## N WOMAN GOES TO WAR—BUSINESS GIRL'S SECRET OF MANAGING A MAN—HOME ECONOMY

## NING TO WORK WITH MEN COMMITTEES IS WARTIME ART

na Howard Shaw, "Woman's National sirman," Emphasizes This-Pointers n Be Learned From Business Woman

mee these days. Dr. rard Shaw, whom President nted to head the women ited States as chairman of Committee of National aid stress on this recently meing a patriotic meeting.

must learn to work with said, and she said a great she said it.

the employed or one who has the ladder of fame.

## EASY MEANS TO TRAIN MEMORY

Advice an preventive medicine will be diven by Ductor Kellogg in this col-umn daily, but in no case will diagnosts or freatment of allments be attempted. Personal gueries on health will be promptly answered if postage is included.

By J. H. KELLOGG, M. D., LL. D. IT is an exceptional case when a person's memory is so good that he does not wish to improve it, and often it is so poor he eagerly hunts for some system for memory building. For 2009 years and more this subject has been agitated. The ancient Greeks were fond of memory systems; Simonides, the Greek post, 5000 B, C, was one of the early authorities, and his work has influenced many of the systems that have sprung up since that time. One has only to read the newspapers to find some memory aid advertised. There are excellent as well as complex and cumbersome methods to follow. But without work with men. She is the write a great deal about it, I think it paying a penny any one can train his memory if he has the will to do so.

The business woman did truly

The business with a man and she

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The first great requisite is a persection of the first great requisite in her dealings with a man and she with the first great requisite in thas been proved again and leaves no ragged edges after she month out, as regularly as the sun rises nce the beginning of the war. finishes a job. Perhaps the last virtue and sets. It is rational practice along natural lines that develops memory; as woman to serve on a is more important than the first, alther can be no improvement on Nathral with him you will find that with him you will find that though goodness knows failure to irri-efers to pick one from the tate a man has boosted many a girl on can store the mind; for you must see What are ragged edges? They are that the first thing to do is to have what are ragged edges? They are something to do is to have something that day Doctor Shaw of this difficulty of getting the women on committees where are the things some one must folk ware the things some one must folk ware the things some one must folk was we make of it, the attention and interest with which we consider the objects we wish to instant the first thing to do is to have something to remember. The extent of the memory depends upon the daily use we make of it, the attention and interest with which we consider the objects we then, there is a difficulty of affairs might as well do the thing him-int, it does seem as though one self as to follow up some one else and in which we range our ideas. It is

the more easily we can firmly fix a thing AT is the secret of the business | Ask any man, and perhaps you will in our minds. Association of ideas is Ask any man, and permaps you think in these things worth thinking and association are two processes involved in any act of memory. When we think of a person, we think of he person we think of a person we have the containing the person which form an association of the person which form an association are two processes inof mental impressions. A certain street in the mind is not a mere name—it is an association of buildings, trees and other landmarks along the way. Using

The nose should not be blown hard at any time and the crusts should not be forcibly removed. They should be softened by warm water, vaseline or oit. Cleanse the nose thorougaly at night with a solution of warm salt water in the respection of one leavesconful to one. the proportion of one teaspoonics quart of water. Follow by an application of boracic acid and lanolin. If the consult a nose specialist. trouble persists consuit a nose specialist,

## Bed Wetting

What is the cause and remedy for bed with the tip of a wooden toothpick and wetting.

There is an irritable condition of the and rub off. Radium and carbon dioxide bladder or of the controlling nerve cen-ice are palniess and certain remedies ters. There is no effective remedy for for warts. These remedies can only be bed wetting. If possible, the patient should abstain from eating or drinking paratus is installed.

# for three or four hours before retiring. BAKER'S COCON

# HAS CREAT FOOD VALUE

THE food value of cocoa has been proven by centuries of use, and dietitians and physicians the world over are enthusiastic in their endorsements of it. It is said to contain more nourishment than beef, in a more readily assimi-

lated form. The choice, however, should be a high-grade cocoa, - "Baker's" of course.

> IT IS DELICIOUS, TOO Trade-mark on every package

Walter Baker & Co. Ltd.

SHE IS NO PARTNER TO PRUSSIANISM



Armed with her market basket and the conviction that the American housewife is mightier than the Kaiser's weapon of starvation, the woman goes to war. This picture is Charles Dana Gibson's stirring contribution to the food administration's conservation campaign. Shoulder to shoulder with the men in khaki, his American woman marches. Her stride is the soldier's stride, his determination hers!

anything we wish to remember will help scalding is uncless because children can-

I am troubled with bleeding from my right nostrill. Crusts form in my nose and layer of the skin. When the hands are it is necessary to remove them and then washed with soap in hard water some bleeding follows. What will be it his can dilling follows. What will be it is can dilling follows.

