MERICAN FIGHTING MACHINE MUST BE KEPT IN TRIM BY THE WOMEN OF THE NATION

YOMEN WANTED, IS NATIONAL CRY; THOUSANDS OF WAR JOBS WAITING

HELEN isn't at all the kind of a girl you would associate with great ideals or No Brass Band Will Come to Announce Them, but Plenty of Information to Be Had at Bureau. We Must Be Up and Doing taiks always in a soft, frightened kind of voice, as though she is just about to run

WOMEN are wanted!

For every ship load of American in that goes rolling across the sea th full of that ship in women must be gat' ered from kitchens, from dining roomsfrom somewhere in America to take those men's places.

Not one out of every hundred of us realize the thing that is happening.

Each day we pick up the newspaper and read something new about this great war woman. One day she has slipped into a pair of overalls in order to safely help build locomotives. The next day wa see a picture of her out in Ohlo collecting fares on a trolley car. And then again she is wanted by the thousands down in Washington to take the positions of men whom the Government wishes to release to military service. In New York city we learn that for the first time in its history women are being admitted to the city's employ as junior draftsmen

All this is going on NOW. But as yet many of us are daged. We don't realize that this big movement concerns each one of us. Somehow it's hard to get away from the idea that these are not just odd. things happening in the day's news-like thunderstorms in December or cyclones. out of the cyclone beit.

WOMEN are in the middle of the road; shot that was fired in Serbia summoned When we look over at France and men to their most ancient occupation-England we know there could be no wag- and women to every other." ing of war without women.

 $T_{\rm like}^{\rm HE}$ upkeep of the American army, just like the upkeep of the European In a recent article in the Pictoral Review Mabel Potter Daggett, who had just returned from "over there," summed up armies, depends on women. The little the situation in a few brief words. "See girl who is featured in the day's news that soldier in the trenches?" she wrote. is not an oddity. She's a ploneer. There "A woman raised the grain for the bread, must be thousands of her if the fighting a woman is tending the flocks that pro- machine is to be kept oiled and working. No brass hand will come to any womvided the meat for his rations today. A woman made the boots and the uniform an's door to tell her her country needs in which he stands. A woman made the her. It is up to woman to be up and shells with which his gun is loaded. A doing-to find her own war job. In Philawoman will nurse him when he's wound- delphia the Woman's War Work section ed. A womap's ambulance may even of the Federal Employment Eurcau pick him up on the battlefield. A woman stands ready to tell us how we may serve surgeon may perform the operation to and make money at the same time. The save his life. There is no task to which headquarters are in the Estey Building. women have not turned today. For the Seventeenth and Walnut streets.

THE WOMAN'S EXCHANGE

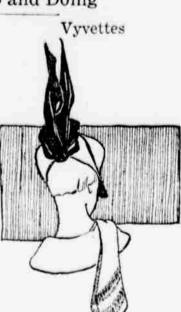
Letters and questions submitted to this department first he written on one side of the paper only and signed with the norms of the sortise. Superial queries like those pre-below are institut. It is inderstood that the side of the sortise with sections the section expressed. All communications for this determent should be addressed as follows: THE WOMAN'S EXCENSION. Science Philadelphia. Pro-PODAVIS INOUTDIES

TODAYS	NQUIRIES
1. Name five relishes the use of which make	1. What sensible Christmas gift can be made
for the success of a fish dinner.	to the man of the house?
2. What will remove the stain left on the bathtub by the rubber bath mat?	2. Is it in good taste to wear a crocheted wool hat out to dinner and the theatre, etc., in the evening?
3. How can the freshly cut surface of cake be kept fresh?	3. What is ciel blue?
ANSWERS TO YEST	ERDAY'S INQUIRIES
1. Bologna sausage has more muscle-building	1. The evening public high schools of Phila-

1. Bologna sausage has more muscle-building Bologna sausare has more muscle-building food properties than pork sausare, but about 25 per cent less fat. There are 1155 calories or units of food value in a pound of bologna and more than 2000 in a pound of pork sausage. delutiia extend free courses in stenography, typewriting, etc. 2. A khaki toilet set makes an excellent Christmus gift for the Boy Scout. It is litted

2. Stirring flaked breakfast food lato chocolate fulge at the same time you usually stir in the nuts gives it a delivious flavor.

