

SO DIER'S SIDE OF GETTING LETTERS FROM HOME AS WRITTEN BY U. S. ARMY MAN

U. S. ARMY OFFICER DESCRIBES SORT OF LETTERS NOT TO WRITE

Nerves Behind the Lines, He Says, Sometimes Come in Envelopes From Home—Whining Letter Can't Make Man Full of Fight!

HAVE you ever wondered if the letters from back home are really going to help the boys "over the top"? It is only given to women to sit back and speculate about these things. Sometimes we wonder if the piece of paper we stick really does count—so self-sufficient does he seem in his brave khaki and his straps and his buckle.



This hat certainly has its ups and downs.

SO ARGUED a point does this seem to be that an officer—a United States army officer—passing through the city yesterday on the way to join his regiment was asked to give a real, honest opinion about it. He was impressed with the idea. He was so impressed that he sat down to a typewriter and wrote out the soldier's side.

only twelve hours, would it cheer you up to open a pink, long-looked-for letter and read that Bill Jones was getting pretty darned sick of three-cent postage and that the war tax on theatre tickets was an outrage? Would it make you full of fight to hear that Sam Pollard, who predicted the big snowstorm in the winter of '88, had announced that it was "agin Scripture" to oppose the Prussians?

EXACTLY what the officer wrote is printed here below:

"Over across, mail time is the brightest hour of the day. But you, the fathers and mothers and sisters and sweethearts who write those prized letters, you have it in your power to make that hour the darkest in the twenty-four let your petty troubles but creep inside the envelope and you have hung enough crepe to spoil the rest of the day.

LETTER-WRITING has become a lost art, as the critics swear, there is no time like the present to revive it.

Every letter that goes to a training camp or overseas should be soiled with good cheer and stamped with courage. Every message from the home town should reveal the strength and courage that lies behind the lines. No one knows how much they count!

"So push the skeletons into the closet, take a new lease of optimism and write down a little of the big stock of joy that we still have on land!"

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, except articles like those given in the enclosed. All communications to this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

- TODAY'S INQUIRIES
1. How can small empty food buckets be utilized as steamers?
2. In boiling fish, what will hold it together and keep the scum off?
3. Why is it a waste to put fresh meat in cold water to wash it?

- ANSWERS TO YESTERDAY'S INQUIRIES
1. Thermostats are heat regulators that can be attached to the furnace to automatically slow down the furnace fire when it is getting too hot.
2. Fish treated with lemon juice or vinegar keeps firm and white.
3. It is unwise to serve a cream soup, a cut of beef and a custard pie at the same meal, because each of these items is rich in protein or tissue-building food value and provided on the same menu supply too much protein for one meal.

Cheese Wafers
Dear Madam—Kindly tell me how to make cheese wafers. I am trying to use as much cheese as I can in planning the meals and I would like to know how to make them. (Mrs.) J. R. M.

To Clean Nickel
Dear Madam—I am writing to ask you if you can help me to find a recipe for cleaning nickel. Some time in the early summer I read in the Woman's Exchange of the Evening Ledger a recipe for cleaning nickel which I followed and it aside, and through a mistake it was lost, and I am asking you if you can help me to procure such a recipe. I am not sure this is the formula you refer to, but it is a good one, recommended and vouched for by many housewives: Dip the nickel-plated objects or apply to them a 2 per cent solution of sulphuric acid. You can get this in a drug store. Rinse up in such a solution. Just apply this for one or two seconds. Rinse with running water and finally with a mixture of equal parts of alcohol and water. Dry in sawdust. The acid is poisonous.

Recipe for Apple Fritters
Dear Madam—Will you please print a recipe for apple fritters? (Mrs.) A. R. M.

Cream of Chicken Soup
Dear Madam—Please print in your column a recipe for cream of chicken soup. I have not tried it on the way to the dining room for a long time. I have an idea of how to make it, but am not quite sure I am right. BRIDE.

