

WOMAN'S WAR WORK HERE AND ABROAD—UNCLE SAM PLAYS HOUSEKEEPER; TALKS ON COOKERY

LEAFLETS ON FOOD-SAVING EACH HOW TO FEED THE FAMILY Three-Cent Stamp Will Bring One to You, and the Lessons Range All the Way From Cornmeal to Making Stew

"EQUAL PAY FOR EQUAL WORK" IS SLOGAN BORN OF WOMEN DOING TASKS OF MEN War Has Demonstrated Her Equality in Shop and at Bench, and America May Profit by Europe's Recognition of Her Claim to Same Level of Wages

OUR GREATEST OF ALL PERILS Adverse preventive medicine will be given by Doctor Kellogg in this column daily, but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be promptly answered if postage is included.

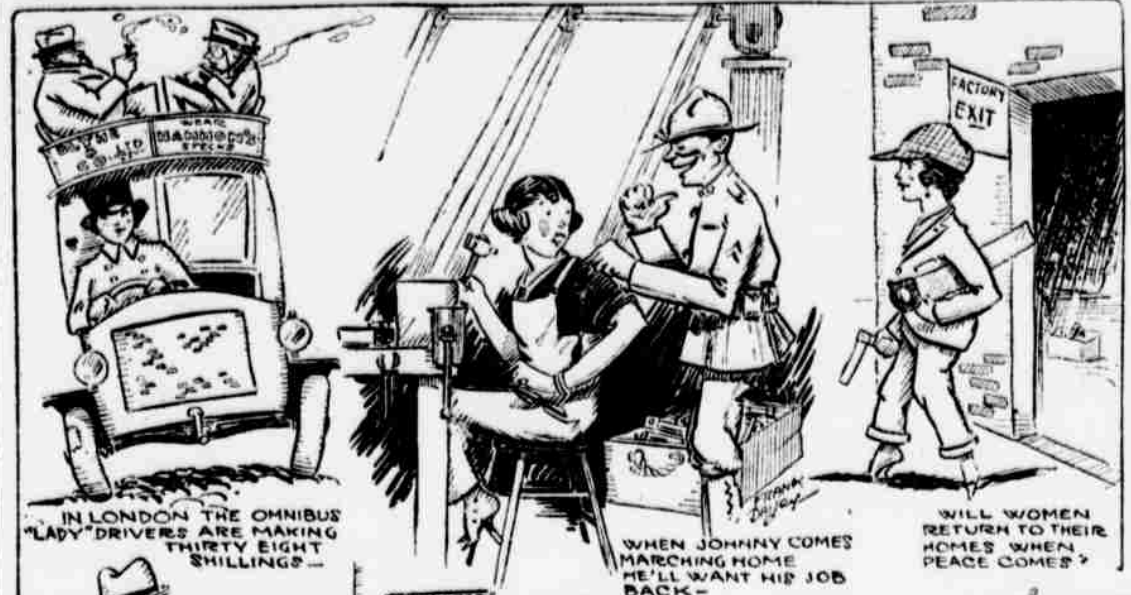
of the body, and there must not be undue pressure anywhere. The proper course should be one that supports and uplifts the enlarged abdomen. Frequent Fainting Does frequent fainting do any harm if one doesn't hurt himself in falling? A little cold water always revives me quickly. There is something very wrong with you or you would not have frequent fainting spells. You should consult a physician and find out just why you have this trouble with your circulation and have the cause removed if possible. Nervous Breakdown Is it best for a man suffering from nervous breakdown to work indoors or out? What should I eat? Work in the fresh air, but do not work to the point of physical exhaustion. You must build up your nervous strength gradually. A plain, nourishing diet, consisting largely of vegetables, fruits and cereals, is what you need.

Start the Day Right With a Good Breakfast FRUIT CEREAL MILK These make a meal—NOURISHING EASY TO COOK GOOD CHEAP of foods the Government asks us to eat

It tells how to make the exchange in the way that the family will like it. In all there are eight in this series of leaflets. There is one entitled "Food for Your Children"; another, "Do You Know Cornmeal?" and so on they go, one as helpful as the other.

After all, there is nothing so big and noble as to save life. And to save food is to save life now. Considering this, doesn't it seem rather criminal for women not to take advantage of every food-saving plan launched? None of them are launched idly. At the tips of the fingers of the men who head our food committees are figures that tell only too plainly how long our wheat won't last, how long our meat won't last and the rest of the vital foodstuffs, if we don't stop using so much of them. It is on the strength of these figures that all plans for food saving are made.

