R CLOTHES MAKE THE MAN MORE PATRIOTIC THAN HIS MATE—THE BUSINESS GIRL'S BIT

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!

A chamber window was the spot It grew in, from a garden pot, Among the city shadows;

If any, tending it, might seem To smile, 'twas only in a dream

Of nature in the meadows.

How coldly on its head did fall

The sunshine, from the city wall In pale refraction driven!

How sadly plashed upon its leaves
The raindrops losing in the eaves
The first sweet news of heaven!

-Elizabeth Barrett Browning.

2. How are the ambalance pillows for the

2. The knitting apron is made with two large pockets that hang down over the hips. These play the part of the regular knitting

3. Strictly speaking, it is not correct for

a man to appear in evening clothes before 6 o'clock in the evening. But when the de-mands of time make it necessary for him to attend a formal function immediately

uncertain, you know, these days,

following letter from a business presents so general a problem seems well worth a general

ving noted in your column," the says, "a statement that 37,500 are needed for the army corps at only 3800 of this number en enrolled, I would thank you vise me if there is any course could be taken by a business ho for financial reasons is unable ke a full hospital course, but who tious to do her bit in other ways knitting."

IE vivid story of the war work of fires and the home fires burning for the business girl on whose income nearly four long years. rs are depending cannot be told terms of nursing. There is no where the taking of courses can come terms of nursing. There is where the taking of course to be taken in the odd hours in—courses that can be taken at night. In—chigh schools, the business colition such as this that could be sidered by the girl who cannot af- panies day after day put new ones rd to lose sight of the bread and out before you. Go to school at night, ter side of patriotism.

The short courses in nursing are your war job when it comes. the student to be nurse's helper, into your own job and see if it isn't ses when she goes in for active

HIS is the story of what the bust-than you have ever done it before! nial to her that will go down work are always welcomed in the ugh the ages. She jumped into home service of the Red Cross e field of banking, of industry, of civilian service committee to do a bit ness management, and built a of work now and then. Headquarters reat Britain that has kept the war are at 1607 Walnut street.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES 1. What is the French method of making | 1. Who was Lady Arabella Stuart?

ANSWERS TO YESTERDAY'S INQUIRIES

How can men's enf's be repaired? hospitals abroad made? . Haking consumes more gas than fry-. How is it possible to use the oven

If apools of thread are put in the com-ments of an empty egr carton they will bar. us be conveniently at hand and the ads will not get tangled.

2. An alarm clock placed near an oven which bread is baking will remind the seewife when to take it out, if the alarm

SUGARLESS DIET

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 vitamines.

The free use of sugar upsets the nutritive equilibrium and robs the body of lime and of vitamines. Cane sugar is also irritating to the gastric nucous membrane, giving rise to hyperacidity.

membrane, giving rise to hyperacidity and possibly worse troubles.

This is the thing that is up to the American business girl, and this is maiady which can be cured only by where the taking of courses can come special dietetic regulation.

Sugar, as in the free use of candies,

produces gastric trritation. Cane sugar in particular is an irritant to the gas-tric membrane when taken in more than very small quantities and even then in-very dilute form.

A 16 per cent solution causes conges-

ness girl cannot do. The story of than you have ever done it before!

that she can do in wartime is so big at Great Britain has written a testing the can do in wartime is so big in clerical and stenographical one are likely to prove a public benefit.

Gas in the Stomach and Bowels

All your trouble is due to the consti-pation. Cure that and you will be well. Take a laxative diet consisting of fruits, vegetables of all kinds and cer-

treatment.

Psoriasis

ment as well as the diet must be regulated in each case by the physician wh has charge of the case. What help one may not help another.



CLOTH ECONOMY STRIPS ALL CAMOUFLAGE FROM MASCULINE SARTORIAL GARMENTS Administration Will Give the Salt-



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

All your troubs is due to the consisting of fruits, vegetables of all kinds and cereal's in moderation. Stewed prunes, bailed apples, celery, leituce, parships, allow apples, celery, leituce, parships, spinach are all laxative in effect. Ordinarily there is no reason why a person should not use milk and fruit at the meal.