Take three cups of stock boiled down from chicken bones, one cup of hot milk, two tablespoons of butter or chicken fat, a pinch of salt and pepper, three tablespoons of flour, a slice of onion and a few celery tops if you have them or a diced stalk of celery. Add the onion and celery to the stock and let cook for fifteen minutes. Then add the milk and the seasoning and then thicken with the butter or chicken fat, which you must blend first with the flour. Other vegetables may be substituted for the celery.

Pussy Wants a Home
Dear Madam—I am reading over your column and see that you are very busy in doing homes for our dumb friends, so I would ask you if you could please help me find a good home for a new male cat. I judge he is not much older than your pussy, with cold greenish-yellow eyes and a white chest with a black collar around his neck. I would like to send him to the Morris House, but I am not sure if you would like to buy him. (Mrs.) A. R. M.

PATSY KILDARE THE OUTLAW

By JUDD MORTIMER LEWIS

Ready for Christmas

WHEN I looked at my Christmas tree this morning it seemed to be standing the waiting for Christmas a lot better than I am. It stands there looking as if it did not care a thing about Christmas at all and was satisfied to be in my house. I cannot blame it for that. Just think how it would feel if it had got the "Face's" home!

When my father came home from his night watching there was nothing ready for breakfast. He said, "For the love of Mike, don't we eat this morning?" I said, "Yes, only I was thinking about Santa Claus. There is a man who has got some job, all right. What do you think?" My father poured some flour into the pan and said, "He surely has. It is hard enough to keep track of one kid, but when it comes to keeping track of all the kids in the world and filling their stockings all in one night I think I would go crazy." I said, "Do you mean to tell me that Santa Claus is smart, or than you are?" He said, "No, certainly not. That surprised me, for I did not think there was any one who was smarter than my father."

I went and bought some oranges at the store on the corner. The storekeeper said, "What do you think about the weather at all, while you are counting out my oranges, for if I did I would find when I got home that you had put in some rotten ones." He laughed and said, "You are a bright little girl, all right. I saw Santa Claus the other day, and he said he was going to fill your Christmas tree with oranges. He said you had a Christmas tree like the one out there in front of my store. Is that so?" I went and looked and it was nothing like my tree, and I told him so. I told him, too, that he had not put in some rotten oranges, and he said, "I am not going to worry about it, for it is up to Santa Claus. Just to think that he will be here in a little while has got me in a jumping sideways. It was easier to wait just week than it is to wait now. Well, tomorrow is Christmas, anyway."

"MA" SUNDAY'S INTIMATE TALKS

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

Wanted—Wives
OLD maids are becoming scarce in this country. The latest figures of the American Government show that eighty-seven out of every hundred women in this country marry. In other words, the chances for a husband and home for the American girl are somewhat slim. There are eight in ten, which is not so bad.



But this is not the point. How many of these eighty-seven per cent of women are fitted for marriage—are prepared for the professional duties of a wife and mother and the becoming more and more so every day, and the pity of it!

"MA" SUNDAY is the title of a new series of articles by the author of "The Century Flower Shop" which in not so encouraging when you are dreaming of your prospective Prince charming, who some day will storm the citadel of your heart.

Have you ever stopped seriously and earnestly to ask yourself if you are trained to be a wife—not a housekeeper—but a woman? I have an idea that the great national lack of domestic training of our girls is one of the fatal rocks that wreck so many of our marriages. I don't mean so-called domestic science, although that is excellent as far as it goes. I mean the knowledge of how to make a real home—the kind of a place that the husband will dream about when he is away from his work, and that will be to his tired spirit after the day's work as an oasis in the desert of toil.

A wife graduates from the billing and cooing of the courtship days with an abruptness which is sometimes startling. She begins to realize that married life is not one long dream of moonlit evenings and soulful declarations of undying devotion. She finds out before she knows quite what has happened that a wife is confronted with a very real and a very definite profession, and that she, poor, stumbling bride, has not been trained for it, and doesn't know just what she is expected to do, or how to go about it.

