KNITTING NEEDLES FROM REVOLUTION DO THEIR BIT-MEN LAY LOW ON FOOD SAVING, WIVES SAY

MEN SCORN WIVES' WAR MENUS AND CALL FOR "SOLID" FOOD

Reader Asks for Advice on Subject-A Letter From American Officer in France Makes an Answer

SINCE the war began many of us have been nursing secret loyalty to the men felk of the house. Here is a housewife who feels that breaking the milence is the better part of pa-

"It is all very well," she writes, "to talk about women winning the war by saving food, but, dear editor, did you ever try to sit a man down to a disk of catmeal soup? It can't be done in I KNOW of no answer that makes my house. I am a patriot, I want to save the meat and wheat for the soldiers, and whereas my husband doesn't as the spirit of the French people. They in their "brave hope" are defined have clicked their way into the he simply does not cut the food-saving pending on us to feed them. Per wars in which America has taken part. dishes. He has always made fun of 'mps it will add weight to the above But out in West Philadelphia in the what he calls cheese contraptions paragraph to know that the boy who calm hands of a very old lady there What can you say to men such as wrote it a lieutenant in the field ar flashes a pair that have done their bit

men, because men are funny in not help saying! their boyishness, but the time has gone when we can laugh about food

know he has been called upon to do start out with the supposed on the for yourself if you went as others have gone to her home, at 46 North Fortlett to fight and still be a missionary at in this war?

have been here," he writes, "I should But tell him that coming back to your have been here. He writed and stores where you to find sticks and stones where you to find sticks and stones where you the first house is not easy either. Tell they have lost so match in this war and still have an unconquerable spirit. They can take their homes from them, but they can't take their brave hope. I had grown rather skeptical on the subject before I left the U. S. A. I thought it was a beautiful lessen in spired by magazine articles. But it's true; truer than anything she there true; truer than anything she there in."

LEVICIANCE

A Sense of Humor

FOR health and the constant enjoyment of life, give me a keen and ever-present sense of humor; it is the next best thing to an abiding faith in Providence. -G. B. Cheever.

so direct an appeal for foce saving

tillery of the United States army-Is in each and every one of these strugan eager young scoffer at all things gies.

An eager young scoffer at all things gies.

Down the conturies they have come. T WOULD be easy to laugh at such sentimental. But he saw and he could

aving.

I am going to balance the above

AH, puzzled wife, it is useless to expatiate on the charms of cheese wields these needles, should be in letter with the paragraph of one never intended for publication. If the soldier boy who wrote it chances to come across his printed words he will know he has been called upon to do the soldier by much the better for you. But why start out with the supposition that all the possession of them. It is right that she should be, or course. They were her grandmother's, then he mothers and naw, by the law of keeping things to give to your children, here. But ever and above this—you could see the soldier by which are to be made and the proposition that all that the possession of them. It is right that the possession of them. It is proposition that all that the possession of them. It is proposition that all that the possession of them. It is proposition that all that the possession of them. It is proposition that all that the possession of them. It is proposition that all that the possession of them. It is proposition that all that the possession of them. It is proposition that the possession of the posse

Agree with your husband that eat- up to their trust! "From what I have seen since I ing peanut soup does not come easy.

2. Who is Mrs. John A. Logan?

The Ledger Files

In the Public Library, at Thirteenth and Locust streets, there are books that deal in detail with instructions for play-

ing five hundred. You do not have to belong to the library to consult these,

but, of course, if you have a reader's

to rou. PATRON,

woman's excuange, Ercaing Public Ledger, Pailouchphin, Po.

TODAY'S INQUIRIES

1. What makes orsters tough in the cookhas been founded in Greater New York since the suffrage victory in the State of New York and the passing of the Federal amendment through the House of Representatives:

1. What woman's political organization has been founded in Greater New York since the suffrage victory in the State of New York and the passing of the Federal amendment through the House of Representatives:

1. What woman's political organization has been founded in Greater New York since the suffrage victory in the State of New York and the passing of the Federal amendment through the House of Representatives:

ANSWERS TO YESTERDAY'S INQUIRIES

1. Cornestarch can be used in-lead of Alex Frederick Funston, widow at wheat flour to thicken pie fillings and custom ards. Ground-up bread crumbs can be used thicken souns and gravies.