Face Creams and Powders is there any face cream or powder entry in the National Association of Clothing Designers, which is meeting in New York, that all male clothing must eliminate its amountage. It's a matter of cloth edge on the way of aspiration, which is meeting in New York, there is no objection to using any good cold cream to keep the skin soft in cold weather. Powders and cosmetics injure the skin weather to condition may be due to several causes. Whatever the underlying cause is, you should consult a physi

BREAKFAST

Dry Corn Cerea: and Raisins Scrapple Coffee

LUNCHIEGO

Escalloped Potatoes

Cottage Cheese Balls on Lettuce Stewed Apricots

DINNER

Hot Pot of Mutton and Barie; Creamed Carrots Currant Jelly Colesiaw Chocolate Cornstarch

Looks and Exercise

The woman who does her own house-work is usually worn out at the end of the day. She is likely to conclude, there-fore, that exercise is not a word intended for her. She could hardly make a greater

the heading "insurance, recreation," etc., which allows \$57.46, or a little more than \$1 a week, for a family for insurance, recreation, church, charity, fraternal and other organizations.

**The bearing the color of the color thing that all women desire.

> Facial Massage The Cloud Method of Facial Massage Stands Supreme. An Hour's Treatment Makes

No. 5 Rue Meyerbeer, Paris 1422 Walnut Street Continuing Business Under the Management of Mme. Louis

We are offering a few remaining models in superior fur garments of distinctive taste and individual design at large price concessions. The reputation of the house assures you of the genuineness of all representations. -

Hudson Seal Set, regularly priced \$10.00-

Ten, Fifteen, Twenty Dollar Hats at \$5.00 Charge Accounts Opened

FEDERAL REGULATIONS TO SUCCEED FISH LAWS

distribution of sait-water fish, including menhaden, crustaceans and shellfish. Wholesale fish dealers all are already operating under license.

The proclamation covers all fishermen engaged at any period of the year, whether fishing independently or on shares. It covers as well all people engaged in the commercial distribution, including catching and selling of any or all varieties of sait-water fish. The term sait-water fish is defined to embrace all forms of sea food taken from brace all forms of sea food taken from

Miss Tarbell to Talk

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
Dr. Anna Howard Shaw's Council of
National Defense, will address the aunual meeting of the Consumors' 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 Condition
Will They Work?"
A report of the national work done by

A report of the national work done by the league will be made by Miss Florence Kelley, general secretary of the national

Lecture by Charles Zueblin

Charles Zueblin, who is giving a course on "Pan-Preparedness" before the University Extension Society, 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

Administration Will Give the SaltWater Fishermen Chance to Increase Their Catch

WASHINGTON. Jan. 16.—Local and State laws governing sult-water fishing are to be superseded to a great extent by new regulations of the food administration under which salt-water fisher istration under which salt-water fisher is the food administration will be required to operate under Federal licenses, effective February 15.

While the food administration will be able to curb profiteering in sea foods, it announces that the chief aim of the flosters and aid the salt-water fisheries and greatly increase the catch and the opportunities of the fishermen to broaden their operations.

Under a presidential proclamation all fishermen and distributors will be required to operate under licenses after February 15, as the President has given February 15, and the February 15, an

Methods of preventing explosions of grain dust will be demonstrated at the Bourse today by officials of the Burean of Chemistry of the Department of Agri-

o en-tend the demonstration, which was ar-ranged under the auspices of the cor-poration and milling division of the food administration.



HAIR REMOVER

DR. MARGARET RUPPERT'S



Then use the two combineduse 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.



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.

To make genuine old-fashioned sonp pasts, good for all household purposes, add one quart of boiling water to three heaping tablespoonfuls of 20 Mule Team Borax Sonp 20 Mule Team Borax

Absolutely the best Borax for dichen, laundry and bath-room. A time and labor saver. Always look for the picture of the famous 20 Mules on every package of both these products.

