Among the most common types of head-

This headache is not a sharp pain, but a pressure at the back or top of the head, fiten described as a band about the head.

"Sinus" headache, a form of headache generally located just above the eyes and due to a diseased condition of some of the sinuses connected with the nose. Rheumatic headache, due to the absorp-

tion of pus from some focus of infection which may be the tonsils, teeth, suppurating

Nervous or migraine headache, sometimes

called sick headache, due to toxins absorbed from the colon and always associated with intestinal disarrangement.

Hot and Cold Water Drinking

Should one drink hot or cold water before

That depends upon whether the gastric

juice is too acid or not sufficiently acid. If the stomach makes too little gastric acid.

one should drink a little cold water, be-

ause this will stimulate the gastric glands,

if too much acid is present, take a glassful of hot water half an hour before eating.

Peanut Oil

Do you regard oil made from peanuts as holesome?

Yes. Peanut oil is a wholesome food, providing it is good oil. If the oil is rancid, then it is of course, unwholesome. Peanut oil is a little more digestible than olive oil and is perhaps better for people who suffer from hypopepsia than olive oil, because olive oil, of all substances known, lessens the activities of the stomach in producing gastric juice.

Onions

Do onions contain iron? K. I.-Haw onions are objectionable on account

of the acrid oil they contain. Cooked prop-

erly, this oil is largely driven off. Used thus and as a flavor for soups, the onion is harmless. Yes, they contain a relatively large amount of a very easily assimilable form of iron.

# ADOPTION OF SOLDIERS NOT APPROVED OF BY WAR DEPARTMENT

# WAR DEPARTMENT NOT IN FAVOR OF GODMOTHERING/SOLDIER BOYS

Woman's Committee of National Defense Disapproves, Too-Names of Men Not Being Furnished by These Bodies

THE War Department and the Woman's Committee of National Defense have set their seal of disapproval on the personal godmothering of soldlers with whom one is not acquainted. Names cannot be furnished by these two bodies, as so frequently is requested, it is said.

While the War Department appreciates deeply," explains Mrs. Philip Moore, chairman of the Health and Recreation Department of the Woman's Committee. "the fine spirit in which the women are offering to write to the soldiers at the front, the experiences of France and England have proved that the plan ultinately works more harm than good. General Siebert has recently issued a statement from France to this effect, showing his marked disapproval of the

WHEN Uncle Sam plays chaperon it seems he wants to play safe. Did you ever play the odd guardian at a party where conditions were a bit out of the ordinary-a beach party, for instance, where everybody wanted to walk off and look at the moon instead of sitting around the fire and toasting marshmallows? It seems that Uncle Sam's job is something like this. Hundreds of thousands of young men in khaki, and as many more young girls who think young men in khrki very nice, are in the hollow of his hand. And pretty soon a lot of them will want to be off "looking at the moon!"

TT'S very hard to keep romance out of a siturtion that's built on the most adventurous and romantic thing in the forth to a warrior. It isn't necessary that the lady ever should have met the warrier bold. Sufficient it be that he went forth to battle and that the postman brings a regular letter from him to her.

What a bridge this wartime letter is! It spans over days and it stretches over that can never be kept. There will be years. "I feel as though I have known heartaches based on the wartime letter.

# GOOD HEALTH QUESTION BOX

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

In answer to health questions, Doctor Kellong in this space will daily give advice on preventive medicine, but is no case will be take the risk of making diagnoses of or prescribing for all-ments requiring surgical treatment or draw. Health questions will be promptly answered by personal letters to inquirers who include stamped envelopes for reply.

che are:

Neurasthenic headache.

ar or a diseased colon.

#### Hill Climbing for Health

develops the muscles of the thighs and alves. It brings about rapid changes of the bodily material, the fat especially being ensumed. The skin and kidneys throw of more waste material an' the lungs work harder and take more oxygen. The heart pumps faster and its muscles are strength-The general circulation is quickened

trip it is an excellent plan to prepare for trip it is an excellent plan to prepare for it by walking up and down small hills or up and down stairs. One should always begin gradually, and, as the ascent grows steeper, one should take fewer and shorter steps. At first a bill that is not steep should be tried. Do not change suddenly from a slow to a rapid climb. It should all be done gradually and overexertion should be carefully guarded against.

