WHY VOTING INTERESTS WOMEN IN WARTIME-THE COSTUMES WINTER BRINGS AND RECIPE

FOLITICS ARE FLESH AND BLOOD TO WOMAN WITH SON IN THE SERVICE

That's One of the Reasons New York Suffragists Won Vote Last Tuesday-Mothers of Soldiers Entered Ranks

WAR, which might have kept the vote away from New York State women last Tuesday gave it to them. Year after year, for decades of years they failed-In time of peace. And then like a breeze with more than 100,000 votes for good measure they went "over the top"-in wartime

War gave it to them. How?

There was a new army of women who pledged themselves to suffrage this fall. None of the old arguments about why women should have the vote interested them before. Then came a new argument-such a different argument.

It was love-shorn of logic. Love, for their soldier sons were to go "over there" on ships provided for by law, in shoes provided for by law-whose bread and beef came from the same source. Oh, politics aren't politics when you have a soldier boy whose only mother is the Legislature once he gets out of your sight. "They're flesh and blood! And if there's a way to have your say about this boy you have given to your country you want it-even if you have to go to a polling place to get it!

EVEN if you've never been interested in suffrage you can't keep the lump out of your throat when you think of all the things that went into that victory last Tuesday. There was patience; the kind you have to bite your lips to keep from becoming something that has a different name. There were high hopes, sometimes, and then broken pledges to dash them to the ground. There was the little sweatshop girl, who had the light of better things in her eyes when she carried the banner in the suffrage parade. Then there was the resolution in 1945, before the ink was dry on the newspapers that announced their defeat, to win some fragists. day, somehow!



THE WOMAN'S EXCHANGE

Letters and overtions 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 insided. It is understood that the editor does not measurily inderse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE. Evening Ledger. Philadelphia. Pa.

TODAY'S INQUIRIES

1. How can sliver that is not badly turnished a cleaned without polishing in the usual way?

2. How can the white rubber matting used of a motorcar he used in the home?

3. What will make a tough roasting chicken

a man to permit the waiter to assist his com-panion with her coat or should he perform this little service himself?

1. Ealsin bread can be eaten without butter because the raisins supply the bread with suffi-clent "oil" to make it palatable.

2. A faded typewriter ribbon can be renewed by rolling it on a spool. olling well with type-writer oil and rubbing oil in with a brush. The ribbon is then put away in the box in which the new ribbon comes. In a few weeks or so is will be ready for use again. The oil makes the ribbon set funktor.

S. A pound of hallbut steak contains 475

Vyvettes

What could be more snug or warm than a knitted helmet for a maid to go a-motoring in? Especially if she drives her own roadster these November days.

ing for suffrage. They neglected their cause rather, which was as it should have been.

Here are some of the things that spoke more strongly to the voters of New York city than any speech that was ever delivered in the cause of woman suffrage. They raised \$171,551 for the Red Cross, distributed 100,000 Hoover food-pledge cards, sold \$120,000 worth of the first Liberty Loan bonds and \$1,208,665 of the second issue. Totaling the city and State

parties, more than \$7,000,000 worth of the second Liberty Loan were sold by suf-And they gave their sons!

BEFORE I got up this morning God and my mother put into my head what to do with my burglar. I felt so happy about it that I kissed Rowdy twice on the nose

instead of only once. Then I got up and dressed and ate breakfast and told my burgiar to come on and we all got into the auto. I made Levy go to the house of the man who is a hundred years old instead of to town. When we got there I made my burgiar get out and told him that was to be his home. He was very much surprised at first and did not smile at all. He just stood kicking an old stump which is in the front yard.

PATSY KILDARE

By JUDD MORTIMER LEWIS

A Job for the Burglar

THE OUTLAW

I told Levy to bring my burght some bedclothes after he got back from town and he did. When we went back past Mr. Rocarud-der's I stopped and got the lard bucket with der's I stopped and got the lard bucket with the money in it and had Levy take me to my own house. When he had gone away Rowdy and I crawled under the house, where I used to crawl when I fe't had. There I burled, the bucket and now nobody knows where it is expent Bowdy and I. So publicly where it is except Rowdy and I. So nobody can make the man who is a hundred years old tell where his money is.