2. The fire should be kept as low as possible in the fire box, because it interferes the life box, because it interferes the life box, because it interferes the life box because i

with the drafts when it is too high.

2. Invitations to call, as a rule, are not value in a pound of holo pork chops and 1645 in a pound of macaruni. Both foods have the same protein or muscle-building value, 13.4 per cent. The pork has 24 per cent fat properties, which make heat in the body; the macaruni has less than 1 per cent of fat. By far the greater part of macaruni is carbohydrate food matter, or 3. Rough turkish towels and flannel wash cloths have the most beneficial effect on the skin, as they supply the friction necessary to clease the face and stimulate circulation.

Potato Scones

To the Editor of Woman's Page:

Dear Madam-Kindly print a proof for John Girl points scones.

Housewife. sift two cupfols of flour, one-haif a teaspoonful of sait and four tablespoonful of backing powder together. Then add one cupful of mashed potato and two tablespoonfuls of shortening and work into the dry ingredients with the tips of the fingers. Add three-fourthe of a cupful of milk and work to soft dough with a knife. Roll out on a flour board. Make roll about three-quarters of an inch thick. Cut with a biscult cutter. The scones are cooked on a hot Sift two cupfuls of flour, one-haif a Testhe Editor of Wemma's Page: teaspoonful of sait and four tablespoon-fuls of baking powder together. Then a you are helping so many. greased griddle for about twenty min-utes and turned from one side to an-other. Split the grones and serve them that. Do you also know that it is pospiping hot with butter.

Invalid Chair Can Be Had

Dear Madam—Results the Evento Puntike to have an invalid chair to ber matter.

If Mrs. S. D. will apply to the Shurine, 1710 Chestnut street, and tell them of her matter and that she cannot afford to burgons, they will loan her one for as long as her mother lives, and then she would have a nother lives, and then she would have to return it to the society at the death of her mother. My mother was an invalid for lover and then she would have to return it to the society at the death of her mother. My mother was an invalid for lover and then she would have to return it to he society at the death of her mother. My mother was an invalid for lover and the would have been shelf and when she passed away I returned the chair, they are very good, charitable sempe and stilled labor, such as cleaning in Government buildings, will be open in April. Aside from this there is no other Government work open that can be taken. This letter has been forwarded to Mrs.

This letter has been forwarded to Mrs.

for mother. My mather was an invalid for years and they mather was an invalid for years and they mather was an invalid for years and they mather the a chair, and when she passed away I returned the chair. "They are very good, charitable people and will surely help her. I amy wield it had one I could give to her. I would give to her. Another class, while they charitable people and to be the control of the could give to her. I would give to her would give her this tere is no other Government work open that can be taken up by girls who are not citizens. If you do not know stonography or type-writing do not be discouraged. Remember that the course of the c chair yours to give, you would give it. But to show how to help is as great at to help itself. The Ledger Files

To the Lidtor of Woman's Page:

Dear Madam—I would like to source a few notes from the Public Lodger between April and October, 1917. Could you lot like know whether there is any blace near the center of the city having these papers on the whole it would be convenient and permissible for ine to look their over? If you can and will let me have this information at your earliest convenience I shall be very grateful to you.

Afternoon Tea

To the Editor of Woman's Page:

Dear Madain—Is it proper to serve the and wafers in the afternoon in just the supand saucer? I would like to omit the plates if possible, as there will be a good many persons. I mean to serve the tea so person can held their cups and saucers as their large.

isse.

It is quite all right to use only the cup and saucer for an informal afternion tea. It is very difficult for the guests to manage a plate and cup and saucer also, so if you do this you will probably please your guests. Afternoon tea should be as informal as possible, and if you serve the tea yourself the less you have to fuss over the casier for all concerned. Your query in regard to removing machine oil will be answered in tomorrow's Evening Public

Taboer.

Schill is very grateful to reg.

A PATRON,

The copies of the Public Ledger Central.

Chestnut street just east of Broad street. You will be very welcome to look over the files there for any length of time.

To Get "500" Instructions

To the Editor of Weman's Page:

Dear Madam—Will you kindly tell me through your pager where I can gold in a

Who Wants This Dog?

Who Wants This Dog?