The best time for a climb is early in the

The best time for a climb is early in the morning. The afternoon should then be spent quietly. In going up hill the toes should be directed slightly inward. The exercise in going down hill is much less than in the ascent and the exertion is

and, above all, a skirt which escapes the floor by fully four inches should be worn. The shoes should be easy and comfortable. with thick soles and broad, low beels,

When an individual does not enjoy good health or the heart and lungs are weak. this exercise, although it may be made of the greatest benefit, must never be indulged in without the supervision of a physician. heart may be overtaxed to the point of exhaustions

not drink too much while exercising. Lemon juice actied to the water makes it a very refreshing drink. The food should be nourishing and it often is more convenient to take that which is in a concentrated

Professor Tissier, of the Pasteur Insti-

#### IN THE MOMENT'S MODES

Original Modeling Characterizes This Suit



What some of the winter coat suits lack in trimming they make up in unique modeling. There are coats with diagonal closing lines, oddly shaped insets in skirts and jackets and closely fitted sleeves, which end in overlapped sections instead of cuffs.

Such a suit is the one presented in the accompanying illustration. Brown silvertone is the material which has gone into the fashioning of this model, while the collar is of kolinsky. The entire animal is used in the collar.

"The Peacemaker." the next Patsy Kildare dventure, appears in Monday's Evening Ledger.

Roast Shoulder of Lamb Mashed Potatoes Carrots and Peas Date and Grapefruit Salad

Cheese Crackers Coffee

Cr ed Tuna Fish

Stewed Pears Gingerbres. Cocoa

There is no prince or prelate
I envy—no not one,
No evil can befall me—
By God, I have a son! -Christopher Morley.

dent's proclamation barring enemy aliens from the vicinity of the city's waterfront. freight yards, warehouses and munition plants, according to Frank L. Garbarino, investigator for the Department of Justice who will enforce the new regulations here

THE CHEERFUL CHERUB I'm very handy round the house I help as much as I am able.

I like best Is getting flowers for the table. 9

## BRITISH SOLDIER-AUTHOR WILL LECTURE AT ACADEMY

Sergeant Arthur Guy Empey Will Describe "Trench Warfare" in Philadelphia Tuesday

Sergeant Arthur Guy Empey, who spent seventeen months in the first-line trenches in France as a member of a machine gun company in the English army, has been so company in the English army, has been so greatly in demand as a lecturer since he wrote the story of his experiences as a soldier in that "biggest seller" of the year, "Over the Top," that it has not been possible for him to come to this city until Tuesday evening, November 27, when at the Academy of Music he will be heard in his lecture, "Trench Warfare."

Empey is in this country because he is invalided. Two havenet wounds and a ter-

Empey is in this country because he is invalided. Two bayonet wounds and a terrible gash of the cheek sent him from No Man's Land into various hospitals. His recovery astounded his physicians and nurses—but his wonderfu, vitality and a constitution hardened by six years in the United States Cavalry made possible his hold upon life. However, he bears on his cheek the mark of his series afternative. the mark of his grim adventure, and the scar is a tribute to a surgery that permitted the use of a piece of a man's rib as substitute for the shattered facial bone.

The Y. M. C. A. \$55,000,000 fund lately

engaged his attention and he did wonderful work for the cause. Before that he had been the foremost salesman for the Liberty Loan, and in New York had the distinction of selling \$500,000 worth of bonds

#### FRUIT SCARCE AND HIGH THROUGHOUT THE WINTER

Food Commission's Prediction Based on Small Crops and Lack of Ships

Fruit is going to be scarce and high in Philadelphia all winter, according to predic tions made today by J. Russell Smith, chairphia home defense committee.

Both the orange and grapefruit crops are very light. Apples and pears are scarce. Bananas are getting scarcer daily, owing to the lack of ships. The commission's re-ABUNDANT-White turnips, cabbages,

pumpkins, lettuce, parsley, romaine, carrots, radishes, beets, onlons, potatoes, NORMAL — Granes, celery, yellow tur-

