THE MOTHER OF THE REVOLUTION

By "MA" SUNDAY

I WOULD like personally to know Madame Breshkovsky, of Russia. She must be one of those singularly outstanding women of history who seemed fired with a vision and a zeal which normal human strength can never measure.

We have heard a great deal of her lately as one of the principal movers in the so-called revolution, which deposed a Czar and made Russia free from the rule, or misrule, of man-ordained kings. There are those who call her even the Mother of the Revolution. I have been interested lately in reading something of her remarkable story and in wondering what such a woman would do if placed in the more prosaic, peaceful environments of America.

She was just such a girl in her younger days as hundreds of our young society women, raised in luxury, and with no reason to think of anything beyond the sphere of the day's pleasures. She early became the wife of a wealthy land owner of Russia, and it was in her own home, surrounded by every comfort that money could buy, that she saw the first vision that was destined to transform her life. This was her human visioning of the needs of the serfs and peasants of her husband, who, as such, were hardly above the animals on the vast estate. She began teaching them to master the rudiments of education, that they might learn to see for themselves their possibilities as men and women in the great world around them.

Under the regime of the Czar such a course was almost traitorous to the Government. She was first reprimanded, and then, when she continued, arrested, tried and condemned to Siberia. We have heard much of the rigors of Siberia in romance, but few of us are able to appreciate anything of the awful horrors which this vast ice and snow prison must have for a sensitive woman used to the shelter and warmth of costly furs whenever she ventured into the open air.

To such an environment was the young and sensitive Madame Breshkovsky sentenced—torn away from her husband and her home and her luxuries to take her place in the manacled line of weary prisoners marching to a frozen exile. But her spirit could not be broken even by such an experience. She began again her teaching among her fellow prisoners and in the end tried a desperate escape. But she was recaptured and brought back to a worse punishment even than before and sentenced to four years of hard labor in the mines of Kara and forty lashes of the lash.

She is now an old, white-haired woman with only a few years more to live. She is looking out from the eyes of old age on to a new country and new opportunities and new possibilities, such as she had only dreamed as a girl. Russia has come into her own at last, thanks to such martyrs as she. And it is a tribute to the woman of the world that in the awakening of Russia and in the last great strike for freedom it has been the women who have played so conspicuous a part on the stage of the great world drama.

The women of America can understand and appreciate such a woman as Madame Breshkovsky, even if it is difficult for them to glimpse the almost insurmountable obstacles which she faced and conquered. They were born in a far different environment and in far more advanced conditions. Their heritage was secured to them before they came into the world. It took no effort of theirs to make it more secure. But heroism such as that of this Joan of Arc of downtrodden Russia echoes around the globe and into the hearts of humanity wherever they beat for the cause of the weary and oppressed. The world needs more women like her—not like those misguided fanatics of Socialism and suffragism, who imposed on themselves the self-constituted duty of so-called "picketing" of the White House grounds, in a theatrical attempt to demonstrate the new position of women politically, but in the sane, intelligent ways of service, which the women of the new America are everywhere adopting for the solution of the world crisis, now upon us.

(Copyright, 1917, by The Bell Syndicate, Inc.)

Wednesday—"A Prayer for the Woman Left Behind."

Tomorrow's War Menu

MEATLESS TUESDAY

BREAKFAST

Whole Oranges
Dry Cereal
French Toast (Fried Bread) Honey
Coffee

LUNCHEON

Sweet Potato Croquettes
Toasted Crackers Cottage Cheese
Apple Sauce Cocoa

DINNER

Baked Stuffed Haddock
Baked Potatoes Piccalilli
Stewed Tomatoes
Caramel Custard

BAKED STUFFED HADDOCK

Wash a three-pound fish and fill with the following stuffing:

Melt two tablespoonfuls of shortening, add to this one cupful softened stale bread crumbs and stir until the crumbs are light brown. Add a quarter of a teaspoonful of salt, a pinch of pepper, a teaspoonful of grated onion, a teaspoonful of parsley, a quarter of a cupful of boiling water and a tablespoonful of chopped pickle.

After the fish is stuffed dredge with flour and put on a rack in the dripping pan. Season with salt and pepper. Cover with bits of suet. Bake for forty-five minutes in a hot oven. Baste frequently. Serve with egg sauce.

THE CHEERFUL CHERUB

I like to lend my
money out
To people now and
then
Because it's just
like finding some
To get it
back again.

