

FREE OF A LINGERS SHORT IN SAVING FOOD SUPPLIES: GENERAL FAILURE IN REGULATIONS

WOMAN IN HER HOME IGNORES FOOD CONSERVATION

Less and Wheatless Days Are Fancy Farms in the Privacy of Some Kitchen Walls—Is Patriotism a Public Affair?

ONLY nine months have passed since America went to war, and in these the American people have been subjected by every known brand of advertisement to save food. The time has come when the results have come.

Looking for results Washington found out this: That the public places such as hotels, restaurants, etc., are saving food; they are saving meatless and wheatless days; but that as a whole women in their homes are doing very little to make their country's supplies last out.

THEIR homes! When we sit down and reason out why food-saving stops when it gets as far as the privacy of the private dwelling we come to a very unpleasant conclusion. Patriotism flourishes only when our neighbor is around to watch it grow!

It's true we join the Red Cross and buy Liberty Bonds; but these are things money can buy. We would be ashamed to say we had done neither and there is a certain amount of glamour about doing both.

Money cannot buy our share in food-saving, though. And there is no glamour about feeding a man creamed codfish when his mouth is set for roast beef. There is no glamour about getting up earlier on wheatless days in order to make corn muffins. And it seems as though no one ever knows whether you do it or not!

Women in their homes are not food savers. It does look, doesn't it, as though an all-seeing eye were necessary for the growth of patriotism?

WE do not come to this conclusion about the disregard of food-saving rules, we come to one that would be amusing if the subject matter wasn't vitally serious.

THE WOMAN'S EXCHANGE

Letters and queries 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 accept responsibility for the return of unsolicited material. THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. What is the proper place to have table linen monogrammed?
2. How can things on the zinc stove be kept warm for a greater length of time when they are just placed over the heat?

ANSWERS TO YESTERDAY'S INQUIRIES
1. A rolling pin of glass in which ice is held steady to the stove of coldness is essential to lightness of crust.
2. If a stiff pad made of a folded tea towel is inserted in between there it will answer for the iron and the difficulty of spreading satisfactorily will be solved. The stove can then be ironed on both sides without fear of wrinkles.

Menu for Holiday Party
Dear Madam—Kindly suggest what to eat at a "Booze" party. I have been thinking of a menu that will be both interesting and satisfying. I have been thinking of a menu that will be both interesting and satisfying.

He Was Snubbed
Dear Madam—Kindly advise and publish in your column, as I would like to see your opinion of the case. I received the message by mail one Friday afternoon. I was very much surprised to receive the message by mail one Friday afternoon.

Purple Figs
Dear Madam—Do you know where purple and milled sugar can be bought in Philadelphia? I have been looking for them for some time.

Trolley Route to Gustine Lake
Dear Madam—As a stranger in this city, I would like to know the route to Gustine Lake. I have been looking for it for some time.

From a Young Housewife
Dear Madam—We are all trying to do our part. I am sure you will be able to help me. I have been looking for some ideas.

Dramatic Clubs
Dear Madam—Please publish in your column as early as possible the address of one or two dramatic clubs in which two young girls could become members. I have been looking for them for some time.

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PATSY KILDARE By JUDD MORTIMER LEWIS

Rainy Day

IT HAS been raining good and plenty and it was good and thundery when I wrote and there was a lot of lightning up over Green's barn. I do not know, but I think they were having some sort of celebration in heaven. Maybe it was because our school won the race or because draggy foot is going to get well. Anyway, whatever it was, they were using fireworks, and it looked fine. The rain kept on coming down as if some one had punched the clouds full of holes. When I go to heaven I hope they will let me be the angel who turns on the clouds when the earth needs rain.

And now the voluminous long coat has its belt. We have had the belted semifitted over-all coat, but the idea of a generously full long coat with the fullness held in by a belt is new in feminine fashions. The style creators call this new model the sister of the trench coat. Myrtle green bolivia cloth is the fabric that has gone into the making of the coat pictured. The huge fur pockets, the sleeve tabs and the draped collar are of beaver.

THE CHEERFUL CHERUB If they should make us hate as they Our victory is lost. A war that's won by hate I think Is won at too great cost.

Some of us must think Hoover went in for christening the days of the week because he had a faithful disposition. "Oh, here's another new kind of a day," says Mrs. B. as she opens the evening paper. "Hoover says we can't have pork this time. What war that man think up next?"

THE sooner women begin to realize that wheatless days and meatless days in every American home is not idle talk, that much more apt will our country be to win the war. Every woman has perhaps at some time discovered she is spending too much of her table allowance in one week to make it last a month. America has discovered her people were eating too much meat, wheat and fats to make them last as long as they must last.

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

With the American Soldier; The Consolation of Books

THE American soldier, in almost every case, is a man of education before he goes to the front. He is a man of letters, a man of books. He is a man of letters, a man of books.

Tomorrow's War Menu

Breakfast: Baked Potatoes, Creamed Fish, (left over), Coffee

Lunch: Cream of Split Pea Soup, Bin Eggs of Beef, With Onion and Chopped Sweet Pepper

Dinner: Cream of Split Pea Soup, Bin Eggs of Beef, With Onion and Chopped Sweet Pepper

Supper: Cream of Split Pea Soup, Bin Eggs of Beef, With Onion and Chopped Sweet Pepper

To a Very Young Gentleman

My child, what painful vistas are before you! What years of youthful ills and pangs and bumps—

And chickenpox and measles, croup and mumps! I don't wish to dismay you—it's not fair to.