SCARCE-Pineapples, grapefruit, oranges peppers, tomatoes, eggplants, neas,

Licensed at Elkton to Wed

ELKTON, Md., Nov. 24 -The following ouples procured marriage licenses here today: Richard Mahon and Ella Burg, Harry Myers and Edith Herrelpoth, Valentine Monaghan and Anna Boehner, Elmer Mingle and Margaret Steger, Francis Hanna and Susan Sweeney, Morris F. Whealton and Cecelia Hunt, Albert F. Manton and Anna M. Sentner, Paul Podensky and Anna Anna M. Senther, Paul Podensky and Anna Paster and Irvin Henry and Margaret Heaney, all of Philadelphia; Charles D. Layton, New York, and Nellie Sweeney, Gloucester, N. J.; Courtney R. Young and Zausi P. Wade, Buck Lodge, Pa.; Richard McCombs and Helen Todd, Dowingtown; James C. Todd and Margaret Ewing, Chester; Robert Arndt, Bethlehem, and Esther Hottenstein, Allentown; James J. McMullen and Eiste R. Pearl, Lincoln Uni-McMullen and Elsie R. Pearl, Lincoln I versity, Pa.: Carl Cook and Gertrude Badle Bethlehem; Burton Reed and Helen Osman Higgins, Pa.; Grover C. Pettit and Grace C. Sweigart, Pennsgrove; Edward B Cra-mer and Mary Ryan, Camden, and John M. Travis and Bertha O. Holmes, Pennsgrove

TODAY'S MARRIAGE LICENSES

ohn J. McHugh, 1404 N. 21st st., and Kathryn R. McCourt, 427 N. 19th st. nmes P. Murtha 2107 E. Dakota st., and John J. McHunh. 1994 N. 21st st., and Kathryn R. McVourt. 427 N. 19th st.
James P. Murtha. 2197 E. Dakota st., and Annes I. Shannon. 2514 N. Philips and Annes I. Shannon. 2514 N. Philips and Annelia Miller. 3337 Jasper st.
William H. Duncan, Jr., 1302 S. 10th st., and Ida Rizz. 1302 S. 10th st., and Ida Rizz. 1302 S. 10th st., and Ida Rizz. 1302 S. 10th st., and Elizabeth E. Effinger. 2545 N. Park ave.
George V. Reilly. 3425 Kensington ave., and Stella Dombrowska. 3425 Kensington ave. Haffield Scatborough. 3237 N. Front st., and Elizabeth Deson, 3222 N. Wator st.
Henry G. Scheffler, League Island, and Plorence Wyatt. 6611 N. 16th st.
Robert E. Jann. 1914 Haworth st., and Florence Chatterton. 5418 Tacony st.
Herbert H. Kvighley, Jr., 350a Comiy st., and Haumah R. Curry. 3807 Tuils st.
Elmer J. Res., 5226 Germantown ave., and Beattree L. Anny. 1428 Green st. Haunah R. Curry, 5801 Tudo st. Elmer J. Rea, 5226 Gormantown ave., and Beatrice L. Amets, 4424 Green et. Harry Cohen, 1018 N. 2d et., and Rose Senal, 3014 Glard ave. Robert G. Prochet, 2754 Eddinaton et., and Jane Course, 4853 Towney et. Walter V. Hill, Camden, N. J., and Mary A. Walter V. Hill, Camden, N. J., and Mary A. Walthes, 5625 Appletree et. William L. Young, North Toronto, Can., and Grace D. Lead, 1514 N. Marshall et. Robert G. Prochet, 2774 Eddinaton St., and Jane Coursey, 4853 Tacount St. Walter V. Hill. Camiden, N. J., and Marry A. Whittles, 5023 Appletree st. William L. Young, North Toronto, Can., and Grace D. Leadl, 1514 N. Marshall St. Joseph J. Ward, 1405 N. Etting st., and Louise Glassor, 1405 N. Etting st., and Louise Glassor, 1405 N. Etting st., and Mar-phical March 1518 St. 24th st., and Mar-phical March 1518 St. 24th st. John M. M. Etting St. 24th st. John M. M. Harris, 697 Thile st. and Amn M. Michael Keyfe, 1537 S. 29th st. and Reartice Baret McChilano. 2247 S. 24th st.
John J. Kelb. 3005 Madhan et., and Anna M.
Harris 657 Thiles.
Michael 127 S. 29th st. and Beatries
Michael 128 S. Chenther st.
Microb. 1427 S. Chenther st.
Microb. 1428 S. Chenther st.
Microb. 1908 S. 25th st. and Beatries
Microb. 1908 S. 25th st. and Margaret Gill. 431 Elbson st.
James A. McAteer 1306 S. 21st st., and Ellen
M. Boyle. 2237 Pintre st.
William J. Sauces, 678 N. 35th st., and Anna
M. Claffer. 3920 Haverford ave.
Basse Garrison. Canden. N. J., and Leonetts
Lockwood. Camden.
Charles D. Albertson. 1334 S. Lindenwood st.,
and Eliste M. Sines, 1334 Lindenwood st.
John Stampalis, 331 Menros st., and Antonio
Yworska, 515 Cypress st.
James J. McGrady. 2550 N. 16th st., and Anna
M. Gerbing. 2958 N. Orkney st.
Harry H. Barke, 1149 Eric ave., and Lillian
P. Hennemer. 419 W. Thompson st.
Thomas O'Brien. Camp. Hatrock, Usa., and
Jennie Presker, 509 S. 48th st.
Edward McPeobl. 2923 Frankford ave., and
Mary R. McClernan, 2110 N. 2d st.
George J. Schachely, 1047 Stella st., and Mary
Fram. 20 E. Hazarri st.
Harry R. McClernan, 2110 N. 2d st.
George J. Schachely, 1047 Stella st., and
Harry R. McClernan, 2110 N. 2d st.
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George J. Schachely, 1047 Stella st., and
Harry R. McClernan, 2110 N. 2d st.
George J. Schachely, 1047 Stella st., and
Harry R. McClernan, 2110 N. 2d st.
George J. Schachely, 1047 Stella st., and
Harry R. McClernan, 2110 N. 15th st.
Hoyace Feunder, 812 Rodman st., and Marion
Carter, 525 S. Juniper st.