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 diagnoses of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

Baths

IF CONVENIENCES for the cold morning bath are not at hand or if for any other reason the cold bath cannot be taken, the cold-air bath may be substituted with almost equally good effect and, under some circumstances, with even better results. This bath consists simply in exposure of the body to cold or cool air, either all at once or different parts in succession, the rest of the body being covered to prevent undue chilling. During the exposure the surface must be constantly and vigorously rubbed so as to secure and maintain good reaction, which is the essential feature of the bath. The effects of the rubbing may be increased by the use of friction mitts or a rough towel. The duration of the air bath may be from fifteen or twenty seconds to as many minutes, according to the temperature.

The cleansing bath is preferably taken at night, just before retiring. This lessens the danger of taking cold, for the cleansing bath, in order to accomplish the most in this direction, must be taken at such a temperature as will induce perspiration. A person whose occupation is not sufficiently active to produce vigorous perspiration daily should secure a good sweat at least twice or, better, three times a week. Sweating should not be prolonged more than ten or fifteen minutes and even a lesser time will be found beneficial.

The sun bath is now a well-recognized and highly valued means for promoting bodily vigor and a healthy skin. In taking the sun bath, the whole body is exposed to the direct action of the sun's rays. The length of the bath depends upon the intensity of the sun's rays and the effects sought. Persons who are not accustomed to exposure to the sun, and individuals whose complexion is fair, should make the first exposure to the sun of short duration—ten or fifteen minutes. Longer exposures are likely to produce sunburn. No particular harm is done by sunburn except the temporary inconvenience occasioned by it. In this manner, the pigmentation of the skin, induced by sunburn, protects the skin from further injury.

The body may be exposed to the sun either in the open air or before a window. When the sun's rays are so intense that the heat is depressing, the heat rays may be filtered out by means of a blueglass screen placed between the patient and the sun. After the sun bath, a cold plunge, a short cold shower, a cold towel rub or a cold wet sheet rub should be administered to tone the skin and the nerves.

Correct Weight for Women

What is the correct weight for women from 5 ft. to 5½ ft. tall? MISS AMY S.

Height	Women	Weight
60 inches		122
61 inches		124
62 inches		127
63 inches		131
64 inches		134
65 inches		139
66 inches		145

Ripe Bananas Are Wholesome

Are bananas, as ordinarily sold in the market, a perfectly wholesome food? N. Y. Z.

Bananas are only wholesome and easily digestible when they are well matured and thoroughly ripe. Such bananas can now generally be obtained in the markets in all our large cities. When purchasing, care should be taken to see that the fruit is plump and fully matured. It is immaterial whether they are ripened in the market or whether they are purchased green and taken home to be ripened in some warm, dry place. When ready for use, the skin of the fruit will be nearly black, or quite so. The fruit should be mellow as a peach. In this condition the banana contains a large amount of sugar and dextrin with little or no starch and is a very wholesome and easily digestible food. Great care must be taken in mastication. Every particle of the fruit should be reduced to a pulp before swallowing. A very good method of eating the banana is to reduce it to a pulp by passing through a colander. The ripe banana may be crushed in a tumbler with a knife or spoon, then beaten up to a fine pulp with a fork. When taken in this way there is no more digestible food than a ripe banana.

Artesian Water

Is artesian water pure? M. M. F.

Artesian water is generally free from bacteria and its use is comparatively safe. Very deep artesian wells are virtually always safe, but artesian wells which do not penetrate the rock for a considerable distance may be contaminated by surface water.

(Copyright.)

PLAY COMPOSITIONS BY PHILADELPHIANS

Sunday Concert Audience Hears Works of Philip H. Goepp and Camille W. Zeckwer

Compositions by Philadelphia musicians were the features of the third free Sunday concert at the Pennsylvania Academy of the Fine Arts yesterday afternoon. A sonata for piano and violin by Philip H. Goepp opened the program, while later a trio for piano, violin and viola by Camille W. Zeckwer was played. Both composers played their piano parts. Lewis J. Howell, baritone, was the soloist.

In the Goepp sonata the melody is principally in the violin (played by Carlton Cooley), but the composer's intent is not always clear. Indefinite harmonies and incomplete melodies rather confuse the listener at the first hearing.