To the Editor of Woman's Page:

Dear Macham—A brown dog with a very appealing fare, which neans that she looked at us so we couldn't resist her. Came into the Public Ledger Building last night. We red her and would like to keep a new to the street her, but a generalise affect is not the place to keep a new and would like to keep a new and would like to keep a new and and we have shed at home of our pwn. The fare glaced as many at these paintinesses your column, will you try to she is home for this one? Any child would have her. The dog is a young one. While waiting for you to find her a huma our straver is completably housed at the below there.

Contid a prophetic aptrit have led the of your column, will you try to the man tor this one? Any child would her? The doe is a your child would her? The doe is a your can take one of them bonne and study it carefully. Ask one of the pads for the books. Some of the large the pads for the books. Some of the large the pads for the books. Some of the pads for the books. Some of the large the pads for the books. These scars pads can be purchased to the stationary sections of the department atores.

KNITTING NEEDLES MORE THAN A CENTURY OLD PLIED BY HANDS OF THIS PATRIOTIC LADY

Real Daughter of the Revolution Makes Wonderful Record in Work for American Soldiers.

Mrs. Elizabeth B. Grim's Deft Fingers Have Not Lost Their Cunning Since Days of Civil War.

beginning with the Revolution, and from then on weaving their quiet path in

It is fitting that Mrs. Elizabeth B. -she is making her needles live

The 1917 record reads as follows: Four sweaters, twelve mufflers, thirteen

IN THE MOMENT'S MODES



This fascinating little afternoon frock has a jumper of old-rose georgette, machine stitched, The inder bodice and sleeves are of the georgette, while the skirt and cuff band are of old-blue crepe meteor. Line and sim-plicity of development contribute to the chief appeal of the cos-tume, though, of course, the color combination is an important factor in its success.



much, add seasoned meat and cover with

grade exclusive Furs now re-

1/3 Off Regular Price

The Stock includes many

1604 Chestnut St.

After March 1st at

1911 Chestnut St.

Worth your investigation.

mush. Bake one-fulf hour. Serves six -United States Food Leaflet No. 6.

caps. Mrs. Grinn is working against. Perhaps there is such a thing as have Handicaps of time and old age that have ing a country get into your blood. America way of stealing in and making age ica is in Mrs. Grinn's:

The Old Story

I den't see what she wants of mon y

I pay the weekly household bills; I must confess I think it's finn's As I buy all her frechs and frills. I don't see what she wants of money

I give her carfare if it rains (She likes to walk if it is sunny); I pay her way on railroad trains— I don't see what she wants of money!

With quivering lips and eyes a I give it -- but, ut the same the I don't see what she wants of mon--Carolyn W. Wells, in the Delluca

Tomorrow's War Menu

Wheatless Day BREAKFAST Tona Chish: Caken office Corn Bread

LUNCHEON Bean Soup with Crofition Graham Crackers | Rice Pudding

A BAKED DINNER

Tamale Pie (Corn Meal and Meat) Baked Potatoes India Reliah Lettnee with Mayonnaise Baked Apples

of water, one tablespoonful of fat, one outon, they cupfitte of tounitoes, one pound of humburger steak.

Make a much by stirring the corn-meal and one and one-half teaspoonfuls of sait into boiling water. Cook forty-five minutes. Brown onton in fat, add hamburger and stir until red color dis-appears. Add sait, pepper and tomato. A sweet pepper is an addition, Grease baking dish, put in layer of cornment



Mid-Winter Shop Riddance

Gun Metal, black cloth top. lace or button, reduced from

\$6.00

Practical and good style for street wear.



Discount of 25 cents per pair allowed enstoners who pay cash and take shoes with them. This applies to all shoes, whether reduced or not, bought during this sale and is done to encourage war-flus saving.

CLAFLIN, 1107 Chestnut St.

MAKING BREAD WHOLESOME

By J. H. KELLOGG, M. D., LL. D. I ably the most ancient of cultuary arts. Doubtless the use of fire in the simple cooking or stewing of foods preceded the discovery of baking, but this simple process could hardly be termed an art.

The ancients made their bread as most primitive tribes still do, by simply forming a catre of four and water and baking on a bot stone.

But carefully conducted experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively that the amount of experiments carried out by Solomon on two subjects showed most conclusively.

The amount of experiments carried out by Solomon on two subjects showed most conclusively.

The amount of experiments carried out by Solomon on two subjects showed most conclusively.

Diet for Nursing Mother

What is the proper diet for a nursing Mother

What is the proper diet for a nursing Mother NURSE.

