

DISCUSSION OF THE PROPER RED CROSS FRAME OF MIND—OTHER TOPICS OF INTEREST

IS JESTING OUT OF PLACE IN OUR RED CROSS WORK ROOMS?

**Reader Says Free-Hearted Speculation About Destination of Bandages Causes Pain to Woman With Boy "Over There"**

PERHAPS while sitting in the Red Cross workroom you have jested about a bandage that simply won't let itself wrap. It's a way we have. When a number of persons meet each other time after time they are quite bound to get acquainted, and from there it's just a stone's throw to finding each other's sense of humor, and the first thing you know everybody's laughing.

ON THE face of the thing it seems well that women are able to laugh when there are so many things in the world one might be sad about. But there is another side to the story.

A reader signing herself "M. G." presents it very forcefully in a letter to the Woman's Page.

"Recently," she writes, "I heard one woman say to another, 'Really, I can't stand the Red Cross meetings any more. They sit there and jest over their sewing. I wonder who will get that? I want I could almost scream at them to talk about something else. I want to go, but—'

"She was speaking of the local Red Cross gatherings. Her husband, a member of the National Guard, had gone to France in the early part of the conflict.

"Little did her neighbors realize as they sat at their needles what it cost her to hear their merry speculations as to what might be the final destination of the garments upon which they were working. There is a certain amount of romance in the novelty of the situation, to break up the monotony of an hour, in guessing what is to become of the sweater you are knitting or the bandages you have made.

"ALL probably if any one woman were taken aside and presented with a photographic record of what had been said the callousness and lack of feeling would at once become apparent to her. But in a crowd this is lost. It is only by catching accidentally the fleeting expression of pain or sudden tears of some woman sitting quietly by that we realize that what is for us a merry jest may be a matter of anxious uncertainty for the woman whose men-folk are 'over there.'

"Thoughtfulness only is to be blamed. Persons differ in temperament so. The supersensitive, the morbid, the lonely suffer from this lack of sympathetic in-

Vyvettes



A quaint little purse to go with a quaint little lady in a quaint little hat. Looks as though she might have stepped out of Godley's Lady's Book. We'll tell you about the purse. Just a long piece of taffeta, looped and knotted, and between the two ends, almost unseen, nestles the purse!

sight. To the woman whose son or husband has gone the possibility that he may be wounded—that he even may have use for some of those things which she prepares—hangs over her head like the sword of Damocles. She wants to help with all her heart, but who can blame her for retreating when she finds echoed in merry jest the very thing she has most dreaded in secret? The very nature of the Red Cross demands a forced cheerfulness, like the optimism of the sick-room.

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 preventive medicine, but in no case will he take the risk of making diagnosis or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who include stamped envelopes for reply.

Dry Catarrh

SO-CALLED "dry" catarrh is a condition in which the secreting glands of the mucous membrane of the nose have degenerated and in part disappeared, the result of long-continued inflammation and infection. There are two kinds of this disease, those that secrete serum and those that form mucus. The serous glands disappear first. The result is that the thick mucus secretion accumulates and forms dry hard masses which decompose and cause irritation on the mucous membrane and finally ulcerations and, after some years, even serious destruction of the nose. This condition is accompanied by a very bad odor of the breath and often bleeding at the nose. There is an uncomfortable dryness of the nasal passages and of the throat due to the enlarged space resulting from atrophy of the mucous membrane.

The complete cure of this condition is a course not possible, but much can be done to relieve its inconveniences. By daily cleansing and disinfection of the nose, the factor of the breath may be largely removed. By application of a spray of vasoline, the sense of dryness may be relieved. It is sometimes wise to introduce into the nostrils nasal passages plugs of cotton to diminish the size of the inlet. Every case of this sort should be placed, for a time at least, under the care of a good nose specialist.

A notable fact about nasal catarrh is that the disease is confined to house dwellers. Wild people, who live in the open, do not suffer from nasal catarrh. The same is true of civilized men and women who live in the open air. Explorers and soldiers in the field suffer little or not at all from colds and catarrh. These are house diseases, like pulmonary tuberculosis.

Many years ago the writer visited the tribe of Yuma Indians, living about the old Fort Yuma, who at that time lived in their original primitive simplicity. The men wore the G string and the women little hair-bands. There had been gathered into a school and were clothed. These all suffered from catarrh. On inquiry, it was learned that the Indian parents attributed the catarrh to the wearing of clothes.

