## **JUNTRY NEEDS YOUR TALENT—ADVICE TO THE WOMAN WHO HAS ALWAYS SAVED** should be sought out and removed. A nerve specialist should be consulted, CHEN IN WARTIME GOOD HEALTH QUESTION BOX IN THE MOMENT'S MODES PATSY KILDARE ERMON TO HOUSEWIVES Sensitive Skin By JUDD MORTIMER LEWIS questions, Doctor Kellogg in this space will daily but in no case will be take the risk of making railments requiring surplicit treatment or drugs. be promptly assocred by personal letters to who inclose stamped envelopes for reply. **Evening Frock of Rose and Gray Color Scheme** Why do my bands lich and burn in cold sther? The Wooden Leg Particularly Refutes Argument THIS morning when I woke up I By JOHN HARVEY KELLOGG, M. D., LL. D.

Who Has Always Saved and **Refuses** to Save More

in wartime is a s to the housewife always economized loover regulations, ind wheatless days.

e for a success run on the wasteful was this impossible aw years. Food went ared. And although cards have not slood not advanced in prohigh cost of hotelthe successful prethe successful prevas obliged to save in going. Neither of late

r. Hoover comes to them be same proposition -- to

of the arguments of ecoewives, it occurred to ight be interesting to get viewpoint about this

one who is known as in in his pusiness. As

coal yet, he had an inen I told why I had come. d restaurants.

ow can you save any more? a national reputation for cutting out waste."

overnment save. The counthen I talked to the chei.

the secret of it," he said, re- shelves-neglected. to the hotelman "Wheatless days don't bother him, even the's after now. He's a big man.

Vyvettes

## all the S

A hat of dark battleship gray, with two searchlights of white aigrettes!

as 1893, when his friends see what's happening. If one of the sport to ask him if "he had cooks wants three pounds of butter he asks what he's going to do with it.

we find him out looking at the potato at thing that caught the eye parings to see if they're thin enough. cards, special ones made for He supervises all the buying now, because he knows how to buy."

was the fact that no card or circular

to appl/ my experience to help- received as much attention as a contract for a big basquet. I could not food cards I had seen on pantry

The other was the remark about the them his leg to eat. I said. "I should "talent." It seemed to refute every think the wooden leg would be kind of splintery to sleep with." He said, "It they do make us lose business. housewife's argument, which runs this blished rules here now, way, "I have always saved. Why aks in fat and sugar and flour should this concern me?" In the words of the hotelman, your

too big to come out here and country needs your talent!

HE WOMAN'S EXCHANGE

and questions submitted to this department must be written on one side of only and signed with the name of the writter. Special queries like those given instited. It is understood that the editor does not necessarily inderse the sentiment all communications for this department should be addreased as follows: THE MOMAN'S EXCHANGE, Evening Public Ledger, Philaderphia, Fa.

TODAYS INQUIRIES

pound roast of heef he 1. Have women in Ohio the vole? 2. What wartime Christmas gift for the seulfe who is Hooverizing suggests itself? 3. What is a "bread-and-butter" letter?

top leather with gum couting should be re-until the porce of the

the stains overni

Purce of Split Pea

man's Page:

e of split pea soun? MRS. C. A. if cupful of split peas over-

a you please help out a lumns of sour exchanne? I to in town and have often the home of one of the mane office with me. I a Cheistmas present to ary fond of her home, and something for the house is I would like to spend JUST A MAN. ded wisely. The most the home-loving wom-mathing for the house." Wit of lovely practical

d plece of linen, flowers or a pair

a Juice and then al

thens the life

ANSWERS TO SATURDAY'S INQUIRIES ribs have just 1 per cent less in the state of properties than sir-and fact to per cent less fat. There is and feeding of children can be secured with-out cost from the Children's Bureau, United States Department of Labor, Washington, D. C.

was Sunday and he works hard every other day. So I told Thomas Aristides Brown to come with me and I would get him some breakfist. So he and Rowd-and I rambled and it was kind of late when we got to the enchanted valace. They had not yet had their breakfast and the worden-legger said "Why here is Patsy." I said. "Yee, here is Patry and what's it to you? This boy is going to take breakfast with you." The king jumped up and put on two more plates and the princess heaved them in the

jummed up and put on two more plates and the princess heaped them up and said to me. 'Is he your brother?' Thomas Aristides Brown said. 'No ma'am, I'm her sweetheart.' I said 'You are not. You must be crazy.'' But they all laughed their heads nearly off, so I laughed, too, for you have got to be a mort.

