ARE DOING A LIBERAL "BIT" TO END THE WAR

BEACH WEARS ITS CALICO **VOMEN COPY CIVIL WAR TIMES**

Proves Fashion Is an Interesting Cirand Feminine Fancies Run in Same Channel—Other Dress Notes

weer how fashion travels in a ecially in wartimes. Someakes you feel as though all from the very beginning have private understanding at to do in case of emergency

you know that during the ar the very best ladies in the on calico as a wartime measit is interesting, then, to learn n in Palm Beach, where the f a day's wardrobe has always all that is gay and expensive, re wearing calico.

urse the callco is different; t the way it's made up is difn Palm Beach. But the prin- of. the thing is the same. Women did in 1861.

down to Palm Beach to find out shade of the spider webs. we're going to wear when Au-

ryear when silk and satin wait interesting new ones. secret that is frisking gives promise!

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of open only and signed with the name of the verter. Special questics like those given are instead. It is understood that the citier does not necessarily indorse the sentiment of the communications for this department should be addressed as follows: THE STANDER, Evening Public Ledger, Philadelphia Po.

shon be run in freshir 1. In Kathleen Norris, the novelist, without the use of a married?

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

Offs.) S. ing would be appropriate: The Knitters. Sweater Brigade, the Girl Patriots. Cheer-Up Clan er Khaki Clan.

Fricasseed Oysters

Madain—Will you please print a

r faing fricasseed oysters R. M.

the liquor from a quart of
and bring to the boiling point.

it two tablesponfuls of cracker
rolled very fine. Set at the side
range while you scald a half-pint m
in which you have dissolved a
ach of sods. Meanwhile melt three
confuls of butter in a saucepan
ok the oysters until the edges
rhen they should be removed and
tiny slices of toast on a hocdish. Turn the melted butter reon the saucepan into oyster
and pour this slowly, stirring all
on the hot cream. Season with
paprika and pour immediately
be oysters and sauce toast.—

Harland.

Fricasseed Oysters

Better Not Let Him Kiss You

Better Not Let Him Kiss You

To the Editor of Woman's Page:

Dear Madam-I am a girl seventeen years
of age and am very fond of a fellew of the
came age. We have been acquainted for
hearly four years and we have been going
together very regularly. We have had very
hed quarrels, resulting h, the severance of
triendahly many times. They have arisen
from the fact that he has tried to kiss me
and I would not let him. I know him to have
a very good character and I also know
that he thinks a great deal of me. Is it
prover that I should let him kiss me? Hoping
to see an early reply.

You are cuite right, not to the

You are quite right not to allow the young man to kiss you. Unless he is in

love with you and you have promised to marry him you would make a mistake to allow a man who is simply a friend such familiarities. You are both very young to decide about your future. Why not read together and occupy your time so that there will be less likelihood of sentimental relationship.

Wedding Customs

Dear Madam—Is it ever customary for the bridegroom and bride to walk up the size together before the marriage ceremony is performed. At the wedding about which I am saking this question there will be a grooms man and a bridesmaid and no other persons in the bridal party.

Not So Simple

WE have got to have guns, we have got to have men, we have got to have ships, we have got to have money. But the guns can't be fired, the men cannot fight, the ships cannot run, the money will avail nothing if there is not FOOD behind them.

Food WILL win the war. Lack of food will LOSE the

There are smart little jackets about down on the southern sands. lls and tunics and-well, in a There are to be combinations in wool you would know it was 1918 and satin that no one ever dreamed

And the silk! Here's another happy nes are ingenious, and in surprise, and no one need call on the they have turned to called just righteousness of patriotism to make her feel satisfied in it, either. There her feel satisfied in it, either. There is a pussy willow taffeta with dots

W is the time when all of us who and spider webs. It is apt to make you Though from Him all that's giory shines. our vacations in the summer own to Palm Beach to find out

mid. War may have dealt fash- make up for in brilliant colors. Silk As if my tender mother laid a blow, but clever dressmakers crepes, such as the khaki kool so popblow, but clever dressmakers crepes, such as the khaki kool so pop-managed to ease the blow-con-ular last season, have not been ostra-the for instance years clead by anything Mr. Hoover has aly. Take, for instance, your cized by anything Mr. Hoover has serge. Three yards of such said. So once again this admirable patriotic allowance for a suit. material is holding its own. Some she would cry for the widths of of our old friends and then so many

within call? This is a little All in all, a peek at Palm Beach

Tomorrow's War Menu

Baked Apples filled with Dry Cereal LUNCHEON

Corn Muffins Creamed Codfish Honey DINNER

Crabs a la Creole Baked Stuffed Potatoe Dressed Lettuce with Pickled Beets Checolate Cornstarch

