RIFICE, SUBSTITUTE, SAVE! A NOVELIST'S FOOD SLOGANS

aret Deland Sums Up Her Creed of Duty in Conservation in "Three S's." Saving Is Hardest of All

THE CHEERFUL CHERUB

Some folks have wealth

enough to buy

Just anything they

have my cosy

rocking chair

old shoes.

And books and soft

to bewildered Mary, who, by the way,

feels no impulse to limit an Irish

breakfast yesterday morning?

ONG about food conservation. et Deland, the noted novelething to say that ought y to appeal to every woman ever found any excuse for her heart and mind on ving. In an article called "The in the Woman's Home this month, the author, land, speaks out her mind. three S's stand for sacrifice e and save, and with these for a slogan the author has up the things she must do to te her country's food supply.

E easiest word for us all comes first," Mrs. Deland writes, "sacand she goes on to describe re can give up the superfluous food such as pastry and little

it as for sucrifice," she adds, with cold potatoes." I wonder if I am It isn't sacrifice to refrain from the only housekeeper who, in the matwhen we hear a baby crying ter of food conservation, finds the nilk; it isn't sacrifice to give up kitchen the cannon's mouth? so that an extra supful of flour "The housekeeper who does her own be added to some Belgian cooking does not find it hard to acan's loaf of bread; it isn't sacrifice quire what might be called 'cold poomit icing on our cake so that tate courage, to use the flank of steak will not soar higher in price. in a stew, or keep the half cup of leftrifice is too noble a word to apply over string beans for a vegetable things like this. It is only unimagi- salad. But who of us have the pluck ness on our part or the vulgar- igrant, for the sake of argument, that y of the inappropriate Roman orgy we have the humanity and the brains) that makes it necessary even to go into our kitchens and boldly say o remind ourselves of it."

IRE second step, substitution of stomach for the sake of filling an Engther foods for the ones the Gov. lish one to say to Mary: 'Where is at is trying to conserve. Mrs. the dropped egg that was not eaten at nd describes as taking brains. third," she writes, "saving-

umanity and brains, and—the MRS, DELAND has expressed some thing in the world—cour. MRS, DELAND has expressed some thing in the world—cour. eatest thing in the world-cour-

thought about but been afraid to say "I wonder," she continues, "if it is about. It is interesting to know that ise I am such a coward that I Mrs. Deland does ask this question of out courage side by side with-well, her "Mary"

IN THE MOMENT'S MODES



The designer of the evening wrap pictured in the accompanying sketch has turned out a smart coat without using so much as an inch of metal brocade or ermine fur, the two ingredients which many designers would have us believe are indispensable to the proper making of such a garment. The straight collar and yoke are of kolinsky. The skirt is of peacock blue chiffon velvet, embroidered with an elaborate stitching design in bronze

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES 1. Where did the custom of wearing prange blossoms on a wedding reit originate

ran a speck of solk of east be re-m the white, when in being sepahit of the yellow slips into the

material. what little "trick"

ANSWERS TO YESTERDAY'S INQUIRIES

then scrubbed with a soft brush in the same kind of a solution. It should be rinsed in clear warm and dried with a soft piece of lines.

Little Girls Buy War Stamps

5. It if proper to accept an insitation provisionally; that is, not knowing whether

made its appearance in the fashion world?

1. Women have been pressed into service in the electrical shop in the pary sard at Portsmouth, N. H.

CAPTURED

He Lieut, J. HARVEY DOUGLAS Fourth Canadian, Manusted Riffes A True and Tariffling Tale of the Experiences of a Wounded Canadian Officer Who Fell Into the Hands of the Enemy.

Before the war the business firm with which I was connected had done a great deat of buying in Germany. We had a German agent who wrote me a very nice letter asking about my arm and wanting to know if there was anything he could do for me. I was not allowed to any awer this letter up the inspector do not me and the second of the could do for me. I was not allowed to any account find, and a large paddock was put on the pig pen. swer this jetter, but the inspector did so I received, later on, another letter from

a tierman who was a naturalized Amer-lean citizen and represented a large firm with whom we had done leastness. He also asked if there were not some-2. The round neck line is most becoming to the woman who is thin. The V line accordinates her thinness.