The trio by Mr. Zeckwer—called serenade, "Pierrot and Pierrette"—is, on the other hand, clear and definite in conception and purpose. A main theme that is broad and authoritative and a charming little waltz that is developed with a deft touch are but the formal melodies that are held together and interwoven by minor phrases that are slightful bits by themselves.

The suite, in two movements, "dolcando" and "grazioso," are built out of the same subject matter. The first, vigorous and bold, is evidently Pierrot's insistent wooing of Pierrette; the final expansive outburst is a paean of victory. In the "grazioso" the lover tells the same amorous stories that he did in pressing his suit, only this time they are whispered tenderly in muted viola, and Pierrette answers as latinately in muted violin. The whole thing is a superb picture that makes one think inevitably of Henry Jones settings, Bakst decorations and Russian ballet dancers.

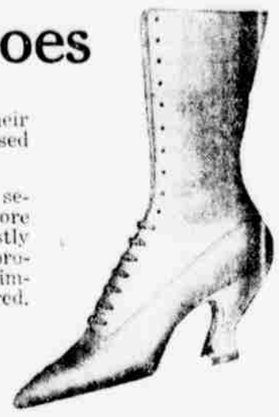
Mr. Zeckwer is too wary with his compositions. If memory does not fail, this is the first public performance of one of his major works since two years ago, when the Philadelphia Orchestra played a symphonic poem and one of the string quartets a quintet. Mr. Zeckwer has an undoubted gift of melody and his compositions are musicianly and artistic throughout. In the trio Frederick E. Hahn played the piano part and Charlton L. Murphy the violin.

Mr. Howell sang the "Eri tu" from Verdi's "Un Ballo in Maschera," and gave as encore the "Largo al Factotum" from Rossini's "Il Barbiere de Seviglia." Later he sang Goring Thomas's "A Memory," Phillips's "My Shrine" and Sydney Homer's "Banjo Song." Mr. Howell has a fine baritone voice of pleasing quality and an ingratiating personality. V. H. L.

Pretty Shoes

have lost none of their appeal to well-dressed women.

Style lines are more severe—combinations more subdued—colors mostly in deep, rich tones, producing an art-full simplicity, so much admired.



$10 and $12

The Harper Shoe Co.
WALK-OVER SHOPS
1022 CHESTNUT ST. 1228 MARKET ST.

Black & White Shop

100 HATS Formerly $25 Now $10

REDUCTION SALE

These hats, taken from our regular stock, represent the most advanced ideas in Winter Millinery. The price concession means a really worth-while saving.

I. W. MULREADY
125 S. 16th Street

Established 1845.
F. KLEINBERGER GALLERIES INC
ANCIENT PAINTINGS
ANNOUNCE their REMOVAL to
725 FIFTH AVENUE
Between 58th and 57th Streets
NEW YORK CITY

The New Galleries will be open from November 12 to 20 with a
LOAN EXHIBITION of ITALIAN PRIMITIVES
the full gross receipts of which will go to the
American War Relief

Resinol
heals sick skins quickly

Don't wait for time to heal that trouble. "Skin it will get well anyhow!" you say? Perhaps it will, and perhaps it won't. Maybe it will get worse instead. And think of the discomfort and embarrassment it causes you even now.

Isn't it better to get rid of the trouble by using Resinol Ointment and Resinol Soap? Doctors prescribe the Resinol treatment constantly, so you need not hesitate to use it. *Resinol usually stops itching instantly.*

Resinol Ointment is so nearly flesh-colored that its use doesn't attract attention. All druggists sell Resinol Ointment and Resinol Soap.

BONWIT TELLER & CO.
The Specialty Shop of Originations
CHESTNUT AT 13TH STREET

WOMEN'S FUR FASHIONS

Featuring Exclusive Modes in Coats and Muffs and Scarfs

At Very Special Prices

SPECIAL

Natural Muskrat Coats
78.00
45 inches long, large Hudson seal collar and cuffs.

Hudson Seal Coats (Dyed Muskrat)
95.00
40 and 45 inches long, full-flare models of choice selected pelts.

Trimmed Hudson Seal Coats (Or self collar and cuffs)
125.00
With large sailor collar of natural skunk, also pockets.