3. In cleaning enameled woods, clean only a 3. In cleaning enameled woods, clean only a small portion at a time. Use white soup, luke warm water and weak ammonia. Do not use much liquid, just enough to make a sort of paste warm water and weak ammonia. Do not use much liquid, just enough to make a sort of paste ip. Each spot should be dried per-



The trimming on this lady's Sunday bonnet goes quite appropriately along the lines of the straight and narrow.

stenographer, has been going without her lunds three days each work in order to take a course in Red Cross nursing and take a course in Rof Cross nursing and prepare herself, if she should be needed in a sudden emergency call by her country. She is allowed in heur for junchest. On Mondays, Wedness a prepared junch with her to work, done up in a small, near hundle. She is able to cat it in ten min-ures of her precious near hour. The re-mainder of the line allows her to attend the class in junching and finish just in time to be back at her desk when the could attake 1.

mistake.

ok strikes 1. It is a sacrifice, of course, a very real sacrifies, for it means that the girl add another hour to her day's hard work But she is ready to do it without a mur-mur, and what is more, without parading or sacrifice and insofting always and every where in taiking about it, and what a wen-derful thing she is doing. To my mind, Holen is the ideal American girl in such

THE GIRL WHO DID

By MA SUNDAY

herolc missions. She is a quiet, diffident,

brown-haired, brown-eyed little thing, who

away from you. She is employed as a stenographer in a 'g downtown office, and they tell me she a very capable one. Whenever the boss

wants some particularly accurate or rapid piece of work done he always calls for Helen. She glides into his office, like the

little brown creature she really is, without

a murrour, or even an expression on her childlike face, and takes the chair offered

ber, with her shorthand book open in he, lap. But the boss knows that when he is through with his serky, inclusive dictation he needn't worry about the result of the transcription. It will be letter perfect, nearly done and without a grammatical metales.

mistake. That is why Helen, in spite of her modest, diffident ways, is popular at the office. She delivers the goods, no they say. But π is not Helen, the efficient steneg-rapher, with when I am dealing new; it is Helen, the herome, who has seen and risen to the patrix opportunities of a mition in her same quile, unchrusive way, and in se doing has shamed hundreds, perhaps thousands, of other girls and women who parade their patrixism with-our showing by deed that they are prepared to "some through" in the great emergency

out showing by deed that hoy are prepared to "come through" in the great emergency. It was quite by accident that I found what Helen was doing in her quiet way for the fing, for she herself, of her own accord, would never have told me. That is Helen She does things—not talks about what she would like to do if the right opportunity would like to be

ine to lief. For months now, Helen, the denure liftle

ALL SHE COULD

Holen is the ideal American girl in such a crists as that which is upon us. She will be on the firing line if she is ever meeted, and she will do just as canable work in caring for the wounded soldiers as she is doing now in the dathes and horizs of her shorthand book in the busy soldier. She is that kind of a girl who has trained She is that and of a firl who has trained berself to deliver the goods and who be-leves in doing rather than telling what the is ready to do. It is the Helens of this sorid who are going to win this war for temocracy and humanity. It is the Helens of France who are filling the shows of Joan of Area (a a law humber and accountering d Are, in a less humble and spectroular of Are, in a less humble and operturblar way, to be sure, but just the same in a manner that means untold inspiration to the weary soldiers to whom their gentle, nationt hands are ministering. It is the Helens of England who are taking their places in the ministon plants and the ambulance corps that respond to the harves of the Zenpelin raids. It is the Helens of Ladres who scaling it is smille of mational

of the Zeupelin raids. It is the Helens of Belgium who maintain the smile of national hope even in the face of a desolation and plings that have shocked the world. And it is the Helens of America who will be there when the great call ochoes over the mass for more active and personal co-operation from the women of this country than has yet been dominated from them than has yet been demanded from them. I pin my faith to Helen, and the girls and

i pin my faith to Helen, and the pins and women like her, whose souls are big enough and whose hearts are deep enough to hear and head the great world call that is volley-ing forth from the trenches of Europe. Helen is not faunting her three hours' voluntary service such week, she has estab-lished a private training sering of her own. In her quiet, uncharusing sering of her own in her quiet, uncharusing herself ready to meet

