ENGLISH BANKER BRANDS WOMEN FOOD VALUE PANICKY ON EXTRA BUSY DAYS

Efficient Until Rush Comes, Is Charge-Some Rules That Call for Keeping One's Head Above Waves-One Is "Get Started"

ONE of the objections made to employing women in responsible positions is they get ruttled when there is an unusual press of work. This charge was made by the head of a bank in England which, in spite of the accusation, does employ wemen in responsible positions.

"But," the official explained, "we have to supervise them in rush time." Undoubtedly this description does apply to some women. When things ge along as usual they are calm and efficient, but when work and responsibilities suddenly accumulate they become paniestricken and don't know where to begin.

This is too bad, because it is simply a frame of mind and not a sign of inompetency.

There is one good guiding thought for the girl who grows panicky when work piles up. That is this: the human capacity for work only extends. That's the idea about staying calculations

his banking girl was unable to cope things to be done out of your mind with twice her usual amount of work. Above all, it is important not to fly that made the bank official brand her from one piece of work to unother as panicky. It was because she grew with the wild idea that maybe it is so excited in contemplating the extra better to finish this one than that one in so excited in contemplating the extra better to finish this one than that one minute quantities, finds its way in consoler that it rendered her unfit to get first. All must be done at some time elderable quantities into the calon. Here and you waste valuable minutes try-

work that it rendered her unfit to get through the usual amount she was used to doing every day.

KEEPING calm with hig things happening all around you is like taking your first swim in the surfactor you have learned to swim in a pool. The waves will seare you at first. But you know your stroke and you will find it will keep your head above water in the waves—if you keep right on going.

To sum up: When things are beat you and you going for the panic coming on, GET started some time digetion proceeds slow y, producing dextrin and sugar, which furnish to the right form of onests. Jumping from one thing to another carves all uphill road. And getting one or two "jobs" really finished has a calming effect on the mind. You can be gin to see your way through.

To sum up: When things are beat form of oats is seldom made into bread, although it is often prepared in you feel the panic coming on, GET started Somewhere. Somewhere, if you keep right on going.

SURGICAL DRESSINGS

INTERMINABLE folds of gauze For those whom we shall never Remember when your fingers

That every drop of blood to stain This whiteness falls for you and me. Part of the price that keeps us

To serve our own, that keeps us From shame that other women

know. O saviors we have never seen, Forgive us that we are so slow! God-if that blood should cry in

vain
And we have let our moment go!

-Amelia Josephine Burr, in
Southern Woman's Magazine.

so far, and employers realize this, in excitable times. Keep on going in They do not expect superhuman the usual way. Do one thing at a time, When you start it finish it. It was probably not the fact that with all the thoughts of the other

the families and the guests to the places

Piece for Little Girl

TRONING DAY

Evening Dress in Yellow

To the Editor of Woman's Page:

assigned for them in the church

THE WOMAN'S EXCHANGE

eggs, which have been beaten until light

Mix all well together and hake on a hot
griddle.

Cornmeal bread—Three cupfuls milk.

Cornmeal bread—Three cupfuls milk. eggs, which have been beaten until light

one teaspoonful salt, one and one-half cupfuls corumeal.

Mix the ingredients and spread in shallow greased pans to about one-stallow greaters and greaters grea

An usher's duty is to arrive at the church half an hour or three-quarter-of an hour before the time for the wed-ding, and he conducts the members of quarter inch in depth. Bake in a neederate oven until crisp.

