# THOUSANDS OF AMERICAN WOMEN PLEDGE THEMSELVES TO ENTERTAIN IN WAR CAM

# WOMAN WILL TRAVEL 3000 MILES TO HELP CHEER CAMP LONELINESS

Lecturer, Aunt to Former Philadelphia Boy Who Fell in Battle of Somme, Makes Offer to Y. M. C. A. in Dead Boy's Name

AWAY off from Banff, which is a town in Alberta, Canada, comes to the Y. M. C. A. an offer of a woman to travel 3000 miles to go "on the road" in the camps and doctor-foneliness. It grips your heart-this letter-and it brings the war tight and close to Philadelphia.

The woman is the aunt of Lieutenant Eric Alfred Sharples, a former Philadelphia boy, who fell at the battle of the Somme September 15, 1916. He was just eighteen years old, probably the youngest lieutenant in the Canadian army.

COTTHERE," explains the letter, "lies the key to the help I would give to your cause if I can."

"I am 3000 miles away," it continues "from where I might do even my little bit which would be to take my lantern slides of this far north country into your camps. Will I be too late by February or March for such help? I have slides innumer able of the country up here (Banff, Al berta), which few have seen, slides of wild animals, of hirds, of flowers, of climbing stunts, of swimming in the wild rivers of the North-the sort of material which, at least, will not bore an audience of men. I think.

"If, in either of the months I mention, I could visit some of your camps or public places of gathering of our young soldiers I would do it gladly without any remuneration, taking the slides and giving the boys an evening's entertainment. I have done this for the Women's Canadian Club, lectured for a number of American geological societies and am a member of the Royal Geog., of London,

making of garments.

"If I could help in this manner, kindly tell me how and when."

3. Why is it unwise to serve a cream soup.

1. To economically regulate a furnace never let the temperature decrease more than ten de-

2. Blankets that have outworn their useful-

Bess can be made over into bathrobes for the



Four dots of buff-colored shorthaired fur, set in white.

THE great other side of the war is coming to light in these days of the Y. M. C. A. campaign to rpise \$35,000,000. It isn't just the boys, It's the "performer," too, who does queer things to your eyes, Maybe she's Schumann-Heink who has adopted America. Maybe she's some one else, whose salary for one night would pay a coal bill for the rest of its natural days. All the money in the Liberty Loan couldn't buy what she's giving the night she sings to the boys. Out under the for they were not looking for anything like stars-she gives herself.

Down in the entertainment department "Distance makes it hard for me, and my | upon thousands of names on file-names the wounded and tubercular and the themselves unreservedly to the entertainment of the soldiers.

That's what it means to doctor the

### PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

#### The Doubter

TT SEEMS to me that I go to school twice as often as I come back, but maybe I don't. Today I was good and lame when I hopped out of bed after kissing Rowdy twice on the nose and giving him the biggest kind of a hug for biting the man's leg yesterday and getting us spilled out of the auto. I think if I hadn't fallen on the turkey I would have busted something important from the way I felt while I was flopping pancakes and making my father's coffee.

When my father went to bed to sleep after his night watching, Rowdy and I went to school, but we did not run much. There was a black and blue and green and yellow and red spot on my right-handed hip as big as a dollar bill, and it hurt to hend it, but I thought if I bent it a few times it would work easier, so I did, and it did, When we went past the Wellses the Wells kids were coming out to go to school. Pie Pace was with them. He said he was well again, but you never can take his word for anything. I asked him if he had stayed at the Wellses' all night, but he said I was none of my business, and, of course, i wasn't.

Noreen asked me whether I didn't have any gloves to wear, and I told her I was as bad off for gloves as she was for manners. She turned up her noss and did not answer, as you have to do so often with the Irish like me, because they are always saying things that there is no answer to. Then Spink, Noreen's brother, got next to me and kept crowding and crowding, trying to crowd me into the gutter. When I had got plenty of it, which was seen. I looked up into the air and said, "Oh, look at that!" He did, and when he got his chin up into the air I punched him in the front of his neck, and I guess that surprised them all, that. The way to surprise people is to give them something different every time. Spink did not cry, but he looked astonished and kept swallowing and feeling to see if his neck was there. All the way to school he did not try to crowd me.