Of course, the mothers of America are at fault in one way, but the daughters are even more at fault, for they have been offered advantages and opportunities never heard of in the girlhood of their mothers. Apparently the position of a wife is not difficult to fill. The average girl seldom views it with repugnance. She just takes it as a matter of course and blunders sud-

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IN THE MOMENT'S MODES

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Tomorrow's War Menu

- BREAKFAST: Oatmeal, Coffee, Maple Syrup, Top Meal, Maple Syrup. LUNCHEON: Cream of Spinach Soup (leftover), Stuffed Peppers, Apple Sauce, Cake. DINNER: Knuckle of Veal with Vegetables, Baked Potatoes, Cabbage, Molded Fruit Salad, MOLDED FRUIT SALAD.

The ingredients are one can of white cherries, one small bottle of Marshmallow cherries, one can of sliced pineapple, one cupful of chopped nuts, one package of prepared jelly of the best brand.

Make your jelly according to directions on the package. When the jelly is cooling, and as it begins to thicken, pour in the fruit which you have drained and dried on a towel, and with this the chopped nut. Pour into mold and set on ice for several hours.

Serve with mayonnaise, or if you prefer it, a holland dressing. Placed on crisp lettuce leaves, this makes a beautiful salad, and a most delicious one—Southern Woman's Magazine.

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George H. Doran Company, Publishers 38 West 32nd Street New York City

GOOD HEALTH QUESTION BOX

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

In answer to health questions, Doctor Kellogg in this space will daily give advice on prevailing troubles, but in no case will he take the risk of making diagnosis or prescribing for ailments requiring surgical treatment or surgery. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

The Ice Bag
THIS ice bag is so useful that it should be found in every home. It should be filled with ice broken into small bits, preferably not larger than a lima bean. It should be fitted about two-thirds full so that it will easily adapt itself to the parts to which it is applied. Here are some of the most important uses of the ice bag: Placed upon the throat or at the pit of the stomach it relieves vomiting. An ice bag back of the neck is an excellent remedy for seasickness. In a case of acute inflammation, either internally or externally, heat should be applied to the feet and legs to prevent chilling. An acute attack of appendicitis may often be avoided by an application of a couple of ice bags to the lower right side of the abdomen and over the appendix. The ice bags should be removed every hour and a hot fomentation should be applied to the feet and legs continuously. In pneumonia two or three ice bags should be applied over the affected lung during the first day or two. Every thirty minutes the ice bag should be removed for forty-five minutes. A good plan is to make a short hot application in the interval. An ice bag applied over the heart is an excellent heart tonic. When the pulse is weak and rapid, one or two ice bags applied over the heart beat generally slow and strengthen the pulse. Care must be taken to avoid chilling by applying heat or extra wraps to the rest of the body.

Avoid Drugs in Insomnia
Sleep obtained by the use of opium or by means a substitute for natural sleep. The condition is one of insensibility, but not of natural, refreshing recuperation. There is an equivalent to double sleep will be more sleep obtained by the use of narcotics. When a person once becomes dependent upon drugs of any kind for producing sleep it is almost impossible for him to dispense with them. It is often dangerous to resort to their temporary use on account of the great tendency to the formation of the habit of continuous use.

Milk With Bananas and Sweet Apples
Toes milk with bananas and sweet apples makes a good combination. So, this is a good combination—milk and all fruits are good combinations. Milk combines with acid fruits as well as with sweet fruits.

Dry Mouth
What is the cause of dryness of mouth and tongue at night? The cause may be sleeping with mouth open or a feverish condition. Mouth breathing is almost always due to nasal obstruction. If due to fever at night there is perhaps ground for suspicion that some chronic disease, as tuberculosis of the lungs, may be getting a foothold.

Eggs
What are the objections against eggs? For some people eggs are really poisonous and ought to be discarded entirely. Other people seem to be able to tolerate them, but the free use of eggs is not advisable for anybody. A number of eminent authorities are forbidding the use of eggs for children. One New York authority says that no child

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