IN THE MOMENT'S MODES

Afternoon Costume of Taupe-

The design of your afternoon frock

depends upon the type of social

affair to which you are going to

wear it-the use to which you are

going to put it. If your social schedule includes a number of

elaborate receptions you should have your wardrobe include one or

more afternoon costumes of strik-

ing color and elaborate embellish-

ment. But if you want a freek to wear to an informal luncheon or

afternoon party or to a matinee,

then you can make no better choice than that expressed in the adjoin-

ing sketch. The material is taupe-brown chiffon velvet. The em-broidered collar is of khaki-color

georgette and the waist-line em-bellishment is supplied by two roses of georgette and chiffon

velvet.

Tomorrow's War Menu

BREAKFAST.

Hominy Grits with Chopped Dates Creamed Halibut (leftover) Corn Muffins Coffee

LUNCHEON

Vegetable Salad (leftover) Cottage Cheese and Brown Bread Sand-

DINNER

Cream of Celory Soup

Tea

Marian Harland.

Stewed Pears Cake

Brown Chiffon Velvet

THAT new bed at Jim and Maggie's cer-tainly does sleep well. Maggie had to wake me this morning and I got to school just in time to have a fight before the bell rang. I thought I would sit on the walk till school time, but a boy stood behind me with a burning glass and pointed it at my neck, thinking it would burn my neck and make me jump and it did and I did. When I jumped I saw the glass before he could get it into his pocket and I chased him around the schoolhouse twice. Then Rowdy got him into a corner and he was sfrad to

got him into a corner and he was afraid to run any farther for fear Rowdy would eat him, which Rowdy would have done. When I got close to the boy he covered up his face and zo I blammed him in the stummick. He was crying when we went into the schoelroom, and the teacher asked him what he was crying for. He told the teacher I had punched him and then she took him and me into the principal's room and Rowdy came along. The teacher had the boy tell the principal all about it, which he didn't. The principal said. "This is a he didn't. The principal said, "This is a very grave matter. I suppose you have asked Parsy for her side of the story." The teacher said, "I did not think it necessary. I love Patsy very dearly, but it seems that in this instance she is in the wrong and should be punished." Then the principal said, "When you have taught Futsy a longer time and have come to know her as well as I do you will know that it is a very good plan to get Patsy's side of the story. Patsy,

PATSY KILDARE

By JUDD MORTIMER LEWIS

Getting the Facts

plan to get Patsy's side of the story. Patsy, please tell us what it was all about." So I did, and then she suid, "James, is Patsy telling the truth?" He said, "Yes ma'am, but I didn't mean to hurt her." She said, "Maybe Patsy didn't mean to hurt you. If she didn't mean to hurt you, of course, I will not punish her. You did not mean to hurt him, did you, Patsy?" I said, "For cat's sake, what do you think I punched him for? Of course I meant to hurt him." The principal said to the teach-er, "You see, I do not believe Patsy would tell an untruth, even to save her life, would hurt him. The principal said to the teach-er, "You see, I do not believe Patsy would tell an untruth, even to save her life, would you, Patsy?" I said, "I should say not. How do you suppose my mother up in heaven would feel when she and the other angels heard me down here telling lics?" Then my teacher took me back to my seat with her arm around me and when her black was turned the snake boy acted as if he was clapping his hands for joy and L was kind of glad that the other boy had burned my neck.

After school was out there was Levy and the auto and Levy said the Eurglar wanted the note and nevy said the target wanted to know if I was never coming back, so I did, though of course it was none of the burgiar's business. When I got there the man who is a hundred years old was sit-ting in his chair, as usual. I just waited long enough for him to tell me how old he is because he seems to kind of like to do is not then Brady and I want to hook do is and then Rowdy and I went to look for the burglar. He was out in the barn fixing it up, for he has got another cow and fixing it up, for he has got another cow and a horree. It is a black horse and he has mimed it Gunpowder. The cow's name is Patsy. Mr. Rockrudder paid for them aud the bargiar will pay him back next winter. Then I gave him the \$16 I had left and he asked me what that was for, and I had a hard time making him take it, but finally he sould he would pay it back when he paid Mr. Rockrudder.