Sun Bath

What is the curative value of the sun bath? E. DAVIS. Sunlight is one of the most powerful of all hygienic and curative agents. As a hygienic measure, it is of inestimable value in the destruction of dangerous microbes, the most of which are unable to resist the action of the direct rays of the sun for more than a few minutes. Sunlight is thus the most important of all disinfecting and sterilizing agencies. The value of sunlight in the maintenance of health is well shown in the elevated development and rapid deterioration of plants deprived of its stimulating influence.

In taking a sun bath, either the whole or a part of the body may be exposed to the direct influence of the solar rays, or some protection may be afforded by a covering of white cheesecloth. The bath may be taken best in a room properly constructed for the purpose. The room should face the south and the windows should be sloping. The patient should lie on a cot placed before a window, the head being protected from the direct rays of the sun. The length of the exposure will depend upon the intensity of the sun's rays and the effect sought. If the light is very intense or the patient very feeble, the duration of the bath should not be more than five minutes for the direct rays of the sun; in less sensitive patients, or those accustomed to the sun bath, it may be continued for twenty minutes to half or three-quarters of an hour.

Cleft Palate

If a child is born with cleft palate, can it be cured or remedied by operation? R. H. It can be greatly helped by an operation; perhaps entirely cured. It is as well to wait until the child is six or eight years of age for such an operation. It is caused by deficient development and, if allowed to go without attention, will affect the speech and be a great handicap.

Sprains

What is the quickest way to relieve pain in case of sprains? E. For the pains of sprains and bruises, ad-

When Taking Cold Baths

What precautions are necessary in taking a cold bath? PEARL H. The room in which the cold-water bath is taken must be warm. The body must be all over warm before any kind of cold bath. For this reason the best time for taking the bath is immediately upon rising, while the body is warm. If not warm, the body should be warmed by taking a very short hot bath before the cold one. A cold bath to a cold body is dangerous.

The body must be all over warm at the conclusion of the bath. A cold bath must be of short duration—the colder the water the shorter the bath. Prompt and thorough reaction after a cold bath must always be the rule.

Enlarged Pores

Can enlarged pores of the cheeks and nose be cured? O. E. R. The most that can be said with reference to this condition is that it can be greatly improved.

(Copyright.)

Cooking With Oil

A great deal of use can be made of oil in cooking, and though the price of oil has risen considerably, it is cheap to fry with because it contains no water, like lard, butter or fat, and it wastes less when frying.

If care is taken while frying not to burn the oil it can be strained after using through a fine strainer into a clean basin, and when cold should be covered, and can be used over and over again. Let it cool a little before straining it.

When using oil for frying that is deep fat, put enough into a clean, deep saucepan to half fill it. Let it heat slowly, and when a faint blue smoke rises from it put in two or three of the articles you want to fry at a time; let them color a golden brown, take them out, drain on clean paper and dish.

Uses for Salt

Sprinkle a little salt in the skillet before placing the fish in it to fry and it will not stick to the pan.

Make a little salt bag and rub the griddle with it; pancakes will not stick and there will be no smoke or odor.

Cakes may be prevented from burning by sprinkling a little salt in the bottom of the oven.

When grease or milk has been spilled on a hot stove the odor arising from this may be removed by sprinkling with salt.

Egg stains on silver can be removed by rubbing with a little salt and a damp cloth.

Will Lecture on Primitive Religion "Primitive Religion" will be the subject of a lecture to be given by Dr. Frank G. Speck this afternoon at 4 o'clock in Houston Hall, Thirty-fourth and Spruce streets.

IN THE MOMENT'S MODES

Kolinsky-Trimmed Tobacco-Brown Bolivia Cloth Coat



Some of the dressier long coats are so closely related to one-piece dresses in their modeling that they hardly seem to come under the coat classification. Consider the coat illustrated. In design it differs very little from the one-piece frock and yet its purpose in life is to serve as a wrap. The dropped panel of the bodice section is particularly interesting. Tobacco-brown bolivia cloth is the material, and the trimming is of kolinsky fur.

