Wide Interests for Women—Fashions—Cookery WHAT MODERN PAN-GERMANISM REALLY MEANS

IN THE MOMENT'S MODES

Skating Set of White Yarn

LE GIRLS SAVED PENNIES BUY THEIR THRIFT STAMPS

War-Savings Official Writes Letter to oman's Page to Publicly Commend Them-Habit Should Be General

Cereal

on think that little things matter. For instance, pertly in reading in the cole Woman's Exchange a let-Mrs. McC. anent war-say many a woman thought was just putting a very few a very big bucket. The ed how the mother's little saving their pennies to buy stamps recently issued by

encouraging then, in face of that many do not think pento receive a letter from the war-savings committee, writleset-answer to Mrs. McC/s. one feel that after all the of a very big bucket are but a lot of little drops multid faithfully put in!

otter written by William West, tant State director of the war-

committee, follows: s particularly gratifying to us nal-war-savings headquarters Mrs. McC.'s letter in the fover-BLIC LEDGER as to what her ris are doing to help the United quarters and buy thrift stamps are tand themselves) by using their vitally necessary to the success of While here, and there again to purchase thrift stamps. As this undertaking. cC. says, we hope that many en children saving, so that all us in selling and explaining war savys and girls in the country will ings stamps." t bonds.

ent prosecute the war, there penny before in their lives have ac- becauge other reason almost as important, cumulated nesteggs since the war lat is to teach thrift, which we in began, just because one small person intry know so little about, and heard about the thrift stamps and desame time to make for the Gov- cided to save his pennies. Let us hope the a great many stockholders, that our boys and girls become deeper we hope by the end of this and deeper occupied with this mighty gn there will be at least 30, job of saving. Let us hope that the persons in this country owners habit becomes so contagious that soon wise ernment securities; so you can we'll wonder how we ever did withast the children who save their out it.

Light Supper for Evening

Noodles for Soup

Cake Minus Eggs

THE WOMAN'S EXCHANGE

only and signed with the same of the writer. Special givens like those facility. It is upderstood that the editor does not accessfully independent the sea AR communications for this department should be addressed as follows:

EXCHATGE Receiving Public Ledger, Philadelphia, Pg.

ANSWERS TO VESTERDAY'S INQUIRIES

ling or buying a house the most.

Livers to be noted are how much have received special permission are allowed soms get, the arrangement of the serve behind the lines along the battle-heat, plumbing, doors, window from abroad. Several of them are acting fastenings, cellur, cellings and in journalistic capacity there now.

SUPPER

Minced Sardine Sandwiches

Apple Sauce

CALIFORNIA SALAD

Peel and cut into pieces five oranges and one grapefruit. Peel and slice two bananas. Chop one cupful of shelled English walnuts. Mix these ingredients together

Mix these ingredients together and place on salad plates that

have been dressed with lettuce. Serve with mayonnaise or a

"We are deeply grateful to Mrs. McC.

whipped cream dressing.

Tomorrow's War Menu BREAKFAST real Sugar and Milk Sausage with Fried Apples Coffee Cornbread DINNER Alphabet Soup Boiled Mutton, with Oyster Stuffing Served with Gravy Creamed Potatoes Current Jelly California Salad

Cheese

are getting away from the conventhe conven-tional in their fashioning of skating sets, just as they have introduced new lines in the modeling of skating cos-tumes. The tumes. The ed is of white yarn, with shanter band and the ends of the scarf knitted so as to supply a touch of trimming.

Fashion folk

A Winter Evening

And then the low-toned twilight dreeping

Hill, field and tree beyond Blending in one wide, gentle blur of

gray; Ernwn shrulm and withered gray; Their institution to a passing feathered

Faint wisps of smoke curi upward. Telling once more the tale of little will read her letter and start and to all others who patriotically aid Whither the toil-worn basten, to sit them down and rest.

So I will spread a table, here beside our systematic investors in thrift, and later on war-savings certains, which are actual Govfor little people who are growing up in School .

worth half a dozen shows cost is in showings rather than in ma-terial. Life is long, one must remem-ber, and linen is very flecting wher its threads are not substintial.

Lecture on "Backward Peoples"

The Backward Peoples of Cuba and Mexico: Their Hights and Privileges
Among the Nations" will be the topic of Prof. Paul Nay, of Swarthmore College, temorrow morning, at 11.10 [lege, temorrow morning, at 11.10]. The feast commemorates the visit of the Magl.