Nursing mothers chould make free whole-grain cereals, cracked wheat catment free water directions and garlie. Ten, coffee, wine, baking the cakes on a heard before an open fire.

To be really whole-grain, bread should be made of the whole-grain, breads hould be made of the whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, particularly true of the whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, particularly true of the whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, gravies, sweethreads, fish and oysters should be altegether avoided by the footnotes.

To be really whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, particularly true of the whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, particularly true of the whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, particularly true of the whole-grain cereals, cracked wheat catment free water drinking and unions and garlie. Ten, coffee, wine, particularly true of the whole-grain cereals, cracked wheat catment free water drinking and the free use of july fruits. Not less than three or four pluts of the whole-grain cereals, cracked wheat catment free water drinking and the free use of july fruits. Not less than the free use of july fruits, which and options and garlie. Ten, coffee, with an different particularly true of the whole-grain cereals, catment from t

bran contains a r ch supply of vitamines, which are lacking in the fine flour. A pound of fine flour contains only one grain of lime, while a pound of bran

contains sixteen grains.

The art of bread-making in some form seems to have been very widely practiced, even among the most primi-His people, but numerous tribes of peo-ple are known who appear to be entirely unacquainted with the art of baking and whose food consists entirely of raw food or food which has been simply bolled. The art of baking has doubtless beer of great service to the human race. Nev-ertheless, recent observations made by the famous Professor von Noorden and other medical authorities would seem to indicate that baking cereals, to some degree, lessens their nutritive value. Von Noorden, for example, observed that persons suffering from diabetes may even be given large quantities of eatmeal without causing the appearance of sugar in the tirine, provided the eatmeal were given in the form of a perridge, but if the same quantity of eatmeal were taken in the form of cakes which had been baked in an oven large quantities of sugar appeared, indicating that the baked the famous Professor von Noorden and sugar appeared, indicating that the baker

QUESTIONS AND ANSWERS Bad Breath

What is the cause of a bad breath? SUBSCRIBER. There are many minor causes, such as decaying teeth, chronic namal catarrh and discased tonsils, but the principa cause is constipation. The poisons ab

sorbed from the colon are discharged through the lungs, giving a fecul odor to the breath. The remedy is to adopt an antitoxic diet and to train the bowels to move three times a day.

ment. All kinds of ment foods arr contaminated with bacteria and pramore intestinal autointoxication, through which the infant, as well as the mot

Thirst Cure

The diet should be bulky; that b, it should contain a large amount of induced the transfer of the latter and advantage to be paired by the should contain a large amount of induced the latter and the latt

WOMEN-WOMEN

Stop, Look and Listen

You Can VITAL AUTOMATIC CLEANER FROM US FOR 2 DAYS. WE WILL SHOW YOU BY SO DOING THAT YOU CAN TAKE MONEY.

MONEY

THAT WILL SECURE COMFORTS AND PLEASURES POSSIBLY HERETOFORE BEYOND YOUR REACH. MONEY

THAT WILL REQUIRE LITTLE EFFORT. LET US PROVE TO JOU SO THAT YOU CAN PROVE TO OTHERS, ND RECEIVE LIBERAL COMMISSIONS. THAT THE VITAL

Without Electricity

SPECIAL \$5.00 Down
BALANCE SALL MONTHLY PAYMENTS
IF YOU DESCRIPT TO BUY

The Robert A. Bucher Co., Inc. 1221 Arch Street (Second Floor)



TAMALE PRE-

Serve the new barley breakfast food it's delicious, wholesome, sustaining!

66 HE re-discovery of barley comes as a veritable Godsend," said a man who is deeply interested in conserving the Nation's food. Truer words were never spoken. For now that we must deny ourselves the wheat our soldiers need, we can find in barley the ideal food to take its place.

Unusually nourishing, unusually delicious is the new cereal, Cream of Barley. Your family would love this "different," more tasty breakfast food even if it were not so patriotic to eat it. Tomorrow

start serving Cream of Barley for breakfast. Notice how this creamy, nut-flavored cereal delights your husband, how your children beg for "just a little bit

Serve it day after day and watch your children grow constantly healthier and more energetic. You will say that Cream of Barley is the food you have long been wanting, for it is wonderfully delicious, wonderfully satisfying and best of all, thoroughly patriotic. American Barley Co., Minneapolis, Minn. مراجعه المعداد إحرادات



Cream of Barley