1 said. "Where are the bearcats?" the wooden-legger brought them in and they walked around the table with their b reputation for saving food. If a bit of fat is thrown out he wants into the kitchen." he said to know why. Every once in a while to know why. and the princess and the king went to church. After that the wooden-legger and the probability of the second sec

turned over endways a rew times

and then Rowdy and I had our breakfasts and after that we rambled, Rowdy

running sideways like a dog does and † running straight like a girl does Everybody runs different. I saw a fat

When we go, to the house of the man who is a hundred years old Thoma: Aristide- Brown was sitting watching him, but not as interested as he was at

first. There were tears on his checks and he looked like a very lonesome lit-tle boy. I said. "Gee: You aren't much of a sport, are you?" He said. "I want to see my mother and the baby." I said. "I want to see my mother, too, but there is nothing doing." He said. "Where is

is nothing doing." He said. "Where is your mother?" When I told him that the was in Leaven and that I did not

off than he and that seemed to make m feel better. The borglar was not up yet because

ve any baby he saw that I was worse

he way I did and you should have so looking at the cards. "You a pational reputation for Thotelman impressed me most. One wooden-legger if he could watk all right his wooden leg and he said. "Fine I asked him to take a walk with us r-cutting out waste." This is the United States food admin-that I could show him the river W wasted away up to the top of the h near the sort of man who istrator was regarded as idle. Each hear the house of the man who is n hu dred years old and then thro woodsy place to the river. Th There the shall we call it talent " help but think of the countless home wooden-legger sat down and told us how he lost his real leg. He was looking for the North Pole when the crowd he was with ran out of food so he gave

could but 1 don't." I said, "I wonder if I could walk on

your wooden leg." He said. "Just but your knee here and try it and you will see whether you can." I did and couldn't and I kept trying and going farther and farther. At last I said, "Come on, Thomas Aristides Brown," and he did and we rambled with the wooden-legger hollering to us to bring back his log I

said. "If you are a real magician, make yourself another one." We went all the way back and leaned the leg against the

steaming hot

Tomorrow's War Menu

MLATLESS TUESDAY

front door and when we cume away we met him hopping along and resting every little while. He shook his fist at us but he is a good sport, for he laughed and said he had a mind to change me into a monkey. So then we ran, for you never can tell—he might have done it

The snake boy said he wanted to go me and I told him his father would allop him. He said he did not care. The wallop him.

he wanted to be with his mother and the baby, and if he did not go back they would have no one to be good to them. I thought if he was willing to take a eating for his mether's and haby's sake e was a pretty good sport after all and told him so, which pleased him very such. I told him if he would wait till

morning I would go with him so he said he would. I have decided not to wash

How to Get Rid of Wrinkles FACIAL massage is good for wrinkles, proper development of the handa and but there is something else better. Tored upon his face : the face is the mir-rored upon his face sour and the while, his face shows