They were all telling what they were go-ing to get for Christmas 1 said, "Santa Claus is going to bring me a let of things. Every stocking I have got Santa Claus is going to fill." They all laughed and Pie Face said, "It's just siekening! That silly kid believes in Santa Claus." I said, "Why should I not believe in Santa Claus." He said, "Because there is no Santa Claus. That is why." I said, "You never did have much sense, but since your father died you haven't got any." He said, "If there is a Santa Claus why don't you ever see him? I said. "You never saw the back of your neck did you?" He said. "No nobody ever saw the back of his neck." I pinched the back of his neck till he hollered, and then I said, "You never saw it, but here it is, all right. You never saw Santa Claus and so you do not believe in him. Well, you will not get a thing on Christmas. I am going to write a letter to Santa Claus, telling him that you kids do not believe in

Then Spink and Clara and Noreen eac Then Spink and Clara and Noreen each said they believed in Santa Claus, and they were mad at Pie Face for saying he didn't believe in him. Pie Face said he was just joking, and that he did believe in Santa Claus, all right. I told him that Santa Claus would know whether he was joking or not. He kept quiet all the rest of the

art in heaven, I am kind of lame on one side, and if you or God know anything to rub on to make it better please put it into my head. If Santa Claus hasn't started yet and if you know of anything a dog could like for Christmas I wish you would put him next, for Rowdy is a good dog, and ought to have something coming to him. There has never been a better dog in the world than Rowdy. He will always play with me and he will fight for me and I will fight for him. Ask God to bless you and my father. My Christmas tree is looking fine

THE CHEERFUL CHERUB

When I can walk in

Ty silent rapture

knows no bounds.

If You Love

Flowers you will

be interested in

We shall be glad to have you come in and look.

is necessary to purchase.

Please don't feel that it

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I love to pull my

rubbers up -

gooey mud

It makes such

nice expressive

VJ.Cond

The Century

sounds.

1. The American Red Cross has sent women doctors to France to work especially at the conservation of infant life there

2. A folding lantern which sells at two dollars and a half is a Christmas present worth while sending to the trenches.

3. A fruit cup can be made from left-over pieces of fruit cut up together and soaked in their own juices with a little lemon juice and 3. A bungalow apron is one made of coarse sugar added. Orange, grapefruit, apple, pine-apple and cherry make a very nice combination.

# Stuffed Roasted Rabbit

To the Editor of Woman's Page:

To the Editor of Woman's Page:

Dear Madam—A delicions was to serve rabbit is stuffed and roasted. After removing the liver, heart and kidneys, soak in salf water for eight or ten hours); he sure to remove the kidneys and throw them away.

Fill the prunch with a bread, exg and pareley stuffing. Sew up tight and place in your steamer. Sprinkle with flour and small jumps of butter, salf and pepper, adding water in your pan as you would for duck, etc. Baste.

Serve with plenty of current belly, or, if you want to economize, the cherry or any red bello, which can be purchased for nine or ten cents a package. (Mrs.) ELIZABETH K. HERR Lancaster, he.

We are especially thankful for this recipe and are glad to be able to present to our

and are glad to be able to present to our readers one that comes from an expert.

# Movies for Little Girl Twelve

To the Editor of Woman's Page: Dear Madam—I have natived lately that you have answered several questions about children. So now I come to you with mire, horing that you may help me as you have helped others. My little girl, twelve years of age, coaxes me nearly every night to let her an to the movies with some other little girls. She even stays in in the atternoon semetimes to do her lessans so that she can go out at night. Do you think it is all right for her to go, say, three times a week?

A MOTHER.

Three times a week is too many for a little girl of twelve years to go to the movies. I don't think it wise for her to go at all in the nighttime without having an older person with her. Why not compromise. and if it be possible have her father or yourself take her once or twice a week on the condition that she does not tease to go any of the rest of the time? You will then have the chance to pick out the sort of pictures it will be best for her to see. It is decidedly a mistake for the little girl to stay out of the sun and fresh air in the afterno study so that the evening be saved for movies. Keep her outdoors as much as possible. She is just a little girl who does not know what is best for her. Don't forget this and use your own judgment when it comes to beckime hours and fresh air.

# Sauces for Fish

To the Editor of Woman's Page:

Dear Madam—Can you please tell me some mice sauces to serve with fish? Some that will make it testy.

(Mrs.) M. V.

make it tasty.