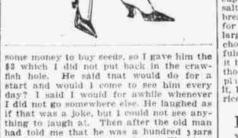
Then I went to school and there was the green snake boy running again. He said, "It is all right running to train. All the prize fighters do that. It makes their strong." I said. "Are you going to fight him with wind? If I was going to fight him I would carry a brick in one hand." He said, "After I have trained another week I I said, "After I have trained another week I won't need a brick. I will be so strong that I can knock all the taste out of his mouth with one punch." I said, "Do it some time when I am around, won't you?" He said, "Of course. It is for you that I am doing it." I said, "You are cracked in the bean. What have I got to do with it?" He said, "You wanted him licked," I said, "That was a joke." He said, "Welt, I am going to lick him, anyway." So I said, "Ge to it." After school I went over to see Hell and Lunny and sait on the iron dogs in front of unny and sat on the iron dogs in front of their house for awhile. Then Bell and Lunny came out and Lunny said, "Look who's here " Then Bell took me in and brushed my hair and gave me a banana and asked me what I had been doing. I told her I had been doing everything. Then when Levy came to get me I made him take me to the house of the man who is a hundred years old. The burglar had got some boards and

a hammer and nails and had made him a bed against a wall and had bedclothes on it and was making a garden in the yard. That and was making a garden in the yard. That pleased me very much. I stayed till he milked the cow and got supper. He bolled some potatoes that Levy had brought and mashed them and put milk and sait on them and they were fine. The man who is a hundred years old liked them. I am going to get him a bib and make the burglar feed him with a snoon.

going to have to stay there and I told him that he would have to stay till the man who

chased them ten miles. Tonight I prayed, "Dear mother which art in heaven, if you know anything about them. Ask God to bless you and my

that I know. Amen."



start and would I come to see him every day? I said I would for awhile whenever I did not go somewhere else. He laughed as If that was a joke, but I could not see any-thing to laugh at. Then after the old man had told me that he was a hundred yars old Rowdy and I went to George Washing-ton's to see whether they had got back yet. George and his wife were at home and George told me there had come a ghost with eyes of fire and breathing smoke and had

> gardens I wish you would help the burgar, for I do not think he knows anything about them. Ask God to bless you and my father and give my love to all the people in heaven

leased me very much to have that settled. "George Washinston." the next Patsy Kil-dare adventure, appears in tomorrow's Evening Ledger.

doing something more than opening the

doors on Sunday. If an evening of whole-

One evening may be the turning point

in the life of a girl or a boy. And at such a crists—how many in every street corner we can never know—God's house is closed

and locked. Where, indeed, does He live



IN THE MOMENT'S MODES

Tomorrow's War Menu

taking and smart model.

BREAKFAST Stewed Figs Oatmeal with Top Milk French Toast (Fried Bread) Coffee LUNCHEON

Green Peppers with Buttered Rice Toasted Crackers Cocoa DINNER

Pot Roast of Boston Beans Baked Sweet Potntoes Steamed Brown Bread Vegetables Salad deftovers) Taploca Pudding

GREEN PEPPERS WITH BUTTERED RICE

Cook rapidly until tender two medium cuptules of rice in three quarts of bolling salted water. Be careful the rice Goes not break. Drain and let dry in the open oven for about five minutes. Have ready two large sweet green peppers seeded and finely chopped. Melt two heaping tablespoon-fuls of butter in the frying pan and when it begins to hiss add the peppers. Stir until thoroughly hot. Have the rice ready on a platter and pour the pepper sauce all over being sure that the juices penetrate the

End of a Smoked Tongue

Many housewives haven't learned to appreciate the value and flavor of the end of a smoked tongue. This can be purchased from the delicatessen dealer at about onequarter the cost of the center of the tongue and with a little trouble can be made into sotted tongue. Mince the many bits of meat you find on the end, season them and pack in a jar. When you serve this with a little melted butter "they'll come back for nore.

When I Loved You

When I loved you, I can't but allow, I had many an exquisite minute; But the score I feel for you now Hath even more luxury in it !

Thus whether we're on or we're off. Some witchery sceme to await you; To love you is pleasant enough, But oh ! 'tis delicious to hate you !

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In ensure to health questions, Doctor Kelloop in this space will daily pive advice an arrange medicine, but in no case will be take the risk of making damages of or prescribing for the ments requiring surplus treatment or drugs. Health questions will be prometty as overed by personal letters to inquirers who inclose stamped envelope from the sec

How to Breathe Correctly

How to Breathe Correctly How to Breathe Correctly How to Breathe Correctly How to Breathe Correctly How to Breathe Correctly have a rule of the solution in the server to facilitate normal breathing. In correct breath-ing the entire chest is constructed in such a way and to facilitate normal breathing. In the low-er part of the body we have the pelvin, which supports the form. At the upper part of the body are the collarbones, should der blades, ribs and breastbone. The verte-bras behind form a support for the upper part of the trunk. In the middle portion of the trunk are the floating ribs. At this point there is great flexibility and opport timity for movement, so it is apparent that the greatest movement should be in the greatest movement should be in the enter.

