

TRAVELING WITH THE BABY—OTHER TOPICS OF INTEREST TO MOTHERS—RECIPES AND MENUS

HAVE PARENTS RIGHT TO CLAIM SEAT IN TRAIN FOR THEIR BABY?

Her Little Ladyship Has Impromptu Nursery En Route While Passenger Who Paid for Seat Stands—Should This Be?

SHE was a dear little bundle of a girl baby, too dainty to ever call a boy. A real baby though—dream deep eyes and lots of woolly and flannel things coming to view as she kicked her versatile little legs.

Yvettes



It's rather a surprise to see a pretty little baby like this turned down isn't it? It's faced in black panne velvet, and the draping on the crown is the same, but the fringe is a delightful Chinese blue.

PATSY KILDARE THE OUTLAW

In the Night

I WOKE and pushed the button and made it light in my room at Mr. Rockrucker's and then I wound up my talking machine and played and played until my door opened and in walked Alice. She said, "Goodness, child, aren't you going over to sleep any more?" I said, "For cat's sake, would you have me sleep all the time?" She said, "No, but I would have you finish the night out."

IN THE MOMENT'S MODES

Black Satin and Gold Brocade Evening Wrap

FOLKS who study the philosophy of clothes declare there is a psychological reason for the present craze for silver and gold brocades. The general tendency in street and afternoon frocks is toward simplicity. The season's only trimming of prominence is fur. This, so students of dress tell us, is a reflection of the war spirit.



GOOD HEALTH QUESTION BOX

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

Drinking With Meals

THE habit of drinking a large amount of water at mealtimes often is followed by serious injury. Many persons think nothing of drinking two or three glasses of ice water at a meal, or as many cups of tea or coffee.

THE passenger who was obliged to rock about in the aisle might have appealed to the conductor, and had her adorable little ladyship transferred to mama's lap. But he didn't—although any one could see he was very cross.

It's rather a surprise to see a pretty little baby like this turned down isn't it? It's faced in black panne velvet, and the draping on the crown is the same, but the fringe is a delightful Chinese blue.

Then I wondered whether I had awakened Mr. Rockrucker. Alice said, "Never mind. It is Christmas night and while you are in this house you are to have a good time. Now, let's go to bed and talk," she said. "Are you sure you are not crazy any more?" she said. "I am quite sure of that and I will never be crazy again."

Another objection to an excessive use of water is that the stomach becomes overdistended. Water or liquids pass into the stomach very easily and the stomach becomes overweighed and overdistended with material. Then the digestive fluids are diluted, and so the digestive process does not go on properly.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this page only will appear in the Women's Exchange. It is understood that the editor does not necessarily endorse the opinions expressed.

- TODAY'S INQUIRIES
- 1. What home-made device attached to the hot-water tank near the furnace will make shaking the furnace a needless task?
- 2. How can one make good use of leftover fruit juices of canned or freshly stewed fruits?
- 3. What can be done with old water-hats that are no longer of value in the sickroom?

- ANSWERS TO YESTERDAY'S INQUIRIES
- 1. If fish to be baked in a paper bag, it will retain both moisture and flavor and help to prevent the odor of fish from going through the house.
- 2. The lids of large hard buckets can be used as "straw-encased" packages for a few biscuits or cookies. They economize on fuel because they can be tucked in small spaces of the oven while other dishes are baking. Lids of bakin-powder cans with holes punched in them can be used as flour dishes.
- 3. There are 115 calories or units of food value in a pound of cabbage, and 1565 calories in the same amount of dried peas.

Inexpensive Christmas Presents

To the Editor of Woman's Page:

Dear Madam—A few days ago some girls were talking about Christmas presents and what sort they would like to give to each other. I had not thought much about it until now. Now I would like to do as they are doing and give some little presents to my friends. Can you suggest what I could make? I can knit, crochet and sew.

Camisoles are always acceptable gifts and these are not hard to make, just a straight piece with joinings and ribbon straps over the shoulder. These can be made in silk or in muslin. I think they are daintiest when finished off with tiny wreaths of embroidered red rosebuds rather than lace. Card-table covers are pretty. Some of these just have a heart, a diamond, a club and a spade worked in each corner and do not take long to make. Linergic clasp, such as are sold in silver and gold, to hold the lingerie up on the shoulder, are now being made up in heavy satin ribbons of all shades. They match one's camisoles and a set of two or three of these in different dainty colors would make a novel gift. Plain linen guest towels just ornamented with an initial are always appreciated by the engaged girl. A half a yard of white crepe de chine would make a couple of pretty colors and would need no trimming save hemstitching along the border. Corset bags are nice for traveling. They are made of linen embroidered a little. Crocheted bed jackets are very practical. They are done in pink and blue and the sick one wears them to sit up in bed and eat. Crocheted slippers are always appreciated. The larger knitted and crocheted pieces I am afraid would require too much yarn to be given as presents. For further suggestions look in the Christmas numbers of the women's magazines.

Recipe for Bran Muffins

To the Editor of Woman's Page:

Dear Madam—Will you please print for me the recipe for bran muffins? Also, if you could use to take cocoa stain out of white linen dress? (Mrs. J. W.)

Bran Muffins—Mix two cups of bran, one cup of flour, one-half teaspoonful of salt, one teaspoonful of soda, one-half cupful of molasses, one and three-quarters cupfuls of milk and one tablespoonful of melted shortening. Beat all very well and bake for twenty-five minutes in a moderate oven. Sprinkle the stains with borax and then soak that part of the dress in cold water. Rinse the stained places in boiling water. This method is quite satisfactory.