Co-operate with them. Spend a three-cent stamp and learn how to co-operate.



Likewise on time work, when the woman accomplished the work of a man. France followed England's example by granting equal pay on piecework. This is not the end. Trade unions have endorsed the paying of equal wages and every day as the war proceeds a new equalization of salaries occurs. In this way women computerers are now making twenty-eight shillings a week. In London the "indy" omnibus drivers are making thirty-eight shillings.

Industry such gifts as splendid rest rooms, ideal nurseries for the babies, communal dining rooms and even fresh flowers daily for the factories. But equal wages—that was another thing. It was Madame Thérèse Duchesne, wife of a famous French architect, who led the woman's fight for equal wages in her country. Part of the story can be told by the big black and red posters with which this intrepid woman plagues Paris. "Equal work, equal wages," it said to every working man that passed. But this did not quite turn the trick. It was the smashing blow delivered by Madame Duchesne when she found a new way to argue.

What happened to a nation when women by force of necessity are given the middle of the road we have to go all the way to Europe to find out. To the outsider the story of woman's phenomenal rise in industry abroad sounds like a strike from Aladdin's lamp; but the initiated know this is not so. From France comes the news to us that the Government has given promise to the skilled workman that the woman who has been permitted to share his work bench with him during the war period will go back home after the war. From England comes the story that skilled workmen are fighting to keep women at work in what is called unskilled processes. In one workroom in England where skilled work was in progress it was found there were just thirty-four women who had managed to edge their way in among one thousand men. It has been one long fight. But in spite of all this the mythic time is singing. Governments have granted the equal wage envelope, and because of this women are beginning to think hard. Of all the grants to women in industry since the beginning of the war this no doubt was the greatest. Other things came easy. No Government was loath to work in all women employed in factories controlled by the Government.

By J. H. KELLOGG, M. D., LL. D. EXIGENCIES of the world war are teaching us great lessons which we might not otherwise have taken time to learn. One of these lessons is making clear to us the fact that there is a close relation between sin and sanitation, that the decalogue is in fact a sanitary code and that loose morals weaken the firing line more certainly than do enemy shells and bullets.

sexual immorality, according to the statistics gathered from military hospitals, has crippled many more men at the front than have gas bombs, high explosives and all the infernal instruments of destruction hurled by the guns of the enemy. All nations at war have been compelled to recognize the fact that immorality in an army is the chief source of inefficiency and sin the great cause of sickness. In Austria the number of soldiers suffering from venereal disease has become so great that Hecht has proposed that instead of placing the infected persons in hospitals they should be formed into regiments and armies and kept in the trenches at the front, where they might receive treatment while at the same time rendering some service.

Notwithstanding the awful situation in the army, statistics about civilians has revealed the astounding fact that these diseases are more common among the civil population than in the army. The army, had as it is, is not so bad as our civil communities. In fact, it is from the civil population that the soldiers get their infection. If civil authorities did their duty, soldiers would not be exposed to infection. Military commanders may be less vigilant than they should be, but civil authorities are far more derelict in duty. Now that the facts are known, the opportunity has arrived for a great moral disinfection movement. A general moral housecleaning of the whole country is demanded. The work has begun and will have the support of all right-minded people.

QUESTIONS AND ANSWERS Right Arm Becomes Numb What is the cause of my right arm becoming numb or asleep toward morning and also during the day while I am sitting? It is removed soon. MISS J. C. There is evidently some pressure that interferes with the circulation. You should consult a physician, who will probably suggest massage and electricity if he does not find some cause which requires other treatment.

Anemia Could anemia be caused by? THOMAS M. The celebrated William Hunter, of England, contends that continued absorption of bacteria and their secretion from tartar which forms about the teeth, will not only cause rheumatism, heart trouble, stomach disorders, etc., but severe anemia. He is an authority on this. Anemia has a record of many cases of even pernicious anemia (which is the most serious form of the disease) due to foul mouths, and which recovered when the mouth was cleaned and kept into regiments and armies and kept in the trenches at the front, where they might receive treatment while at the same time rendering some service.

Maternity Corsets Can a prospective mother wear a corset? MRS. L. There are some maternity corsets so constructed that they are a comfort to women, but the corset must be frequently modified to suit the change in the shape of the body, and there must not be undue pressure anywhere. The proper course should be one that supports and uplifts the enlarged abdomen.