The trunk is divided by a movable muscuar curtain-the diaphragm-which moves to and fro with respiration. When air is to and tro with respiration. Which are to taken into any part of the trunk, the cavity is enlarged. The lower part of the trunk must necessarily expand with the upper part. Normal breathing is the means of rhythmically compressing the viscera and so pumping the blood out of the large velna of the abdormen. At the same time, with of the abdomen. At the same time, with each breath, the diaphragm descends and compresses the viscera as one might wring water out of a sponge. The movement of the viscera is necessary for health.

The diaphragm is a pump; it pumps air on one side and blood on the other. Breathing has an important relation to the diaphragm pumps the blood out of the liver, sending it out into the general circulation. Deep breathing, then, is of the highest importance in maintaining the health of the stomach, the liver and other abdominal organs. When deep, forceful respiration does not occur the blood stagnates in the abdominal viscera and disease is the result.

The normal rate of respiration is sixteen to eighteen times a minute, or about one breath for every four heart beats. The rate of respiration differs greatly in different animals. The hippopotamus, for ex-ample, breathes ninety times a minute, and the rat two hundred times in the same period. The ox, the dog and the horse breathe at about the same rate as man. The amount of air that passes in and out of the lungs during respiration is about twenty-five cubic inches. This represents however, but a small part of the actua capacity of the lungs. The average man is able to take into the lungs, after an ordi-nary respiration, one hundred or more cubic inches and to force out of the lungs, after an ordinary expiration, an equal amount There is still left in the lungs, after at much air as possible has been forced out of them, about one hundred cubic inches making the total lung capacity of the av erage man about three hundred and twenty five cubic inches, which is equal to nearly one and a half gallons.

During the sleeping hours the respiratory novements are more superficial than when one is awake and resting. They are also slower. The lungs and chest are a great central engine which influences the activity of every organ, even every cell in the entire body. Lessened breathing, during sleep slows down every function. It is necessary that activity should be lessened in order that sleep and rest may be secured, but the work of the liver and kidneys and in testinal digestion goes on during sleep to the same extent as during the waking hours, thus requiring the expenditure of oxygen. Hence the body should be supplied with an abundance of fresh air during sleep

by the proper ventilation of the sleeping



"Here I Am Again" -delicious, finespice - flavored, New England farm-made **Deerfoot Farm** Sausage

Now Ready for Delivery Costs more, because it is an old-fashioned sausage -chopped, not ground-and made from the choicest parts of the pig, in cluding the hams - neve. from storage pork!

A cold morning bath. Be sure that the

bath is taken in the proper way. The box

should not be allowed to chill, but a bra

rubbing should follow the application of a

sponge, a shower or a cold tub. One mus

gradually become accustomed, however, is

Mind Affects the Body

Mind Affects the Body Does the mind affect the body? G. a. Scientific experiments prove that joy as sorrow, anger, fear and other emotion states are powerful forces which may have crease or depress bodily functions at quickly and as powerfully as drugs or action physical agents. Joyful emotions haiding the activity of all the bodily functions and quickle the circulation. The heart beau stronger, the brain thinks clearer, here the

the activity of all the bodily functions as quicken the circulation. The heart base stronger, the brain thinks clearer, breather is deeper and the whole body prospers under the influence of a continued joyous mental

state. Sorrow and worry produce the op posite conditions, A condition of exhau-tion or fatigue is produced. The circulate

tion or fatigue is produced. The choice and is depressed so that the hands and feet as

(Copyright.)

often cold and the secretions of the are diminished.

cold water, taken in the form of

a cold shower or tub.

DEERFOOT FARM SOUTHBOROUGH, MASS.

On Sale at High-Grade



is a hundred years old goes to heaven. He said, "Gee! That will be a long time, for 1 think the old faggot will go to the other place." And I told him that he was mis-taken, for 1 had heard the old man pray once and no one who prays can go to the bad place. The burglar said, "All right, Then the old man can go to heaven." It Then the old man can go to heaven." It pleased me very much to have that settled.

