

CO-EDS AT PENN STAND NEAR OPENING PORTALS—TALK ON WRITING LETTERS—HOME RECIPES

IF YOU THINK CLEVER THINGS WHY NOT WRITE THEM DOWN?

Letters Can Be Built as Conversations Are. Arnold Bennett Says a Few Words to Those Whose Pens Stutter

"I CAN'T think of anything to say." Who can count the number of pens that have been laid down in the name of this sentiment? Letter after letter comes to the editor of a query column asking "what to say in a letter."

Arnold Bennett, the very interesting and very famous English writer, has something so worthwhile to say about this human failing that to me it seems to answer all the stuttering pens that ever refused to write. Mr. Bennett discussed letters and the psychology of words in the February Cosmopolitan.

"Just as some persons are nervous when entering a drawing-room or even a restaurant," the Englishman says, "so some persons are nervous when talking up a pen. They are actually under the delusion that writing is essentially different from talking—a secret trade process—and they are not aware that he who says or thinks interesting things can write interesting things, and that he who can make himself understood in speech can make himself understood in writing—if he goes the right way to work."

"I have known people, especially the young, who could discourse on themselves in the most attractive manner, for hours, and yet who simply could not discover in their heads sufficient material for a short letter. They would bemoan, 'I can't think of anything to say.'"

"It was true. And, of course, they could not think of anything to say, the reason being that they were trying to think of something to write, and very wrongly assuming that writing is necessarily different from saying. They conceive an

As Created

There's a space for good to bloom in Every heart of man or woman— And however wild or human, Or however brimmed with gall, Never heart may beat without it, And the darkest heart to doubt it, Has something good about it. After all. —James Whitcomb Riley.

Idea in spoken language words and then they subconsciously ask themselves, 'I should say it like that, but ought I to write it?'

"HE THAT says or thinks interesting things can write interesting things. You who are reading this article and possibly hoping to trick away some of Mr. Bennett's formula for a rainy day are probably stumbling at one of its main principles this very minute. "Do I think interesting things?" you ask yourself. It is not stretching the truth to say that every one with normal mentality thinks interesting things—away down deep. Some of us do not recognize them in that light. They are interesting to us perhaps, is the thought, but not to other people. Well, this is the final test of a worthwhileness of a thought. If we like it other people will.

"There is one thing we can be sure of in passing our real opinions for the inspection and analysis of others, if they have really occurred to us. If they are bound to have occurred to some one else. And after all it is this sudden discovery of motifs that work strangely alike that makes the world go round."

THE WOMAN'S EXCHANGE

Letters and queries submitted to this department will be written on the side of the paper only and should be sent to the Editor, Evening Public Ledger, 100 North Second Street, Philadelphia, Pa. All correspondence for this department should be addressed to the Editor, THE WOMAN'S EXCHANGE, 100 North Second Street, Philadelphia, Pa.

TODAY'S INQUIRIES

1. What is the best butter substitute to be used for cooking?
2. What are the advantages of brown rice?
3. In bathing baby in the large porcelain tub, what simple little device will keep him from slipping?
4. How many housekeepers are there in the United States?
5. Is it necessary for women friends to give a testimonial card on the completion of loan agreement?
6. What material promises to rival zephyr crepe in the make-up of spring blouses?

ANSWERS TO YESTERDAY'S INQUIRIES

1. To render suet into soft fat, free from offensive flavor or odor, use the directions released by the United States Department of Agriculture. Remove skin and lean parts from beef tallow, cut into small pieces, put into saucepan and cover with cold water. Do not cover pan. When the water has nearly all evaporated, set the pan back and let fat dry out. When it has ceased bubbling and the scraps of skin are shriveled, allow them to settle at the bottom of the kettle, strain fat through cloth and set away to cool.
2. Adding a glass of jelly to fruit cake batter will keep the cake moist for a long time.
3. Caraway seed can be used as a substitute for yeast in making doughnuts and cookies.

A Helpful Letter

Dear Madam—I have written as much to you as I can in this letter. I am very glad to hear that you are well and hope you will continue to be so. I am sure you will find my letter helpful in many ways. I am sure you will find my letter helpful in many ways.

Food Value of Apricots

There are 1125 calories or units of food value in a pound of dried apricots. By far the greatest number of these, more than 42 per cent, are carbohydrates or units that make energy or work power. Nearly 5 per cent of the food matter is protein value, or that which goes to make up muscle. The fat in apricots is just 1 per cent.