One cuts a cake with a beau hidden will have the world at her mercy."

"You have evidently given little alleged to the Persian Route of Follow a custom that dates ages back to the Persian Route of Follow a custom that dates ages back tention to the Pau German movement."

A Little Girl's Room

Twelfth Night Party

It's getting more fashionable every year to entertain on Twelfth Night "Good heavens!" he exclaimed, sudwhich falls on January 6, twelve days denly, "is that what Germany is after?

GOOD HEALTH QUESTION BOX

In answer to health questions, Factor Kellogy in this space will daily give advice on pre-ventive medicine, but in no case will be take the risk of making diagnoses of or prescribing for adments regiming surgical treatment or drugs. Health quistions will be promptly assured by personal tetres to

immediate attention.

vater length of time than they

Turn Off the Lights

To the Editor of Woman's Page:

Dear Madam—During this coal famine I think it only fair that before take warning and save light that the property of the work of the light of the light of the light of the work of the work of the light because they know they are coming to light of the light because they know they are coming to light of the light because they know they are coming to light of the light. I think exerce one should make a special effort to save the light.

This letter is completely in line with ould be well to serve light sand-of brown bread, mineed chicken, malso and lettuce, cream cheese cown bread and mineed stuffed dwich. Hot coffee, an ice and dwich. Hot coffee, an ice and uld be quite sufficient for an upper. Have candles and saited He sure to supply pienty of m, as they are very delectable pear quickly. as pos- life in it, so that when high blood preslife in it, so that when high blood pressure comes it means, if it is continuous, mains being the blood pressure, that some organ of the body has become old. This old age process may be going on in the brain, or it may be going on in the

This letter is completely in line with orders that have been tesued by various women's organizations, and it is completely in line with the spirit of palor of Woman's Page:

adam—I am slways interested in a Exchange. I think we all ought use in every way. During the last made five gallons of good cider to boiling the apple parings it water, then stearings it off and in a demijohn. I know it is pure ide a little at a time.

(Mrs. 17. H. F. pletely in line with the spirit of patriotism that ought to spur every woman on to the duties of everyday life these on to the duties of everyday life these in the Woman's Exchange. Bits the Woman's Exchange. Bits tuffs that many used to ignore ing a prominent part in national Perhap, like Mrs. F., other have saved, a little at a time, the make a big showing in the a would be pleased to hear from these housewives.

On to the duties of everyday life these people from giving attention to this matter of blood pressure. One is they do not understand the importance, the significance, of it, and another thing is in not alone confined to the homes of the well-to-do. Many who can personally ill how, that nothing can be done for it, and while the mode of the sould be pleased to hear from these housewives. one to gance.

sometimes medicines are useful, the diet and a simple way of living are the methods to reduce the high blood pressure. Calmness of mind also helps.

Worrying is a very bad thing for this condition. There is a difference between

Dear Madam Please publish the recipe for inshing a little note for me as soon as you possibly can. an egg that has been beaten the of salt enough flour to to knead the paste into a dough. Put this on a pastry s been dusted with flour and bin as possible. Then cut wide as you wish to have Let the strips remain on

board until they are dry e rolled up loosely. They dy to be used in the soup be dropped in fifteen min-the soup is ready to take If you dry the noodles out ander near the fire they can later use.

I would write her a sensible, straightforward letter, saying you know something has happened to displease her from
ther manner, and that as you are not
aware of having done anything to offend
her. You are anxious to know what is the
matter. Tell her you think that you
and she have been good friends too long
to allow a migniferstanding of some
kind to break up that friendship, and
so you want to sak her frankly wherein
you have inadvertently hurt her feelings.
When her answer comes, if she had
reasun, apologize; and if she was mistakes tell her so frankly and ask her
The effect of alcohol on the heart is
constituted.
The street and tooling F, Bishop says that "The
things that do damage are usually found
in the group including eggs. flah, meat
and stock soups."
Spices and condiments and hot sauces
of all kinds—while they are not strictly
grouped as poisons, like the above, yet
act upon the system in the same way
as poisons—should not be used.

We should not in trying to free our
system of poisons, limit our endeavors
to choosing a poison free diet. We must
take steps to keep in working order the
various organs whose functions it is to
eliminate poisons from the system.