# BAN ON POTATOES ENDS AFTER PLEA BY HEIN

Pennsylvania Resumes Accept ance of Shipments as Congestion in City Is Relieved

RESULTS WILL BE QUICK

The embargo on potato shipments to Philadelphia today was lifted by the Pennsylvania Railroad. It is expected that by next Monday the movement of potatoes to Philadelphia will again be normal.

instructions were telegraphe' to the operating officers at all points on the road and connecting lines in potato-producing territory to resume at once acceptance of potato shipments for delivery to Phladel-

possible by the reduction of the conges-tion of loaded cars on hand in the city, and swatting delivery at points outside. The lifting of the embargo on potatoes. onions and all other perishable food by the radicals was requested by Howard Heinz, food administrator for Pennsylvania.

It was stated that there were hundreds of carloads of perishable food rotting on sidings and that Federal and State agents wore investigating the holding up of these foodstuffs. Millions of pounds of foodstuffs are freezing in cars near Cleveland, Heins said. He also said that Youngstown, O, dealers refuse to accept goods consigned to them and that the Federal Grand Jury in Pittsburgh has refused to indict dealers of railroads in the holdsum of freezing cars.

Pittsburgh has refused to indict dealers or railroads in the hold-up of freight cars.

There new are 115 carloads of potatoes, forty-seven carloads of cabbages and seven carloads of onlone in this city. Some have been held for several weeks. When the embargoes were declared two weeks ago the amount of these foods held in freight cars was double this. The embargoes resorted to by the railroads to relieve car congestion so other shipments could be moved resulted in the railroads inadvertently playing into the lands of speculators, who, freed from the hands of speculators, who, freed from competition, were able to ask almost any price because no other supplies could come in until theirs had been sold.

#### POTTER FUNERAL MONDAY

Services to Be Held at St. Luke's Church, Germantown

Funeral services for Captain William Franklin Potter, who died suddenly yesterday at the Marlborough-Blenheim Hotel, Atlantic City, will be held Monday at St. Luke's Church, Germantown, at 12 o'clock, Captain Potter, who was seventy-nine years old, was a veteran of the Civil War, and the control of the Third Pennavetry as a captain of the Third Pennavetry and the Captain Capt years old, was a veteran of the Civil War, serving as a captain of the Third Pennsylvania cavalry, and a member of the famous Legion of Honor. He was senior member of the real estate firm of Potter & Saymour, which was established at Germantown and Chelton avenues in 1874.

He is survived by a widow and two daughters, Miss Mary K. Potter and Mrs. Alexander Harrie. Alexander Barrie

### NEW YORK ARTISTS WIN

Prizes Awarded at Water Color Exhibition at Academy Here

The Philadelphia water color prize of \$200 was awarded today to Gifford Beal, of New York, for his group of twelve landscapes entered in the fifteenth annual exhibition of water colors at the Academy of the Fine Arts.

of the Fine Arts.

The Beck prize of \$100 was awarded to Howard Glies, who is also a New York artist, for his illustration in oil, "Chevy Chase Club," which appeared as a magazine illustration and is a clever study of gris and chevaliers at an out-door ten table.

George W. Braden, who has been aparmy, was given a farewell testimonial dinner by more than 500 prominent Ital-ians of this city at the Circolo Italiano club-house at 1145 South Broad street last night.