Beef Tea for Sick Folks

To make a rich cod-liver oiling for the sick, take the yolks of three eggs with four tablespoons of sugar. Add to this, stirring slowly, two cups of boiling milk and then flavor with a teaspoonful of vanilla. Line a tin plate with your coat, then go over the inside of it with the white of one of the eggs, pour in the cod-liver oil and bake. Bake until the custard sets.

Hats for Bridesmaids

Dear Madam—Will you kindly suggest a color scheme for the bridesmaids and maid of honor? I am thinking of a wedding with a color scheme of white and pink. I am sure you will find my letter helpful in many ways.

Men Must Wear Men

Dear Madam—Should the members of the local boys' club wear a uniform? I am sure you will find my letter helpful in many ways.

COMPLETE CO-EDUCATION SOON AT THE UNIVERSITY OF PENNSYLVANIA



Provost Smith, in a Quandary About Present Status of Women at Penn, Points to Their Triumphant Progress Toward the Goal

By M.L.S. COMPLETE co-education at the University of Pennsylvania is only a matter of short time. This is the deduction made from an interview with Provost Edgar Fahs Smith, who will appoint and be the chairman of a special committee of the board of trustees which will consider the matter.

Despite the ground set by the failure of the board to take definite action at its meeting last week, the Provost intimated that the co-eds were as good as already there and that in a not far distant future they would be able to get floor A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, AA, AB, AC, AD, AE, AF, AG, AH, AI, AJ, AK, AL, AM, AN, AO, AP, AQ, AR, AS, AT, AU, AV, AW, AX, AY, AZ, BA, BB, BC, BD, BE, BF, BG, BH, BI, BJ, BK, BL, BM, BN, BO, BP, BQ, BR, BS, BT, BU, BV, BW, BX, BY, BZ, CA, CB, CC, CD, CE, CF, CG, CH, CI, CJ, CK, CL, CM, CN, CO, CP, CQ, CR, CS, CT, CU, CV, CW, CX, CY, CZ, DA, DB, DC, DD, DE, DF, DG, DH, DI, DJ, DK, DL, DM, DN, DO, DP, DQ, DR, DS, DT, DU, DV, DW, DX, DY, DZ, EA, EB, EC, ED, EE, EF, EG, EH, EI, EJ, EK, EL, EM, EN, EO, EP, EQ, ER, ES, ET, EU, EV, EW, EX, EY, EZ, FA, FB, FC, FD, FE, FF, FG, FH, FI, FJ, FK, FL, FM, FN, FO, FP, FQ, FR, FS, FT, FU, FV, FW, FX, FY, FZ, GA, GB, GC, GD, GE, GF, GG, GH, GI, GJ, GK, GL, GM, GN, GO, GP, GQ, GR, GS, GT, GU, GV, GW, GX, GY, GZ, HA, HB, HC, HD, HE, HF, HG, HH, HI, HJ, HK, HL, HM, HN, HO, HP, HQ, HR, HS, HT, HU, HV, HW, HX, HY, HZ, IA, IB, IC, ID, IE, IF, IG, IH, II, IJ, IK, IL, IM, IN, IO, IP, IQ, IR, IS, IT, IU, IV, IW, IX, IY, IZ, JA, JB, JC, JD, JE, JF, JG, JH, JI, JJ, JK, JL, JM, JN, JO, JP, JQ, JR, JS, JT, JU, JV, JW, JX, JY, JZ, KA, KB, KC, KD, KE, KF, KG, KH, KI, KJ, KK, KL, KM, KN, KO, KP, KQ, KR, KS, KT, KU, KV, KW, KX, KY, KZ, LA, LB, LC, LD, LE, LF, LG, LH, LI, LJ, LK, LL, LM, LN, LO, LP, LQ, LR, LS, LT, LU, LV, LW, LX, LY, LZ, MA, MB, MC, MD, ME, MF, MG, MH, MI, MJ, MK, ML, MM, MN, MO, MP, MQ, MR, MS, MT, MU, MV, MW, MX, MY, MZ, NA, NB, NC, ND, NE, NF, NG, NH, NI, NJ, NK, NL, NM, NN, NO, NP, NQ, NR, NS, NT, NU, NV, NW, NX, NY, NZ, OA, OB, OC, OD, OE, OF, OG, OH, OI, OJ, OK, OL, OM, ON, OO, OP, OQ, OR, OS, OT, OU, OV, OW, OX, OY, OZ, PA, PB, PC, PD, PE, PF, PG, PH, PI, PJ, PK, PL, PM, PN, PO, PP, PQ, PR, PS, PT, PU, PV, PW, PX, PY, PZ, QA, QB, QC, QD, QE, QF, QG, QH, QI, QJ, QK, QL, QM, QN, QO, QP, QQ, QR, QS, QT, QU, QV, QW, QX, QY, QZ, RA, RB, RC, RD, RE, RF, RG, RH, RI, RJ, RK, RL, RM, RN, RO, RP, RQ, RR, RS, RT, RU, RV, RW, RX, RY, RZ, SA, SB, SC, SD, SE, SF, SG, SH, SI, SJ, SK, SL, SM, SN, SO, SP, SQ, SR, SS, ST, SU, SV, SW, SX, SY, SZ, TA, TB, TC, TD, TE, TF, TG, TH, TI, TJ, TK, TL, TM, TN, TO, TP, TQ, TR, TS, TT, TU, TV, TW, TX, TY, TZ, UA, UB, UC, UD, UE, UF, UG, UH, UI, UJ, UK, UL, UM, UN, UO, UP, UQ, UR, US, UT, UU, UV, UW, UX, UY, UZ, VA, VB, VC, VD, VE, VF, VG, VH, VI, VJ, VK, VL, VM, VN, VO, VP, VQ, VR, VS, VT, VU, VV, VW, VX, VY, VZ, WA, WB, WC, WD, WE, WF, WG, WH, WI, WJ, WK, WL, WM, WN, WO, WP, WQ, WR, WS, WT, WU, WV, WW, WX, WY, WZ, XA, XB, XC, XD, XE, XF, XG, XH, XI, XJ, XK, XL, XM, XN, XO, XP, XQ, XR, XS, XT, XU, XV, XW, XX, XY, XZ, YA, YB, YC, YD, YE, YF, YG, YH, YI, YJ, YK, YL, YM, YN, YO, YP, YQ, YR, YS, YT, YU, YV, YW, YX, YY, YZ, ZA, ZB, ZC, ZD, ZE, ZF, ZG, ZH, ZI, ZJ, ZK, ZL, ZM, ZN, ZO, ZP, ZQ, ZR, ZS, ZT, ZU, ZV, ZW, ZX, ZY, ZZ.