the Patar cow, and we had supper. He would have strangled some eggs for me, but I would not let him. Then he told me a story about a little g ri who got acquainted with some fairies and I liked it very much, and then Rowdy and I came to Mr. Rockrudder's. We kneeled and prayed and r God to bless my father and mother and I sent my love to my mother and my regards We knocled and prayed and I asked to all the other people in heaven that I know

Vicarious Efforts

The Woman -- Have you ever The Tramp-Yes, madam. I

GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellopp in this space will give advice on preventive medicine, but in so case will be take the tick of making dispusses of or prescribing for all-ments requiring surpleal treatment or drups. Neuth questions will be premable an swered by personal letters to inquirers who inclose stamped envelopes for reply.

Grape Juice immersed in a salt solution prepared by adding two ounces of salt to a gallon of holied water. The effect of the salt solu-tion is to produce an outflow of serum and blood cells from the wound, which will ex-ercise the most salutary effect in preventing the growth of bacteria and in promoting a healing process. Badly infected wounds which cannot be closed should be kept con-tinually immersed in a salt water bath. It the part injured is so located that immerse cloth saturated with salt solution should be kept constantly applied to the purts. The compresses should be changed before they become dry.

The Toothbrush

is the toothbrush essential to the cars of the teeth? HYRON S.

It is important to keep the mouth clean, Brites and the second se

Soft Collars

Soft Collars Do you think it is better from a ball standpoint for a person to wear a coft collar rather than a starched collar? G. W.Y. Most assuredly. A soft collar does not choke the neck. The large veins are in the sides of the neck and the least pressure on these veins will interfere with the cir-culation of the blood, cause congestion, headaches, confused thoughts, etc. Men and women both should wear soft, loose collars.

(Consright.)

A Sports Coat in Fur

It was probably inevitable that the sports coat which has been in unshakable favor for the last few seasons should make its

appearance in fur. There is not anything much smarter this season than this very expensive counterpart of the old wool sports

to be sure, in the smart short coat, but when the night time comes and the eve-

Unformented Grape Juice L by the United States Department of Agriculture, gives the following method for putting up unfermented grape juice, a supply of which should be kept in every house

hold: • Use only clean, sound, well-ripehed, but not overripe grapes. The grapes may be crushed and pressed in a portable crider or wine mill or by hand. These can be put in a cleanly washed cloth sack and bung up, or the sack can be twisted by hand until the juice is expressed. The juice should be gradually heated in a double boiler or a large stone jar in a pan of hot water, so that it does not come in direct contact with the fire, at a temperature of 10% degrees to 200 de-grees Fahrenheit. If there is no ther-mometer at hand, heat the juice until it steams, but do not allow it to boll. Put it in a glass or enameled vessel to sett e for steams, but do not allow it to boil. Put it in a glass or enameled vessel to settle for twenty-four hours: carefully drain the juice from the sediment and run it through several thicknesses of clean flannel: or a conic filter made from woolen cloth or felt may be used. This filter is fixed to a hoop which can be suspended whenever necessary.

a hoop which can be the bottles deav. Fill into perfectly clean bottles deav. Ing a little space at the top for the liquid to expand when heated). Fit a thin board over the hottom of an ordinary wash-boller, set the filled bottles (ordinary boller, set the filled bottles (ordinary over the bottom of an ordinary wash-boller, set the filled bottles (ordinary fruit jars of glass are just as good) in it, fill with water around the bottles to with-in about an inch of the tops and gradu-ally heat until it is about to simmer. Then take the bottles out and cork or seal immediately. Grape juice prepared in this way will keep perfectly fresh for an indefinite time, and will always be ready for immediate use.

Hot Foot Bath How should the faot bath be taken? MISS KING.

MISS KING. The water should be as hot as can be borne. Use 105 degrees to 115 degrees F. The temperature of the water can be grad-ually raised. The deeper the water the greater the effect. The leg bath is still more efficient than the foot bath, but not because operment as the hot foot bath. always so convenient as the hot foot bath, which may be taken in hed. If necessary, a fomentation may be applied to the feet. but the effect is not so good as that of the hot foot bath. It is an excellent means of relieving severe pain in the head and other parts of the body.

