# TATE INTERESTS FOR WOMEN-GOOD HEALTH, FASHIONS, COOKERY, LETTERS FROM READERS shouting to me for help. I pulled him into the boat. Then he fainted. "I picked up some more, badly ex-hausted. I spent a great deal of time searching about the wreckage. I was sure the German submarine would shell me—but it didn't—had evidentity gone off, satisfied with the work it had al-ready done."

# ER NEW PHONE GREETING SAYS, "HAVE YOU ANY COAL?"

ne Hits All-Lessons of Democracy to Learned as We Live in Sweaters and Sleep Under a Few Coats

when one took down the and said, "How are you?"

proper question is, "Have oal?" at essentially a thing to joke

his shortage of the staff of fo. But when a nation faces ious wartime privation it is to know that thousands are trying to make the best

what do you do?" said one o another over the wire. She of the provident persons who e her cellar shopping early. came back the answer. "Why, in the kitchen when we're not and put everything but the stove on top of us when we

came from the mistress of an oom house.

cure for the ills of democracy nore democracy, said Thomas pn, one of the world's greatest ts. One wonders how Thomas would have viewed a coal Because this is the silver of privation that even money order away. It teaches us

Italian woman who had forty yesterday and could not underbuy coal learned her first lesson thingness of power and pull at when all the people are con- Maybe it isn't worth giving so much

for, after all.

# THE WOMAN'S EXCHANGE

re and questions andmitted to this department must be troitfen on one kide of only and signed with the same of the writer. Special questies like theme given insided. It is understood that the citica does not necessarily indexes the sentiment All communications for this department should be understoid as follows: THE EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

hat very palatable stuffing adds to the flavor of the turkey? 1. What is a watch-night parts?

War is it a very practical plan to mark then with the date on which it is pur-d and with the number of pieces pur-d at ene time?

ANSWERS TO YESTERDAY'S INQUIRIES allowing conveniences should al-themselves in the well-fitted guest file, black and white thread, pins, pen, ink, waste paper basket, war fork wear on the front of their kinki tunies a small triangle of brass inscribed with the words "on war service." pes, ink, waste paper basket, the lamp or other night light and oth, if possible. 2. The guilted silk "undercoat" being ex-

tensively sold in the shops now adds ma-terially to comfort these cold days. ting is a particularly eco In wartime because caten hat and with gravy it is more filling than bread. It utilizes all the nourish-the ment, too, by absorbing its In wartime 

a say bean is a specie of the bean Taille Editor of Woman's Page:

usy bean is a specie of the beam many beam, but inkes longer to near Madam I have been saving up allow paper for some time and should like to paper for some time and should like to be sold. I not inclosing a stamped en-tail in some. There is also a flour in soup. There is also a flour bean used in brend, etc.

Menu for Christmas

latter sells at eighteen cents a pound the a Bdiler of Women's Page: ar Madam-Plasse print a pice menu Madam-Plasse print a pice menu the stores that buy old gold, silver and

Vyvettes

This little skating cap sports five pompons. Two in front, two in back and one on top. And by the way, if you don't get cold feet skating—only cold hands—it's a good thing to have furry cuffs that can turn down and keep the hands warm!

warmth when we were cold!

smiles.

sypples and killed him. But before he died the chief of the gypsles put me on a horse and fied me there and then hit

the norse, and the norse started to run, and I fainted, and the next thing I knew I was in the orphan asylum, and the other kids would not play with me. I know the prime is looking for me every-where, and now he will find me and then we will be married."

I had enough, and so I pushed her out of bed with my feet. Then I went down to breakfast and June's dector asked me what the noise was that he had heard upstairs, and I told him. He went up and got draggy fost and brought her down, and she smiffled on his shoulder, and he told me I must never kick her out of bed again. He did not tell me I must not kick her into the river, so she had better look out. June walked to

the auto with us when the doctor took me to school and she said the only thing the matter with draggy foot is that she

Dry Cereal with Chopped Figs with Top Milk Codfish Cakes Cc Whole Wheat Toast Coffee

Some of the silver paper that is wrapped around candy, cigarettes, etc., is lead foil and some is the foil. The Hot Corn Hread Beef Croquettes (left over)

Maple Syrup DINNER

IN THE MOMENT'S MODES

Already the between-season millinery models are beginning to make their appearance in the chapeau shops. In materials they

strike a pace midway between that set by winter models and those designed for Palm Beach wear. Two very smart between-season models are those presented in the accompanying sketch. The upper hat is of taupe satin, the brim embellished with self-color

embroidery. Adorning the side of the crush crown is an ornament of self-color braid and tassel, with four jade beads in the center. The lower model is of sand-color satin, the ends of the bow tipped

GOOD HEALTH QUESTION BOX

In assurer to health questions. Doctor Kellogg in this space will duly give advice on pre-ventive multive, but in so case will be take the take of anthrong singularies of or preaching in adments requiring surgical treatment or drags. Month questions will be promptly assured by personal letters to

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

What Are Adenoids?

with moleskin balls.