Ask for the Grapefruit with the most juice and the richest juice. That means

# Tropiko

GRAPEFRUIT

"Juiciest Fruit in the World"

Be sure name "Tropiko"

is on each wrapper.

# Fallahan's GOOD SHOES

A Special Sale of Women's Shoes

Regular Prices 3.85 \$5.00 to \$7.50

Included are Black Kid, Gunmetal, Patent Leather, Tans and Grays in practically all sizes; also a number of short lines in desirable colors and combina-

All thoroughly dependable in quality of materials and workmanship, and every pair astonishing value.

See Them in Our Windows At All Hallahan Stores

919-921 Market Street



It's a long hat that has many turnings! It's just a long stocking-cap of black velvet that turns down over ore side, winds round the neck and over the shoulder-and has a perfect ending in a big black

tassel!

TT MAY seem hard for the powers that world—war and the letter of a lady sent | 1 be to frown on this practice of writing to stranger soldlers. But look ahead. No doubt that is what Uncle Sam is coing. There thines we hope not endlessly far away-the light of things as they were

And in the light stalks the day of reck-

oning. There will be pledges on paper

3. Present-day styles that should be availed

Alien's Service in United States

Dear Madam—Would like to know through your valuable column can an alien (Italian) join the United States navy without being a naturalized cities?

What are the necessary qualifications for joining the aviation corps and where should application be made?

ATLANTIC CITY READER.

Every man who joins the United States navy must be a citizen of the United States. It is not even sufficient that he has taken out his first citizenship papers. He must be

To join the aviation corps, too, a man must be naturalized. To join a flying squad-ron the qualifications are strict. A man

ron the qualifications are strict. A man must undergo a strict heart, eye, ear, nose and throat examination and must take the

equilibrium test. It is well for him to kno something about machinery. To join a fly-ing squadron of the aviation corps apply at the medical laboratories of the University

A New Point of View

recommended from that beint alone, set aside all ather arguments.

It ought to be stopped at the very start, Parents should stop klesing their children and should not allow others to kiss them, and when the little girl or boy grows up she or he will not went to kiss others of its own or the up-

posite sex.

Your ideas may be all right from a san-itary standpoint, but I fear if carried out the desired effect would not be gained. Long

before sanitary methods were even thought of men and women found expression of their love for each other in a kiss, and there is certainly no reason why the man and

woman who have promised to marry each other should not kiss. Adam and Eve must have done it in the centuries long past, and

though other things have changed since the

days of Adam and five, natural instincts have not, and so kiss they will whether sanitary or insanitary, when there is love. It is promiscuous kissing between men and wind that the column condenses

To Find Cousin in Camp

Dear Madam—I am informed that my cousin, of Cumberiand. Md. is now in camp in Alabama. I wish to communicate with James. I wish to communicate with me how to direct the letter? Are there any companies in Philadelphia producing pictures where a screen artiste could obtain employment? Please give address of such studies.

girls that the column condones

To the Edi.or of Woman's Page:

To the Editor of Woman's Page:

'a the Editor of Woman's Page:

fully naturalized

If seems Uncle Sam knows best! THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written an one side of the paper only and signed with the name of the writer. Special ascens like those gives below are unsided. It is understood that the editer diversal successful indives the scatiment expressed. All commonwheations for this department chould be addressed as follows: THE WOMAN'S EXCHANGE. Excurse Ladger. Philadelphia, Ph.

TODAY'S INQUIRIES 1. How can sweet rotatoes and apples be 1. Are somen prohibited from night work in the factories in France?

served attractively in one dish? 2. What should be the daily and weekly knife and fork be laid?

3. What is the proper way to set the color in clothes before washing?

3. In applying massage cream to the face, why is it better to use a favoing movement instead of the smoothing-out method? ANSWERS TO YESTERDAY'S INQUIRIES ANSWERS TO TESTERING S LOQUINES

1. When ussters are selling at forty-eight
eests a quart and milk for twelve cents a
quart, the quart of milk furnishes as much
nourishment as the oysters at about one-fourth
the coat.

2. If cretaine is handered in bran water its newness will be preserved. This is made by boiling a quart of bran in seven quarts of water for an hour. It is then strained. Cold is the woman comes to the knee.