Veal Loaf

To the Editor of Woman's Paper:

Dear Madem—Will you blesse print a recipe for making a vest leaf? Thanking very print for this and all the other information that I for this and all the other information that I for the received through the Woman's Exhibit received through the Woman's Exhibit received through the Woman's Paper (Mrs.) M. Dear Madam—Can you print; this girl to speak at another little girl to speak

The ingredients are three pounds of dittle girl to speak at another little girl to speak at an one teaspoonful of bread crumbs, one Here is one by Burges Johnson that tablespoonful of butter, two beaten eges, to which four tablespoonfuls of cream cute: have been added; a tempoonful of pup- I don't see why the grown-ups care per, three teaspoonfuls of salt and two Each time they find a r'b or tear, teaspoonfuls of powdered sage. Fut the veal and pork through the meat chop-mussed. per. Then add in the order given all the set of the ingredients. Mix them well me shape into a loaf. Bake in a deep an for two and a half hours. Base if find it quite the nicest play ith a little melted suct and water while. To wash and iron every day.

Sweethread Croquettes

To the Editor of Woman's Page:

Daar Madem—I would like to have a good
relies for sweetbread eroquetre—not a fancy
relies, but lust a plain, gractical one
READER.

Then Madam Could you give me some advice about the color of an evening dress this did to nice for a sixt twenty years with I have dark eyes, rather dark skin, but rosy thesis; my hair is dark brown. Could you aggest the trimming, too; my NYES,

OF CEREALS

By J. H. KELLOGG, M. D., LL. D. THE Increase in the rest of living Line rangit one lesson in buying commissed and nonvicting feeds of the your us that owneds amply take the

We can easily unit meat from our let by substituting cereals, especially and which are particularly cich in lorein, or the nitrogenous elements of soil, and which the body uses for a la-building purposes.

traineal for example, contains 16.1 er cent of protein, while also it has a crop percentage of the starchez upon hich we largely depend for our supply coursy—about 67.5 per cent. Oatmend iso supplies a small amount of fat—2 per cent, and a goodly amount of saue-building mineral sairs.

issue-building mineral sairs.

Except for the lose percentage of fats, so well balanced are these three elements that an eatmeal diet alone would be sufficient to keep one in health. The fats can be added in the form of cream. Our dear about cooking oatmeal have undergone a change during the last few years. Formerly we histoid upon the importance of cooking for several hours in order to render it thoroughly digestime. More recent discoveries have heave, however, that catancal should be beined not more than ten minutes—and stree still, five or six minutes.

The reason for this is clear. The intrity or carbohydrate, part of our read is normilly absorbed in the small interior and therefore furnishes no resistance to the growth of those "un-leadly" isotoria whose activities in the mining five rise to constipation and autopoisoning.

Starch, however, if taken in more than

functions where a dainty confection is

Although some prefer sugar with their cathesal, it is better to cultivate a taste for the cereal without sugar, because

Third Nates and custarias, some some survivery of the service of the states army, and some in the service of the service of the states army, and some in the service of the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the service of the states army, and some in the states army, and states army, and states army, and states army, and states army,

The Mainten-Lan risk kindle point the college for cornered are already and the bride's bounget and holds it are surroved by the clover of the control of the

ELSIE JANIS TO CARRY SUNSHINE INTO EUROPE'S WAR HOSPITALS



Actress Has Brightened American Stages-Now Will Cheer Victims in War-Ravaged Lands

THE climb to success can be so en- objectionable, and I must that's why I growing that the bumps and knocks mother put me on the stage.

Letters and questions submitted to this department must be written on one side of the proof only signed with the mass of the writer. Special queries like those gluent below are invited. It is understood that the editor does not necessarily inderes the entirement of the work of the One girl who has climbed the ladder and here I am:"

and registered it the top of the theatri
th is particularly inferesting to have

IN THE MOMENT'S MODES

Chapeaux Designed for Palm Beach Wear

Consider the modes for Palm Beach. Here we have two hats fashioned for early southern wear. The upper model, which certainly can be called full-grown, is of pink taffets, the brim edged with georgette. The lower model has crown band and loops of bright green satin; the upper side of brim is faced with figured georgette and the under side is faced with green straw edged with black.

along the way simply do not exist. Do "After that," she squis it up, "things

Just happened, one thing after another,

Oysters a la Newburg French Fried Potatoes Canned Peas Fruit Cup

SPICED OATMEAL CAKES

The whole family will like these and they are easily made.