For Frosty Wash Days In cold weather clothes pins are apt to freeze to the clothes and cause a tear when removed. This can be avoided by first soaking the pins in salt and water.

First Steps Take a desert vast and cheerless stretch to the rusty lands. Who could gaze with vision fearless O'er those trackless sands? Though there waits a shelter peerless Mother reaching hands.

THE WOMAN'S EXCHANGE

Letters and questions 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. If so indicated that the editor does not assume the responsibility of answering. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. In baking apples what delicious filling can be used that eliminates the use of sugar? 2. What can prevent an oil stove from giving an unsatisfactory odor? 3. What is the food value of soda crackers?

ANSWERS TO SATURDAY'S INQUIRIES 1. To prevent frozen potatoes from being so much treated as follows: Spread the potatoes on a large pan in an oven at a steady heat. If they are large cut them in pieces. When the oven door opens during the drying process and do not remove the potatoes until they are thoroughly dry and on the point of becoming crisp. Potatoes treated in this way should be held in an extra quantity of water, reduced to a paste and mixed with sugar or turpentine. 2. Empty ketchup bottles can be used as mosquito catchers if holes are punched in the cover top. 3. If the bearings of garden implements are coated with all they will not rust or squeak when left, as they often are, more or less exposed to a cool shed or out-kitchen.

IN THE MOMENT'S MODES The Black "Picture" Hat Is Deservedly Popular



Proof of the universal popularity of the black velvet "picture" hat is supplied by its constant reappearance each season. It can be worn by the woman of less than five-foot-four stature providing its brim does not run to extreme width. And for the taller woman, or for the woman of more than average proportions, it can be worn in virtually any shape and with the widest of brims. The hat shown in the accompanying drawing is of black panne velvet, simply but effectively trimmed with black paradise. Little Finger Rings We show probably the widest assortment in this city of dainty little finger rings with precious and semi-precious stones. One of green gold, open-work design—with a sapphire of good size, is excellent value at \$7. S. Kind & Sons, 1110 Chestnut St. DIAMOND MERCHANTS—JEWELERS—SILVERSMITHS

We Sell Millions of Pounds of OUR VERY BEST COFFEE 21c 2lb The volume of our Coffee business runs into figures that are staggering; hardly believable, yet the fact remains— It amounts to many millions of pounds annually We are just going to ask one question and then allow you to decide. Would the intelligent American homes, who, above all other people of earth, know a good "cup," continue to use it day after day and year after year, if it were not all we claim for it? We think not. What do you think about it? Out of our roaster today. Into your coffee pot tomorrow. ONE PRICE, ONE BLEND, OUR VERY BEST American Stores Co. EVERYWHERE IN PHILADELPHIA AND THROUGHOUT PENNSYLVANIA, NEW JERSEY, MARYLAND AND DELAWARE

Summer Delicacies in January That Reduce Year-Round Table Expenses THE old theory was that to serve "seasonable" foods out-of-season symbolized luxurious living. The modern housewife knows better. She understands that by so doing, she is aiding to reduce the cost of living. For, thereby, she is helping maintain markets that offer an inducement to conserve perishable foods during months when they are grown—assisting to keep down the average year-round cost of table requirements. THIS is far more than her acceptance of the Food Administration's plan; it is far-sighted common sense. How Housewives Can Help THUS, she is making possible the building of cold storage plants in every locality—adequate reservoirs for storing foods when they are produced in plenty to be distributed later when they are needed. And she is willing to do this; for, she has come to comprehend the real function and significance of cold-storage; she understands that foods which go into cold-storage in good condition will remain so—that the foods which come unfit out of the cold-storage plant are those which had been held too long for sale before being put there. And she knows, moreover, that foods so stored are not held indefinitely—that the steady piling up of interest and insurance charges demands that they be released to the market long before the next crop. Perhaps, this year, when foods are higher than usual, housewives appreciate more fully the service which such an organization as that of Armour and Company provides. For, not alone does Armour collect foods at their choicest where Nature produces them best, not only does Armour transport them under refrigeration to where they are most needed, but Armour also stores them scientifically—under conditions which are ideal and which insure perfect keeping. No Feast—No Famine THUS, if you will think it over, you will see that what Armour is really doing for you is to equalize the national food supply over both the country and the seasons so that nothing will be lost—so there will not be a glut at one period of the year and prohibitively high prices at another. If you will consider the facts carefully, you will find in them the reason why for assured quality always, it will pay you to ask your dealer for Armour's food products.