# TRAVELING WITH THE BABY-OTHER TOPICS OF INTEREST TO MOTHERS-RECIPES AND MEN

#### 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?

It's rather a surprise to see a pretty little hat 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.

Hoyle he had missed about the inviolable

right of parents to turn a seat back-

ward and defend it against the rest

hold it. And when a woman is travel-

ing alone I have known men to go to all

sorts of extremes to see that the neces-

alone. Her husband was with her and

he sat calmy for forty miles and let

When babies are traveling should it be

some other man stand, so that his baby

This is worth while thinking about.

3. How should colors for exeming dresses be

from Paris. To achieve if one draws the hair high on the top of the head, gives it a loose twist and fastens it in seemingly careless fash-

3. It is never proper for a woman, the guest

Letter From Wife on Kissing

to the Editor of Woman's Page:

Dear Madam-After reading

portunity. Isn't it so?

To Locate Captain in Marine Corps

of the world.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signe! with the name of the buriter. Special gaves like those given below are divided. It is understood that the chirar does not see awarily indoors the arithment expressed. All communications for this department should be addressed as follows. THE WOMAN'S EXCHANGE. Prenum I reduce Prizadelphing, Pa.

TODAY'S INQUIRIES 1. What home-made device attached to the hot-water tank near the furnace will make shaking the furnace a dustless task?

1. How is the school system in France one of the main instruments of women's war work?

ANSWERS TO YESTERDAY'S INQUIRIES

1. If fish to be baked is put in a paper bag or evered carefully with olied paper, it will retain both moisture and flavor and belo to prevent the star bat with sharp trimming projecting out at each side. This brings out the length of the face and sharpens its lines.

selected?

2. What is a millet?

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

To look at her was to love her, provided you had a seat in the crowded train.

Certainly there was one man traveling westward ho who was able to withstand this very small girl's charms. She was playing with her feet, 'twas true, BUT at the same moment she, a dilapidated rubber moo cow and mama's knitting bag were occupying the only empty seat in the entire train. And the gentleman was standing.

She, the dilapidated moo cow and mama's knitting bag were occupying an entire seat for which mama and papa who sat in the facing seat had not paid And the gentleman with the depleted mile age book was standing

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.

This is what had happened

Walking down the aisle when he had first boarded the train, he stopped short stretch the baby out flat on a seat than to before the impromptu nursery, and looked ellently, but inquiringly. No one spoke.

"I beg your pardon," he said, "but sary room be made to let baby have its would you mind letting me have part of impromptu bed. But this woman was not this sent?"

The answer came back fast. "Can't you see," said the father, he was

aggrieved, "there are three of us? We might be comfortable. need that seat for the baby."

The man didn't speak. He was a little their own parents or strangers who are bit angry and a little bit embarrassed. He called upon to sacrifice themselves to looked as though he might be wondering | their comfort? If there was something in the book of

2. How can one make good use of left-over fruit juices of canned or freshly stewed fruit?

3. What can be done wit old hot-water bags that are no longer of value in the sickroom?

The tids of large lard buckets can be used

as "warming-over" paus 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 baking-powder

eans with holes punched in them can be used as

Inexpensive Christmas Presents

To the Editor of Woman's Page:

Dear Madam—A few days ago some girls were talking about "bristmas presents and what sort they would like to give to each other. I had not thought much about this until this time. Now I would like to do as they around an give some little gifts that will not cost too much to make. Can you suggest what I could make? I can knit, crochet and sew quittely.

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 sik 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. Lingerie clasps, such as are sold in silver and gold, to hold the lingerie up on the shoulder, are

all shades. They match one's camisoles and a set of two or three of these in dif-

ferent dainty co ors would make a novel

ferent dainty co ors 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 around 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 pinks and blues and the sick one years them to sit up in bed and

sick one wears them to sit up in bed and eat. Crocheted slippers are always appre-ciated. The larger knitted and crocheted

pleces 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.

Dear Madam—Will you please print for me the vecipe for bran muffine? Also, tell me what to use to take cocca stain out of a white linen dress?

(Mrs.) A. M.

Bran muffins-Mix two cupfuls of bran,

one cupful 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

Sprinkle the stains with borax and then soak that part of the dress in cold water. Rines the stained places in boiling water. This method is quite satisfactory.