One and one-half capfuls flour, one-half cupful cooked oatmeat, one-quarter cupful sugar, one-quarter cupful sugar, one-mail sods, one-half tagopoonful baking powder, one-half tagopoonful sunnamen, three tablespoonfuls fat, one-quarter cupful molasses.

Heat the molasses and fat to boiline Mix with all the other materials. Bake in muffic pans for thirty minutes. This makes twelve cakes. — United States Food Leaflet No. 6.

THE WORLD'S WAR Through Woman's Eyes

War and the Controller

Fair Food Prices

Bulleting, Ph	tiistiitpriis		Can	mmer.
FLOUR-	Perulier r	ings per	altest	ild pay lb, sack
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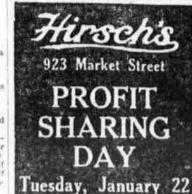
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See Tuesday Morning

Papers for Details



stopped that itching instantly The prompt relief which the first away such troubles completely. Phy-

application of Resinol usually brings is a sicians prescribe it regularly, great surprise to sufferers from eczema and similar itching, burning skin affections. And better still, this gentle, healing ointment rarely fails to clear free, write to Dept. 1-R. Rasinol. Baltimore, Md.

By ELLEN ADAIR

Wor and the Controller

1.0ND08, Dec. 23.

Will HAYE a grant may every the second of t

I asked a somer trance," he answered tacs.

"Not so bad as France," he answered quickly, "though" — generously — "it's quite good sport here!"

"An artillery duel in France is great," he added, "Picture to yourself a flat countryside dotted with tumbledown farmhouses and intersected by hedges—hedges reminiscent of those country lanes in England in the good old days. Behind many of these lurk the field guns, so cunningly hidden that men bil-leted in the actual neighborhood of them might walk right up to them without the slightest knowledge of their where

A sport of flame and the shock of a report—sometimes two guns fire a harf-salvo together—or perhans four guns of the battery speak nulckly in succession. There's the constant pouff-pouff of shelibursts overhead. That's a British anti-aircraft gun driving off a German airplane, which has been sent to discover the hiding-place of the big gun battery which in till a province. gun battery which, up till a moment ago, was spitting out death with automatic

Perhaps the German surman, perched high in the air, has already located the sun. We shall know for a certa'n fact in half an hour or so. The anti-aircraft guns have put the fear of God into little Fritz up above, and he makes back swift as a swallow, diving and swerving, to his own lines.

"Half an hour clapses—an hour goes by. There is no further sign of war. The arti'lerymen b'lieted in a broken-down farmhouse hear the battery are reading, writing or cleaning buttons. There is 'Madame,' the farmer's wife, pouring out coffee for the men, when—"Whiz! Whiz! Bang! A shell has dropped pretty close. The German alrmen have really discovered the battery's whereabouts! "The men in the farmhouse duck their

The men in the raimnouse duck their heads instinctively, as though they were in the open. Madame looks nervous. A salvo of Fritz shells are heard overhead. The officer in the billet orders his men. out, as the billet is very much in the

"Every one has vanished into curious

mans should cease, or shorten the range. H ding in thry shell-hole, i hen houses, in moddy dugouts scratchein the ground-anywhere porarity safe!

"An hour later, we are back again at the billet, examining shell-holes that have been newly created—some of the eight feet in diameter and four feet deep



WINTER CLEARANCE

Evening Dresses, \$25 to \$49.50 Chiffons, Georgettes, Satins, etc., that formerly sold for \$25 to \$75. Afternoon Dresses, \$15 to \$49.50

Sating, Velvets, Nets., etc., that formerly sold for \$25 to \$95. Serge Dresses, \$16.50 to \$35

Lovely fashions that were \$35 to \$65. WAISTS Values \$7.50 to \$15 \$4.50 to \$10





Final Clearance Sale

Tuesday, Jan. 22nd and thereafter

Entire Stock of Millinery, Gowns, Suits,

Coats, Furs, Waists, Etc.

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