

WOMAN WANTED TO SING BUT INVENTED MOTOR HOSE INSTEAD—HOSTESS HOUSES—FASHION'S

ONE WOMAN EXPRESSED HER SOUL INVENTING PAIR OF MOTOR HOSE. She Wanted to Sing and Write Songs, but Fate Objected—But There Are Other Things, Thought She, and Then Made a Million

THERE is a story told of a woman who wanted to write songs but ended up manufacturing motor hose. It isn't a make-believe story. The heroine is the wife of a colonel in the United States army. Here's the way the tale runs: Early in life the young lady was picked out to be a singer. Every one said she could reach the stars, the opera houses in London, New York and the rest of the big cities. But something interfered—her family. Public life was not built for such an offspring.

Under the Red Cross SOME doubted when her face had flown Whether it was or only seemed; Whether one saw what he had known Or something he had dreamed. And near a trampled field at night Wan eyes, still following her afar, Saw round that head a saintlier light Than came from moon or star. The wreck, the road, the mark, the glare Were naught to her; she simply knew God's broken images were there Where healing hands were few.—Chauncey Hickox.

ADVENTURES OF TWO INQUISITIVE GIRLS AT ARMY CAMP



THE ADVENTURES OF TWO LITTLE GIRLS IN A GREAT CANTONMENT

They Search for the Iniquities of the Bold, Philandering Soldier Boy and They Find Camp Dix About as Wicked as Sunday School

THIS is the story of two girls who sneaked away from their office and went to one of those wicked, wicked cantonments where all the bad, bad soldiers are. It is a record of the hellish sights they witnessed and the fearful experiences that befell them.

The two girls—it might as well be told now as later, one was a sketch artist and the other a reporter—had read all about the huns of the khaki and the evil influence of the uniform on feminine susceptibilities. They had read all about Mrs. Grace Hamilton, of New York, who had said about one of the camps and they had read all about the Foodieck commission. They had attended mothers' meetings held in the interest of the soldiers and papers' meetings held in the interest of the soldiers, and they had heard all about what was being done to protect the khaki from the girl.

At the very outset things began taking on an ominous tinge. Before the train had even begun to crawl out of the station, actually accepted the train. Two officers, one a lieutenant and one a captain, who had never even been introduced to the girls, arose and offered to moral rectitude is the very atmosphere of khaki, that those girls, who had firmly made up their minds to resist all temptation, actually accepted the seats. And with sinister glances that seemed to bode no good, the officers advanced to the front of the car and let the girls utterly alone. Furthermore, when the train blew its siren head off a few miles this side of Mount Holly, one of Uncle Sam's military representatives was heard to utter a loud and menacing "Damn."

Arriving at Camp Dix, that desolate scene in the moment's moods Set of the New Battleship Dyed Lynx Battleship-dyed lynx supplies a spring fur mode reflecting the military influence in current fashions. This is the felt that has gone into the making of the muff and scarf set pictured in the accompanying sketch. The modeling of the scarf gathers it slightly at the waist line, allowing it to fall free in rounded ends. The lining is self-color pussy willow taffeta.

NUTRITION IN PECAN NUTS

Advice on preventive medicine will be given by Dr. Kellogg in this course. He will discuss the diet, the treatment of ailments by attention to the bowels, and the use of the "Fruit and Nut" diet.

Muscular Electricity

It is true that electricity is applied in many forms. It is used in the treatment of many ailments. It is used in the treatment of many ailments. It is used in the treatment of many ailments.

Potomines

These are poisonous substances which are formed whenever animal flesh undergoes putrefaction. That potomines are not only present in the intestinal contents, but that they are absorbed and circulated throughout the body and thus brought in contact with all the tissues is clearly shown by the fact that they have been recovered from the urine. Numerous observers have found sodium verin, potomine and other potomines in the urine of various subjects in different forms of disease.

The No-Breakfast Plan

When a person eats no breakfast it is better to take a little fruit or to so without even that. If one has little appetite in the morning it is better to make the breakfast consist of fruit, or fruit and bran with lettuce and celery. A breakfast of this sort will furnish bulk, whereby the bowels will be stimulated to action without imposing any heavy burden upon the digestive glands since the amount of nutrient afforded by such a breakfast is so small that very little digestive fluid will be required.

