

TO THE BUSINESS GIRL TO KEEP HOME FIRES BURNING

Story of Service Cannot Be Told in Terms of Nursing, but Nations Will Call Her Blessed in Her War Job!

Following letter from a business girl presents so general a problem that it seems well worth a general analysis:

Her vivid story of the war work of the business girl on whose income others are depending cannot be told in terms of nursing. There is no course to be taken in the odd hours snatched from business that fits one to be a graduate nurse. And it is only position such as this that could be considered by the girl who cannot afford to lose sight of the bread and butter side of patriotism.

The short courses in nursing are not worth while for the girl who must mind her finances, because they only give the student to be nurse's helper, and the latter must pay all her own expenses when she goes for her active service.

This is the story of what the business girl cannot do. The story of what she can do in wartime is so big that Great Britain has written a testimonial to her that will go down through the ages. She jumped into the field of banking, of industry, of business management, and built a Great Britain that has kept her war

SUGARLESS DIET REAL BENEFIT

Advice on preventive medicine is 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 enclosed.

By J. H. KELLOGG, M. D., LL. D.

For years it has been known that the average American eats more sugar than any other man, wild or civilized. The average per capita sugar consumption in this country is about 90 pounds. This is several times the amount used by some other civilized nations, and is a great excess. Sugar has nutritive properties, but it is an incomplete food. It contains only one food principle, carbohydrate. There is a complete lack of fat, protein, salts, such as lime, etc., and also of vitamins.

The free use of sugar upsets the nutritive equilibrium and robs the body of lime and of vitamin of calcium. This is irritating to the gastric mucous membrane, giving rise to hyperacidity and possibly worse troubles. It is possible that excessive use of sugar may be one cause of diabetes. The excessive use of sugar and sweet foods promotes obesity, a common malady which can be cured only by special dieting and regulation.

A 10 per cent solution causes congestion and irritation of the gastric mucous membrane in particular. Cane sugar is also a cause of gastric acidity. It excites the stomach to secrete an excess of hydrochloric acid and thus may give rise to peptic spasms, gastric ulcer and numerous other inconveniences that grow out of a condition of hyperacidity.

QUESTIONS AND ANSWERS Gas in the Stomach and Bowels What is the best food for one who is troubled with gas in the stomach and bowels? Take a laxative diet consisting of fruits, vegetables of all kinds and cereals in moderation. Stewed prunes.

Face Creams and Powders Is there any face cream or powder on the market that will be of benefit to one with a complexion? Exercise, a correct diet and daily bathing are the real complexion beautifiers. There is no objection to using any good cold cream to keep the skin soft in cold weather. Powders and cosmetics injure the skin.

Body Trembles What causes the body to tremble and what is the remedy? This condition may be due to several causes. Whatever the underlying cause is, you should consult a physician for treatment.

Psoriasis Is there a permanent cure for psoriasis? Psoriasis is a chronic skin disease which is most obstinate, but it can be cured. The internal and external treatment as well as the diet must be regulated in each case by the physician who has charge of the case. What helps one may not help another.

IN THE MOMENT'S MODES Afternoon Frock of Black Satin, Bugle Trimmed

I would certainly write To the Editor of Woman's Page: Dear Madam—Please let me say a word to the mother of the boy of the year, who has pronounced me the best mother in the neighborhood. I have a little fellow just qualified for the honor, and I would like to compare the boy of the year with the boy of the year.

Cost of a Family The Federal Bureau of Labor statistics publishes a summary of the findings of the recent Dallas wage commission appointed by the Mayor to obtain data on the cost of living. The figures will be used by the city officials as a guide for wage advances to city employees, observes the Catholic Charities Review.

Recommend Resinol to that friend with skin trouble If you have a friend suffering with eczema or other itching, burning trouble, what greater kindness could you do him than to say: "Why don't you try Resinol? I know you have experimented with a dozen treatments, but I believe Resinol is different. It does not claim to be a 'cure-all'—simply a soothing, healing ointment, free from all harsh drugs, that physicians prescribe widely in just such cases as yours. Do get a jar today!"

CLOTH ECONOMY STRIPS ALL CAMOUFLAGE FROM MASCULINE SARTORIAL GARMENTS



National Association of Clothing Designers Decrees That Mere Man Must Follow Woman in Discarding Fancy Styles and Superfluous Folderols During These Close-Cutting Times of War

Women who have been deprived of much of their fancy folderol in the way of sartorial effects on account of war economy are now rejoicing for the men are sentenced to meet the same fate. Yes, the decree has gone forth from the National Association of Clothing Designers, which is meeting in New York, that all male clothing must eliminate its camouflage. It's a matter of cloth economy, say the designers, who seem to have special designs on the men in their view.