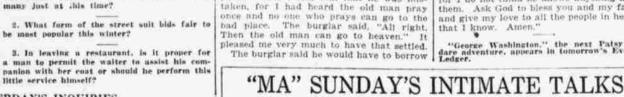
im with a spoon. The burglar asked me how long he was

ANSWERS TO YESTERDAY'S INQUIRIES I. The United States Department of Arri-culture is taking a war emergency food inven-

tary of 10,000 homes in the United States. Blanks have been sent to this number of house-

wives who have volunteered to assist in the work. On these are recorded the amount of food on hand and amount of food used each week. 2. Scotch wool tams and scarfs are being embroldered with sprigs of heather and thistles. wiff-inking

3. A group of women might give an instruc-



2. What form of the street suit bids fair to be most popular this winter? 3. In leaving a restaurant, is it proper for



calories. 15 per cent of which are protein, or tissue-building units; a pound of shad, excluding the roe, contains 380 calories. 9 per cent of which are protein calories.

Grape Juice in Apple Butter

To the Editor of Woman's Proc. Desar Madam-Do you think it is all right in making smple builter to rombine other flavoring making the propertion of the grape juice would you use with the apples, and would you cook the grape juice when you are cooking the apples or pour it in afterward? (Mrs.) V. R.

er pour it in afterward? (Mrs.) V. R. Grape juice and lemon juice are often included in the make-up of apple butter. They add a tang to the taste and many persons prefer the butter made this way. Here is a good formula for making apple butter that includes grape juice: To every

Fallon of the sliced and peeled apples that have been cooked into a sauce add one pint of grape juice, one cupful of brown sugar and one-fourth of a teaspoonful of sait. and one-fourth of a trape juice is added You see, then, that the grape juice is added in the middle of the process, rather than at the beginning or end. These should at the beginning or end. These should be cooked slowly and stirred often for two hours, or until of the desired thickness. Then stir in a teaspoonful of cinnamon and

Nut Loaf and Peanut Butter

To the Editor of Woman's Page:

Thear Madam - Kindly print a recips for making a nut loaf. Also please toll nie how t make peanut butter. MOTHER.

The second provided of the second provided of the second s

Keeps Chairs From Marring Floor

Seeps Chairs From Marring Floor the Millior of Woman's Page: Marrie Malam — Pertana them successform in the to hear of them and them and the second and train marries will be the second above and train marries to the second above and the second above to the pleases and the second above to the second above with the tacks already in them the second above to the second above and the second above to the all spleases and the second above to be all spleases the second to the second above the the second the second many the second above the the second above to the second above the the second above to the second above the the second the second above the second above the the marries by an offending ohair, above the second above to be source to the second the second above the second above the the marries by an offending ohair, above the second above the source the the second above the source the marries by an offending ohair, above the second above the source the second above the source the the marries by an offending ohair, above the second above the source the second above the source the second above the source the source the second above the source the second above the source the second above the source the

A Novel Idea

Manager . Here is a little Althan her switch luce of time and penning for the state of the same for others. When the settle comes in the house and make a stigut hotor, on course into

tive "knitting" afternoon by having different ones of their number take turns reading while the others kult. The reading matter might be magazine articles about what women in other countries are doing, late war books, etc.

A Letter That Helps

To the Editor of Woman's Page:

To the Editor of Woman's Page: Dear Madam-I was amand to receive your letter of so much personal interest in reply to mine requesting sugrestions for a Halloween party. A few newspaper clippings were the most I expected of you. You were most kind to take so much trouble for us. Will you please accept our hearty thanks-of myself and little daughter-for your contribution, which made the party a great suc-cess?

cess? We used four of your ideas, new to all, Had there been more guests many more of your supressions would have been feasible. They parties. May I heartily commend you for your stand-and it cannot be too firm-against that nerni-clous habit of girls sllowing young men to kiss them when no engagement to marry exists? Thanking you again for your very real against ance and wishing you great success in your ensures. A HEADER. A latter like this maker work

A letter like this makes work worth while

We are glad, too, to know that some one agrees with the editor in believing that kisses should be held sacred.

Discourteous, Not Insulting

To the Editor of Woman's Page: Dear Madam—Will you kindly publish in your next issue if it is an insult if you send a lot for typewritten or in red this to a girl friend and why? Thanking you. CURIOUS. A typewritten letter would not exactly be an insult, but it is certainly not con-sidered in good taste. Typewritten letters and red-ink ones are supposed to be used purely for business purposes ; therefore when a man writes to a girl he should show her that he thinks enough of her and has enough respect for her to take the trouble to write the letter personally, unless it is a business letter. This is where the courtesy comes in. It is more courteous to write than to troewrite and to use black write than to typewrite and to use black ink than red when writing. No woman likes to be treated as a business letter, so to speak. Another little hint, Curious. It's considered not good form to speak of a girl as "a girl friend." Simply say, as in your letter, "to a girl," leaving out the your letter, word friend.