QUESTIONS AND ANSWERS

Food at Bedtime. It is true that food promotes sleep and is most beneficial to nervous persons who have had a most eventful day. A very late meal? Yes, but it is far better to draw the blood from the brain by warming the feet than by exciting the stomach. Or, if it is necessary to divert blood into the abdominal veins, this may be done by saving the stomach the labor of digesting the food. One might divert blood from the head to the feet by walking, but this would exhaust one's energies if he were already tired. The effort of digestion is likewise exhausting and in-

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special attention like those given below are invited. It is understood that the expressions of all correspondents should be courteous and respectful. THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. What tasty garnishing can be used with omelets, but that garnish is largely barrel? 2. When olive oil is beyond the family purse for generous use on salads, what inexpensive substitute can be used to give virtually the same olive oil flavor? 3. What will suit omelets in selecting crust? What are very nice and not easy to distinguish?

ANSWERS TO SATURDAY'S INQUIRIES

- 1. It would not be necessary for each housekeeper in the United States to save a half-cupful of wheat flour daily in order to save 2,750,000 pounds a day for the nation. 2. If condensed milk is used instead of fresh milk in cooking vegetables, an appreciable economy will be found. 3. Attractive centers to be worn with the necktie can be made in this way: Shir two pieces of pie-crust ribbon together, following the French idea by using one color on one side and another on the other. Run a piece of elastic through these and finish off with a ruffle of lace which hangs down.

Men Won't Save Food

To the Editor of Woman's Page: Dear Madam—I would like to say that I heartily agree with the Puffed Wife, who writes to you because her husband refused to eat the food-saving dishes. Men are not taking their full share of the food-saving dishes that have no meat in them. I have trouble in my mind about going around our house, although I am a woman, and I am making a little progress in my own house. I am making a little progress in my own house. I am making a little progress in my own house.

Work and School

To the Editor of Woman's Page: Dear Madam—I am a constant reader of your exchange and I am well aware of the fact that I am a student in the high school and I am a member of the Puffed Wife. I am a member of the Puffed Wife. I am a member of the Puffed Wife.

Black Circles

To the Editor of Woman's Page: Dear Madam—I am a young girl and as far as black circles around my eyes, I have had black circles around my eyes. I have had black circles around my eyes. I have had black circles around my eyes.

Get Up a Movie Party

To the Editor of Woman's Page: Dear Madam—There is a young girl who lives in our town and I like her very much. I like her very much. I like her very much. I like her very much.

Present to Friend's Baby

To the Editor of Woman's Page: Dear Madam—It is of obligation to send a present to the child of a friend at whose wedding I was a bridesmaid? HBA. There is certainly no obligation, but if you can afford to do so, it would be a very nice thing to do, and certainly the mother would appreciate it as she never appreciated any previous gift.

Tomorrow's War Menu

- Meatless Day BREAKFAST Stewed Apples Corn Cereal French Toast Maple Syrup Coffee LUNCHEON Macaroni Croquettes Tomato Sauce sliced Oranges and Bananas DINNER Oysters a la Newburg French Fried Potatoes India Relish Lettuce and Green Pepper Salad Chocolate Bread Pudding OYSTERS A LA NEWBURG One-half cupful thin cream, one pint oysters, two egg yolks, few grain Crisco, two tablespoonful butter substitute, one-half teaspoonful meat-flavored relish, one-quarter teaspoonful salt, grated nutmeg. Heat the oysters in the butter in a double boiler or chafin dish till the edges curl. Add the seasonings, cream, eggs and sauce. The wine flavoring used in restaurants may be omitted. Two tablespoonfuls of chopped cooked mushrooms in addition. A little nutmeg is grated over the dish as it is served.—Delicatour.

Here's a Dustless Mop for Polished Floors

Make it yourself. Start with an old broom. Cut the straw off just below the wires which hold it to the handle. Cover this with an old stocking and sew on to this, covering the legs of other old stockings cut about twelve inches long and slit into one-inch strips up to two inches of one end. Sew these into a solution of one-half cupful of melted paraffin and one cupful of kerosene and allow the liquid to dry on the strips. The mop may be kept moist by rolling it tightly when not in use and covering it with a paper bag.—Department of Agriculture.

Advertisement for Blaylock & Blynn, Inc. featuring fur coats and reductions. Includes a table of coat prices and a list of various fur items.

Large advertisement for Armour's products. Features the headline "How Rice and Coffee Hold Down the Price of Porterhouse!" and "Selling Expense Reduced All Costs Kept Down". Includes an illustration of a man and a woman, and the Armour's Quality Products logo.