To Remove Stain

Dear Madam—Will you please help me out? pinned a bunch of flowers on the front of a tood light, pink, silk dress and the lead foil hal was wrapped around the stoms of the flowers came off on the dress and left a mark. Is there any way to get this off? I, would be very bankful to you for telling me how.

Chloroform or ether will remove the stain ranything will. Ether is inflammable, so it till be better to use the chloroform. Dip he stained part in a very small dish of this

the stained part in a very small dish of this and then rub with a cloth or use a small, seft brush. If it is awkward to dip the stain, apply the chloroform with a piece of dean cloth, and beginning at the outer edges of it work in toward the center. This agent will not injure the color of the dress.

Road Map for Bicycling

Editor of Woman's Page:

Madam—in the Evenivo Labora I note
to have suitable road maps for bleycling.

u please send one to me?

maps of which you speak are furthrough the service of the Ledger
and Event Bureau. One has been

twenty-five minutes in a moderate oven.

To the Editor of Woman's Page:

Recipe for Bran Muffins

w being made up in heavy satin ribbon of

PATSY KILDARE THE OUTLAW By JUDD MORTIMER LEWIS

In the Night

WOKE and pushed the button and made I to light in my room at Mr. Rockrudder'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 ever 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." I said, "It is morning." She looked at wrist watch and said, "Morning! Why is five minutes to midnight." All I could say was, "For cut's sake!"

Then I wendered whether I had wakened Mr. Rockrudder, Alice said, "Never mind, It is Christimas night and while you are in this house you are to have a good time. New, let's go to bed and talk." I 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." I said, "How do you know?" She said, "Because I listened to that talking machine for an hour and did not feel like murdering you." So we climbed into bed and Rowdy lay on the foot of it and Alice reached out and pushed the button and it was dark. She said, "What are you going to do when I am gone?" I said, "For cat's sake where are you going next time?" She said, "I am going away to school after New Year's." I raid, "Why don't you go to my school?" She said, "I itin away behind because of the time I was out of my head. I am going to boarding school at the end of the year."

school at the end of the year.

I said, "What is this end of the year that you are talking about?" She said, "Just a week from today will be the first of the new year and then the old year will be gone." I said, "You are cracked in the head again. The end of the year doesn't which is my birth. BABIES must travel—and so there are two sides to this little incident. Every two sides to this little incident. Every that is when my old year goes and the side of the year doesn't come until September 13, which is my birth-gay. That is when my old year goes are one knows how much easier it is to new year comes." She said, "You are nistaken. We do not measure the age of the world by your birthday, but by the world's birthday." I said. I guess that is o. We would be silly to measure it by tine, wouldn't we? What is a boarding chool?" She said, "That is where you go school and live and eat and sleep and udy right there till the end of the term. That is where I am going."

I said, "What do you do there?" She said. "We stuff the keyholes with paper and cover the cracks with paper so the teacher can't see the light at night and then we have a fudge party. We make fudge in a chafing dish and we have a pillow fight and we put a tub of water up over the janitor's door so when he opens the door the water goes all over him. Once we placed a dishpan full of water on the stairs at the back of the hall where the monitor came down to snoop around and she stepped into it and sat down in it and slid to the bottom of the stairs. That was great fun."

Then I think Alice and I both went to sleep. After I woke this morning and fed my face Mr. Rockrudder took me home his auto and he took my music ma-ine, too. I played on it until my father said, "For the love of Mike, if you must play it, play The Wearing of the Green or The Wind That shakes the Barley. or 'Kathleen Mayourneen.' The tunes you have there aren't any of them Irish." got up and looked at them and he was

Rowdy and I went down to the river watchman's and he was there and he said. "Happy New Year!" I said "Merry Christmas!" He said, "I already had it, and that was some Christmas dinner, believe me. I may get over it, but I do not think I will ever look the same again. I bought you some building things. They aren't much, but they are better than nothing. I would have bought more for you, but I am saving money to get me a new gun. This old cannon is likely to go back on me just when I need it the most." I said, "If you think any one is ever going to steal the river you are nutty. But wait here." Then Rowdy and I ran all the way home and 3. There are 115 calories or units of food value in a pound of cabbase, and 1565 calories in the same amount of dried peas.