With boiled fish it is nice to serve Holandaise sauce. This is made by beating the yolk of an egg into a cupful of drawn butter. Then drop into this as you would for mayonnaise a good teaspoonful of salad oil. Next add the juice of half a lemon, a pinch of salt, pepper and sugar, and it is ready

With baked fish you might serve a cream gravy with chopped hard-boiled egg in it. With fried fish, such as smells, serve tartar sauce. This is made by beating into a pint sauce. This is made by beating into a pint of mayonnaise a teaspoonful of mustard. a tablespoonful of minced parsiey, a teaspoonful each of minced capers and chopped pickle and a dozen drops or a half teaspoonful of onion juice. Beat for a moment or so and the sauce is ready.

# A Home for Rags

the Editor of Woman's Page:

Dear Madam—Noting Mrs. E. A. A.'s letter in the Eversian Lancaux, I would request it made mown to her through your column that I would happy to share my home with Rags. I have seen looking for a dog, and am sure I would be appy with Rags, pups and all. (Mrs.) J. S.

About Mrs. H. N.'s Dog

Vyvettes

of the Y. M. C. A. there are thousands hands are full and my purse depleted that have blazed on Broadway and names with the three years we have already of unknown women who have a simple been struggling along, with the return of gift of singing a little song well. All give

ioneliness of an army!

# 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 layled. It is understood that the editor does not necessarily indoes the scattment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE. Evening Ledger, Philadelphia, Po.

### TODAY'S INQUIRIES

1. What is a thermostat? 1. How are Christmas packages to be sent to men in the navy addressed? 3. What action does lemon juice or vinegar

2. How can fur cuffs no longer used on a

3. While at tea, etc., in a hotel dining room, est of beef and a custard ple at the same meal? is it proper for a girl to accept the invitation to dance of a young man who is not known to her

# ANSWERS TO YESTERDAY'S INQUIRIES

center for the head to slip through. It is fastened by means of a belt and is embroidered in

# Thanksgiving Box to Camp Hancock

You can send the Thanksgiving box to

your husband in Camp Hancock free of charge through the Personal Service Bureau of the Mayor's Home Defense Committee, Room 202, City Hall Ask for Mrs. M. L. Woodruff, who is director of the bureau. Packages will be received in this office November 15, 16, 17 and 19. Single packages must not weigh more than twen-ty-five pounds. All packages will be deliv-

ered the day before Thanksgiving. I would not attempt to alm at getting it to the camp on Thanksgiving Day itself. Send nothing perishable. The boys crave fruit more 'han anything else, so put in plenty of oranges, apples, grapefruit, figs and dates. Any of these things would be

and dates. Any of these things would be nice: A fruit cake, a cold turkey or canned chicken, ham, etc., fudge, cans of olives, boxes of crackers, jars of preserves or any other such delicacies. Pack in heavy paste-board or light wooden box. Pack tight with and of old paymaners. with pads of old newspapers.

# Independence Hall

To the Editor of Woman's Papy:

Dear Madam—Will you please print in your paper why independence Hall faces independence square and the history of the hall? In school we are having a composition on "The History of independence Hall" and our sysmmar teacher told us to try to get information, so I would like to know if you could tell me any as soon as possible.

M. H.

I am afraid I can't help you out in this I am afraid I can't help you out in this matter on why Independence Hall faces the way it does. The Wainut Street Business. Association is conducting a contest among school children, the subject of which is independence Hall. One of the points to be brought out is this one about which way the hall faces. I am afraid this is a thing for each little scholar to work out for her-

Anything but a very brief outline of the Anything but a very brief outline of the history of Independence Hail would take up so much space that I am afraid it could not be printed here. I think the very best way for you to get a very helpful and detailed history of Independence Hall would be to go to the Public Library.

# Shall She Write?

To the Editor of Women's Page:

Dear Madam—I know a young married woman who met a young man, a soldier, who is very lonely. She wishes me to write to him. I know to write a lot about him. Would it be all right to write him?

Another question: A young man whom I did not know was very kind to me on Halloween. Helping that three your of trouble. The trouble was that three your me that filled my face. Including my eyes with place I le assisted me in setting it out of my eyes and epoke to the leves about it. Should I wile him thanks or not? He has asked for an introduction to me, which he may soon set from a bring man we both know.