Put on a little acetic acid every night



## The Knitters

BREAKFAST

Grapefruit Lamb's Kidneys with Bacon Whole Wheat Toast

DINNER Cream of Asparagus Soup

Corn Fritters Mashed Potatoes Green Pepper Salad Fruit Cup with Whipped Cream

SUPPER Potato Salad

Cream Cleesee Sandwiches
(with brown bread)
Preserves
Tea

LAMB'S KIDNEYS WITH BACON

Cut the lamb's kidneys in two and cut

A Real Youngster's Day

milk, cornmeal mush, apple sauce. It makes him fit for school and fit for play.

Milk and plenty of it makes him grow —a quart each day if you can. Put it on his cereal and in his cup. Make it into soups, puddings or custards for him.

Whole milk is best, of course, but skim milk is good if there is a little butter in his meals. Cottage cheese is good, too.

No coffee or tea-not even a taste. Leave them for the grown-ups. Milk-cocca, not too strong, and fruit juicer are the drinks for children, and plenty

water always.

A good breakfast to start him off-

Roast Chicken ters Mashed Potatoes

Tomorrow's War Menu Do you wonder, dear, what they say to

me,
These knitting needles two,
As the dull gray wool and khaki's gold
In turn pass o'er and through?
They say to me—yet none may hear,
"Tis so far in the dim deep past—
While heart and mind keep time and

To the lad whom my soul helds fast.

God gave unto you," they whisper law

"God gave unto you," they whisper low.
"Threads of beauty, not wrought of hand.
Didst thou weave them well; will thy stitch hold true
Somewhere in that No Man's Land?
They were thine alone, e'en before earth's light
Or the eyes of man might know.
Oh, tell us now, didst thou render well?
Ah! the proving alone must show."

"Didst thou weave them true?" they still sing on; "The Pattern of Christ was thine."

Cut the lamb's kidneys in two and cut silces of bacon into inch pieces. Run a wooden skewer through a piece of kidney and then through a piece of bacon. Proceed this way until the skewer is full liave as many skewers as there are persons to be served. Lay them on a broiler over a clear fire and when done serve on the skewers. Will thy stitch hold fast? Each day must prove. Oh, mothers!—your boy and mine. The needles fall from my trembling

hands;
My soul to its God stands bare.
While the blind tears from my eyes
fall fast;
Then I sec—oh, my boy, so fair!

"Why, mother, dear," I hear him say.
With the same sweet, boyish kiss,
"Twas for God and for thee we came away; Greater love hath no man than this."

Fear not; though he walk through Death's shadows deep." A voice fills my soul with song.

"If thy stitches fail and thy threads grow weak His Saviour will make them strong."

of water always.

Fruit they enjoy, and they need it. too—baked apples, apple sauce, thoroughly ripe banamas, prunes, oranges, etc. Give them vegetables, fresh or canned. Plenty of fruits and vegetables tend to prevent constipation. Use proper food and do not depend upon laxatives. The youngster can't be well unless the bowels move regularly. Den't let him hurry off in the morning without attending to this duty.

Other foods a child needs; Whole-wheat bread and too fresh cours bread well.

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(Ga) Telegraph.

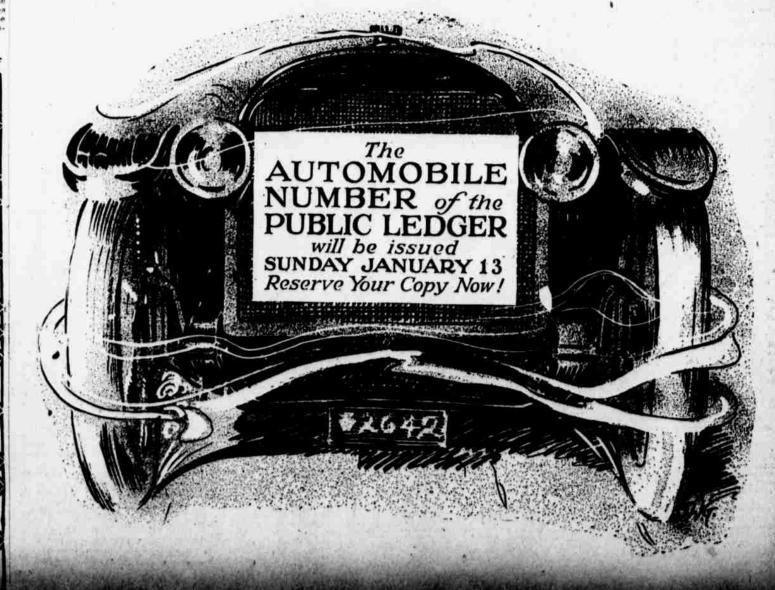
The youngster can't be well unless the bowels move regularly. Don't let him hurry off in the morning without attending to this duty.