From an Old Umbrella. When the best umbrella you received as a Christmas present turned inside out the first time you carried it abroad in sunny weather you regarded the wreck as complete and, lamenting your luck, consigned it to the ashbin as a worthless conglomeration of wire, handle and old silk. Don't do it, says an ingenious mother. When the wreck remains undamaged, remove it from the ribs of the umbrella and make into bloomers for the children. They wear the cap and the old silk, keeping the little one clean and tidy.

IN THE MOMENT'S MODES

Collar-and-Muff Set of Dyed Fitch and Muskrat



\$2 Invested in Vogue Will Save You \$200. This year, above all others, when extravagance and waste must be avoided, you should have Vogue at your right hand.

Forecast of Spring Fashions. The gown you buy and never wear is the really expensive gown. Gloves, boots, hats, that miss being exact what you want are quicker. The gown which, and is exact what you want, you will wear for years.

Now fur modes are now an established factor in the spring fashion schedule, and so, along with the latest of Palm Beach frocks, come the latest styles in fur wraps and sets. The accompanying sketch presents a very attractive collar and muff set of dyed fitch, with rippled trimming bands of seal-dyed muskrat.

Tomorrow's War Menu

- BREAKFAST**
Sliced Bananas
Buckwheat Cakes
Brown Sugar Syrup
Coffee
- LUNCHEON**
Dried peas with Rice and Tomatoes
Cocoa
Cookies
- DINNER**
Baked Salmon Loaf
Belgian Baked Potatoes
Scalloped Onions
Cocoanut Custard Pie
- DRIED PEAS WITH RICE AND TOMATOES**
One and one-half cups rice.
Two cups dried peas.
Six onions.
One tablespoonful salt.
One-quarter teaspoonful pepper.
Soak peas overnight in two quarts of water. Cook until tender in water in which they soaked. Add rice, onions, tomato and seasonings and cook twenty minutes.—U. S. Food Leaflet 5.
- BELGIAN BAKED POTATOES**
Wash, pare and slice potatoes as for French fried. Lay the strips in an oiled granite pan and bake in the oven until done. Add salt and butter.—U. S. Food Administration.

Inside Information

Beans and most both furnish body-building material. Yet some housewives serve baked beans as a vegetable with meat and serve just as much meat as ever.

Crusts are a perfectly wholesome food. It contains glucose, and glucose is a wholesome food in itself. Instead of so much cane or beet sugar.