Promoted now from bassinet to crib—But, O, my babe, what troubles flesh is heir to.

Laboriously you will proceed with teething; When teeth are here, you'll meet the dentist's chair;

They'll teach you ways of walking, eating, breathing. That stoves are hot, and how to brush your hair.

And so, my poor, undaunted little strippling, By bruises, tears and trowers you will grow;

And huzzah the leaf from Mr. Kipling, I'll wish you luck, and moralize you so;

If you can think up seven thousand methods Of giving cooks and parents heart disease;

IN THE MOMENT'S MODES

Coat of Myrtle-Green Bolivia Cloth



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GOOD HEALTH QUESTION BOX

In answer to health questions, Doctor Kelllogg in this space will give advice on preventive medicine, but in no case will he take the risk of making diagnosis or of prescribing for ailments requiring surgical treatment or drugs. Health questions should be answered by personal letters to Dr. Kelllogg at his office, 1000 Locust St., Philadelphia, Pa.

Diet for Stomach Ulcer

ULCER of the stomach is a much more common disease than is generally supposed. Many attacks of pain which have been called neuralgia of the stomach are without doubt due to ulcer. The ulcer may be very small in size, not more than one-fourth of an inch in diameter, or it may extend until it becomes as large as the palm of the hand.

Superficial ulcers give rise to severe pain, which becomes worse when the stomach is empty. The symptoms of ulceration are the pain in the stomach and in the spine opposite, which are increased by food, especially hot drinks and sugar; tenderness of the abdomen, particularly in the stomach; a violent heating or pallor of the tongue is ridged and furrowed, and there is often great thirst, constipation and vomiting of blood.

Very often surgical treatment is necessary in case of stomach ulcer, but many cases can be permanently cured without operation. Careful dieting and hygienic measures that build up the health such as operative treatment, daily cold bathing, massage and oil rubs should be employed.

Mild cases of simple ulcer may generally be cured by giving the stomach a more or less prolonged rest by abstaining from food. Nutritive enemata for a week or so will keep the patient well nourished. It may not be necessary to fast so long as the patient can take small quantities of food may be taken.

The patient should remain in bed and be kept cool. After the first two days the amount may be increased a tablespoonful a day, until six tablespoonfuls are given every two hours. The periods should then be lengthened to three hours, and the amount increased to four or five ounces.

After six or eight days, such foods as potato and other vegetable purees may be added, and also pieces of sweet fruit, boiled rice and butter.

Milk for the Baby

Should a baby eight months old have "cow's milk"? MOTHER.

A child eight months old requires twenty-eight ounces of cow's milk daily, which should be diluted with ten ounces of water. To this should be added two even tablespoonfuls of malt sugar. This should be given in five feeds.

After six or eight days, such foods as potato and other vegetable purees may be added, and also pieces of sweet fruit, boiled rice and butter.

Atene

Is oatmeal porridge constipating?

Yes, when cooked in the ordinary way. Oatmeal porridge is very constipating. When cooked after the Scotch fashion it is more palatable.

Georgette Crepes

SMART NEW MODELS \$3 ALL WAISTS \$3 THE SAME PRICE

WAIST SHOP NO MORE \$3 NO LESS

Copyright Pending! All Styles and Fabrics Black Waists a Specialty 1120 Chestnut Street Next Door to Keith's SECOND FLOOR TAKE ELEVATOR

Use Sugar Sparingly—Do Not Waste It

Everyone—manufacturers and householders—should use sugar sparingly for the present.

The supply is limited and will be until the new crop of cane can be harvested and shipped from Cuba and the Tropics. The supply will then be ample.

In the meantime, the people of the New England and Atlantic Coast States should use sugar sparingly.

Grocers should limit their sales to any one family. No one should hoard or waste sugar. Do not pay an increased retail price.

The Franklin Sugar Refining Company

"A Franklin Sugar for every use" Granulated, Dainty Lumps, Powdered, Confectioners, Brown

Perfect Pastry

Mix and sift two cupfuls of flour with one-half teaspoonful of salt. Work two tablespoonfuls of lard into the flour with tips of fingers or two forks. When the mixture looks like meal, with a knife stir in enough ice water to make a dough. Knead slightly, cover, and set aside for five minutes. Pat with rolling pin, roll into this sheet and dot four tablespoonfuls of butter in very small bits over this thin sheet of dough. Fold so as to make three layers. Pat, fold and fold again. Chill five minutes and prepare to bake.

The Next Year

No backward glance shall hinder or appall me. A new life is begun, and better hopes and better motives call me. Than those the past has won. —Lillian Knapp.

Horlick's Malted Milk

A Nutritious Diet for All Ages. Keep Horlick's Always on Hand. Quick Lunch: Home or Office.

Christmas Money Invested

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Without Electricity

Just write, or phone Free Trial Spruce 5693, for a

The Robert A. Bucher Co., Inc. 1221 Arch Street (Second Floor)

Announcing Our Annual Sale of Fine Furs and Hats

We have reduced our furs and hats to prices far below their actual worth. The policy of this House to have but one sale a year makes this an opportunity of unusual importance.

House of Wenger 1229 Walnut St.

These winter coats will add our Cold Dry Air to a perfect outfit for the safety of their valuable furs.

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