Tomorrow's War Menu BREAKFAST Dry Corn Cereal and Raisins Scramble Coffee LUNCHEON Escalloped Potatoes Cottage Cheese Balls on Lettuce Stewed Apples DINNER Hot Pot of Mutton and Barley Creamed Carrots Currant Jelly Chocolate Cornstarch

Looks and Exercise The woman who does her own household work is usually worn out at the end of the day. She is likely to conclude, therefore, that exercise is not a word intended for her. She could hardly make a greater mistake, however.

Facial Massage The Cloud Method of Facial Massage Stands Supreme. An Hour's Treatment Makes the Face Look Years Younger

Cost of a Family (Continued) The commission reported that \$747 a year is necessary for the "bare existence" of a family of five. The amount necessary for a "safe normal living" is \$1081. The closeness with which the latter figure is estimated is shown under

The Fur and Millinery Shop, Inc. 1423 Walnut Street 1918—Annual Reduction Sale—1918

Recommend Resinol to that friend with skin trouble (Continued) If you have a friend suffering with eczema or other itching, burning trouble, what greater kindness could you do him than to say: "Why don't you try Resinol? I know you have experimented with a dozen treatments, but I believe Resinol is different. It does not claim to be a 'cure-all'—simply a soothing, healing ointment, free from all harsh drugs, that physicians prescribe widely in just such cases as yours. Do get a jar today!"

FEDERAL REGULATIONS TO SUCCEED FISH LAWS

Administration Will Give the Salt-Water Fishermen Chance to Increase Their Catch

WASHINGTON, Jan. 16.—Local and State laws governing salt-water fishing are to be superseded to a great extent by new regulations of the food administration under which salt-water fishermen and distributors of sea food are to be required to operate under Federal license, effective February 15.

Under a presidential proclamation all fishermen and distributors will be required to operate under licenses after February 15, as the President has given Hoover almost absolute control of the distribution of salt-water fish, including menhaden, crustaceans and shellfish. Wholesale fish dealers all are already operating under license.

Lecture by Charles Zueblin Charles Zueblin, who is giving a course in "Preparedness" before the University Extension School, will lecture this afternoon at 4 o'clock in Witherspoon Hall on "Transportation for Speculation or Strategy?"

CHURCHMEN TO CELEBRATE

Episcopalians Will Observe Diocesan Educational Day

The Diocesan Educational Day at the Church House, Twelfth and Walnut streets, will be celebrated today. Holy communion was held at 8:30 a. m. by Bishop Farland, while at 10:30 there were mission study classes held by the Rev. Edwin S. Lane and Mrs. Henry A. Pilbury. Mrs. Ralph North, Dr. William H. Jeffers and Miss Evans. Members of the normal classes will give "The Gospel of the Kingdom" at 11:45 and at 2 p. m. will be held conferences of the Women's Auxiliary, led by Mrs. William W. Arnold, of the Sunday school and the Junior Auxiliary, led by Mrs. P. E. Seymour, and educational secretaries led by Mrs. Henry A. Pilbury.

Demonstration for Grain Men Methods of preventing explosions of grain dust will be demonstrated at the Bureau today by officials of the Bureau of Chemistry of the Department of Agriculture. Mill, grain and elevator men will attend the demonstration, which was arranged under the auspices of the corporation and milling division of the food administration.

Miss Tarbell to Talk Miss Ida M. Tarbell, the author, who declined to become a member of the Tariff Commission and is a member of the Anna Howard Shaw's Council of National Defense, will address the annual meeting of the Consumers' League of Eastern Pennsylvania at the New Century Club this afternoon at 3 o'clock. Miss Tarbell's subject will be "War Is Drafting 1,000,000 Men; Who Will Take Their Places? Under What Conditions Will They Work?"

Soap Alone Can't Give Best Results But Borax With Soap Will

Then use the two combined—use 20 Mule Team Borax Soap Chips—a combination of one part Borax and three parts pure soap. It's the Borax in these soap chips that does the work. In handy chip form—saves you soap cutting. And they dissolve quickly.

20 MULE TEAM BORAX SOAP CHIPS An 8-oz. package of these chips is equal to 25c worth of ordinary laundry soap. Safe to use for washing the most delicate chiffons, laces, etc. Will not injure the hands. One trial of these Soap Chips will make you a constant user.

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Advertisements for MANDO hair remover, MI-RITA hair remover, and DR. MARGARET RUPPERT'S hair remover.

Advertisement for 20 Mule Team Borax Soap Chips, including a box illustration and text describing the product's benefits.

Advertisement for Emu ointment, featuring the Emu logo and text about its uses for various ailments.