Infected Wound

coat that used to be carelessly thrown over the back of the chair at the country club. But it's a dear luxury! One is very warm, What is the lest treatment for an infected and? B. B. A freshly infected wound should never A freship infected wound should never be closed up. The only safety is in keep-ing the wound open and keeping up active drainage. Painting the wound with tinc-ture of lodine or with a solution of iodine, consisting of one part of tincture of iodine and three parts of alcohol, will destroy-mont of the corms which lie upon the sur-tors. If some time times clarge before the

ing dreas looks to its old friend the long fur coat as an "opera cloak" the little fur sports garment must hang its head in shame Still there's this to be considered. This is not an evening dress season. It cannot be denied that the short coat admirably sets off the dark velvet or satin frock to face If some time must clapse before the wound can be dressed, the parts should be which we have all become addicted.



soon as it is cleaned

A Letter From Santa Claus

To the Editor of Woman's Page: The app of Men.

Dear Madam ur last nich to gladde " in her stocking. So the me with the hady's Santa Claus will not

ngram, also, for your my request for read-I received a fring Mrs. J work.

It did our heart good to open the mail It did our heart good to open the mail and read about the persons who are anklous to spread Christmas cheer to the little ones who mightn't have any but for them. The address will be forwarded to J. M. A., whom we are glad to have been able to serve in the past. J. M. A. is serving on a committee that is collecting reading matter for our sallors.

Caramel Sauce

To the Editor of Woman's Page:

Dear Madam-Please print a recipe for cara-mel same that can be used in desserts. Also, the lemon sauce that is often mentioned in propes. NEWLYWED.

Caramel sauce-Melt a cupful of sugar in a saucepan that has not been scorched. Be careful that it does not hurn. It must It must be watched every second. Add three-fourths of a cupful of boling water and let it sim-mer for fifteen minutes. When cool stir in a teaspoonful of vanilia. Strong coffee may be used instead of the water to increase the flavor. A half cupful of chopped nuts can be added, too.

be added, too. Lemon sauce—Mix three-fourths of a cupful of sugar, two tenspoonfuls of corn-starch and a pinch of sait. Add to this one and one-half cupfuls of hot water and stir constantly until it begins to boll. Let sim-mer for ten minutes and then add one teaspoonful of butter and the fuice and ind of balf a lemon or one balf a teaspoon rind of half a lemon or one-half a teaspoonful of lemon extract.

Recipe for Oyster Cutlets

Recipe for Grace To the Editor of Woman's Page! Dear Madam-Kindly print in your valuable column a recipe for oyster cutlet. I would like to have the recipe before Friday, November 30. (Mrn.) M.

Take the liquor from the oysters and wash them well. Then heat in a saucepan until the edges begin to curl. Stir while teating. Now strain the liquor and save it. Then the oysters quite fine. For each pint of chopped oysters take one tablespoonfu of butter and a full tablespoonful of four and rub them together. Add the oyster liquor to this and let cook until quite thick. Next add the chopped oysters and the well-beaten yolk of an egg. Take from the fire and add a teaspoonful of sait, a table-monaful of chopped parsies and the juice posaful of chopped parsley and the juice of half a lemon. Let this mixture stand until it is quite cold. Then form into cutund them in egg and then in bread umbs. Fry in deep fat.

Honey Dressing for Fruit Salad

benery Dressing for Fruit Salad Rettor of Woman's Page: Madam-I am told there is a very nice for fruit salads made of honcy. Can me the recipe? MARY R. coney dressing is printed in Mary to "Salads and Sandwiches." The in-nets are one-half cupful of whipped one lemon, one tablespoonful of one-half cupful of strained honcy, gr and one tablespoonful of sugar the honcy. water, lemon juice and in a double boller, stir in the egg ble ther positively not to give her picture to another man without telling ber annos first.

so please do as you please about going to hed.