In sheeter proper for a woman, the suest got the pistol the burglar left upstairs and took it to the watchman. He thought it was a very good one, but kind of rusty with the same amount of dried peas. where I had poured water on it, and watched him while he cleaned when a bullet went through his hat I nearly laughed my head off. But he got pale and said, "I'm an old fool." When he told the policeman and the people who

no too the percenan and the people who came running how it happened they said he was, too, so I guess he is. But I like him just the same.

Tonight I praced, "Dear mother, which art in Heaven, there is no school all this week. Isn't that great? Rowdy and I have been living high and it will take all week for us to run the fat off us. Tell Mr. Carpenter that if I had not pushed Pie Face off his wheel he might have been yet. Ask God to bless you and my father Amen."

"Barney and Mary." the next Patsy Kildare adventure, appears in tomorrow's Evening Ledger. In the Laundry If bluing is put into lukewarm water the clothes will never be streaked. Wish clothesline in a strong brine to prevent clothes from freezing on. Dip clothespins in brine also and there will be no trouble taking clothes off the line in the coldest weather. Put sait in the rinsing water. little sugar in starch—about a teaspoonfu
—will give the starched pieces a nice gloss A Woman's and Misses' Shop 1302 Walnut St.



### IN THE MOMENT'S MODES



The Child Who "Shows Off"

for its unusually graceful lines.

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 (it may, after all, be 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 were that meant has search as all the second to the child of the second or the seco even that special quality, which might have been a tilent, degenerates through lack of disciplined training-and our young "genius" may become in the end one of that pathetic class of people who are super-ficially 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 this same commonplace fact in dreaming about the chil-dren we love so well.—Miriam Finn Scott, in Good Housekeeping.

THE CHEERFUL CHERUB My relatives should be suppressed-All year they're most unpleasant And then when Christmas comes along They each expect & present.

Improving the Eye
The eye can be improved in appearance or making the lashes long and thick and by making the eyebrows well marked, but not too thick. Vaseline is usually recom-mended for this. It doesn't hurt the eye if it gets into it, although of course it smarts.

Tomorrow's War Menu

WHEATLESS DAY BREAKFAST Stewed Prunes

Wheatless Cereal and Top Milk Rice Griddle Cakes Maple Syrup Coffee LUNCHEON

Creamed Chicken (left ever) Graham Popovers Stewed Pears DINNER

Casserole of Lamb With Vegetables Rice Pepper Hash Fruit Pudding Brown Rice GRAHAM POPOVERS

Sift three-quarters cupful of grabam one-quarter cupful cornmeal and a quarter teaspoonful of salt. Best one egg lightly and mix with it a cupful of milk and then add a teaspoonful of melted but-Beat for a few minutes very hard popover pans that have been greased and pour in the batter, which should be cold. Bake for twenty or thirty minutes in a very

Camouflage

She saw a lovely knitting bag. Surrendered to its charm And bought it, though the price was steep.
To hang upon her arm.

was a most capacious one. Pale blue with applique of cretonne roses, and a bow Upon the handle gay.

Oh, can she knit? No, not a bit, Nor will she learn the art Of making caps and comforters To cheer a soldier's heart. But when she takes a boat or train She never for a minute

### is seen without that knitting bag-She carries Fido in it. —Minna Irving, in the Sun.

## 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 medicine, but in no case will be take the risk of making diagnoses of or prescribing to ments requiring surpical treatment or drugs. Health questions will be promptly a sucred by personal letters to inquirers who inclose etamped envelopes for resk.

Drinking With Meals

digestion will go wrong and liver digestion cill be wrong; everything will be wrong, and the result will be putrefaction of food instead of digestion, and from putrefaction poisons are formed which are absorbed into the intestine. Professor Combe, of Lau-saine, has shown by actual experiment that when water is used freely at meals an increased amount of poisons is formed in the intestine and these poisons are ex-rected from the body. They are found in creted from the body; they are found in the breath and in the perspiration from the skin, in excreta from the kidneys. Thus one of the most important causes of intestinal autointoxication is drinking freely

Another objection to an excessive use of water is this—that the stomach becomes overdistended. Water or liquids pass into the stomach very easily and the stomach becomes overweighted and overdistended with material. Then the digestive fluids are diluted, and so the digestive process

does not go on properly.