So far as the designs of evening frocks are con-cerned, this is the most con-rored upon his face; the face is the mir-ror of the mind, as somebody uaid. If siderate of seasons. One may have a costume with or without sleeves, according to the model that is best suited to one's individual re-quirements. One may have siderate of seasons. One quirements. One may have a train or not, just as one may have a the skin of the face is connected with the muscles underneath that pull the skin around and adjust it to the

a train or not, just as one prefers. One may have a square, round or V-shape decollete, just as one de-sires. The evening frock pictured in today's sketch is charming for its simplicity. The style creator of this model has exercised a mod-crate hand in its embellish-ment, and yet the costume is by no mean unadorned. Of rose-color chiffon, com-bined with rose - color

of rose-color chilton, com-bined with rose - color maline, it lepends upon gray metal crystal bead bands and ornaments for its decoration. He will just adjust his tace to a happy state outside it immediately strikes in, and it makes echoes, too; you can see the echoes all around the room. Now, when one has a scornful feeling, for ex-scornful, involuntarily, without thinking anything at all about it, the muscles of produce an expression that goes with produce

There are little muscles around the eyes that shut the eye up. Also, there is a little circular muscle around the mouth, a sphincter muscle, the orbicularis oris muscle, as we call it. • These muscles are continually playing upon the face and give expression to the face. Now, if one carries a cross look upon his face for a long time, if he scowls, he gets these vertical wrinkles. You see tets these vertical wrinkles. You see have had a great deal of care and wor-ry, with these vertical wrinkles; they mean worry and care, and it is a good

Is highly nutritions that somewhat difficult to knead on account of the thickness of the dough. The Govern-It is the vertical activities and it is a good thing to get rid of them if you can, and the way to do it is to cultivate the other kind of wrinkles, don't you see? Stewed Prunes
Derfection Finnan Haddie
Graham Mufins
Coffee
LUNCHEON
Creole Omelet
Toast
Orange Marmalade
Coolies
DINNER
Baked Oysters and Macaroni
(with Tomato Sauce)
Buttered Beets
Escarole
Limon Pie
FERFECTION FINNAN HADDIE
Biend two tablespoonfuls of flour with
a little hot melted suet. Four on this one
cupful of milk and let come to the boiling point. To this add one cupful of
a little add the yeast and one-half cupful.
When the mixture has become lukewarm.
and the yeast and one-half cupful.
Steam the rice with cree-half the mixture is sponge to rise until yeast and perhaps still more serious injury.
Various measures of prevention is to place a rather staff and the yeast and one-half cupful.
Steam the rice with cree-half the mixture is sponge to rise until year still more serious injury.
Various measures of prevention is to place a rather stiff bandage about the middle and l cupful and the yeast and one-half cupful.

Market

Street Store

Open

Saturday



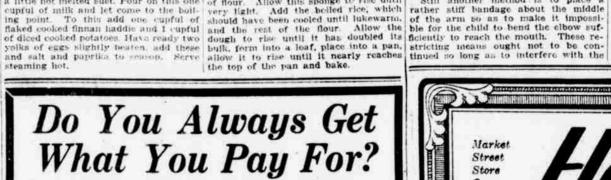
weather? MRS. Sansitive Doubtless you have a very sensitive skin. You should protect it by applying to it a coating of oil. Lanoline cream is best. The following is the formula:

Lanolin Boroglycerine Cold cream made with white vase line 6 cunces Take great pains also when cleaning

Take great pains also when cleaning the hands not to leave soap on the skin. The hands should always be washed in running water and not in water held in a bowl or basin. The first use of water in a bowl soils the whole quantity and it is then impossi-ble, no matter how long the process is continued, to get the hands clean in unclean water. The reason why the hands chap in cold weather is generally that either dirt or soap is left on the skin, producing an irritation.



possible cause for nervous irritation



We list herewith a few items from the stocks carried in

**Rice Bread** 



Coco-Calf, Pearl Buck, Black Kid, New Tans, Patent Leather, **Black Kid** with Pearl Buck Top, **Patent Leather** with White Top, Havana Brown Kid with Light Brown Top, Coco-calf with Champagne Top Dark Grey Kid with Light Grey Top,

**Included** Are:

Gun Metal with Pearl Buck Top.

There are models with leather Louis heels and welted soles; with covered Louis heels and turned soles; and with military heels with hand-sewed welted soles; dozens of styles, colors and combinations, making it possible for you to get just what you want at prices that are actually less than present wholesale cost. All sizes and widths in