Trimmed Hudson Seal Coats (Selected dyed Muskrat)
38 inches long, smart box effect, with belt, natural squirrel collar and cuffs... 175.00

"Bernard" Model Coats
Fancy models in Hudson seal, pocket and belt effects, contrasting fur collar and cuffs 250.00

SPECIAL
A large assortment of taupe fox neck pieces at extra special value.
16.50 22.50 29.50 35.00 39.50

Bordered Hudson Seal Coats
45 inches long, full-flare model, six-inch skunk border, collar and cuffs..... 195.00

Scotch Moleskin Coats
45 inches long, very full model, large taupe fox collar and cuffs..... 295.00

Imported Hudson Seal Coats
Very fancy model, inlaid band at skirt, collar and cuffs of black muskrat.... 450.00

SCARFS		MUFFS
17.50	Hudson Seal	12.50
10.00	Natural Skunk	16.50
12.50	Raccoon	12.50
22.50	Beaver	22.50
22.50	Nutria	10.50
24.50	Natural Squirrel	24.50
37.50	Taupe Fox	37.50

The above Scarfs and Muffs will be sold in perfectly matched sets or separately.

Stone
1220-1222 Walnut Street

THANKSGIVING 1621

It was a beautiful custom established by the New England fathers away back in the early seventeenth century—the setting apart a certain day at the close of the harvest period on which to give thanks to the Giver of All Good.

Despite the devastation being wrought by an almost worldwide war, we have still many blessings for which to be grateful.

Let us not forget our duties and privileges in this respect, and in the spirit of the sturdy characters who laid the foundation of this Government, the fruitage of which is our birthright, recognize a ruling Providence in all of our affairs.

Our stores will be closed all day Thanksgiving.
Open until 10 o'clock Wednesday night to serve our customers.

FANCY ONIONS lb. 3c
Very fine quality, sound as a dollar—you will want some creamed Onions for your Thanksgiving Dinner.

Those Fine Big Meaty EGGS still 40c doz.
Every Egg guaranteed—12 good Eggs in every dozen.

Richland Butter lb. 48c
There are thousands of homes using this Butter today to their entire satisfaction.

COFFEE and TEA That Bring Customers Back for More

Our Very BEST Coffee 21c lb.
We believe you will agree with the thousands that are using this Coffee every day—the best cup you ever drank.

Our Very BEST Black or Mixed Tea 35c lb.
Our Very Best Assam, India and Ceylon, lb., 45c.

Save Money By Spending It—Use the Big Victor Loaf

VICTOR BREAD, The Quality & Quantity Loaf, 7c
The Biggest loaf at the price and positively the best value baked in these United States today.

BIG GRAPE FRUIT, 6c each
EATING APPLES, 28c doz.
GRAPE and APPLE JELLY, 10c glass
CAMPBELL'S SOUPS, 10c can

"Lest You Forget" Thanksgiving Table Needs

Pure Apple Cider	gal.	25c
Our Best Mince Meat	lb.	17c
Golden Pumpkin	can	12c
Seeded Raisins	pkg.	12c
Seedless Raisins	pkg.	15c
Best Glace Citron	lb.	28c
Lemon and Orange Peel	lb.	23c
Dark Red Cranberries	lb.	15c
Tender Asparagus	can	14c
Fancy Dates	pkg.	14c
Nice Medium-size Oranges	doz.	29c
Fancy Mixed Nuts	lb.	23c
Plum Pudding	can	29-47c
Fancy California Peaches	can	12-18-22c
DELICIOUS PEAS	can	15-18-18c

Rich Cheese	lb. 30c
Sliced Dried Beef	pkg. 10c
New Pack Tomatoes	can 13-17c
Sweet Sugar Corn	can 12½c
Evap. Milk	big can 12½c
Best Corn Meal	lb. 6c
"Asco" Rolled Oats	pkg. 9c
Life o' Wheat	pkg. 15c

THE FOLLOWING PRICES IN ALL OUR MEAT MARKETS

Fresh Killed ROASTING FRYING BROILING Chickens 30c lb.

Little Pig Roasting HAMS 30c lb.

MILK-FED COUNTRY VEAL

Cutlets	40c lb.
Loin Chops	35c lb.
Rib Chops	30c lb.
Rack Chops	26c lb.
Shoulders	24c lb.
Stewing	22c lb.

City Dressed Pork Shoulders 30c lb.

FRESH Beef Liver Beef Kidneys Cooked Tripe 16c lb.

Felin's Best Scrapple 12c lb. | New Made Krout 10c quart

American Stores Company
EVERYWHERE IN PHILADELPHIA
AND THROUGHOUT
PENNSYLVANIA, NEW JERSEY, DELAWARE AND MARYLAND