If you know all about this young soldier at camp and the married woman who wants you to write to him knows him, this seems to be a case where it would be all right to start a correspondence. However, I would find out if he has no family to write to him. Then if he has not, get your friend to write a little letter with your first, as a sort of introduction to him. If he does not answer your first letter do not write again.

of the communications addressed to H. N. in reference to the little fox tershe wished to place through the second man you refer to, since, he has asked for an introduction. Simply let your mutual friend know you will be glad to meet him, and when you do meet him express your appreciation of his conduct on Hal-

### IN THE MOMENT'S MODES

Long-Waisted Frock of Sand-Color Jersey



There is good reason why the long-waisted frock will not die. It is of a modeling particularly becoming to the slender woman, and it is just the type of frock best suited to the young girl whose figure has passed the girlish stage and yet which has not taken on the lines of maturity; that is, the young girl of "in-between" age. Such a costume is the one pictured. The material which has gone into its making is sandcolor jersey. The vest and cuffs are of navy satin, decorated with embroidery in sand color. The chemisette is of self-color georgette.

#### Song She is not fair to outward view

As many maidens be, Her loveliness I never knew Until she smiled on me; way to school.

Tonight I prayed, "Dear mother, which Oh! then I saw her eye was bright,

But now her looks are coy and cold. To mine they ne'er reply.

And yet I cease not to behol

The love-light in her eye; Her very frowns are fairer far Than smiles of other maidens are.

—Hartley Coleridge.

#### No Need to Go Hungry While Conserving Food

By using these foods freely you will get along as well or better than you ever did and at the same time will leave plenty to send to the boys "over

Fats are fuel for the soldiers and should be saved wherever possible. Vegetable oils will do just as well in the household. Save sugar, for it is nceded in the army. Never leave any sugar in the bottom of your cup. If the men and women of the United States will observe these simple rules they will be doing a bit toward the winning of the war.

#### PUMPKIN CUSTARDS

The recipes were sent to the EVENING LEDSER upon request of the Editor of the Woman's Page, who acted on the suggestion of a mere man reader in Wilmington that "ladies be asked for their secret."

Mrs. Baum's recipe follows: One cupful of pumpkin, one tablespoonful of flour, one tablespoonful of molasses, two eggs and five of six tablespoonfuls of cream, or if cream is not used, then three eggs, sugar to taste and about a pint of milk. This makes one large deep custard, the top of which is sprinkled with cinnamon.

Mrs. Lindis's formula reads: Boll pumpkins well, pour them through a colan-der and drain off the water, then press

Mrs. Landis qualifies her recipe with the remark that she gives it as nearly correct as possible, but that she uses her own judgment as to flavor and sweetness.

Baked Apples Coddled Eggs

Pears

Bisque of Tomato Soup (without stock)
Baked Fillets of Flounder

Creamed Spinach Boil Pumpkin Ple Boiled Potatoes BAKED FILLETS OF FLOUNDER

cut each half into two neat, long slices. Roll each piece up and pin with wooden skewer. A new toothpick will do. Lay in salad oil and lemon juice for an hour, setting in the ice to make the fish firm while

Roll in fine, dry bread crumbs. Cover the grating of your bakepan with thin shavings of butter, lay the fillets upon them. sprinkle thickly with finely minced onion and olive and bake, covered, twelve min-utes for each pound. Lift carefully to a hot dish; withdraw the skewers and serve.

Marion Harland.

TT IS a mistaken idea that one must go hungry in order to conserve food. The only thing Uncle Sam is

asking is that you use judgment in your eating and waste nothing. Fish, eggs and cheese are whole-some and palatable, and corn bread is an excellent substitute for wheat.

There are pumpkin custards and pumpkin custards. Here are the recipes for two, the quality of which was so undeniable the judges of the Richlandtown Grange contest awarded the makers, Mrs. Jacob M. Landis, of Quakertown, Pa., and Mrs. I. H. Baum, of Richlandtown, prizes. Then to manifest faith in their wise decision, the judges ate up all the custard.

der and drain off the water, then press through colander or fruit press. Then take three tablespoonfuls of pumpkin, one and a half tablespoonfuls of flour half pint of milk, three tablespoonfuls of sugar, the yolk of one egg and nutmeg to flavor. Mix all well together, add the white of one egg well beaten and bake with bottom

### Tomorrow's War Menu

Graham Bread Toast LUNCHEON

Cheese Souffle Toasted Crackers

soaking.