3. It is not correct for a man to give a woman money to put in the collection becomes a woman money to put in the collection becomes at church. As the virtue of giving in church consists in the personal will that is behind it, she should provide her own funds.

A Future "Ad" Writer

To the Editor of Woman's Page:

The Madam—Kindiy advises no converting the manner in which to proceed to be found to make the present to my family.

One day we were surprised at the time whose families were not in a position to keep them supplied with a continual stream of food. Those of us who lad friends in England were especially fortunate in receiving parcels but from their sources and from our homes in the consists in the personal will that is behind it, she should provide her own funds.

A Future "Ad" Writer

To the Editor of Woman's Page:

The manner in who is thin, The V line according to the consists in the personal will that is behind in the present to my family.

One day we were surprised at the time there is the present to my family.

One day we were surprised at the generosity share, and men who did not get sufficient food to supplement the rations is likely for internation that you will also the present to my family.

One day we were surprised at the family share, and men who did not get sufficient food to supplement the rations is likely for internation that you will also the present to my family.

One day we were surprised at the food to supplement the rations is likely for the Canadian Engineers, who had been taken prisoner on June 2, but since the present of the present to the family and the present of the canadian end have had also seen taken prisoner on June 2, but since the present of the

had better breakfasts than we had since eggs for his own ments, grew more per-turbed every day. We made the herri-ble mistake of taking all the eggs we could find, and a large padisck was put.

Coated Tongue

M: tongue has a takek fur in the more large law can I been it clean?

A coated tongue is a minimator of a on the pig pen.

Toward the latter part of August parcels began to arrive for all the Cana-dians who had been taken prisoner on June 2. The Canadian Bed Cross pur-cels were particularly welcomed by those men whose families were not in a position to keep them supplied with a con-tinual stream of food. Those of us who had friends in England were especially fortunate in receiving parcels both from

The Englishmen envied the lot of the laxative food. Little Girls Buy War Stamps

1. In the Girls Girls Buy War Stamps

2. In a felius of Wenney's Page.

1. In the Control of Management of Manage

when the same is a single for add that Themsing you very much.

MIS. VAN S.

AVENUAL S.

A

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

A PERSON who has not sufficient A strength in the muscles of the back needs such exercise as will strengthen the muscles on either side of the spine and the lower part of the trunk. These very important muscles are called into action in nearly all kinds of labor. One who is weak very easily strains the muscles by some extraordinary exercise, giving rise to musc pain and suffering. This shows the importance of making these muscless stronger by special exercise calculated to develop them.

wall, keeping the trunk and limbs rigid.
Fourth Place two low stools for
enough apart so that the difference between them will be about six inches
less than the height of the body. Now

A coated tongue is an indication of a diseased state of the blood. Poisons are being circulated through the system. The cause is usually a sluggish colon. Constipation is the usual cause of a coated tongue and foul breath. Constipation must be cured by a laxative diet of fruit. fresh vegetables, etc.

How can one provent sea airkings. J. East lightly several days before sall-ing. Keep the bowels open by means of







All Furs Reduced

Coats, Capes, Muffs and Scarfs, from our high-class stock, at 20 to 33 1-3% reduction.

We move about March 1 to our new factory and show room, 1911-13 Chestnut St., Phila., hence the early reduction sale. Many handsome pieces,

included in the sale, not to be found elsewhere.

Tomorrow's War Menu

BREAKFAST Baked Bananas with Brown Bread Creamed Finnan Haddle Coffee

LUNCHEON Creamed Macaroni and Oysters with Tomato Sauce Celery Muffins Celery Orange Marmalade

DINNER Braised Hearts
Bailed Stuffed Potatoes
Lettnee with Pickled Beets and Cold Raisin Pie

BRAISED HEARTS Three lambs' hearts, two small onions, three medium carrots, one pint boiling

MRS. DANIELS REVEALS.

