

RECIPES OF WOMEN—FASHIONS—RECIPES AND VARIED LETTERS FROM READERS

SPECIAL TRAINING OFFERED TO WOMEN IN PAID WAR WORK

Registration Being Conducted by National Defense Council Presents Opportunity to Get Out of "the Rut"

A few letters that come to the Editor of "new work" It isn't a spirit of unrest that seems to prompt these letters, it's a sort of "something" up out of a rut. On that day of the world—at judgment—that's one of the things we'll learn: how many people have been as their biggest cross being in a rut!

There's such a big answer to all these letters going on in Pennsylvania. It's presented in a form which the whole State can ever write again. It says "there is no way out for me" and the registration opens up a new opportunity. The enrollment here is being conducted in Philadelphia, by the division of the Woman's Committee of the Council of National Defense. Headquarters are at 1807 Walnut Street, although one may register at any one of the numerous branch booths established throughout the city.

Today and tomorrow have been set aside by Governor Brumbaugh as "speed-up" enrollment days.

There are three grades of work outlined on the registration cards—volunteer, work paying expenses only and work that provides a salary. The woman who is looking for vocational opportunity will be interested in the work that provides a salary.

I say vocational opportunity because the demand for trained workers is so great that those in charge of women's war service will extend training to those who are particularly anxious to branch out in certain fields.

To me it reads, this plain black and white registration card, like an Aladdin's lamp. One hundred and fifty-four occupations are spread out before women to choose from! And there's nothing vague or far away about

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the opinions expressed. All communications for this department should be addressed to THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

1. How do French housewives use the yellow layers of chicken fat that more of our women throw away?

2. What is a test of good flour?

3. How can a small plain wood chair be made into an attractive piece of nursery furniture?

ANSWERS TO YESTERDAY'S INQUIRIES

1. At this time of the year a delicious marmalade can be made out of oranges and lemons.

2. Cereal candies can be made by boiling and washing rice or other cereal to a dry state and mixing with it an equal part of lard, which is merely sugar cooked with butter and flavored with chocolate, vanilla or lemon, etc.

3. A shabby-looking derby hat can be made black and fresh looking by spraying with household ammonia. With a sponge of old muslin wet with ammonia, brush at the top of the hat and work down around and around until you have gone clear to the underneath brim.

Beef Pie and Macaroni

Dear Madam—Please give me the recipe for making beef pie and macaroni. I would like to know like you get at the restaurant.

You will require about two cupsful of soaked beef cut into pieces about an inch long, tomato sauce, a cupful of carrots cut into squares, gravy and seasoning. Arrange a layer of beef in bottom of baking dish, then a layer of tomatoes and carrots and potatoes if you wish, then one of meat, and so on. Add one-half teaspoonful onion juice to a half cupful of gravy and pour over all. Bake twenty minutes in a hot oven. The gravy and cover with a good pie crust half an inch thick. Bake until brown.

Cook macaroni in boiling salted water until tender and then drain. Put a layer of the macaroni in the bottom of a greased baking dish, sprinkle with pepper, salt and grated cheese. Cover with a layer of tomato sauce. Then put another layer of macaroni, and so on with sauce and cheese until the dish is full. The top layer is sprinkled with cheese, bread crumbs and pieces of butter. Bake covered, in hot oven for twenty minutes; then bake, uncovered, until crumbs are brown.

Sweater for Ten-Year-Old

Dear Madam—Will you please print the directions for knitting a child's slipper sweater? The child is ten years old.

Use No. 9 needles. Cast on 45 stitches. Knit 19 inches even. Cast on 12 stitches each side 4 times for sleeves. Knit even until the work measures 23 inches. Knit 18, place these on an extra needle, bind off 17 for back of neck, knit 48. On same knit 3 ridges even. On neck side cast on 12. Twenty ridges even. Then cast off 12 stitches each ridge on sleeve 4 times. Place stitches on an extra needle. Take up those off the first needle. Shape same as first side. Then shape all on one needle. Knit same at back. Sew up seams.

Worthwhile Sort of Boy

Dear Madam—My son, finding time hanging on his hands this last summer, had out of an old one he found in the house a small tin of "new work" which he could fit it so it would be a good one for your boy whose parents could buy one.

