

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 folk of the house. Here is a housewife who feels that breaking the silence is the better part of patriotism.

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.

I KNOW of no answer that makes so direct an appeal for food saving as the spirit of the French people. They in their "brave hope" are depending on us to feed them.

AM, puzzled wife, it is useless to expatiate on the charms of cheese croquettes when a man's mouth is set for beefsteak.

From what I have seen since I have been here," he writes, "I should say the French were the noblest and the best people the Lord ever made. They have lost so much in this war and still have an unconquerable spirit.

Agree with your husband that eating peanut soup does not come easy. But tell him that coming back to your home—as the French are doing now—to find sticks and stones where you left a house is not easy either.

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.



MRS. ELIZABETH GRIM From the Album.

MILLIONS of gleaming needles all told have clicked their way into the wars in which America has taken part. But out in West Philadelphia in the calm hands of a very old lady there glimmers a pair that have done their bit in each and every one of these struggles.

It is fitting that Mrs. Elizabeth B. Grim, the white-haired old lady who wields these needles, should be in the possession of them. It is right that she should be, of course, the one to whom they should be given.

There is no one else in the world who has done this. The needles are the same as those used by the patriots of the Civil War. They are the same as those used by the patriots of the Revolution.

MAKING BREAD WHOLESOME

Advice on preventive medicine will be given by Doctor Kellogg in this column daily. It is no more difficult to prevent disease than it is to cure it.

By J. H. KELLOGG, M. D., LL. D. THE art of bread-making is probably the most ancient of culinary arts. Doubtless the use of fire in the simple cooking or steaming of foods preceded the discovery of baking.

The ancient made their bread as most primitive tribes still do, by simply forming a cake of flour and water and baking on a hot stone.

QUESTIONS AND ANSWERS Bad Breath What is the cause of a bad breath? There are many minor causes, such as decaying teeth, chronic nasal catarrh and diseased tonsils.

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

WOMEN—WOMEN Stop, Look and Listen You Can Borrow a VITAL AUTOMATIC CLEANER FROM US FOR 3 DAYS. WE WILL SHOW YOU BY SO DOING THAT YOU CAN MAKE MONEY.

THE WOMAN'S EXCHANGE

Letters and questions submitted in this paper only and signed with the name of the writer. Special queries like those given below are invited. If a contributor desires that her name be withheld, she should so indicate.

TODAY'S INQUIRIES

- 1. What makes oysters tough in the cooking? 2. How is the downstairs of a house properly ventilated? 3. In what country did the making of gingerbread originate?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Carrots can be used instead of wheat flour to thicken soups and custards. Ground-up bread crumbs can be used to thicken soups and gravies. 2. The fire should be kept as low as possible in the fire box, because it interferes with the drafts when it is too high.

Potato Scopes

Dear Madam—Kindly print my recipe for potato scopes. I am a housewife and I have a large family. I have found that potato scopes are a very good thing to have on hand.

Invalid Chair Can Be Had

Dear Madam—Reading the Evening Public Ledger, I saw where a Mrs. R. D. would like to have an invalid chair for her mother. I have a very good one that I will sell for a very low price.

Afternoon Tea

Dear Madam—Is it proper to serve tea and water in the afternoon in just the cup and saucer? I would like to know the proper way to serve afternoon tea.

Who Wants This Dog?

Dear Madam—A brown dog with a very appealing face, which means that he is a very good natured dog, is for sale. He is a very good dog and would be a great addition to any family.

IN THE MOMENT'S MODES

Old Rose and Old Blue Afternoon Frock



This fascinating little afternoon frock has a jumper of old-rose georgette, machine stitched. The under bodice and sleeves are of the georgette, while the skirt and cuff band are of old-blue crepe material.

The Old Story

My wife submits to my desires. Yet sometimes she will murmur, "I'd like to have a dollar—please." I don't see what she wants of money!

Tomorrow's War Menu

- Wheatless Day BREAKFAST: Omelet with Chopped Dates, Tuna Fish, Cakes, Coffee, Corn Bread. LUNCHEON: Bean Soup with Chopped Graham Crackers, Butter, Rice Pudding. A BAKED DINNER: Tomato Pie, Corn Meal and Meat, Baked Potatoes, India Relish, Lettuce with Mayonnaise, Baked Apples. TAMALE PIE: Two cups of cornmeal, six cups of water, one tablespoonful of fat, one onion, two cups of tomatoes, one pound of hamburger steak.

Hemstitching

At a yard and a half you can get a pair of Done You Wait Skirt Pleating in Navy, Blue, Side and Accordion. Mexican Hand-Drawn Work covered in 12 styles. Parian Plaiting & Novelty Co. 108 S. 13th Street.

Mid-Winter Shop Riddance

Gun Metal, black cloth top, lace or button, reduced from \$9 to \$6.00. Practical and good style for street wear. Discount of 25 cents per pair allowed customers who pay cash and take shoes with them.

EMMA HARTMAN

1502 WALNUT STREET Announces for SOUTHERN WEAR & EARLY SPRING GOWNS COATS WRAPS HATS TAILLEURS

Your country needs the wheat

Serve the new barley breakfast food it's delicious, wholesome, sustaining! THE re-discovery of barley comes as a veritable God-send, said a man who is deeply interested in conserving the Nation's food. Truer words were never spoken.