It is proper to drink at meals in limited amount. One can drink ice water, het water or water at ordinary temperature, provided he does it right. It is important to "Fletcherize" the water. Then you get out of it all the good there is in it; it cools the mouth and refreshes the sense of taste. Thus it is perfectly wholesome and propeto drink very cold water, but it should be only a very small sip. Half a teaspoonful or a teaspoonful, at any rate, is plenty of real cold water to be taken into the mouth real cold water to be taken into the mouth of once. There is just as much refreshment from it as from half a tumblerful sulped down into your stomach. There is barn in taking a little liquid with the usal, if one takes it slowly, but one should not drink when he is eating; one should not put a mouthful of food into the mouth and, when it is half chewed, take a drink of water to rinse it down; that is wrong One should drink between eatings, after the mouthful of food has been swallowed. Thyroid Gland as a Remedy

In what cases is the use of dried thyroid gland indicated?

Persons whose thyroid glands are inactive—the condition of so-called hypothyroidism—are benefited by the use of dried thyroid gland (sheep's thyroid). There are numerous indications of this condition among which are dryness of the skin, pigmentation and atrophy of the skin and falling of the hair, with other symptoms. It is important, however, to note that when taking dried thyroid a thoroughly anti-toxic diet must be adopted, that is, meats must be entirely discarded, while milk should be taken only in the form of buttermilk and, in some rases, even buttermilk must be avoided. Eggs also must be omitted from the dietary. Fresh vegetables and especially uncooked fruits and vegetables should be freely used. Tonic baths, an outdoor life and free water drinking are other measures important in such a case.

Clergyman's Sore Throat

What is clergyman's sore throat? THOMAS D. F. This condition is probably due to chronic pharyngitis. Acute and chronic catarrh of the pharynx are among the most com-mon of all the forms of catarrhal disease. What is known as "clergyman's sore throat" is a variety of pharyngeal catarrh. Un-doubtedly bad dietetic habits are an im-portant factor in the production of the con-

The use of mustard, pepper, peppersauce.

THE habit of drinking a large amount of water at mealtime often is followed, serious injury. Many persons think whiting of drinking two or three glasses of ice water at a meal, or as many cups it tea or coffee.

One of the results is that one gets the tabit of not chewing his food sufficiently, of washing it down in a half-masticated condition. When this takes place in the same of treatment.

Bath Temperature.

Bath Temperatures

The following table gives the temperatures indicated by the various terms in con-Very cold . Cool
Tepid
Warm (neutral, 92 deg. to 95 deg.) 57 to 18
Hot
Very hot 100 and 200

Sour Stomach What is the cause of sour stomach?

Too much acid formed in the stomach it is not fermentation, but too much in the stomach acid.

About Women

(Copyright.)

Ruth Law, who is working at a United States aviation recruiting station, claims to have enlisted over 1500 recruits leastly.

Thirty-seven out of forty-two women we took the physical examination for position on the sanitary police force in Certain were found in perfect physical condition. Only twenty-two men out of a total of seventy-two were successful in passing the same examination.

seventy-two were successful in passing of same examination.

So prevalent has become the circumstance in the same smoking habit among young girls in belief that a movement has been stated a curb the habit by legislation.

Queen Victoria of Sweden is a daughter of the late Emperor of German daughter of the late Emperor of German and full cousin of the present Emperor.

Her Gift Her eyes, her mouth, her chin, so strangly

small. Her very hands, in such frail Illente made, That one caress it seems might crush then

And so I gaze and wender, half afraid
So wee a gift—yet wealth of many land
Could never buy it in the richest mans:
So frail a gift—and yet those baby hands
Take mighty hold upon two human
hearta! BURGES JOHNSON





# "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 foodbecause it -is made

by a wonderful new process from the most nutritious and digestible of grains -from barley.

It is "some" breakfast. For tomorrow buy from your Grocer



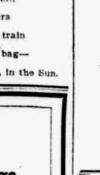
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Dougherty's Faultless Bedding

With Low French Heels

We do not know whether it is the military spirit or not, but this low-heel model has suddenly become tremendously pop-