It is all very well for children, but don't you think it is a bit babyish for a young man and woman to be wasting like affectionate flatterers? I believe that it is a waste of time and money. I have a judgment on such a subject, still, I have no objection to a young man or woman from now on a sense of masculine pride prevent one from breaking this kind of natural barrier, under a larger pretext than for a girl.

If more young men felt as you do, perhaps they would not spend so much of their idle time as they do, trying to tempt girls to kiss them and then, having acquired what seems hard to achieve, become tired of the sweet and toss it aside. As you say, it is childish and not the kind of pastime for thinking men and

PATSY KILDARE By JUDD MORTIMER LEWIS

WHEN I wrote this morning I lay in bed for a long time and sang a song I made up and kissed Rowdy and felt very happy, for I now have a dog and a burglar and a boy and a father and a mother in heaven and God, which is a lot for one little girl to have, even a little girl who is Irish after breakfast Levy and I called for Thomas Aristides Brown, and when we got to school there was Imogene on the top step and whenever we went toward her she backed into the schoolhouse, as there was nothing doing. But I will how her who she is calling Mrs. Brown.

After school was over Levy took us back to the house of the man who is a hundred years old. While we were standing there to let him tell us how old he is we heard a horse coming but could not see it for the vines. Then we heard the horse stop and here came Thomas Aristides Brown's father, through the vines and his neck was broken at all. Rowdy began to growl and Thomas and I got up and ran and walked around the corner of the house as soon as we were out of sight we ran where the burglar was working and Rowdy came behind us, turning around and growling down into his neck. The burglar asked us what was eating us and Thomas was so scared to speak, but I wasn't—I was too excited. We but pointed to Thomas's father, who was coming behind us. He must have stopped to speak to the man who is a hundred years old, but I bet the old man just told him how old he is.

Thomas and I got on the other side of the burglar and waited. Thomas's father came up and said, "How do you do?" and the burglar answered as politely as could be. Then Thomas's father said, "I have come for my son." The burglar said, "So you are his father, are you?" Thomas's father said, "Yes, sir. He is a very bad boy and I am going to take him home and teach him a lesson." The burglar reached for Thomas and pulled his shirt up and said, "This is one of your lessons, is it?" Thomas was pale and shaking all over and Thomas's father said, "It is not a marker to what he is going to get." The burglar said, "He must be your son, but you cannot have him. You are not a man, you are a wild animal." Thomas's father said, "Be careful, young man, and do not make me angry." The burglar just laughed and I never heard such a mean laugh before.

Thomas's father said, "Are you going to give him up?" The burglar said, "Yes, if you are man enough to take him." Thomas's father said, "I would take him in a minute if it was not for you." The burglar said, "The dog will not touch you, take him." Thomas's father said, "I will knock your block off." The burglar said, "You will never do it unless you start something." Then Thomas's father jumped at him so quick I never did see how it happened. I was looking right at them. It seemed as if he just bumped against the burglar and bounced off him and there the burglar was smiling and Thomas's father was on the ground with his feet in the air. I guess he was as surprised as Thomas and I was. Then he got up and jumped at the burglar again and at that time he got hold of him. I do not know all the did for I just jumped around them and doubling my fists and Thomas was holding. "Do not hurt my father!" Do not hurt my father!" and Rowdy was looking at me and growling and wishing I would let him take just one bite.

Thomas's father had the burglar by the neck and the burglar had one arm and the burglar hugged with one arm and pushed with the other and Thomas's father's chin went up and he let go the burglar's neck and then the burglar let go and punched him on the nose. He got off the ground and went away, swearing something fierce. I guess the burglar was proud, but he did not say much.

It has certainly been a fine day. I don't know just what I will do with Thomas Aristides Brown. I would adopt him if it was not for his middle name.

"A Business Transaction." (The next Patsy Kildare adventure will appear in tomorrow's Evening Public Ledger.)

A Mother's Cares

A mother has so many cares. There's little time to play. She's combing out the snarly hairs, Or darning holes or mending tears, Or kissing hurts or soothing cares. All through the livelong day.

But I and mother often say, Though 'twing duties heap, I'll kiss our shoulders as they may, The nicest duty of the day Is when we've put the toys away And rock our babes to sleep.

Burgess Johnson.

To Get Thin in Hurry

Dear Madam—What is a quick get-thin diet? Kindly state menu for the three meals. Am willing to eat as little as possible to lose weight in a short time.