3. Present-day styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the styles that should be avoided by the seven and the s is mixed with it and soap jelly made by the woman inclined to stoutness are the shaved soap. The cretonne should be basene that lengthers the walst and makes

the lower part of the body look shorter, all draperies about the blue and trimmings at the bottom of coats and skirts. froned when it is partly dry-on the wrong 3. Brewles is a leftover dish made of brown bread, corn bread, white bread, etc. It ca be used as a cereal or dessert. The crus and butter. It is cooked ten minutes and well

Recipe Contributed

To the Editor of Woman's Page:

To the Editor of Woman's Pape:

Dear Madam—It is with pleasure I write, thanking you for the good information I receive from the Woman's Exchange. I wish to send a recipe for poor man's fruit cake. The ingredients are one-half cupful of lard, one cupful of sugar, one eag, one cupful of sour milk with a teaspoonful of soda in it, one cupful of raisins, one teaspoonful of cinnamon, one teaspoonful of cloves, ground nutmer, two cupfuls of gifted flour, and, if desired, use of other fruits.

Then kindly inform me which is cheaper—to buy a child's blackboard or to muke one at home and as to what kind of paint and wood is used for same? Also, have taken up larse rus and found moths have laid their eggs. Now how can I get any that may have failen into the cracks of the floor, as rus is cleaned and am affaid they might nest again? Many, many thanks for this information. A READER.

We are very grateful for the fruit cake

We are very grateful for the fruit cake recipe. It is very timely now that Thanks-giving is so near. I am sure those who try You can buy a child's blackboard that hangs on the wall for fifty cents. I do not think you could make one any cheaper than this, when you take into consideration money spent on slate, paint, wood, etc. A blackboard on a stand sells for \$1. You might buy one of the fifty-cent ones and put it on a stand yourself. Use pine boards

and varnish or any color of paint the child would like. The paint can be bought in small cans at the ten-cent store. Wash the floor with a solution of This is poisonous, so just get enough from the druggist to use at one time. Do not let the children get near it. After you have thoroughly scrubbed the floor with this, particularly in the cracks, sprinkle well with black pepper tea or just sprinkle black pepper into the cracks. Before laying your carpet put a padding of newspapers on the floor. This keeps moths away.

Composition of Oleomargarine

To the Editor of Woman's Page: Dear Madam—Is eleomargarine made from the fats, etc., collected from the meat shops of this or any other city? If not, will you kindly publish the composition of eleomargarine? T. K. M.

Oleomargarine is composed of beef fats, animal fats and vegetable fats. By vegetable fats are meant those made of olive oil, peanut oil, cocoanut oil and refined cottonseed oil. You can see from this description that eleomargarine does not by any means depend on collections from meat shops. Difdepend on collections from measurement ferent manufacturers of oleomargarine probably get their beet fats from different sources. The making of this product, however, is now so standardized that I believe ever, is now so standardized that I believe the standardized together from clean while there are the fats are gathered together from clean and satisfactory sources. Possibly there are some unscrupulous persons who are not careful about this, but they must be in the

How Dispose of Gravy to the Editor of Woman's Page:

And kindly name the Philadelphia papers.

The Maryland men of the National Guard are at Camp McClellan, Anniston, Ah. If your cousin is in Alabama he is probably in this camp. You should have in addition to this address the number of his regiment and company in order to adequately address a letter to him. You might, however, send a letter to him with "Cumberland, Maryland National Guard," written in the lefthand corner and they will probably try to find him. Dear Madam—Although it is not considered proper' to mop up gravy with bread, do you set think that in view of the plan to conserve erry scrap of food mopping is allowable?

L. P. YOUNG.

Surely some other way of eating gravy sould be thought of than "mopping" it up with bread. Some pursons with rather deliberations can be much disgusted with at the sight of another person's bad are. Why not try using less gravy on find him.

There are no moving-picture companies making pictures in Philadelphia. The nearest studio is in New York.

Whether or not a woman could obtain a position on a newspaper at the present time would depend on her ability. The Philadelphia morning newspaper are its Inquire. find him.

Hill. climbing is an exercise of endurance which allows greater exertion without causing a corresponding degree of faffage. In climbing, exercise and rest follow each other rhythmically. This exercise is excellent in developing the strength of the tungs and heart. The vital organs are also stimulated to extra exertion. It develops the muscles of the thighs and

and stimulated.

When one is contemplating a mountain

borne chiefly by the knee muscles.

The clothing should be appropriate. The dress ought to be loose and of light weight.

Great care should be exercised about food and drink taken on a climbing expedition. Drink water only in moderate quantities at a time and not too cold. Do not drink to

Germs in Meat How soon do bacteria affect flesh meat?