#### By JUDD MORTIMER LEWIS Winter's Between-Season Chapeaux Are Arriving

An Active Imagination T SLEPT last night at June's and when I awoke this morning I was upstairs in bed and the draggy foot girl was in the bed on the other side of me. Rowdy pushed his nose under my hand and whined and I got him by the ear and klased him on the nose. Then I turned my head over and looked at draggy foot and she was lying looking at me. When she saw me look at her she smiled and she is kind of good to look at when she I said, "How do you feel?" She said, With my fingers. How do you feel?" 1 said, "What's it to you"" for it made me

PATSY KILDARE

kind of mad for her to get funny with me. Then she said, "I feel fine. It is certainly good to be in my own home again." I said, "What do you mear.?" She said, "This is my own home and it is fine to be back here again." I said, "You haven't got any more home than a rabbit." She turned up her nose and "That is what you think." I said, "That is what i know" She said, "This is my home. When I was a fittle girl just able to walk and both my legs were as good as yours and a whole lot prettler. Miss June and the doctor were my father and mathem"

Miss June and the doctor were my father and mother." I was surprised, but I said. "For cat's sake, are you the girl who turned turkle in the auto? Then you are June's sister. Where is your mother, who furned turkle when you did? She said. "What are you talking about? Are you crazy in the head?" I said. "No; go on." She said. "Well, when I was a little bit of a girl I was playing out in front of the house and some symptoms came along and and some gypsies came along and wrapped me in a blanket and stole me. They held my mouth shut so I couldn't holler and put me in a wagon and car-ried me off. They took me to a big city and the gypsy man twisted my leg me a cripple so I would beg

why, having money, she could any coal learned her first lesson comparative unimportance of y when it comes face to face with after our radiators begin to sing their than itself. There ther lessons taught. Those who blessed song we'll remember! Money in the castle was a prince, who dell h in with the coal man discovered can't buy everything; it couldn't buy love with me and fought the chief of the

the horse, and the horse started to run

We will be married. She started to tell me that June and the doctor were king and queen of the country and that she was a princess, but

I had enough, and so I pushed her out

she had better look out. June walked to

has an active imagination. I told the doctor if he would cure her leg I would cure her imagination. That made June

and the doctor laugh. I am sleeping at home tonight, for how do I know but that lying is catching? tated into overactivity and overgrowth. This is particularly true in the various

"Fun in Prospect." the next Patsy Kil-dare adventure, will appear in tomorrow's Evening Public Ledger.

# Tomorrow's War Menu

BREAKFAST

LUNCHEON Stewed Apricots

THE WORLD'S WAR Through Woman's Eyes By ELLEN ADAIR

Incidents of War LONDON, Nov. 26. HERR KUEHLMANN, the German much-discussed man. He is hated by the pan-Germans, who believe that he wants to patch up peace with detested England through giving up Beigium

amusing appreciation.
The German Socketary recently made a speech in which het form the socket for a packet of biscuts from the socket in a plane case. For four days I was this defend about ideals of right overriding to both the form the socket is provided about ideals of right overriding the branch. Stimmer remarks and the plane case all the increasing additional the terms standpoint, seemed case is the socket again.
The derman standpoint, seemed to many derive the base of the about the obstruct state of the about the socket again.
The customs officer heard my knock again.
The customs officer heard my knock again the house and their house and the socket again.
The customs officer heard my knock again.
The custom officer heard my knock again.
The people, who looked upon it as just the speech of a derman minister talking

speech of a derman minister taiking to thermius." Whether Herr Kuchimann will be greatly pleased over this interesting apology on his behalf yet remains to be seen!