ANNONCE

There is no royal quick route to getting thin. It takes time. It is dangerous to try to starve yourself and do it in a hurry. Dr. Harvey W. Wiley, the pure food and good health expert, has the following to say in this month's Good Housekeeping apropos of reducing:

"There is just one good, sensible way for fat people to grow thin, provided the fat people are not diseased, but are fat from overeating, indigestion and leave out of the dietary excessive amounts of starch and sugar; all sweets and desserts of every kind should be taboo. In conjunction with this eat a great deal less. Fast and grow thin. Conjointly with this diminution of the diet, increase exercise and diminish the time of sleep.

A menu for just one day would not do you much good, as you must keep on diet all days. Following the rule about leaving large amounts of sweets and starches out of your menu will be a good guide about what not to eat. Starches are contained in such food as potatoes, bananas, corn, rice, dates, raisins, cereals, spaghetti, etc. You know, of course, what the sweets are. Avoid, too, oil, butter, milk, fats from meat, etc.

E. G. Expresses Manly Views

Dear Madam—I have read with much amusement the opinions of the various writers on the subject of promiscuous kissing. Being yet too young to be able to look back on years of experience, I have no judgment on such a subject, still, I have no objection to a young man or woman from now on a sense of masculine pride prevent one from breaking this kind of natural barrier, under a larger pretext than for a girl.

If more young men felt as you do, perhaps they would not spend so much of their idle time as they do, trying to tempt girls to kiss them and then, having acquired what seems hard to achieve, become tired of the sweet and toss it aside. As you say, it is childish and not the kind of pastime for thinking men and

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GOOD HEALTH QUESTION BOX

In answer to health questions, Doctor Kellogg in this space will daily give advice on a variety of cases, but on no case will he take the risk of making diagnosis of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by persons who receive stamped envelopes for reply.

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

Keep Moving

ACTIVITY is essential for health. Stagnant water becomes pure and clear, the running stream remains pure and clear. The tissues of a person who neglects muscular exercise become filled with waste matters. Exercise stimulates the activity and vigor of every organ in the body. The energy of the heart and the activity of the lungs are increased four or five fold by exercise. Through the increased activity of the heart the movement of blood through the body is hastened and through the increased activity of the lungs the quantity of oxygen is increased to purify the blood and vitalize the tissues. The activity of the liver, kidneys, skin and all other eliminative organs is greatly increased, thus securing purity of blood and tissues. Thus the tide of life rises higher.

Alum in Baking Powder

Is alum injurious when used with foods in the form of baking powder? MRS. MARTHA S. Alum is an astringent, an emetic and a mild escharotic. In solution, alum condenses the tissues by coagulating their albumin. It is a poison and produces gastrintestinal irritation.

First Food for Babies

What is the best cereal food for a baby beginning its second year? MOTHER. Rice gruel, potato gruel and wheat meal gruel are the most satisfactory foods for an infant. The diet should never be confined to cereals, as this class of food-stuffs is deficient in alkaline salts, which are quite essential for growing infants. (Copyright)

Tomorrow's War Menu

BREAKFAST: Dry Cereal with Chopped Dates, Scraple, Toast. LUNCHEON: Chicken Soup (left over), Corn Fritters, Pickled Peaches. DINNER: Baked Sliced Ham, Boiled Potatoes, Spinach, Lettuce with Mayonnaise, Apple Pie.

BAKED SLICED HAM Order a small slice of ham cut a inch and a half thick; cover with warm water and place on the back of the range for an hour. Drain ham, cover with a mixture of two tablespoonfuls of flour, two tablespoonfuls of brown sugar, one-half teaspoonful of mustard and a

Exercise quickens the stream of life, increases the action of the heart, lungs, stomach, liver and every vital organ, and by cleansing away the rubbish which accumulates in the tissues as the result of work prepares the way for new material, and so is one of the great of all means of promoting life and health. Nearly all examples of extraordinary longevity which have been reported have been of persons who had led active, even laborious, lives, and whose habits in diet and in other respects were simple and regular.

Diet for Hyperacidity

What food is good for the one who has excessive acidity of the stomach? M. L. P. Cereals or fresh vegetables of all sorts may be freely eaten, together with sweet

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dash of cayenne. Put a few small bits of fat on top and bake twenty-five minutes in a moderate oven. Place ham on platter, pour off fat in the pan, add one-quarter cupful of cider or weak vinegar; bring to boiling point and pour around ham.—Tested recipe from "Hot-ter Meals for Less Money."

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