CRABS A LA CREOLE Four crabs, four tablespoonfuls of

margarine, two small onlone, two green peppers, a half cupful of cream, one cupful of tomato, salt, cayenne, black pepper and two teaspoonfuls of flour. Melt butter in saucepan: then add finely chopped onlons, peppers, sliced to-mate and seasonings. Cook gently for fifteen minutes. Ivredge in the flour and after it has boiled about three mintes add the cream.

Boll the crabs ten minutes in saited Holt the craigs ten minutes in saited water, pick out the meat, shreading is finely, and stir into the sauce. Allow it to come to a boil and serve hot on toast. This would be a very attractive recipe to prepare in the chafing dish, if one wishes to have "something different." It will serve four persons.—New York Tribune.

A Child's Thought of God

They say that God Pves very high; But if you look above the pines You cannot see our God; and why?

But still I feel that His embrace Slides down by thrills, through all comes.

INENS, too, are doing their bit; but things made,

Through sight and sound of every place;

dear guesser?"
--Elizabeth Barrett Browning.

IN THE MOMENT'S MODES

Black Velvet Suit Trimmed With Dyed Fox



same token in the select list of the smartest of midwinter costumes. This state of affairs should be welcomed by the woman who buys well but not extravagantly, for a black frock, even though momentarily in style, is a practical acquisition to any wardrobe. The costume presented in today's illustration is of black velvet embellished with dyed fox. Items worthy of special attention are the coat yoke, the slacing of the fur on the sleeves and the fact that on the long peplum the fur is used only to trim the side panels. panels.

AMERICAN WOMEN, IN HOME LABORATORIES,

Ultimate Victory by Conservation of the Nation's Foodstuffs

American women are helping to win the war.

Quietly and unostentationsly their work is being done, without the spectacular thrills attendant upon the entry of women into actual fighling, such as that of Russian womanheed in the immortality famous Battalian of Death. Where the Siav wife and mother donned the graph of the garring blows for victory in her kitchen and its actual fighling and its sted first on 500 United States and sarden. Food chemists they are in the laboratories of the home.

Two notable examples are cited by the National Emergency Food Carden Commission, which is striking to hurband the foodstuff supply of the nation by publicity among the housewives. The two women is the 'Housewives Hall of Fame' are:

MRS. G. M. KING, OF EAST Oil-ANGE, N. J.

MRS. THOMAS UJWARUS, OF BAST Oil-Mrs. All of Mrs. Like Mrs. Coll and, lucally for the sale in the latter of the advanced age, she raised enter the pattern of the food sand, lucally for United States that the latter of the sale in the lattern and its environs that the most of the lattern and its environs that the most of the lattern and its environs that the most of the lattern and its environs that the pattern and tested first on 500 United States and tested first on 500 United Stat

be combated by discarding tobacco, if this drug is used, and tea, coffee, condi-ments and all unwholesome articles of food like dried food, hot bread, rich

Hip Disease

From an economical point of view the prifty housekeepers use the evaporated ruits in the making of desserts and as Your Bit?

We can't all go to the trenches, but these are times that call men and women to "the firing line" in all departments of industry. Are you fit to do your bit?

Strength for the day's work calls for food that supplies tissue-building material in a digestible form.

The whole wheat grain contains all the elements needed to furnish energy for the day's work. But be sure to eat the whole wheat. Don't waste any of it.

Shredded Wheat **Biscuit**

is the whole wheat grain made digestible by boiling in steam; it is then shredded and then baked crisp and brown in coal ovens. It is 100 per cent. whole wheat, nothing wasted, nothing thrown away. Two or three of these crisp little loaves of baked whole wheat with milk and a little fruit make a complete, nourishing, satisfying meal at a cost of a few pennies.

To get the full, nutty flavor of the baked wheat pour hot milk over the Biscuits and salt to suit the taste. This makes a delicious, hot, nourishing dish for a cold day.



best of all exercises for the correction of this condition. Lying upon the back this condition. Lying upon the back and the raising the head is also a good

The daily use of corrective exercises, such as lying upon the face and raising the head backward, bending backward will make pretty dresses for the small and rowing are essential in all cases.

and rowing are essential in all cases.