The was a smilling liftle Jan, with dark that, sail every provide the second se EVERY child has tissue in his throat of the tonsils, especially in children, which may become adenoids, Many in these cases the tonsils should be ra-people believe adenoids to be a mysteri-nic growth of some sort in the nose, quently the result of habits. Shoring, They are, in fact, located behind the when not due to obstruction of the

They are, in fact, located behind the "back door" of the nose, where it opens into the upper part of the throat. All the air passing through the nose strikes

against this area in the throat.Now at this point nature has pro-<br/>vided a soft mass of theme. In structure<br/>quite similar to that of the tonsils. Its<br/>function is the same—to protect against<br/>and ward of infections. The mass acts<br/>as an "inspector of incoming air." to<br/>help cleanse it of obnoxious germs. In<br/>90 per cent of children it so pornal func-<br/>tion is maintained and it does not at-<br/>tain an abnormal size.Bananas<br/>Mananas<br/>will be brown before it is eaten and<br/>when he bananas<br/>will the others. was sent to Gustrow,<br/>where he worked with 300 other uninappy<br/>prisoners—Bräinh, French and Bei-<br/>charging cargoes and trains.<br/>"We were awakened every morning at<br/>haif past four." he remarked solemnity;<br/>his eyes gleaning through their lift past four." he remarked solemnity;<br/>his eyes gleaning through their lift and to last all day? And we<br/>us, which had to last all day? And we<br/>had if past five and<br/>"We lined up at half past five andcall it.Call it.<br/>"After 1 had puiled my pots, 1 set<br/>the spira and tried to hook<br/>the spira and tried to hook<br/>made my boair cock. The steamer disap-<br/>haif past four." he remarked solemnity;<br/>his eyes gleaning through their lift add? And we<br/>a sallor clinging to a bit of wreckage. "We lined up at half past five and started work at six. We did a hard six hours' work on that scrap of break-

children's discases, such as scarlet level, measles and chickenpox. A catarrhal condition of the nose, repeated colds and lack of attention to the hygione of the mouth, teeth and bowels may the source of the mouth is the beinging about the the source of the mouth is the beinging about the the source of the mouth is the beinging about the the source of the mouth is the beinging about the the source of the mouth is the beinging about the in it ! "Then we worked on until 8 o'clock

of the mouth, teeth and bowers may all be factors in bringing about the overgrowth of the normal mass, thus producing the adenoids. Proper breath-ing through the nose is thus impeded, and the impression created that the nose

Pain in the Head

and the impression created that the nose itself is stuffed full. The "what-to-do" has been so fre-quently reiterated that any six-year-old who hears the verdict that "there are adenoids present" knows that all that remains is to set a date for their re-moval. Benoval means taking out the

**Hardened** Arteries

(Copyright.)

wants to patch up peace with detested England through giving up Beigum The "Radicals" regard him favorably, since he is supposed to advocate den-ocratic reform. A thast I made up my mind to others. At last I made up my mind to others. At last I made up my mind to others. At last I made up my mind to others. The supposed to advocate den-light and doopped out of a small win-dow in the barracks on to the ground outside. I had taken off my socks and there is interesting to know that the heavy dinner, such also stressmaan, who at present leads the party in the Relicistag. It is a most anusing appreciation. The German Foreign Secretary recent-ly made a speech in which he informed the apper of the National greatly to amuse his hearers.

I spent a week-end lately down ina Red Cross cap and an arm-band. A very interesting little first-aid box may be had with the uniform. Here is a chance for mother to teach some lessons.

MANDO

Removes superfluous hair from or under the arms. The new style rams make this orepu-ration indispensable.

Sold by good Drug and Department Stores.

I encountered an interesting little Jananese suiter in London not long ago -Yamashita by name who had escaped from tiermany. He was a smilling little Jan, with dark

In serious infections of the nose and throat this protective mass may be irri-throat this protective mass may be irri-

fast, then at twelve came back to the barracks, where we received three spon-fuls of very thin soup! Once or twice I was lucky in finding one small potato

Safe Milk Infants and Invalids HORLICK'S

Economical Mince Pie

Economical mince ple filling can be made as follows: Procure of a pork butcher some scraps from boiling down

land. Chop these very finely, and to

add-a-hearl

and additional pearls for

completion have not been

advanced-Ask Your Jeweler

THE REAL PROPERTY OF THE PARTY OF THE PARTY

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An Hour's Treatment Makes the Face Look Years' Younger

This Cloud Complexion

and and dessert. (Mrs.) A. R. be sent to you.

ve your turkey with sausage stuf-nd cranberry sauce. Have baked ed sweet polatoes or mashed white con with giblet gravy. Your other ables can be peas and creamed and French dressing: that is, vin-oil, salt, and pepper. A dessert pound have of randy. Can you pugases a suit-pound have of randy. Can you pugases a suitbe los cream with Christmas fruit Then serve coffee.

#### Dress for Boarding School

ther of Women's Pags: Indem-Will you please suggest the drag it would be nice to make the pri of fourteen? She has med wh hair, blue eves and quite sood the is it boarding school and needy to wear to the hitle affairs the NOT lifett MOTHER. tionery of different sizes, silk handbag, book, pair of fancy short hatpins, little book, pair of fancy short hatpins, little French lvory clock for her room or little

Talk With Mother With the material of the dress. With the material of the dress.