The effect of alcohol on the heart is
constituing for the high blood pressure

Now so it is with the body. The age of the off the body really is the age of the oldest organ in the body. That is, the organ which is most damaged, the organ which is the weakest, the organ which is the least healthy, which has the least who have indulged but a few years, often suffer with palpitation of the heart.

Bath Temperatures

The following table gives the tem-There are two things that prevent from giving attention to this

Fruit Skins

Is there any harm in awallowing the skins of grapes, raising and other fruits?

J. L. H. No. Be sure that the skins are thoroughly clean and well chewed.

Dear Madam—Please help me out by publishing a filter note for me as soon as you condition. There is a difference between working and an appreciation of condition. There is a difference between the standard of the modifier of the working and an appreciation of conditions. Now then, suppose your pressure is way above the normal 115, you must focused these facts: the ordinary mixed diet is not to be recommended in the consider these facts: the ordinary mixed diet is not to be recommended in the rest is caused the same of the state week she does not in the colon of white of eggs, lean warm, but thoroughly ventilated. Another way to cure a cold in the back as a fastful of water, say in bed and drink water. Stay in bed and drink water, stay in bed and drink water. Stay in bed and drink water, stay in the stay in th

What causes colic in nursing babiss?

MOTHER. Probably there is something wrong with the mother's dietary. There may be some hereditary weakness of the stomach. It is likely that the baby's bowels are constituted. Children often have colic from overfeeding or from taking nourishment too rapidly.

Antwerp. When Clive conquered India and poured the wealth of that country into London the commercial world center was transferred to England, where it remained without dispute till the Spanish War. In the meantime Ger-

Wen on Head I have a large wen on my head. Is it E. B. V. A wen on the head is the most harm-

THE EAST IS EAST AND THE WEST IS WEST

Where These Twain Do Meet Is the World's Commercial Capital—Germany Is Fighting to Make Berlin That Place

played so important a part in the de- where the exchanges between the East | itative expression of German opinion."

the forces which have produced this processes of commercial evolution."

The War and the English Railway of India by the British." when I went to the bookstores," Doctor "Yes, and it will do more than that." Billy Sunday's First Book history of the country between the Persian Gulf and Constantinople. I suppose, too, that I have known in If a little girl of twelve is allowed to book, but I have known in a general way much that he puts in his book, but I had never connected with modern questions the rise and fall of the small be found to take a much healthy pride and a sense of responsithe greatest national period of experi-And listen for the value I know so well and the listen for the value I know so well beeping.

Brides and White Sales

War may come and war may go, but the bride-to-be never forgets to save limens in her hope whest. Now is the lime of the January white sales. The provident little bride-to-be will always remember in pausing before a counter that one worth-white piece of plain linen is worth half a dozen showy ones, whose alle the primary object in offerare America has ever known! In wait.

And listen for the value I know so well a strength of the person bard to a repetition of a struggle that has been been to be a repetition of a struggle that has been been to be a repetition of a struggle that has been been to be a provided by the proof by th

Owen had been listening quietly, ap-

I never thought of it before. Why, if

than sixty years ago called the atten. shown how for 2700 years the history story. "The Ghost Garden" and fasterings, cellur, ceilings and fasterings, cellur, cellurges, cellur, ceilings and fasterings, cellur, cellurges, cel 3. Social letters of introduction mas either has come. Now it may not be old age of the brain; it may not be old age of the stomach, but old age has come now it is addressed advising the new whom it is addressed advising the of it.

Turn Off the Lights

Turn Off the Lights

Turn Off the Lights

Turn Off the Lights

To the Editor of Woman's Pange:

Dear Madam—During this coal famine of the body goes down, because the whole body goes down, because the strength of the brain it may not be old age of the stomach, but old age has come now it is addressed advising the organ which is most damaged, the organ which is not damaged, the organ which is the sent as the contains less than the present of the treath of the part of the woman at the time.