Oatmeal is "richer" than wheat flour. It contains about 7 per cent fat, while white flour has from 1 to 2 per cent.

Graham crackers are made of wheat flour, but oatmeal crackers have a very similar taste and they save the wheat.

Wheat approaches wheat in breadmaking qualities more nearly than does any other grain.

Buckwheat is not wheat, but an entirely different grain. Its composition in general terms is much like that of wheat.

Nuts can be used in place of meat. They contain much fat and body-building material, and often much sturdy material, too.—United States Food Administration.

Use Fruit

Fruit helps to keep your body in good health. Use fresh fruit when possible. Use prunes, dried apples, and apricots. Cook them in water overnight and cook them long enough to make them tender.

Use dates for raisins. These are good added to the cereal ten minutes before taking it from the stove. Then you will not need sugar.

Use ripe bananas with dark skins. Bananas with greenish-yellow skins are hard to digest unless cooked.—Food Administration.

QUESTIONS AND ANSWERS

Seasickness. What will prevent seasickness? J.A.S. M.K. Eat very light meals two or three days before going on board ship and the meals should be largely of fruit and vegetables. Be sure the bowels are thoroughly emptied before going on.

Smile!

Despite the fact that greater problems confront us today than this nation has ever before called upon to handle, yet through it all LET US SMILE—not the smile of the cynical, nor the smile of frivolity, but the smile of serenity and calmness, born of the confidence and trust that begets courage and knows no failure.

As to table necessities our stores are well prepared to take care of your wants—a few things short now and then because of conditions with which everybody is familiar, but we are doing the best we can. You will find in our stores the things you need and at prices that require no price-fixing. Your money will go further in an American Store than anywhere else in four States.

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FIGS ARE RICH IN NUTRIMENT

Advice on preventive medicine will be given by Doctor Kellogg in this column. Persons who are afflicted with ailments promptly answered if postage is enclosed.

By J. H. KELLOGG, M. D., LL. D. THERE is scarcely another food so well in body-building nutriment as the fig. The fig is suitable for all ages and conditions, which probably accounts for the esteem in which it has always been held by Eastern people.

In all Oriental countries the fig is considered one of the most precious products on the earth. It is the only tree that is named in the Koranic descriptions of Paradise. Among the inhabitants of ancient Syria and Greece formed one of the principal articles of food. At the present time its cultivation is carried on extensively in nearly all Eastern countries, as well as in Spain, southern France and some portions of the United States.

In this country dates are chiefly eaten in the dry form, although in California and other regions they can be obtained fresh.

They hold large quantities of sugar, especially in their dry state, where this element is not only concentrated, but also changed in the drying process. They also contain nitrogenous material, which gives them a higher nutritive value than most other fruits. A large percentage of glucose also is contained in the fig.

They have a decided aperient action, due chiefly to their seeds. Three or four figs taken with a glass of water before retiring and again half an hour before breakfast will often assist in relieving a stubborn case of constipation.

There is hardly any other staple of so many market grades as the fig. You may pay five cents for a three-quarter-pound package or sixty cents for thirty pounds of Smyrna figs, and at almost any price between these two you can find figs for your money.

The chief virtue of Smyrna figs, which are considered the best, is that they are packed so as not to split the skins of the fruit. This makes them more sanitary and at the same time retains their full flavor.

They should never be eaten directly from the packages, but should first be cleaned by the application of water.

If figs appear hard or tough they can very easily be rendered extremely palatable by immersion in water overnight and to be eaten in very hot water, then gently dried in a soft, clean cloth.

Wash the figs in hot water, cut off the stem and blossom end, place in a steamer or in a casserole over hot water, cover tightly and steam twenty to thirty minutes. Serve with or without cream. This is one of the most delicious ways of serving figs.

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- 7295 (Indiana)
- 7296 (I Want What I Want When I Want It)
- 7297 (Somebody's Darling)
- 7298 (Send Me Away With a Smile)
- 7262 (I May Be Gone for a Long, Long Time)
- 7273 (Just You)
- 7276 (The Blue Bird)
- 7294 (Hello, My Dear)
- 7275 (We're Going Over)
- 7220 (The Yankee Doodle Boy)
- 7282 (Love Me Tender, Tomorrow)
- 7283 (Sweetest)
- 7287 (So Long, My Love)
- 7285 (Long Day)
- 7278 (Lily Boy)
- 7251 (Where Do We Go From Here)
- 7288 (Somebody in France in the Line)
- 7290 (When You're Done Learning to Swim)

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