These rules are simply matters of custom and courtesy and there is no special rea-son for them except that they show respect for a woman, which every man should have in all his dealings with her for the very fact that she is a woman.

The Old Sixteenth

The Old Sixteenth To the Editor of Woman's Page: Deer Medam-Will you please let me know if Company O. Hitteenth Infantry, of the National Quards has been reorganized? OUT OF TOWN. The entire Sixteenth Pennsylvania In-fantry was disbanded. Its members are now in the SiSth Infantry Regiment of the United States army. Much of the National Guard has been transferred on paper to other regiments and regiments are to be raised to European standards as to num-bers. raised bers.

A Medical Question

To the Eddier of Woman's Pape: Dear Madau —Will rou aindis rublish in your and Woman — Will rou aindis rublish in your aint bow to a page the cause of cuming par this? Does this in time, it of an without a A TATTHFUL MEADER.

I have referred this to Dr. John Harvey Kellogn, who conducts the Good Health Box on this page. Such questions require expert medical advice. Watch Doctor Kellogg's loss for your answer, and do not be discouraged if you have to wait for it

posing church building. I looked down into continuous welcome always flashing in God's a pair of puzzled house, what a difference it might make in and and eyes and wondered what could be go-ing on in the little of a girl or a boy. And at an brain to prompt such an inquiry. At a loss to know just what to answer. I parried by usking another question in my turn-"Why do you ask?" "'Cause muvver says this is God's house, and it's al-ways shut up 'cept on Sundays. How like a child to put such a ques-"MA" SUNDAY

I dod stays all through the week?"

A childish treble put this startling ques-

tion --- a question which, try as 1 might, I could not enough.

The wife of the famous evangelist discusses everyday topics in

Where Is God on Weekdays?

"DLE2SE, ma'am, can you tell me where | and emphasize the need of every church

tion to me as I passed in front of an im- some diversion was always possible and a

a helpful and wholesome way.

of young men and young women, many of them little more than boys and girls. Their characters were unformed, and yet they were being drawn out from home influence into a maelstrom of temptation. The ex-uberance and thoughtlessness of youth were no longer under the restraint of home cour

sel and surveillance, and there was nothing else being provided to take its place. The churches which should have been the substitute for home were closed-except for a few hours on Sund 1y and the midweek evening prayer services. Where, indeed, does God stay in the city during the week? Six days in the week-and in some towns even-the doors swing open in saloon iance hall, cafe, theatre and brothel. But God's doors are closed.

From all these the lights flash and musi invites, but God's house is shrouded in gloom and silence. The devil is employing every means in his power to entice youth into his clutches and the churches are closed in a silence of brick and stone. Does God want an abode of gloom and

nce? Does He want the front door of house locked except at occasional intervals?

Many a girl has accepted questionable companionship because she was lonely. Many a boy has strayed into a saloon—not because he wanted a drink, but because he yearned for sociability—because the sa-loon offered the only thing in the way of a social center to which he had access.

I wish the question the little child put to me could ring in the ears of every min-iater and church worker in the country. Where does God stay during the week? It might set them thinking as it did me

If You Love Flowers you will be interested in The Century Flower Shop We shall be glad to have you come in and look. Please don't feel that it

during the week? Can you answer the child's question? I can't. (Copyright, 1917, by The Bell Syndicate, Inc.) Monday-"'It's Love That Makes the World Go Bound." The Last Fifteen Minutes The last fifteen minutes at night are the most important in the day so far as com-plexion is concerned. Many a hopeless sort of a face has been coaxed into attractiveness during this time by a regular and faithful setting aside of this period. Hastily rubbing your face with a wash cloth is not Use a complexion brush or even a stiffer brush, green soap and hot water and see to it that every bit of the day's grime has been removed from your face This is only the beginning. Beauty of skir does not wholly depend on local treatment Energy and circulation come from within Exercise; take a refreshing bath, and then go to bed with a smile in your heart. We need smiles and fresh faces in wartime!





AFTERNOON FROCKS Every new styletheme, including the bustle effect and the silhouette, is exemplified in these new frocks. The collection

Tomorrow

\$65.00

shows a most elegant assortment of popular fabrics and color-

ings.

is necessary to purchase. 12th St. Below Chestnut