Turn Off the Lights

Turn intermittent pulse, angina pectoris and from point to point of the international other symptoms of derangement of this center of empire and wealth. He reminded us that from the earliest times China and India seem to have served What temperatures of the bath are indi-ated by the fermia hot, tepld, cold, etc.? that the seat of empire has always that the seat of empire has always been the point where their products peratures indicated by the terms in com-mon use: Very cold, 33 to 55 degrees products of the West. In the dawn m- bave been exchanged against the Fahrenheit; cold, 55 to 65 degrees; cool, of civilization this point was in Baby-65 to 80 degrees; tepid, 80 to 92 degrees; of civilization this point was in Babywarm (neutral, 92 to 95 degrees), 92 to lon and Nineven. Then the Phoniwarm (neutral, 92 to 35 degrees), 92 to 38 degrees; hot, 98 to 101 degrees; very clams expanded their carrying trade and developed the shores of the Mediterranean. In the course of time Carthage became the great point of exchange between the Orient and the Occident and held its position until Rome destroyed it. Then Rome became the commercial center of the

many had been consolidated and had

started on its commercial expansion

under the stimulus of the French in-

demnity secured as a result of the war

ligion. I had not realized that it had and Antwerp and London as the place and so can be regarded as an author-

relopment of nations and in the con- and West shall take place or not. The trol of the commercial routes of the task of making the world safe for the 'yellow peril'?" asked Owen. democracy is incidental to the out-"I am glad that I made one convert," working of great economic forces said f. "It is impossible to understand which have their roots deep in the peril was more threatening just now." war until one understands the history "I see now," said Doctor McFabre, of Doctor Jastrow's book.

of Asiatic Turkey and German ambi- "why Doctor Jastrow says that the tions in that direction. And you can Bagdad Railway is the largest single not understand why Germany looks to contributing factor in bringing about the southeast without a knowledge of the war. That railway will connect the strategic value of Agiatic Turkey." India and China directly with Berlin. "I was fortunate enough to run will compete with the Sucz Canal and pan-eggmany. The biscass and the Curapercess Professor Jastrow's book on will challenge the control of the trade

when I went to the bookstores." Doeso.

We and it will do more than that."

McFabre went on, "Doesor Jastrow I is said I. "As Doctor Jastrow points out. I the control of that route across Asiatic as specialist, and I suppose that be Turkey will make Germany so strong after much pleading on the jast of many publishers. He first book rivals the who all their lives have lived and loved bublishers. The square that louises all the intersecting characters is walled in by the signs, and I suppose that be learned and loved bublishers. He first book rivals the who all their lives have lived and loved. knows as much as any one about the in that region that Egypt and Persia



said I. "But German statesmen and begin your reading with Doctor Jaseconomists who have studied history trow's most illuminating book. He has to some purpose laid their pinns years compressed the history of 3000 years ago. The famous von Moiste more of Asia Minor into fifty pages, and has

Germany has succeeded in the purposes for which she entered the war. Nine-tenths of the territory marked out for pan-Germany in 1911 is already under German control, including the greater part of Turkey as well as Aus. tria-Hungary. Bulgaria, Rumania, Serbia and Montenegro. If peace should be made now on condition that Germany should withdraw from Belgium and northern France, and even restore Alsace and Lorraine to the French the German victory would be stupendous, for Germany has made Turkey a vassal state by treaty and has reduced to practical slavery Austria-Hungary, Bulgaria, Rumania and the Balkan States. A peace which does not restore to their independence the non-German races now under German control will be a farce. If you want to serve the cause of world peace, Owen, you ought to buy Cheradame's pamphlet by the hundred and distribute it among the weak-kneed citizen's who are yearning for the ceasation of war at the earliest possible moment. There can be no peace on any terms that Germany has yet offered, and there can be no permanent peace until the Entente Allies are able to force

THE WAYS OF WAR By the late T. M. KETTLE

North Ses ports of Amsterdam and Lieutenant in the Dublin Fustliers, come-iums Professor of Economics in the National University of Ireland, and Member of Parliament for East Turans, Antwerp. When Clive conquered India

"Many have left records of more or less significance, but the book of Ton Kettle is far more than a war record. It is a wonderful and complete exposition of the cause, the need and the inevitable result. . Tom Kettle was a scholar, a gentleman and a pairful. He has written a great book to crown the last efforts of a life full of activities for justice, mercy and truth."—Chicago News.

upon Germany the abandonment of her dream of military world dominion."

"I think you are right," said Owen.

"I think you are right," said Owen.