THE WORLD'S WAR

Through Woman's Eyes By ELLEN ADAIR

The Courageous Soldier TN THE wards of a big London hospital and its altars smashed to bits. Its facade, I stood at the bedside of a frail shadow of a man. He had a gentle, timid air, and looked mildly through gold spectacles. He

struggled painfully back to life after a period of great suffering and danger, following a memorable battle on the fields of France. on the

He was an Amerhe had joined the Canadians eighteen cause his conscience had prompted him. With every disabilnatural ty and shrinking that can he imagined, he had thrown himself into the inferno

ELLEN ADAIR tle while, for he

ad no friends in London, and he was glad "It's a queer, mad sort or world, isn't

He looked at me protestingly through the gold-rimmed spectacles.
"No, no," he said; "don't say that—
please don't say that! I have thought a
great deal about it while I have been lying in hed, and it is a very good world, and I never knew how good a world it was till I went to fight in France!"

He told me, in an almost awe-struck wolce, of the wonderful kindness, comradeship, courage, dutifulness and unending patience and endurance of the men with whom he had been thrown. "I never knew that men could be as good

as that, he kept repeating,
streets To join the hondlying, apply at 1229
Arch street. Qualifications for the latter
eliminate the strict physical examination and require only that a man be a clerk eliminate the strict physical examination and require only that a man be a clerk or a mechanic.

road terminus as a convoy of wounded arrived in a Red Cross train. The scene revealed spiendid stoicism and self-disci-It would be idle to say there was never a groan and no tribute to human weakness among this mass of suffering and dying men. Yet there was such cheerful-ness, such bravery, so much thought for others, such courtesy and gratitude toward those who ministered to them, that I was

amazed. COURAGE COMES WHEN NEEDED The other day I was discussing courage with a group of soldiers. One of them said, "I was afraid before I went in, and I was afraid afterward, but I wasn't afraid while

I was in it." And that's the view of the majority, where courage is concerned. There's the apprehensive fear beforehand, and the awful fear in retrospect, but always strong courage within the actual sphere of action. "What did you find particularly in the French trenches?" I asked, for he was but newly returned from that part of the line. "Two things only," came the quick answer. "Mud and confident, high spirits! I gossiped with officers and men of the territorial regiments in Champagne, men long past their youth, but stalwart and admirably soldierlike. I talked, too, with artillerymen in the Argenne, and with bat-tailons 'd'elite' who have battered the Ger-mans en the battlefields of Verdun. Every-

'The French army is a smiling host,' "The French army is a smilling host," said he; "their courage is amazing."
Everywhere in the French army there is high appreciation of the American and the British soldiers. Men of both armies are looked upon as the Frenchmen's worthy co.nrades, and any day you will hear the 'Sammees' and the 'Tommees' applauded in 'Sammees' and the Tommees the French trenches.

The other day I met a man just returned from Rheims, "the city of Germany's damnation," as it has been called. In spite of the fact that it is a city of desolation, he had enjoyed the most delightful lunch of his life there, and told me he considered the Tranch women the most decopetant on

tants left in Rheims. Little children still play fearlessly in the empty streets. But liar dwellings are the rule. There is a certain amount of trade, too. Pommery and Greno are still there, and even though there are no railroads and very ittle petrol (gasoline), export is still contrived. For the courage and the resource of man

Tonight it seemed as if I had hardly got to sleep after Rowdy and I had prayed when Rowdy barked and the world ex-ploded and caught fire all at #re and I

whistles were blowing, which I thought were the trumpets of the angels. So I decided that God had concluded not to fool around with the world any more, but was going to take us all to heaven and end things. I did not think that was such a bad scheme, either, but I wished my father was here, though I thought we would probably get together on the road somewhere. I hur-ried and put on my clean pink nightle with the bow on the corner, and then I felt sorry for Rowdy because he had nothing to when he was going into a strange neigh-borhood. So I got one of my Christmas nighties and put it on him and then I gath red up the three orphan kittens and took

them in my arms. porch and waited. Pretty soon the "See the child with the beautiful hair; "See the child with the beautiful hair; Deesn't she look like an angel?" I said to her, "Wher did you ever see an angel? I am glad I hook like one, for I am going to be one pretty soon. Why not stick around, so that all of us can go in a bunch? It is kind of lonesome being made into an angel all by yourself, except for a dog and three-kittens."

Secret Laughter

Secret Laughter."

know it." Then she laughed and I saw "You dear child, this is only New Year's and people are making all this noise just to welcome the new year." Then sne ran to catch up with the others and I sat down suddenly, for I felt kind of funny in my inside, as if I was just getting over being scared. I said, "Rowdy, stand still while I take off your mightle. You cannot expect to be allowed to wear a nightle like that outside of heaven." I guess he was glad of it, too. it, too.

gun straight up?"