# THAT ARE REAL THING

BREAKFAST

DINNER

Take the backbone out of the fish and

# GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D. In answer to health questions, Doctor Kellogs in this space will daily give advice in smedicine, but in no case will be take the risk of making diagnoses of prescribing for medicine, but in no case will be take the risk of making diagnoses of prescribing for medicine, but in no case will be take the risk of making diagnoses of prescribing for medicine requiring surgical treatment or drugs. Health questions will be groundly cwered by personal letters to inquirers who inclose stamped envelopes for replacement.

#### Treatment for Gallstones

The only method of removing gallstones winter and 85 degrees in summer may be now performed with little risk, although twenty-five years ago this operation was rightfully regarded as very hazardous. An operation is not necessary, however, in every case of gallstones.

Winter and 85 degrees in summer may be employed. With most children under by years it is well to begin the bath at the temperature of the body if a tell is used, and at its close cool the way to be a summer may be employed. With most children under by years it is well to begin the bath at the temperature is 80 degrees or until the temperature is 80 degrees or until the temperature is 80 degrees or until the temperature of the body if a tell is used, and at its close cool the way the summer may be now performed with little risk, although twenty-five years ago sary, however, in every case of gallstones, as post-mortem statistics show that gallstones are found after death in about onetenth of all cases examined, from which it appears that the great majority of pecple have gallstones without being conscious of their presence. Gallstones are due to

infection and are probably one of the many consequences of chrenic constipation.

Women suffer more from constipation than do men, and are more likely to have gallstones. For temporary relief a hot bath and fomentations over the region of the gall bladder and a large hot enema, if neces sary, are very useful measures.

It is quite possible that one who has once had galistones and has completely recovered may, by exercising due care, avoid recurrence. Meats of all sorts should be discarded; also tea and coffee. In other words, a thoroughly antitoxic dietary must be adopted. Thorough mastication of the food is essential, as first pointed out by Dujardin-Beaumetz nearly twenty-five years ago. Galistones are a protective measure, the purpose of their formation being to enclose the offending germs. Germs are always found in the center of gailstones

Water drinking is an excellent means of combating gallstones. Four or five pints of water should be taken daily. The best time for taking water is half an hour be-fore meals and between meals, beginning two hours after eating. No harm is done by taking small quantities of water with meals, half a glassful to a glassful, pro-vided care is taken to avoid drinking to wash down imperfectly masticated food. Great care must be taken to keep the bowels active.

In most cases of gallstones the gall bladder itself is diseased. Formerly it was the custom to remove the gallstones and drain the gall bladder. Experience has shown. however, that sooner or later the gallstones reappear or pain from chronic inflammation of the gall bladder, so that another operation is required. On this account it is gen erally considered best to remove the gall bladder with the gallstones. The opera-tion is not a hazardous one when done by an experienced surgeon. In many cases in which pain and other distresses are atto the stomach, the real fault is to the gail bladder and disappears when this

### Intestinal Gas

I am troubled with gas some hours after cat-ng. What is the cause? JULIA T. The usual cause of an excess of intes tinal gases is the retention of fecal matters for an excessive length of time. The most troublesome form of intestinal flatulence is the result of incompetency of the ileocecal valve. If the bowels are made to move three or four times a day this symptom will disappear.

Cold Baths

To how young a child may cold baths be given? MRS. F. G. Bables should not be given very cold baths. Water at 90 degrees is cold enough for a young baby. The temperature of an infant's bath should at first be about 100 degrees since when the should at first be about 100 degrees. infant's bath should at first be about 100 degrees, since to its sensitive, velvety skin even this temperature will seem cool; it should, however, he lowered five or ten degrees at its conclusion; and the general temperature should be gradually lowered from week to week until, when the child is six months old, water of 20 degrees in

Children under seven do not well to the application of very cold water. At a perature ranging between 70 degree so degrees will produce sufficiently an impressions to develop a good reaction children under seven years. An older demay enjoy a bath at lower temperature

# Catarrh of the Liver

Is there such a disease as catarrah et aver, and what are the symptoms.

JAR DE Yes. Attacks of pain in the pit at stomach and in the region of the n side, with chills, fever and jaundes, symptoms of catarrh of the liver.

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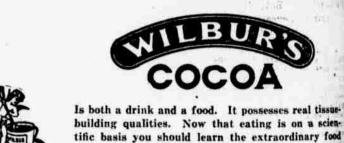


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