WAR WORK ROMANCE OF WOMEN CRITICIZED

Gentler Sex in America Not Fitted for Heavy Tasks and Disdain What They Can Do. Says Expert

cient in heavy war emergency work.

Three lambs hearts, two small onions, tree including is not specified in the executed by loops fastened to the floor Place the hands upon the higs and bend the body slowly forward and then back to the exect position several times. Bend to the scent position several times. Bend to the exect position several times. Bend to the same way, and to either side, repeating each movement in million and provided or the floor body backward in the same way, and a unisher of times. Or stand erect, the feet half or two-thirds of a yard aparticlasy the arms above the head and sway, the body back and forth and from side to side.

Second. Standing against the wall, place the plands upon the hips and bend the head down as far as possible without bending the knees. If the muscles of the lack are rigid it would be well to have an assistant press the head down a sittle farther when the body has been four tasks and assistant press the head down a sittle farther when the body has been four the wall. Lean against the wall, lean against the wall, lean against the wall. Lean against the wall, lean against the wall, supporting the body by the head against the wall. Lean against the wall, supporting the body by the head against the wall. Lean against the wall, supporting the body by the head against the wall, supporting the body by the head against the wall. Lean against the wall, supporting the body by the head against the wall, supporting the body by the head against the wall. Lean against the wall supporting the body by the head against the wall. Lean against the wall supporting the body by the head against the wall, supporting the body by the head against the wall supporting the body by the head against the wall. Lean against the wall supporting the body by the head against the wall. Supporting the body by the head against the wall supporting the body by the head against the wall. Lean against the wall supporting the body by the head against the wall. Supporting the body by the head against the wall. Supporting the body by the head aga

CAUSE OF DRY NAVY Summed up tersels, however, Mr. Gendell's opinion of the American woman's
attitude toward war work is not flatter-

THE American woman, as healthy as, we have only been at war a short while, her foreign sisters, but of a much speaking comparatively, and there is no lighter build, is not like y to prove offi-But my observation has been after six This is the opinion of Paul Gendell, months of this war that women will best

work is the class feeling that exists the greatest need for her; she may want



Advance Announcement!



CORSETS AT NEW PRICES

FOR more than twenty years it has been our aim and ambition to keep Nemo Corsets, with their invaluable special health and fashion features, within the reach of the great masses of women to whom the Nemo special service is an imperative necessity.

To keep Nemo prices down, in the face of a tremendous increase in cost of production, we have willingly made heavy sacrifices during the past three years. Nevertheless, slight advances on certain models have been made, but with utmost reluctance and under pressure of unavoidable conditions.

FIRST ADVANCE ON WONDERLIFT MODELS

But, despite the steadily rising cost of nearly all corset materials (some have more than doubled in price) we have continued to sell NEMO WONDERLIFT CORSETS—one of the most valuable of all corset inventions-at their ORIGINAL PRICES of four years ago; for we fully realize that they give vitally necessary hygienic service to many thousands of women.

We have been hoping for some change in the material and labor markets that would enable us to avoid an increase in Wonderlift prices. Now, however, we are compelled to announce an increase of \$1.00 in the price of the popular \$5.00 models, in order that we may maintain their high quality without undue sacrifice of profit.

For similar reasons we are obliged to announce an advance of 50 cents in the price of the three Self-Reducing Corsets with the Nemo Relief Bands.

On and After Monday, February 4, 1918

Retail prices will be increased on the following numbers:

WONDERLIFT—Nos. 553, 554, 555, 556, 557 and 558 Present Price \$5.00—will be . . . SELF-REDUCING—Nos. 402, 403 and 405

Therefore, we give this advance notice that-

Most women know, from experience, all about the higher cost of nearly everything, and will readily understand that these slight advances represent only a fraction of the higher cost of production. The new prices are literally forced upon us, by abnormal market conditions over which we have no control.

PRINCIPAL STORES EVERYWHERE!

KOPS BROS., Manufacturers of Home Cornels, New York.