Hiccup

Every now and then I have an attack of hiccup, lasting ten minutes. What is the cause of this, and how can I relieve at the cause of this, and how can I relieve at the cause of the diaphragm. It may be excited by cating too much, thus causing indigection and irritation of the stomach, drinking a large quantity of cold water, or by long continued or liminederate laughter. It also occurs, sometimes, in the last stages of wasting diseases, when it is regarded as a very grave symptomic is regarded as a very grave symptomic tips regarded as a very grave symptomic interrupt the parcysm, which occurs to require televals. When it is very to interrupt the paroxysm, which occurs at regular tatervals. When it is very frayed on a woolen garment set a small obstitute, and is evidently the result of tenhole, stitching flatty all around. washed out with a stomach tube.

Neurasthenia often begins in child-ood. Multitudes of children are made heutasteenic by wrong methods in edu-cation, especially by the neglect of physi-cal development, and by improper disci-pline in the school or in the home. Doubt-less most of these young neurastheness are predisposed to neuroses by heredity.

Your Husband's Shirts

When your husband's shirts wear around the collar bands and cuffs berond tot just walking.

If buttenholes have become worn or Then cut and make a new buttonhole right over the worn one. If you have no piece of the cloth, dark-colored linen tape My boy, cloven years old, studies hard, reads a great deal and does not like to play outdoors. He is very fritable and nervous. The doctor says he has neurasthenia. Do children suffer from neurasthenia. The children suffer from neurasthenia. The children suffer from neurasthenia.

Using the Colors

Two Patriotic Housewives of the U.S. Are Contributing Quietly but

Effectively Through Garden and Kitchen to the Campaign Toward

Effectively Through Garden and Kitchen to the Campaign Toward

The predipoposite of such self-only include the big smelling-sail bottles that are total school population is unquestionably a part of the dressing table or bedside increasing. Take the boy out of school incolors of the Alless band of ribbon. The predipoposite of such self-only included increasing. Take the boy out of school incolors of the Alless band of ribbon. The predipoposite of such self-only included increasing. Take the boy out of school incolors of the Alless band of ribbon. The predipoposite of such self-only included increasing. Take the boy out of school incolors of the Alless band of ribbon. The predipoposite of such self-only included increasing. Take the boy out of school increasing stand. A broad band of ribbon. The predipoposite of such self-only included increasing the predipoposite of such self-only included increasing. Take the boy out of school increasing stand. A broad band of ribbon. The predipoposite of such self-only included increasing the predipoposite of such self-only included increasing the predipoposition is unquestionably a part of the dressing stand. A broad band of ribbon. The predipoposition is unquestionably as part of the dressing stand. A broad band of ribbon. The predipoposition is unquestionably as part of the dressing stand. A broad band of ribbon.

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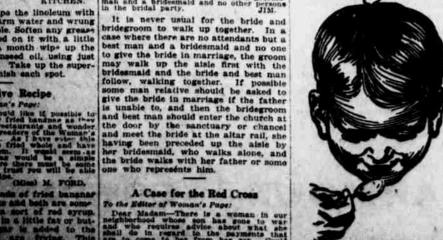
Sweet Little Buttercup
Way Down There a Dixis
Boy Is Massing
On the Road to Home
Sweet Heart of All
There's Egypt in Your
Dreamy Epes In the Harbor of Love
With You
With You
Liberty Beil
Dark to wn Strutters
Hamby Breat
Long Time
Dark to wn Strutters
It May Be Gone for a
Long Mare
The Old Gray Mare
There's a Service Fine
Homeward Bound
With the Mason Dixon
Wild, Wild Women
My Sweetie
The Old Gray Mare
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COMPLETE ASSORTMENT OF "IDEAL" Piano Rolls

Some Breakfast, Mother



call after the first mouthful tomorrow-if you will give him Cream of Barley. It is not a mere excuse

tomorrow try

Neuritis What is the cause and the home treatment

You'll hear that cheery

for cream and sugar. It

is a real food-because it is made by a wonderful new process from the most nutritious and digestible of grains-from

2. What is the origin of clocks on stock 3. When a gift is presented, inclosed in a is more satisfactory to use vegethan butter for cooking because
Union for Women's Suffrage. Deputy Flandin. Intermediary between the Chamber of
Deputies and the Union, told the women
Prance was sincerely prepared to grant them reperties, which contain mineral fit contains only sixty-five calories, of food value to the pound. More recent of letture is water.

2. In sending an invitation to a brother and sixty, which contain mineral hers on the other. If possible, it is better to send separate invitations.