Mrs. Green nut her handkerchief to her face and looked as if she was going to bust out laughing, and then she turned her back to me all of a sudden. Mr. Green said, "Well, for the love of Mike! Wouldn't that get your goat?" Then Mrs. Green turned around again and said to him, "Please shoot the gun into the ground if you shoot it any more. I would not have anything happen to Patsy's mother for anything." I said, "Thank you, Mrs. Green." She said, "Don't mention it. Happy New Year, Patsy."

Then I went home and prayed all over

which has frequently been described as the most beautiful thing in the world, is broken, marred, desecrated. "But Joan of Arc still rides triumph in had a cruel wound in his back and had before the cathedral," he added. statue has hardly been touched by German shells. There are still some thousands of inhabi-

> PATSY KILDARE New Year's Eve

fell out of bed. I was certainly surprised when we went to the window and the sky was all red and

Rowdy and I went and stood on our froncaught on fire across the street and I irned all red and lit up like everything. A crowd of people was going by, laughing and hol-lering. One woman looked at me and said

The woman stopped and said, "What do you mean, child?" I said, "Why don't you stick around with me while the world comes 'o an end that the two of us can go to heaven together?" She said. "Do you think the world is coming to an end?" I said, "I was pretty and her laugh was about the sweetest sound I had ever heard. She said, "You dear child, this is only New Year's

rations 'd'elité' who have battered the Germans on the battlefields of Verdun. Everywhere I saw smiles and cheerfulness."

He described some of the scenes to me, and the horrors of discomfort which these men went courageously through. He had passed a young soldier, crouching in a tunnel sludgier and muddler than any creek writing a letter home to his mother be the light of a flickering candle. The you's soldier had looked up as he passed 'do had made a joke about his oozy res his place. Other soldiers were in even worse condition.

Then Mr. Green came out into his front yard with a gun and began shooting it was traight up into the air. I went over there and said, "Is there anything in that gun?" and said, "If you will take the cotton out of your ears you will hear something that sounds like a loud noise. There is powder and enough buckshot in this gun to kill a horse." Then I said, "Stop shooting it up in the air, or I will make Rowdy eat you will have something that sounds like a loud noise. There is powder and enough buckshot in this gun to kill a sounds like a loud noise. There is powder and enough buckshot in this gun to kill a sounds like a loud noise. There is powder and enough buckshot in this gun to kill a sounds like a loud noise. There is powder and enough buckshot in this gun to kill a sounds like a loud noise. There is powder and enough buckshot in this gun to kill a straight up into the air. I went over there and said, "Is there anything in that gun?" and said, "Is there anything in the said, "Is there anything in the said, "If you will take the cotton out of your ears you will hear something that sounds like a loud noise. There is powder and enough buckshot in this gun to kill a sounds like a loud noise. There is powder and enough buckshot in the sir, or I will make Rowdy early will have something that sounds like a loud noise. There is powder and enough buckshot in this might happen to her while she is flying around in heaven and he is shooting that gun straight up?"

happened to you. I fell out of bed, but did not get a big enough bump to matter, so you need not do anything about it. Amen." Tomorrow's War Menu BREAKFAST Baked Apples with Cream Country Sausage Buckwheat Cakes Coffee

DINNER UPPER

DATE A GRAPEFRUIT SALAD Take the stones from one pound of dates ad chop them up. Cut two grapefruits in atf removing the seeds. Take out the pulp. breaking it into small sections. Mix with this the dates and fill the grapefruit skins, which form salad cups. dressing of orange and grapefruit juice.

Here's a Bathrobe A very good corduroy robe this year is called the trench robe. It has straight lines and is double-breasted, with a round, turnand is double-breasted, with a round, turn-over collar that comes well up about the throat and long coat sleeves with turned-back cuffs. Sianting pockets are set at the hip, and there is a straight buckled belt at the waist. This robe comes in rose, Copen-hagen blue or wisteria corduroy, with a soft slik lining throughout. It is delightfully comfortable and also very good locking. More artistic robes for steam heated rooms are in kimono cut with flowing sleeves fin-

That often comes to me, And though I go about my work As humble as can be

Home Reserves May Watch Aliens The Home Defense Reserves may be called upon to assist in carrying out the Presi-ient's proclamation barring energy

The part of housework

# "I had a secret laughter." —Walter de la Mare. There is a secret laughter