should be stated, however, that a per-

son whose occupation is indoors in an ai-mosphere the temperature of which is vir-tually the same as that of an average summer temperature, does not require more

food than in the summer season, since his loss of heat is no greater. A person who perspires freely either when at work during the hot season out of doors or in a heated

room at any season, requires virtually as much food as one doing the same amount of work in a cold atmosphere because of the large amount of heat carried off from the body by the evaporation of perspira-

ve consume, we must be familiar with the

LL persons do not require the same | kept at the low figure. An excess of pro-

nto waste poisons.

carbohydrates.

insurer to health questions. Doctor Kellogo in this space will daily give advice on preventi-edicine, but in no case will he take the risk of making diagnoses of or prescribing for all-ments requiring enriging treatment or drugs. Health questions will be promptly on-micred by personal letters to inquirers who inclose stamped envelopes for reply.

Nothing permits such wealth and glory of color, nothing can give such an appear-ance of luxury and richness as a beautiful evening coat. Its decorative value is greater than any other garment; its oppor-tunities of ornamentation are infinite. Nothing makes a woman look so much like proverbial "million dollars" as a gorgeous party wrap. As per ex-ample, regard the model here pre-sented. The deep lights of full velvet and the rich bril-lancy of brocade have each their place and set off each other. A huge fur collar and cuffs complete the ap-pearance of softness and warmth and luxury. The deep yoke starts off as if it were going to be a cape, but brocaded sleeves are set on to it below, making it r. full coat instead. Below corded seams the

velvet bedy of the coat is gathered on as full as velvet may be.

tein is far more injurious in its effects than

an excess of fats and carbohydrates, for the excess protein in the body is converted

Persons who are anemic may perhaps with profit increase the daily amount of

Persons who are thin in flesh and who have good digestion may be able to appro-priate 10 to 20 per cent more of fats or of

The total number of calories in the day's

bill of fare should rarely exceed 2400, and the amount may often be diminished with profit under medical direction to 2000 or 1500, or even less for a time.

In calculating the number of calories re

quired in a given case, the estimates should

be based, not upon the actual weight of the individual, but upon the weight of the average person of his height.

Cod Liver Oil

Is cod liver oil necessary in the treatment of consumption or any other disease? J. S. P. The value of cod liver oil has been overrated. Sweet cream or sterlized butter are

Fomentations

A fomentation is a moist hot application The simplest method of giving a fomenta-

tion is by means of a flannel cloth wrung

HELEN

superior to cod liver oil.

What is a fomentation?

proteins to 275 or 399 calories for a time.

How does whooping cough begin? G. N. H. For a week or ten days it cannot be dis-tinguished from the cough due to an ordi-nary cold on the chest. Then the attacks of cough gradually become more severe, especially at night. The child gets red in the face, the eyes water and vomiting may follow the violent spasm of coughing. After a severe coughing fit, the breath is caught with a peculiar noise known as the "whoon Any one who has once heard it cannot fai to recognize this characteristic cough. (Copyright.)

out of very hot water and covered with a dry fiannel. The important points are to make the application as hot us can be borne

without burning the skin, to cover as large a surface as possible, not to continue it more than fifteen or twenty minutes, and

to make a short cooling application at the end. Fomentations may be renewed every hour or so if necessary to relieve pain. It is to relieve pain that the fomentations are

Foods Rich in Vitamines

Cheese Constipating

Whooping Cough

yeast-raised bread is a useful food.

What are some of the food substances that e rich in vitamines? E. R.

Tomorrow's War Menu BREAKFAST Grapefruit
Scrambled Eggs Hot Corn Mulling
Coffee

LUNCHEON Macaroni Baked with Cheese Tomato Sauce Sliced Pineapple

DINNER Halibut Steak Maitre D'Hotel French Fried Potatoes Canned Peas Beet and Nut Salad Chocolate Pudding HALIBUT STEAK MAITRE D'HOTEL

Beans, peas, egg yolk, fresh milk, whole grains, wheat bran, rice, barley, rye, yeast. Yeast is rich in vitamines and, therefore, HALIBUT STEAK MAITRE D'HOTEL, Season a two-pound piece of fresh halibut with a pinch of salt, a pinch of pepper and two tablespoonfuls of sweet oil. Roll a well and lay on a double broiler. Place on a brisk fire and broil for eight minutes on each side. Put the fish on a hot dish and have ready the Maitre d'Hotel sauce, which is made as follows: Mix an ounce of melted butter with a tablespoonful of fine y chopped pursley and the juice of half a lemon. Mix well with a little nutmer. Pour the sauce over the fish and garnish the dish with paralley. Is cottage cheese or cheese made from sout ilk, constipating? MISS H. C. There are some people who appear to be-come constipated whenever milk is used in any form. It is due to the fact that the casein is not well digested but finds its way into the colon and there undergoes putre-faction, producing an alkaline state of the bowel contents which tends to constipation

Knitting News

Providence, Rhode Island, bonats of a little knitter who will not be four years old until November 20. She is Charlotte Lamaire and is believed to be one of the very youngest of all the fair wielders of the needles. Six months ago Charlotte, watching her older sisters, picked up a few stitches and began to knit for her dolles and now she has graduated to "her pital squares" which go to make up the afghans for the soldiers. It is not uncommon to see the little one at Red Cross acadequarters seriously picking up the very few quarters seriously picking up the very few and far between dropped stickes as she sits beside her mother and the other workers.



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Lity of the Walley

My Rose of Walkitt

Some body's Going to Get

the Bee

the Bee

the Bee

Tair Country Needs You

Now

Frames,

F Don't Steal the Sweethcart of a Boldier
So Leas. Mather ...
Some Sorday Morning
For You in these
his Losis, Camony ...
Sallon Away on the Henry

standard of measurement which we shall use—the calorie. A calorie is the amount of heat required to raise the temperature of one pound of water four degrees Fahren The caloric value of cooked foods is con-iderably different from that of the same foods in a raw state, because of the addition of water or of the evaporation of the juices during the cooking process. Speaking in a general way, the number of calories of the various food elements— 1220-1222 Walnut St. protein, fats and carbohydrates—which the body needs, is as follows: After-First. Proteins, the albuminous elements which build blood and tissues-180 to 260 noon calories. Second. Carbohydrates, the starches and Dresses sugars, which keep up the body temperature and supply muscular strength—1200 to 1600 of Georgette, satin and velveleen, in the new bustle and high neck feets. alories, Third. Fats, which also support heat and energy—500 to 500 calories. Allowance is made in these figures for a wide range of individual variation. Roughly speaking, however, the average daily menu Were \$49.50 to \$59.50 for the normal person should comprise about 2309 calories. Of this amount, about 230 should be protein, 690 fat and 130 carbohydrate. It is especially important that \$39.50 and