Other foods a child needs: Whole-wheat bread, not too fresh, corn bread, well-cooked oatmeal, cornmeal, rice. They help make strong boys and girls. Some fats, butter or margarlise or meat fats on his bread or in gravies. An egg, perhaps, particularly if he doesn't get his full quart of milk, or he can have a little meat or fish, but he does not need much. Sweets are good for them—the right ones at the right time. Dites, raising, stewed fruits, simple puddings, sugar cookies, are better than candy. Give them at meal times.

Between meals let them have bread and butter, a cracker or fruit. They won't spoil the appetite, and candy will.

United States Food Administration.





I call this coworking an old I mean that long ago a certain woman. The fact that there could be summed up very shortly.

and who is now suddenly product.

gh it would be possible to about.

HE WOMAN'S EXCHANGE

way to make shrimp salad nix diced hard-boiled eggs d to pour mayonnaise dressing Lettuce, of course, is the of the salad. There are many

ble Is Worth While able 18 WOTH VICTOR OF STATE O

oon as it becomes solled. If washable, and most satin is it would be well worth your be the trouble of ripping it

mocracy.

The little things you can do in your own home will be done in 20,000,000 other homes and the GIGANTIC WHOLE WILL WIN THE WAR.

prime duties of the woman give all the smoothing touches. The easy to be attentive—to concentrate rime duties of the woman give all the smoothing touches. The when our interest is strongly held. Lack spent most of her life in her business man looks for the final of the habit of concentration is respon-

DOES IT COUNT?

That little which you could do, when multiplied by millions, not only would be worth while, but it

would be the solution of the food problems of the nations which are fighting with us to prevent the crushing out of freedom and de-

master the art of working with the first pointers to be to from the little girl who slipped therefore from the business to hear front door into the business to hear the ups and downs of arriving at it if he has intrusted the worry of the habit of concentration is responsible for the increasingly poor memories we find on all sides.

In memory training, association of the habit of concentration is responsible for the increasingly poor memories we find on all sides.

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In memory training, association of the habit of concentration is responsible for the increasingly poor memories we find on all sides. them to you!

have not seen any information in the nature of which I am about to ack, but I thought perhaps you would be kind enough to sive it to me. I would like to know how I could address a scenario so it would reach Mary Plekford. Would appreciate the address of any company which would likely buy a photoplay at this time. OUT OF TOWN.

wever, to vary any sort of a da wise housewife saves her Hollywood, Cal. I am sorry I cannot tr-over vegetables, puts them on give you the addresses of photoplay companies that are most likely to buy ma-terial. Most of the scenario writing is done by persons especially employed by the companies for this purpose, but many of them will consider a very good story written in story form. Do not try to write in scenario form. Names of com-

## panies can be found in the photoplay

way to clean the white sating it off the dress would be of the patented cleaning fluids ricet. A druggist will recompose these to you. There is an as one of these fluids successed as clean, white blotter under its you clean it and change the you clean it and change the you clean it and change the soon as it becomes soiled. If washable, and most satin is suit it would be well worth your list burned inside. Well clean to sublish in the well worth your list burned inside. Well clean to sublish in the well worth your list burned inside. Well clean to sublish in the well worth your list burned inside. Well clean to sublish in the well worth your list burned inside. Well clean to sublish in the well worth your list burned inside. Well clean and the probable value of the violin? You will be doing me a great favor. (Mrs.) J. Y. H.

Antonius Stradivarius was a famous violin maker who lived in Cremona, Raly. The inscription in your violin no git.

Italy. The inscription in your violin no doubt means that the violin was made after the Stradivarius model. It reads. "Antonius Stradivarius, Cremona, made in the year 1727," and the little circle with the other initials and the cross Clean Chamois Vest

of Woman's Page:

am—Please tell me how to wash
man's chamois vest lined with
LANCASTER, PA.

at and most satisfactory way
a vest at home would be with
this, of course, is dangerous
caution must be taken. Use
outdoors and do not rub
the vest, as this causes frice
a been known to make the
plode. Put the gasoline in
pan or bucket and put the
cut in it. Dip up and down
id is dirty, then throw it
is out. If you wish to wash
affest thing to do would be
lains out and wash each part
Chamois washes well. Use
case suds in washing both,
rubbing the soap on either
waler. In the water in
mois is washed put a few
coil of glycerin, and this
hans both in the sair

the Custered

"Antonius Stradivarius, Cremona, made
in the year 1727," and the little circle
with the other initials and the cross
probably represent the name of the man
who fashioned the name of the man
who fashioned the names of famous
work years to put the names of famous
passed in which these makers were
oblised to sign their own initials as
well, so that the public might not be deceived. As there are only a few violins
in the year 1727," and the little circle
who fashioned the name of the man
probably represent the name of the man
has been the custom of violin makers for years
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who fashione

It is customary for the bridgeroom to give the flowers to the bridgeroom to maids and the father of the bridge is responsible for the carriages or automobiles used by members of the bridgiparty. The best man incurs no expense in his office as best man other than his own outfit, should he not already own the proper suit for the occasion