"I think you are right," said Owen. "If you want to know more of the Champ Clark brings his reminiscences aims which Germany must abandon you ought to read the compflation of the German annexationist plans made the German annexationist plans made by S. Grumbach and published in Switzerland last winter. An excellent abridged translation of the book by J. Ellis Barker has just been published in America. It not only includes the fourth in the series of girls of all nations 66WHAT you said about Asia Minor the new commercial capital would be German projects in Asia Minor, but and the war last week," said in Berlin or in New York. But Eng. shows how the demand for the annexa-Doctor McFabre, as he settled down in land's commercial greatness was de tipn of Holland and Belgium and parts comfortable chair beside the fire clining and that of Germany and the place, "set me to reading on the sub-"set me to reading on the sub. United States was expanding. The ing in strength, and it includes the lit. the current installment he discusses I had been interested in that real question involved in this war is plans for extending China and Japan. Wilfrid Wilson Gibson, Ralph Hodgson ject. I had been interested in that part of the earth chiefly on account of whether Berlin is to succeed Babylon. The book cities the views of German and Lascelles Abercrombie, whether Berlin is to succeed Babylon. its connection with the Christian re- and Carthage and Rome and Venice statesmen, professors and newspapers tess of

which Mr. Stanlaws is drawing

full of stimulating comment.

Prof. William Lyon Phelps continues.

Brander Matthews pays a tribute to

A Bit of New York

The comatice of the dwellers in 'Oue

The romaine of the deciers in Our square, that small bit of land unnoticed by geographers, but that 'lies, broad and green in the forgotten depths of a great city," furnishes Samuel Hopkins Adams material for one of the most interesting things be ever has

Tales of love and adventure, human

THE DIAL

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piece of America"

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ing and authoritative. Read, in the current

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The Structure of Lasting Peace
By H. M. Kallen

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sale at the leading stands. Published every other Thursday.

ANDRE CHERADAME

The United States

and Pan-Germania

contributes the ex-Cr

"Wasn't it the Kaiser who spoke of the 'vellow peril'" asked Gwen.

The 'vellow peril'" asked Gwen.

The departments are as usual "It was."

"Well, it looks to me as if the Teuton he said, as he began to turn the pages GEORGE W. DOUGLAS.

THE WAR AND THE RAGDAD RAILWAY.

By Morris Jastron, Jr. professor in the
University of Pennsylvania, Philadelphia

L B Linguismit, Committee Committee of the c Traversity of Pennsylvania, Philadeubla J. R. Lappinostic Company, 11.30 GERMANY'S ANNEXATIONIST AIMS IN-S. Germbach, Translated by J. Ellis Tarker, New York, E. P. Dutton & Co. joys and sorrows, ambition, inertia, tragedy and consedy take place in a curious corner of New York etty and give an unusual quality to this delightful book.

publishers. He first book rivers the who all their fives have fived and loved belowing "Billy" desire to do nothing but preach in whatever activity he may engage, he has filled it full of his rough the proof love to nonlined and development. essons of love to mankind and devo-

In his inimitable style, all dressed up, in the latest war language of today and with plents of sharp, home-run hits at the Kaiser, the whirlyind evangelist has prepared a collection of sermon-published under the title "Love Stories of the Bible," which doubtless will find much favor with his boosters and can-not help but hold the interest of any not help but held the interest of any person who en'oys a good laugh.

While the offerings tell of the match-makings of the early Bible days, starting with the contribite of Adam and Eve, "Biby" pictures his characters as they might be found today when enjoying the use of telephones, automobiles and all the latest modern inventions. Had the book been written by any other person than Sunday much of the descrip-

person than Sunday much of the descrip tion would seem reliculous. But be-cause the evangelist is always doing things different and because he is sup-posed to do the unusual, these ten-stories are made much more entertain-LOVE STORIES OF THE BIRLE IN Billy Sunday New York G. P. Pul-nom's Sons. \$1.50

Caught by a Flood

TODAY'S INQUIRIES

Lemount of the entire nourishment is provided by the dessert course?

It may meet a woman in a department of the naxy yards is now under consideration? Of the naxy yards is now under consideration?

It is now needs a woman in a depart the provided by the follows. The beat of the naxy yards is now under consideration? Of the naxy yards is now under consideration? Of the naxy yards is now under consideration?

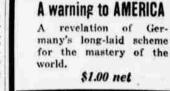
It is now needs a woman in a depart with the provided by the follows. The beat of the naxy yards is now under consideration?

It is now needs a The members of the Safety First Club,

THE SAPETY PIRST CLUB AND THE FLOOD, By W. T. Nichola, Blustrated by F. A. Anderson, Philadelphile, The Penn Publishing Company, 11-28.

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Amelie Rives's fascinating ghas







Fifth

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TO LITTLE BROWN & COMPANY