To Remove Stain

To the Editor of Woman's Page:

Dear Madam—Will you please help me out? I pinned a bunch of flowers on the front of a light blue dress—the stems of the flowers were wrapped around the stem of the collar and came off on the dress and left a mark. Is there any way to get this off? I would be very thankful to you for telling me how. (Alice M.)

Chloroform or ether will remove the stain if anything will. Either is inflammable, so it will be better to use the chloroform. Dip the stained part in a very small dish of this and then rub with a cloth or use a small, soft brush. If it is awkward to dip the stain, apply the chloroform with a piece of clean cloth, and beginning at the outer edges of it work in toward the center. This agent will not injure the color of the dress.

The Child Who "Shows Off"

WE parents have a very human tendency to overvalue what we perceive as special talent in our children. Perhaps our child can do one thing unusually for his age, and in our dreams we see him as a genius. That particular gift, or talent if you may, after all, he is no more than a temporary development of some quality beyond the average for his age, we often encourage the child to "show off." The result is that such a child almost invariably gets an exaggerated opinion of himself and his ability, becomes self-conscious, and, what is far worse, falls into the habit of doing only the things which come most easily to him. In this process of self-indulgence, not only the child's other qualities are neglected, but even that special quality, which might have been a talent, degenerates through lack of disciplining training—and our young "genius" may become in the end one of that pathetic class of people who are superficially clever, but who can do nothing well enough to win position or command trust and responsibility. The child prodigy rarely develops into a mature prodigy, yet too many of us entirely forget the same commonplace fact in dreaming about the children we love so well.—Miriam Finn Scott, in Good Housekeeping.

Improving the Eye

THE eye can be improved in appearance by making the lashes long and thick and by making the eyebrows well marked. But not too thick. Vaseline is usually recommended for this. It doesn't hurt the eye if it gets into it, although of course it smart.

Tomorrow's War Menu

- WHEATLESS DAY
- BREAKFAST
- Wheatless Cereal and Top Milk
- Rice Griddle Cakes
- Maple Syrup
- Coffee
- LUNCHEON
- Creamed Chicken (left over)
- Graham Popovers
- Stewed Peas
- Tea
- DINNER
- Casserole of Lamb With Vegetables
- Brown Rice
- Pepper Hash
- Fruit Pudding
- GRAHAM POPOVERS
- Sift three-quarters cupful of graham flour, one-quarter cupful cornmeal and a quarter teaspoonful of salt. Beat one egg lightly and mix with it a cupful of milk and then add a teaspoonful of melted butter. Beat for a few minutes very hard with an eggbeater. Have ready very hot popover pans that have been greased and pour in the batter, which should be cold. Bake for twenty or thirty minutes in a very hot oven.

Clergyman's Sore Throat

THIS condition is probably due to chronic pharyngitis. Acute and chronic catarrh of the pharynx are among the most common of all the forms of catarrhal disease. What is known as "clergyman's sore throat" is a variety of pharyngeal catarrh. Undoubtedly bad dietetic habits are an important factor in the production of the condition. The use of mustard, pepper, peppermint,

Stone

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Georgettes, Serges and Satins—a diversified collection of this season's smartest modes.



THE CHEERFUL CHERUB

My relatives should be suppressed—All year they're most unpleasant. And then when Christmas comes along they each expect a present.

In the Laundry

If bluing is put into lukewarm water the clothes will never be streaked. Wash clothes in a strong brine to prevent clothes from fading. Dip clothes in brine also and there will be no trouble taking clothes off the line in the coldest weather. Put salt in the rinsing water. A little sugar in starch—about a teaspoonful—will give the starched pieces a nice gloss.

Camouflage

She saw a lovely knitting bag, surrendered to its charm, and bought it, though the price was steep. To hang upon her arm. To cheer a soldier's heart. Pale blue with applique. Of cretonne roses, and a boy. Upon the handle gay.

"Some Breakfast, Mother"

You'll hear that cheery call after the first mouthful tomorrow—if you will give him Cream of Barley

It is not a mere excuse for cream and sugar. It is real food—because it is made by a wonderful new process from the most nutritious and digestible of grains—from barley.

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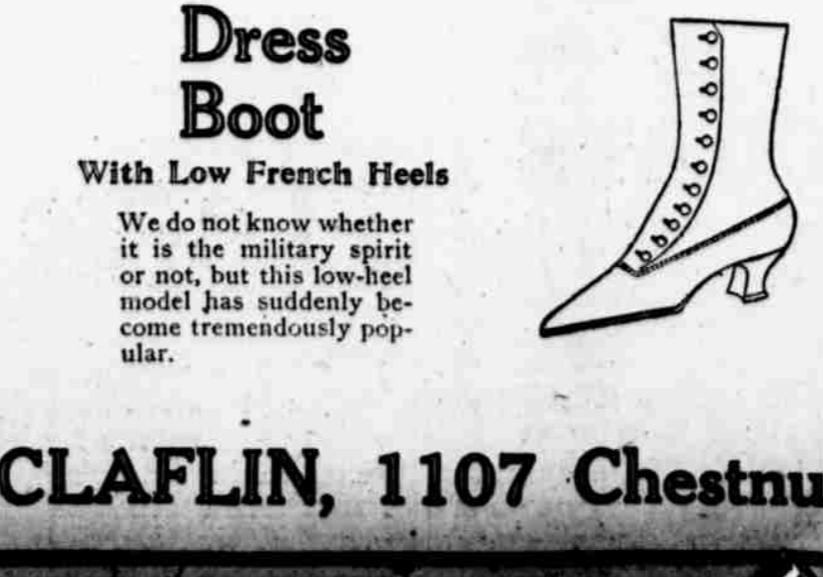
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