Material for Red Cross Tableau Woman's Pape

up with military brush, towel, soap, toothbrush, etc., and has a strap that can be attached to a helt. This is very practical for the scout's

3. It is the part of the hostess to suggest

Deer Madam—Please tell me in your question as the State colors and flowers of the thirtsen initial States: also, any other distinguishing mbol. We wisk to use the idea in a Red ress tableau. Thank you Not all of the thirteen original States have flowers and there is no printed record of their flags or colors. The Historical Society, upon being consulted about this, sug-gested that one would have to write to the various State houses in order to get this

information. The flowers of those States that have them are as follows: Maine, pine cone; Connecticut, mountain laurel pine cone; Connectiout, mountain laurel; New York, rose: Delaware, peach biosson; Maryland, Black-eyed Susan; Georgia, Cherokee rose; Pennsylvania, golden; rod, and New Jersey, sugar maple tree. New Hampshire, Massachusetts, South Carolina, North Carolina and Virginia have no State Sowers. of man and the humanity of God. (Copyright, 1917, by The Bell Syndicate, Inc.) Monday-"The Girl Who Was Bored With

camping trip,

may say, "We stay on early

to State flowers. A more intimate way to picture the State than by depending on color or flowers would be to pick out some bit of history for which the State is famous. For instance in the case of Massachusetts you might make the Boston tea party the subject of your tableau: in Pennsylvania, the treaty of Penn with the Indians: in New York, the buying of Manhaitan Island from the Indians. You can find these great moments in the lives of the different States in any American history book. In the public library Townsend's Book on the United States will give you some valuable in-formation about the origin of the nicknames of States that might he of help to ou and also other interesting information

about the States, including State mottoes.

Girl Warns Against Kissing To the Editor of Woman's Rege: Dear Madam-I read "every night the latters about kissing. From experience I speak this: I am aeventeed years old. I knew a young man for years but never had him call on me until recently. The first time he called he saked me for a kiss before leaving. At first I refund, but later yielded to one kiss. Since then he has never called, but has only spoken courteously to me, and now he only spoken courteously to me, and now he only speaks at times. I reget my action very much. M. E. D. You were certainly wrong, my dear little girl, but that does not make the boy's action

right. And he has no right to judge you as he does for doing what he asked you to do. He was quite as wrong as you were, and you should be glad to be rid of this socalled friend.

Moving-Picture Fan Here To the Editor of Woman's Page:

Dear Madan-I want to write to some one that is in the Clara Kimball Young Film Com-tant and don't know how to address it, so I kindly ask you to publish in your next issue the kindly ask you to publish in your next issue the Address of this company. A READER. The Clara Kimball Young Company can be addressed in care of the Select Pictures Corporation, 729 Seventh avenue, New York city. I am sorry not to have been able to print this information sconer.

Consult Fiance

To the Editor of Woman's Pape:

Turkey and Sausage Bake (left over) Mashed Potatees Spinach the call when it comes. How many others are there like her-give and women who are doing things-not pilling what they could do and would Fruit Cup TURKEY AND SAUSAON BAKE Into a buttered bakedish put a layer of turkey, cut-not chopped-into half-incl lengths. Drop bits of butter over it, but

not telling what they could do and would like to do when the crisis comes, as it is bound to come in a matter, maybe of menths, maybe of years? Helen is knitting for the soldiers, too in her spare time. But patriotism to her means something more than a pair of knitting needles. It means real, consecrated service, as the result of intelligent, sympathetic training. It was the Helens of America who no other seasoning. Cover with mineed cooked sausage ment, and this with three or four clives chopped fine. Proceed in this way until the dish is ready for the crust. Pour in a cupful of rich gravy made of bones and stuffing; cover with a good bis-It was the Helens of America who triumphed over the wilderress in the days of the Pupitaus. It was the Helens who helped win the *kintery* of Independence. And it will be the Helens of today who will do thelp next toward adjustmentation to any to cuit dough half an inch thick; cut a hole in the middle and bake, covered, three-quarters of an hour, then brown. do their part toward eliminating tyranny and autoracy forever-and making the world safe and secure for the brotherhood

today.

I have to

dress this

Handle With Care He (advancing with open arms)

> you are. She (backing away)-Use no hooks, my dear,-Penn State

-What precious piece of baggage