Sold by All Good





To Mother of Backward Children The Mother of Backward Children T CLEARANCE SALE As we are expecting Monsieur Louis to ship a large collec-tion of Spring Models from our Paris Establishment, Mme. Louis is offering the most attractive Afternoon, Dinner and Evening Gowns, Fur-trimmed Velvet and Cloth Suits and a very handsome collection of Top Coats and Evening Wraps at 25% Less Than Cost All Hats of the most prominent makers of Paris Heretofore \$35 and \$25 Now \$10 and \$5 The Fur and Millinery Shop, Inc. 1423 Walnut Street Recommend 1918 Annual Reduction Sale 1918

The original of this letter was for-arded to the mother of the boy of nine, at a copy of it is printed here because seems these words are among the finest have ever heard about the great and laty work of bringing up children, r speak entirely for themselves. No her can read them without being the corr for them. We thank "A Mother of

Creamed Cabbage

Relitor of Woman's Page:

The Madam—Kindiy publish in your color the Evantse Publish Labina a resultante collesaw but the semines creamed are. Thanking you for same.

Mrx. W. W. C.

Cook the cabbage in boiling water in lich has been dissolved a tablespoonful and the took uncovered for fifteen less, then drain and silt the pot with boiling water and sair. Cook until then chop. Have ready in a me sause made of a tablespoonliet, one of flour and a cupful af or rich milk. Ric this to a size. Turn the chopped cabbails. Season and it is ready in the office should the first turn you down; for maybe a blond or a semblond. All is not lost. You are still young and will possibly outgrov your deep grief. If she is coolly indifferent when you meet and on her left hand you see a hand, perhaps twere well to go no further. This is a case where one must judge for oneself.

Editor's Note

Will Mrs. Van B., who asked a game, please send in her A description of the

REAL BENEFIT

Advice on preventive medicine will be given by Ductor Kellogy in this col-imu dally, but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be promptly unswered if postage is inclosed.

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 50 pounds This is several times the amount used

It is possible that excessive use of sugar may be one cause of diabetes. The excessive use of sugar and axeet foods promotes obesity, a common

leges, the railroad and telegraph com-

take a war course and be ready for tion and irritation of the gastric mucous membrane in particular. Cane sugar is also a cause of gastric acidity. It excites tworth while for the girl who must had her finances, because they only the student to be nurse's helper, the student to be nurse's helper, into your own job and see if it isn't and numerous other inconveniences that guite the patriotic thing for you to be provided when she goes in for active stick to it just now. Sometimes being tion of sugar in Italy was only about a patriot only means doing the thing twelve nounds and only eighteen pounds you have always done a little better in France. It is clearly evident that the consumption of sugar in this country

QUESTIONS AND ANSWERS

What is the best food for one who is outlied with gas in the stomach and bowels." am very constituted. Do milk and fruit time gas when eaten together?" C. R. Letters and questions submitted to this department must be written on one side of paper only and signed with the name of the writer. Special queries like those given law are invited. It is understood that the editor does not accessfully indure the scattings ressed. All communications for this department should be underested to follows: THE OMAN'S EXCHANGE Evening Public Ledger, Philadelphia, Pa.

ANSWERS TO TESTERDAY'S INQUIRIES

1. Conservation crackers are soup cracked, the recipe for which is given by the food ministration. The ingredients are one indistration. The ingredients are one indistration. The ingredients are one of ill men's places in industrial ranks was recently established under the supervision of United States Secretary of Labor Wilson. Was, Illida Muhhauser Richards has been appointed chief of this new bureau.

2. The knitting apron is made with two Is there a permanent cure for psorfacie? Psoriasis is a chronic skin disease which is most obstinate, but it can be cured. The internal and external treat-



Judged by the costume modes which are appearing daily, it appears that drapery will continue to play a prominent part in frocks for midwinter and early spring. Consider the little afternoon costume presented in the accompanying drawing. Black satin is the material which has gone into its making. The deep shawl collar and the turnover cuffs are of white satin.

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 en the cost of living. The figures will be used by the city officials as a guide for wage advances to city employes, observes the Catholic Charities Review. The heads of the fifty families investigated were employed as follows: Twenty-nine were city employes and twenty-one were factory employes. Wages were as follows: Seventeen, less than \$80 a month; eleven. \$60 to \$70: four \$70 to \$80; fifteen, \$80 to \$90, and three, \$90 to \$100.

The commission reported that \$747 a

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 \$1081.72. The closeness with which the latter figure is estimated is shown under

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 just today!"
Restret Contract is note by all