## Mock Cherry Pie

or of Woman's Page: dam—Will you please print a nock cherry ple? (Mrs.) K. meth cherry ple? Uns.) K gredients for the filling are one half cupfuls of chopped cran-ome-half cupful of raisins, two mulas of sifted crumbs or flour, al of sugar and one-half cupful . Mix these and fill ple tin a good ple paste. Cover with a good ple paste. Cover with a good ple paste.

### Renovate Velvet

well suited to each other at that age out-grow each other in after years and are very unhappy. Except in very extraordinary cases it is better to wait a little longer. In any case, my dear, your parents are your best friends and will not be hard on you if you are frank with them. Why not have a little quiet talk with mother and tell her you want to so about more. She will probably of Woman's Page: an - How can velvet (black) scoras dull be made to look ill swapper sticks and cretoning ind smain this summer. Is it for user a khaki sizevises build I make it with sizeves at by the word canoninger ALBERTA L.

to the with a wet cloth, why the with a wet cloth, shot iron with a wet cloth, arefully with a clothes brush, be piece on a smooth place dyname will help it. Brush on a board and paint with a with a clothe brush. Las dyname will help it. Brush on a board and paint with a will drys in well uset and be the case? Do you think I can be en-bably be

they are wash-initing about a swagger slicks. AllERICAN BY HEART. According to the office of the United States District Attorney here there has swagger aticks. uidb't wear a righters need tor, one without. originated in an. Used in the law apply to women it would hardly and engagers to turn these out of their ment requesting that Austrian women to women at all, so you can see that as long as the Oovernment has not made this law apply to women it would hardly and engagers to turn these out of their ment requesting that and the second to women at all, so you can see that as the law apply to women it would hardly and engagers to turn these out of their ment requesting the second to the second t

Fricassee of Chicken with Potato Dumplings platinum buy this. A personal reply w Vegetable Saind with Mayonnaise (left over) Chocolate Cornstarch

#### **Candy for Christmas?** To the Editor of Woman's Page:

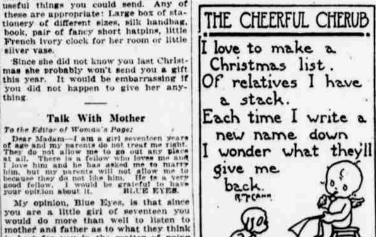
of seventeen years arents tremoved from the city. Since then we have been correspond-ing regularis. Her birthday come during the latter part of totober. I sent her a three-pound low of randy. Can you suggest a suit-able Christimas present? Would shother box of exhib he properly if wo, how could be here and me a, Christmas present? Should she send me a, Christmas P. G. H.

To Sell Silver Paper

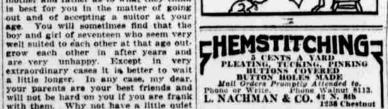
POTATO DUMPLINGS

soft dough. hands and form into dumplings. Another three-pound box of candy in the chicken fricassee and let simmer

would be all right to send. In these war-times, however, there are other more useful things you could send. Any of these are appropriate: Large box of stafifteen or twenty minutes









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excessive growth by surgical procedure The question, "May they come back?" must be answered affimatively. As men-tioned above, the adenoid tissue from which the "adenoids" spring is a nor-What is the first indication of hat A rise of blood pressure. This is not, however, a positive proof of hardening mal structure in the throat. Removal of the arteries. Sometimes the disease

children's diseases, such as scarlet fever.

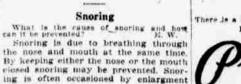
against this area in the throat.

POTATO DUMPLINGS of the overgrowth does not, and should Take one \_ipful of hot mashed po-tatoes, one half teaspoonful of salt, one original causative irritation recurs, the is far advanced before the rise of blood pressure occurs. In very advanced cases the blood pressure fails because of weakening of the heart.

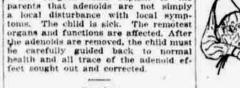
spoonful of vegetable oil, a third of spoonful of dried bread crumbs, an ege i beaten and nutmeg. Mix into a dough. Put a little flour on the rence and disappointment in the results, do and form into dumplings. Drop

Make This a Wasteless Xmas parents are instructed as to the hygiene of the nose, throat and mouth. He adof the nose, throat and mouth. He ad-vises any corrective dentai work that may be needed to overcome facial and palatal deformities. He advises as to the best way, in the individual case, to conquer the mouth-breathing habit. The surgeon must explain to the parents that adenoids are not simply a local disturbance with local symm.

he carefully guided back to normal health and all trace of the adenoid effect sought out and corrected.



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