3. Aviation. Kitties Want Homes

Stier of Woman's Page:

Isolam—I have seen in the Woman's as that you are so good and kind to mee for fix littles. So I am going to take age of your humaneness and sak you a home for my two kittles. I am so ad of them II am fond of all animals, grow, especially so, I know, because I ted and petted them, that it pains me great deal to part with them. But it are going to all the bother of making a very going to all the bother of making a very comprehensive outline and plan of the residence of the card game of which Mrs. Van S. was made at the card game of which Mrs. Van S. was neeking a reminder. The game has been carded to her. seeking a reminder. The game has been of a good house of and a good house of a sold a sold to either kitty is a small "figer" eat. The six months old and very clean. Tiger to remarkable disposition—so gentle-orra most all the time, especially when is if to say "Thank you. The black call Nigs and the kitter. Tiger, for sembles a young tiger very much.

The Editor of Woman's Page:

Name for Knitting Club

To the Editor of Woman's Page:

Name for Knitting Club

To the Editor of Woman's Page:

Dear Madam—Kindly print in your column a few names for a club in which there will be at least eight girls. We expect to init and meet at each girls, we expect to init and meet at each girls house. We are all around stateen years of age. ANXIOUS.

As you are a knitting club I think it is best that you choose a name that implies this patriotic work. Any of the following would be appropriate: The Knitters.

Sweater Brigade the City Interest.

This is the season when black frocks are a novelty, and by the same token in the select list of

By JOHN HARVEY KELLOGG, M. D., LL. D. Nutritious Dried Fruits

GOOD HEALTH QUESTION BOX

Till greater the amount of fruits one can the nearer he comes to an ideal diet. There is no question about the hygienic value of fruit, and it is easy to partake of hygienic food when one's tasto is satisfied at the same time. Year by year people are consuming larger quantities of fresh fruit, and it is no longer considered a luxury or an occasional addition to a meal, but takes a prominent place in the planned menu. Dried fruit—three times as great; fruits are largely water and carbohydrates, but in the case of the dried or evaporated fruits the water has been removed and only the builty and nutritious portion of the affected parts to cold, which in the case of evaporated apples, peaches, pears and apricosts it is only necessary to soak them sufficiently long for them to reabsorb the original amount of water. They then have virtually the consistency and value of the fresh fruit, the process has the fruit the process has the fruit to process has the process has the fruit to the process has the fruit to the process has the fruits the process has the fruits the process has the process has the fruits the process has the fruit to a mount of water. They then have virtually the consistency and value of the fresh fruit, afflowing the process has the fruit to the process has the fruits the process has the fruits the process has the fruits the fruits afficiently and the decent sungers the disease. What is the propers the disease, which the hip joint. The child should be not under the big day. Hip disease, which the hip joint. The child should be proper treatment? Mills, G. B. K. Hip disease, whe the hip joint. The child should be propers in the colon, which may give rise to so consistency which may give rise to so consistency who have a far greater hourishing value than the colon who had a network the hip joint. The child should be propers in the big days of the hip joint. The child should be propers in the colon, which may give rise to so

tually the consistency and value of the fresh fruit, although the process has changed the taste quality.

thrifty housekeepers use the evaporated fruits in the making of desserts and as sauces. The lagative property of these fruits is of more value than that of the fresh fruit. The one great objection in the use of the dried fruits as sauces is that too much sugar is added to the fruit in cooking. The natural fruit augar is digestible and is the normal sugar needed by the body—it is invert sugar. Cane, corn and beet sugars have to undergo changes in the process of digestion before they can be utilized by the body.

Of all the dried fruits, the prune is probably the one most generally used; there is no part of the world where prunes are not used the year round, and in many families where hygienic dict amounts to a religion, prunes in some form appear at every meal. It is one of the most laxative of foods, and prune julce, when boiled down to the consis-tency of syrup, without the addition of sugar, is a cathartic, and in many cases when taken at bedtime and after meals acts as well as cascara sagrada. Many persons cat raw prunes after they have been soaked until they have absorbed all the water possible. amounts to a religion, prunes in som-

been soaked until they have absorbed all the water possible.

It is needless to warn the housekeeper, at this stage of the clean food campaign to wash thoroughly in boiling water all dried fruits before preparing them for the table. Such foods should be soaked for five minutes in a 5 per cent squation of hydrogen peroxide.

Neuritis is produced from many causes.

It is "some" breekfast. For