Tomorrow's War Menu

- MEATLESS DAY  
 BREAKFAST  
 Sliced Oranges  
 Oatmeal  
 Cinnamon Toast Honey  
 LUNCHEON  
 Bean Soup  
 Cottage Cheese Sandwiches  
 Apple Sauce Cocoa  
 DINNER  
 Rice Indian Oysters  
 (with Rice and Tomato Sauce)  
 Canned Peas  
 Graham Bread  
 Lettuce with Mayonnaise  
 Pumpkin Custard Pie  
 EAST INDIAN OYSTERS  
 Add a half cupful of raw rice that has been well washed to a pint of boiling hot strained tomato juice. Let cook until rice is soft, but not broken. Have ready a paste made of two tablespoonfuls of butter and two teaspoonfuls of curry powder. Add this and let simmer for ten minutes. See

son and put in about two dozen oysters. Let cook until they ruffe. Serve standing hot.

The Days  
 I call my years back; I grown old.  
 Recall them day by day;  
 And some are dressed in cloth of gold  
 And some in humble gray.  
 And those in gold glance scornfully  
 Or pass me unaware;  
 But those in gray come close to me  
 And take my hands in theirs.  
 —Theodora Garrison

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THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiment expressed in communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, EVENING LEDGER, PHILADELPHIA, PA.

TODAY'S INQUIRIES

1. In baking fish, what can be done to retain the moisture and flavor and keep the odor from going through the house?
2. What new costume has lately made its way into this country from Paris?
3. Is it proper for a woman to give an order to the waiter when she is the guest of a man at dinner?

ANSWERS TO SATURDAY'S INQUIRIES

1. In one pound of rice there are 1820 calories, or units of food value, and there is no waste. In one pound of potatoes there are 235 calories and there is 20 per cent waste.
2. To clean gilded pieces rub steadily, but not hard, with a piece of clean chambray that has been sprinkled with alcohol and dipped in carefully sifted flint. They should be dusted thoroughly first.
3. It is unpractical to buy washable curtains that have heavy bars in them because in laundering these figures pull away from the material and cause the curtain to wear out a great deal sooner than a plain pattern would.

A Gift for Mother

To the Editor of Woman's Page: Dear Madam—My mother's twelfth wedding anniversary is nearly here. I am only ten years old and do not have very much money, so I will please tell me what you would like to give her—something not very expensive? I read your part of the Evening Ledger every night and enjoy it.

RUTH A.  
 Each wedding anniversary has some particular kind of present set aside for it. Mother's twelfth anniversary is the time when she should receive silk or linen. It won't be hard for you to get something nice in one of these to give her, even if the amount of money you have is very little. Can you do embroidery work yourself? If you can, you could buy a little piece of linen stamped and work it for her. Dollies to put on a bread tray are very nice and every mother likes to have pretty good towels for her bathroom. These aren't hard to embroider. Some of them are just done in cross-stitch. If you don't know how to do fancy work, why you can buy a little piece of linen for mother already made. A little bread-tray cover in Madeira embroidery can be had for seventy-five cents. Pretty linen handkerchiefs cost seventy-five cents, too. It takes a long time to save that much, I know, so if fifty cents, or maybe less, is as much as you would care to pay, you might give a prettier china handkerchief, a little silk or linen powder puff holder or a silk sachet bag. I am glad a little girl likes our page.

Renickling of Chaffing Dish

To the Editor of Woman's Page: Dear Madam—I would be so glad if you would give me the question for me in your column where I could get a chaffing dish renickled. I can't find out how to do it, and I don't know how much it would cost. I would be so glad to hear from you and appreciate it so much.

MARY L.  
 You can have the chaffing dish renickled in the silver repair section of any of the large department stores. The cost will depend largely on how badly the dish is worn and how much work and material will have to be put on it to restore it. A chaffing dish just in average bad condition would cost about \$2.75 to renickle. Possibly some readers who have had experience in having this sort of work repaired will have suggestions to make.

Recipe for Fruit Cake

To the Editor of Woman's Page: Dear Madam—Please print a recipe in your column for a good fruit cake. I want to give it to a soldier.

MARY L.  
 The ingredients are one cupful of butter, one and one-half cupfuls of powdered sugar, two cupfuls of flour, six eggs, half a pound each of raisins and currants, quarter of a pound of citron, teaspoonful of cinnamon and nutmeg and half a teaspoonful of cloves.  
 Cream the butter and sugar, beat in the yolks of eggs, stir in the flour, the nuts, the raisins, and currants, and chopped the citron, and beat with flour, then the whites of eggs, and beat until light and airy.

THE CHEERFUL CHERUB

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 With blows from the dim past with dreams.

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